

Country Cookin'

60th
Anniversary

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EAST RIVER
ELECTRIC POWER
COOPERATIVE **ER**

A Touchstone Energy® Cooperative 

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East River Celebrates 60 Years
1950-2010

East River Electric Power Cooperative
Volume 26 – 2010

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As a continuing commitment to wellness, East River is starting a new section in the Country Cookin' cookbook dedicated to lighter, healthier recipes. Please consider contributing recipes to "On The Light Side" in future cookbooks.



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Broccoli Cheese Soup

Roslyn Mengenhausen

Central Electric

1 pkg. frozen broccoli, chopped
½ lb. carrots (3 large carrots)
3 stalks celery, finely sliced
¼ onion, finely diced
2 T. chicken base
5 cups water

Cook on low a couple of hours until vegetables are tender.

5 T. of butter
1/3 cup flour
3 cups milk
¼ lb. regular Velveeta cheese, cubed
¼ lb. Mexican Velveeta cheese, cubed

Melt butter in a pan. Add flour. Next add milk to mixture. Stir until well blended. Slowly, add mixture to soup. Add both types of Velveeta cheese to soup. Cook on low while stirring occasionally until soup thickens. Do not cook too quickly, as soup may curdle.

Caramel Fruit Dip

Matt Eldridge

Oahe Electric

1 (8 oz.) package cream cheese, softened
½ cup caramel ice cream topping
¼ cup honey
¼ tsp. ground cinnamon
fresh fruit

In a small mixing bowl, beat the cream cheese until smooth. Beat in caramel topping, honey and cinnamon. Serve with fruit. Store in the refrigerator.

Cheesy Taco Chili

Tory Smith

Oahe Electric

1 ½ lbs. ground beef
½ cup chopped onion
1 lb. processed cheese (e.g. Velveeta), cubed
1 (16 oz.) jar salsa
1 (16 oz.) can red beans, drained and rinsed
1 (14.5 oz.) can stewed tomatoes, undrained
1 (10 oz.) can diced tomatoes and green chilies, undrained
½ tsp. chili powder
1 cup sour cream

In a large saucepan or Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the cheese, salsa, beans, tomatoes and chili powder. Cook for 10 minutes or until cheese is melted. Remove from the heat; stir in sour cream.

Crab Trench

Trudy Smith

Lake Region Electric

1 loaf of French bread
1 lb. crab, chopped
16 oz. cream cheese, softened
2 T. mayonnaise
Cheez Whiz
dashes of Tabasco sauce, optional

Cut bread horizontally, scoop out each side to form a trench. Spread each trench with Cheez Whiz. Mix together with mixer: cream cheese, mayonnaise and Tabasco sauce. Add crab, mix with spoon. Divide evenly into each trench. Place on cookie sheet. Bake at 350 degrees for 45-50 minutes or until heated through. May wrap bread in foil if edges brown too quickly. Slice into 1 1/2 - 2 inch pieces; serve warm.

Creamed Fresh Spinach

Lois DeVries

Southeastern Electric

3 oz. cream cheese
2 T. butter, softened
1 gal. bag spinach, freshly picked and washed (or purchased fresh or frozen)

Put spinach in large pan of boiling water and cook 3-4 minutes until tender. Drain well and add cream cheese and butter. Add salt and pepper to taste. If cream cheese doesn't melt completely, put spinach mixture in microwave for 1 minute before serving.

Diabetic Carrot Salad Relish

Janet Loeschke

Whetstone Valley Electric

1 - 1 1/2 lbs. carrots, sliced or baby carrots
1 small onion, chopped
1 green pepper, chopped
1/2 tsp. celery salt

Cook carrots. Cool and add onion, green pepper and celery salt.

DRESSING:

1 (8 oz.) can tomato sauce
1/3 cup vinegar
1 tsp. salt
1/3 cup cooking oil
2 T. sugar
1 T. corn starch
1 tsp. mustard
1/2 tsp. pepper
12-16 Equal packets

Boil 5 minutes, remove from heat and add packets of Equal. Pour over carrot mixture and cool. Keeps two weeks in refrigerator.

Dumpling Soup

Sophia Hoff

Southeastern Electric

½ gal. water
2-3 T. chicken soup base
½ cup margarine
pepper to taste
2-3 bay leaves

DUMPLINGS:
3 eggs
1 ¾ to 2 cups flour
salt to taste
1 pt. half and half

Bring water, soup base, margarine, pepper and bay leaves to a boil. Pinch in dumplings. Bring to a boil and add diced potatoes. Cook until potatoes are soft. Then add a pt. of half and half.

Game Time Cheese Ball

Amy Schmitz

Union County Electric

2 (8 oz.) packages cream cheese, softened
½ cup mayonnaise
2 cups Colby-Monteray cheddar cheese, shredded
½ cup Parmesan Cheese
¼ tsp. pepper
¼ cup green onions, chopped (optional)
8 oz. real bacon bits
pimento pieces

With a mixer blend the cheeses and mayonnaise together. Add in the pepper and onions and mix again. Put in the refrigerator and chill for ½ to one hour. Take out and shape into the shape of football. Pat on the bacon bits and place pimento pieces for the laces. Serve with crackers and enjoy the game!

Fast & Fancy Salsa

Gwen Larsen

Sioux Valley Energy

1 jar chunky salsa	1 pepper, diced
1 can black beans, drained and rinsed	1 can black olives, sliced, drained
1 can white corn, drained	½ yellow onion, chopped
1-2 tomatoes, diced	1 can Rotelle tomatoes, optional

Mix all together in a large bowl and chill. Serve with tortilla chips or corn chips. Refrigerate leftovers in air-tight container.

Glazed Fruit Salad

Mildred Kurth

Southeastern Electric

1 can pineapple chunks, undrained
sliced fruit of your choice
1 box instant vanilla pudding

Sprinkle sliced fruit and pineapple chunks with juice on vanilla pudding. Mix well, chill, and serve.

Hot Baked Onion Dip

Ann Rieck

Southeastern Electric

2 (8 oz.) cream cheese, softened

½ cup mayonnaise

2 cups shredded Parmesan cheese (not can)

1 bag chopped onions, frozen (Ora Ida® brand, frozen veggie section)

Mix together and put in a deep pie dish. Bake at 350 degrees for 30-35 minutes. Serve with crackers.

Hot Crab Dip

Judy Harms

Southeastern Electric

½ cup milk

3 (8 oz.) pkgs. cream cheese, softened

2 (6.5 oz.) cans crab meat, drained & flaked

½ cup green onions with tops, chopped

1 tsp. prepared horseradish (must use)

2 tsp. Worcestershire sauce

Combine all ingredients in lightly greased slow cooker. Cover and cook on high setting until cheese melts (about 30 minutes); stir well. Continue to cook on high setting until mixture is smooth. Add more milk if needed for dipping. Then turn to low setting for 3-4 hours. Just before serving, remove cover and stir. Great with scoops or melba rounds. Makes about 1 quart.

'KFC' Coleslaw

Doreen Miller

Southeastern Electric

2 lbs. shredded cabbage

¼ cups onion, grated

¼ cup carrots, grated

2/3 cup Miracle Whip

3 T. olive oil

3 T. tarragon vinegar

½ cup sugar

½ tsp. salt

Combine all ingredients and mix well. Cover and refrigerate 24 hours before serving.

Pepperoni Dip

Kara LeBrun

Sioux Valley Energy

8 oz. bag pepperonis, cut into pieces

1 small can black olives, chopped

1 small can green olive pieces

1 small can green chilies

1 small can mushroom pieces

2 cups real mayonnaise

8 oz. bag sharp cheddar cheese

8 oz. bag mozzarella cheese

Mix together and either bake at 350 degrees for approximately 30 minutes or put in crock pot on low. Serve with tortilla chips or crackers.

Pheasant Wild Rice Soup

Ken Schlimgen

Central Electric

4 pheasant breasts or two whole pheasants, boiled and diced (reserve broth)
1 bag Canoe unseasoned white and wild rice
1 box Uncle Ben's mushroom flavored rice
1 can cream of celery soup
2 cans cream of chicken soup
5 cans chicken broth
4 cups chicken broth
4 cups half and half
1 cup carrots, diced
½ cup onion, diced
½ cup butter

Sauté onions and carrots in butter until tender. Boil pheasant and cool. Dice up pheasant when cooled. Mix together the cream soups, chicken broth and pheasant broth. Cook rice as directed on package.

Add diced pheasant, carrots, onions and rice to soup mixture. Add 4 cups of half and half to soup mixture. Soup will thicken as it cooks. Salt and pepper to taste.

Pretzel Dip

Kari Jo James

Clay Union Electric

16 oz. sour cream
16 oz. Miracle Whip or mayonnaise
16 oz. mustard
½ cup minced dry onion
2 pkg. dry Hidden Valley salad dressing mix
1 cup sugar (can use Splenda)
6 tsp. horseradish

Stir together. Let stand at least 4 hours. Store in refrigerator. Serve with pretzels. Makes 8 cups.

Ranch Potato Cubes

Karen Heinz

FEM Electric

7 medium potatoes
¼ cup real butter
12 oz. sour cream
1 envelope dry Ranch salad mix
1 cup shredded cheese

Wash potatoes and cut in ½ inch cubes (can leave skins on or peel potatoes). Place cubed potatoes in greased 7 x 11 inch baking dish. Dot with butter, cover with foil and bake at 325 degrees for 60 minutes or until potatoes are tender. Combine sour cream and dry ranch mix and mix well. Spoon sour cream mixture over potatoes. Sprinkle with cheese. Bake uncovered for 10 to 15 minutes or until potatoes are hot and cheese is melted.

Salad

Gloria Schneiderman

Southeastern Electric

home grown lettuce
eggs
onions
bacon

sunflower seeds
1 cup salad dressing
3 T. sugar

Mix all ingredients.

Spaghetti Salad

Jeanne Gruenhagen

Kingsbury Electric

1 lb. spaghetti, broken into thirds, cooked and rinsed
1 large tomato, chopped or cherry tomatoes, halved
1 cup celery, chopped
1 cup cheese, finely grated
1 small onion, chopped
green pepper and shredded carrots, optional

DRESSING:

1 (16 oz.) bottle of Seven Seas Creamy Italian
¾ cup sugar
1 T. mustard
salt and pepper to taste

Mix all together and marinate overnight. If the salad seems dry, add a couple of tablespoons of milk before serving.

Spanish Rice

Laurie Wernke

Southeastern Electric

1 lb. ground beef
1 medium. onion, chopped

In skillet brown ground beef and onion.

1 tsp. curry or chili powder
1 tsp. basil or Italian seasoning
½ tsp. salt
½ tsp. black pepper

Add above ingredients to ground beef and onion.

2 cups of long grain white rice, uncooked
1 qt. home canned whole tomatoes or (1 can whole tomatoes and 1 cup of water)
Optional: ½ cup chopped celery and ¼ cup chopped green bell pepper

Add above ingredients to mixture. Cook on medium heat until rice is cooked. If rice begins to stick add water ¼ cup at a time. Stir every 10 minutes. Cook with lid on as rice cooks best when steam heated. Meal is ready in 45 minutes.

Spinach Salad

Elfrieda Postma

Southeastern Electric

DRESSING:

1 cup oil	1 bag spinach
½ cup vinegar	4 hard boiled eggs
1/3 cup Heinz catsup	2 cans water chestnuts
1 medium onion, chopped	1 can bean sprouts, drained
¾ cup sugar	½ lb. bacon, fried crisp and chopped
1 tsp. Worcestershire sauce	
½ tsp. salt	

Put oil, vinegar, catsup, onion, sugar, Worcestershire sauce and salt in blender. Mix well. Pour dressing over other ingredients.

Strawberry Daiquiri Slush

Julie Thonvold

Kingsbury Electric

6 small cans lemonade, frozen
2 small cans limeade, frozen
2 pkg. strawberries, frozen, pureed in a blender
25 oz. rum alcohol (optional)
1 (2 liter) bottle 7-Up

Mix first four ingredients in a large bowl and freeze. Make at least one day ahead of serving, as it takes a long time to freeze.

To serve, fill tall glass ½ to ¾ full of slush. Fill with 7-Up and stir.

Baked Spaghetti Casserole

Amber Hoogestraat

Southeastern Electric

8 oz. spaghetti noodles
2+ cups of mozzarella cheese
1 lb. ground beef
1 cup sour cream
1 jar spaghetti sauce

Cook and drain spaghetti noodles. Brown and drain hamburger and add spaghetti sauce. Let simmer.

In 9 x 13 inch pan, mix spaghetti with 1 cup of mozzarella cheese and sour cream. Spread meat sauce over spaghetti in pan. Top with cheese and cover with foil. Bake at 300 degrees for 30 minutes.

BBQ Meatballs

Sheri Bakker

Renville-Sibley Cooperative

1 (13 oz.) can evaporated milk
3 lbs. ground beef
2 cup quick oatmeal
1 ½ tsp. salt
1 ½ tsp. pepper
2 eggs
1 cup onions, chopped
½ tsp. garlic salt
1 ½ tsp. chili powder

Sauce:

1 ½ cup. brown sugar
2 T. liquid smoke
½ tsp. garlic powder
2 cup ketchup

Mix and shape into balls. Place in flat pan single layer. Mix sauce and pour over meatballs. Bake 1 hour at 350 degrees (can freeze in 1 lb. containers to make 3 meals).

Breakfast Pizza

Sally Florey

Charles Mix Electric

2 tubes crescent rolls
1 lb. pork sausage
1/3 cup onion, chopped
1/3 cup green pepper, chopped
2 T. milk
1 T. butter
1 envelope country gravy mix
2 cups (8 oz.) shredded cheddar cheese
6 eggs
1 cup shredded Pepper Jack cheese
1/2 tsp. salt
1/4 tsp. pepper

Separate crescent dough into 16 triangles; place on greased 14 inch round pizza pan, with points toward the center (overlap as needed to fit). Press to form a crust, seal seams. Bake at 375 degrees for 11-13 minutes or until golden brown.

Meanwhile, brown the sausage, onion, and green pepper until meat is no longer pink, drain. Prepare the country gravy according to package directions, stir sausage mixture into gravy, set aside.

In small bowl, whisk eggs with milk, salt and pepper. Melt butter in large skillet, add egg mixture. Cook and stir until almost set. Spread gravy mixture over crust. Top with egg mixture and cheeses. Bake 5-10 minutes longer or until cheese is melted. Cut into wedges.

Cheating Cheeseburger Macaroni

Rebecca Walz

Southeastern Electric

2 cups macaroni, cooked and drained
1 ½ lbs. ground beef
¼ cup onion, chopped
½ pkg. baby carrots, finely chopped
1 can cream of chicken soup
1 can cheddar cheese soup
1 cup water
¼ cup sour cream (optional)

Cook ground beef and onion; drain. Add carrot and cook while macaroni is cooking. Mix soups, water and sour cream; add to hamburger. Simmer over medium heat for a few minutes. Stir in the cooked pasta and serve immediately.

Chicken Pot Pie Hot Dish

Janet Loeschke

Whetstone Valley Electric

2 chicken breasts, cooked and cubed
1 cup peas
1 cup carrots
1 cup corn
2 stalks celery, chopped
½ medium onion, chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 can baking powder biscuits*

Cook chicken breast cubes with onion and celery until vegetables are tender and chicken is no longer pink and put in casserole dish sprayed with cooking spray. Vegetables can be canned, frozen or fresh. If needed, cook until tender and add to chicken. Add soups and bake until bubbly. Lay the biscuits on top and bake in 350 degree oven until biscuits are done.

*The canned biscuits can be substituted with your own baking powder biscuits. This is a basic recipe. You can add mushrooms, green beans or other vegetables. You can also add Velveeta cheese if desired.

Chicken Rice Casserole

Luella DeJong

Southeastern Electric

1 cup rice, uncooked
1 small chicken, cut up
1 pkg. dry onion soup
1 can cream of mushroom or chicken soup
2 soup cans of water

Grease baking dish well. Place uncooked rice over the bottom, sprinkle with dry onion soup. Combine soup and water and pour over rice. Arrange chicken over top. Cover and bake at 375 degrees for 1 hour and 45 minutes. This can be made in your crock pot as well. Have crock pot on high until it starts to cook, then turn on low.

Creamy Hash Browns Crock Pot

Barb Goehring

Bon Homme Yankton Electric

- 1 pkg. (2 lbs.) frozen hash browns
- 2 cups American cheese
- 2 cups sour cream
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 1 lb. bacon, cooked and crumbled
- 1 large onion, chopped
- 1/4 cup butter melted
- 1/4 tsp. pepper

Place potatoes in an ungreased slow cooker. In bowl combine remaining ingredients, pour over potatoes, mix well. Cover cook on low 4-5 hours till potatoes are tender and heated through. Yields 14 servings.

Crock Pot Beef Fajitas

Sally Florey

Charles Mix Electric

- 1 1/2 lbs. round steak
- 1 onion, chopped (1 cup)
- 1 medium green pepper, chopped
- 1 tsp. chili powder
- 1 envelope fajita seasoning mix
- 1 (8 oz.) can stewed tomatoes with lime juice and cilantro
- tortillas and your favorite fajita toppings (shredded cheese, salsa, sour cream, etc.)

Trim fat from steak, cut into serving-size portions. Place in crock pot, add onion, green pepper, chili powder, seasoning packet, and tomatoes (undrained). Cook on low for 8-10 hours, or on high for 4-5 hours. Remove steak and shred with a fork, return meat to crock pot. To serve, use a slotted spoon to spoon steak mixture onto warmed tortillas. Top with your favorite toppings, roll up tortillas.

Crock Pot Pizza Hotdish

Dawn Johnson

Codington-Clark Electric

- 1 1/2 lbs. ground beef, browned
- 1/2 cup onion, chopped
- 1 (26 oz.) jar spaghetti sauce
- 1 1/2 tsps. Italian seasoning
- 1 can mushrooms, optional
- 1 (12 oz.) bag wide egg noodles, cooked
- 1 pkg. pepperoni
- 3 cups mozzarella cheese
- 3 cups cheddar cheese

Combine first 5 ingredients and put 1/3 of mixture in bottom of crock pot. Layer 1/3 of the noodles, 1/3 of the pepperoni and 1/3 of each cheese. Repeat layers so there are a total of three, ending with the cheese. Put in crock pot for 3 - 4 hours until heated through and cheese melts.

Italian Meatball Hoagies

Dawn Johnson

Codington-Clark Electric

4 eggs
½ cup milk
1 cup grated Parmesan cheese
2 T. dried parsley flakes
2 garlic cloves, minced
1 ½ tsp. dried basil
1 ½ tsp. dried oregano
¼ tsp. pepper

Combine above ingredients.

2 lb. ground beef
2 cups saltines, crushed (about 60 crackers)

Crumble ground beef over mixture. Sprinkle with saltines; mix gently. Shape into 1 inch balls. Place in 15 x 10 x 1 inch baking pan. Bake at 350 degrees for 20 - 25 minutes. Drain on paper towels.

SAUCE:

2 cans (15 oz.) tomato sauce
½ cup grated Parmesan cheese
1 ½ tsp. dried oregano
1 tsp. dried basil
1 tsp. dried parsley flakes
½ tsp. salt

Combine above ingredients.

Bring to a boil over medium heat, then add meat balls. Reduce heat. Cover and simmer for 20 minutes or until heated through. Serve on sub sandwich buns. Top with sliced mozzarella cheese. Makes 12 servings or approximately 55 meat balls.

Kielbasa with Peppers & Potatoes

Deb Barger

Sioux Valley Energy

1 T. vegetable oil
1 (16 oz.) pkg. smoked kielbasa sausage, diced
6 medium red potatoes, diced
1 red bell pepper, sliced
1 yellow bell pepper, sliced

Heat the oil in a saucepan over medium heat. Place kielbasa and potatoes in the saucepan. Cover and cook 25 minutes, stirring occasionally, until potatoes are tender. Mix peppers into the saucepan and continue cooking 5 minutes until peppers are just tender.

Maple Salmon

Kathleen Hahn

Southeastern Electric

¼ cup maple syrup
2 T. soy sauce
1 clove garlic, minced
¼ tsp. garlic salt
1/8 tsp. ground black pepper
1 lb. salmon

In a small bowl mix the maple syrup, soy sauce, garlic salt, and pepper. Place salmon in a shallow glass baking dish and coat with the maple syrup mixture. Cover the dish and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees. Place the baking dish in the preheated oven and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Mile High Pancakes

Sue Wilts

Traverse Electric

1½ cups buttermilk
2 eggs
1½ tsp. sugar
½ tsp. baking soda
1 cup flour
dash of salt

Mix buttermilk and eggs. Add dry ingredients and mix. It will be a bit lumpy. Begin preparing pancakes. Flip pancakes when bubbles form. These freeze well. Can double the recipe.

Oriental Ham Casserole

Tom Green

Northern Electric

2 cups cooked rice (can use quick microwave rice)
2 cups cooked ham, diced
1½ cups (or a can) mixed vegetables, drained
1 can (10½ oz.) cream of mushroom soup
½ cup milk
1 cup soft bread crumbs, tossed with 2 T. melted butter

Combine cooked rice, ham, vegetables, soup, and milk. Coat an 8 inch square baking dish or similar 1½ to 2 quart casserole dish with cooking spray. Spoon rice and ham mixture into the casserole and spread. Top evenly with buttered bread crumbs. Cook at 325 degrees for 30 minutes, or until bubbly. Turn the broiler on for about 2 to 3 minutes (more, if desired) to brown bread crumbs. Add cheese or soy sauce for a flavor boost.

Penne Pasta with Bacon and Cream

Tricia Robinson

Southeastern Electric

15 bacon slices
1 (8 oz.) pkg. fresh mushrooms, sliced
2 garlic cloves, minced
16 oz. penne pasta, cooked
1 cup Parmesan cheese, freshly grated
2 cups whipping cream
½ tsp. pepper
4 green onions, sliced

Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 2 T. of drippings in skillet. Coarsely crumble bacon. Saute sliced mushrooms and garlic in reserved drippings 3-5 minutes or until tender. Stir in next 3 ingredients; simmer over medium-low heat, stirring often until sauce is thickened. Stir in bacon and green onions. Yields 6 main-dish servings. ☀

Pizza Hot Dish

Gwen Larsen

Sioux Valley Energy

2 lbs. hamburger, browned
1 tsp. oregano
1 pkg. sloppy joe mix
15 oz. can tomato sauce
2 pkg. crescent rolls
1 (8oz.) pkg. shredded mozzarella cheese
1 (8 oz.) pkg. shredded cheddar cheese

Mix together the browned hamburger, oregano, sloppy joe mix and tomato sauce; set aside. In a greased 9 x 13 inch pan, lay 1 package of unrolled crescent rolls, then meat mixture, then cheeses. Place last package of unrolled crescent rolls on top. Bake at 350 degrees for 30 minutes.

Pumpkin Pancakes

Bonnie Wolbrink

Douglas Electric

2 cups regular pancake mix
½ cup pumpkin
2 eggs
¼ cup oil
1 T. sugar
1 tsp. pumpkin pie spice
1 ½ cups milk

Add oil, eggs and mix pumpkin and spice in pancake mix. Prepare pancakes.

Spaghetti Pizza

Linda Bares

Bon Homme Yankton Electric

7 oz. spaghetti, cooked
garlic salt
½ cup milk
1 can mushrooms, drained
1 egg, beaten
1 (32 oz.) jar spaghetti sauce
1 ½ lbs. hamburger
1 lb. mozzarella cheese
1 small onion
1 pkg. pepperoni

Cook spaghetti and drain. Place in a greased 9 x 13 inch pan. Mix milk and egg. Pour egg mixture over spaghetti. Brown hamburger with onion and garlic salt; drain. Place hamburger over spaghetti. Then add mushrooms, sauce, cheese and pepperoni on top. Cover with foil. Put in refrigerator overnight. Bake covered at 350 degrees for one hour then uncover and bake another 15 minutes. Let stand 5 to 10 minutes. Cut and serve.

Tater Tot Casserole

Linda Bares

Bon Homme Yankton Electric

2 lbs. hamburger
½ cup onion, chopped
salt to taste
pepper to taste
1 can tomato soup
1 can cream of mushroom soup
1 can green beans, drained
1 can whole kernel corn, drained
tater tots

Brown the hamburger with onion, salt and pepper; drain. Mix soups into hamburger. Fold in the green beans and corn. Place mixture in a small roaster or 8 x 8 inch pan. Top with tater tots. Bake at 400 degrees for approximately 25 to 30 minutes.

Turkey Wrap

Linda Meidinger

Codington-Clark Electric

4 oz. precooked turkey breast slices
4 (8 inch) flour tortillas
1 large tomato, cut into thin wedges
1 large green pepper, cut into strips
1 cup lettuce, shredded
1/3 cup ranch dressing
1 cup cheddar cheese, shredded

Place turkey across the center of each flour tortilla. Combine tomatoes, green pepper strips and shredded lettuce and toss with ranch dressing. Place vegetables on top of turkey and add cheddar cheese. Roll up tortillas and serve.

World's Best Lasagna

Linda Johansen

Lyon-Lincoln Electric Cooperative

1 lb. sweet Italian sausage	1 tsp. Italian seasoning
¾ lb. lean ground beef	1 T. salt
½ cup minced onion	¼ tsp. black pepper, ground
2 cloves garlic, crushed	4 T. fresh parsley, chopped
1 (28 oz.) can tomatoes, crushed	12 lasagna noodles
2 (6 oz.) cans tomato paste	16 oz. cottage cheese
2 (6.5 oz.) cans canned tomato sauce	1 egg
½ cup water	½ tsp. salt
2 T. white sugar	¾ lb. mozzarella cheese, sliced
1 ½ teaspoons dried basil leaves	¾ cup grated Parmesan cheese
½ tsp. fennel seeds	

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 T. salt, pepper and 2 T. parsley. Simmer, covered, for about 1 ½ hours, stirring occasionally. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine cottage cheese with egg, remaining parsley, and ½ tsp. salt. Preheat oven to 375 degrees.

To assemble, spread 1 ½ cups of meat sauce in the bottom of a 9 x 13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the cottage cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 ½ cups meat sauce over mozzarella, and sprinkle with ¼ cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving. If made the night before, no need to simmer the sauce. Instead of boiling the noodles, soak in hot water while making recipe.

Angel Dessert

Shirley Thedorff

Clay Union Electric

angel food cake (prepared or purchased from store)
2 pkgs. Jell-O
2 cups boiling water
1 pt. vanilla ice cream
1 pkg. frozen or can fruit (and juice)

Break cake into a 9 x 13 inch pan. Dissolve jello in water. Melt ice cream in Jell-O. Add fruit and juice. Mix well. Pour over cake. Refrigerate, serve plain or with whipped topping.

Apple Crunch

Dee Fink

Douglas Electric

4 cups apples, cut finely
1 cup sugar
1 tsp. cinnamon
¼ tsp. nutmeg
2 T. flour

Mix and place in buttered 9 x 13 inch pan.

1/3 cup margarine, melted
¾ cup oatmeal
¾ cup brown sugar
¾ cup flour
¼ tsp. baking powder
¼ tsp. soda

Mix and put over crust. Bake 30 minutes at 350 degrees.

Apple Nut Bundt Cake

Janet Loeschke

Whetstone Valley Electric

1 ½ cups oil
1 ½ cups sugar
1 ½ brown sugar
3 eggs
3 cups flour
2 tsp. cinnamon
1 tsp. baking soda
½ tsp. nutmeg
½ tsp. salt
3 ½ cups tart apples, peeled and chopped
1 cup walnuts, chopped
3 tsp. vanilla

GLAZE:

3 T. butter
3 T. brown sugar
3 T. white sugar
¼ tsp. vanilla

Grease and flour bundt pan. Combine first 3 ingredients and then add eggs one at a time. Sift dry ingredients and add to mixture. Fold in apples, nuts and vanilla. Bake at 325 degrees for about 1 ¾ hours. Cool in pan 20 minutes before turning out.

Glaze: boil ingredients over medium heat for 1 minute and pour over warm cake.

Apple Pie Pudding

Dakota Energy

Jodene Decker

1 cup sugar
¼ cup margarine
1 egg
2 cup chopped apple
1 cup flour
1 tsp. soda
¼ tsp. salt
¼ tsp. nutmeg

Cream sugar, margarine and egg together. Add flour, soda, salt and nutmeg. Fold in apples. Bake 40 to 45 minutes at 350 degrees in a 9 x 13 inch pan. Cut in squares and serve with the following sauce.

SAUCE:

1 cup sugar
¼ cup margarine
½ cup cream

Bring to boil and boil for 10 minutes. Add 1 tsp. vanilla.

Atomic Cake

Alan Vedvei

Kingsbury Electric

3 cups flour
2 cups sugar
¾ cup oil
6 T. cocoa
1 tsp. salt
2 tsp. soda
2 T. vinegar
2 cups cold water
3-4 cups mini marshmallows

Mix all cake ingredients and pour into a greased 9 x 13 inch pan. Bake 35 minutes at 350 degrees. Immediately top with marshmallows.

FROSTING:

½ cup white sugar
½ cup brown sugar
¼ cup milk
1 T. butter
½ cup chocolate chips

Heat sugars and milk and boil for 1 minute. Add butter and chips. Spread over cake and marshmallows while cake is still warm.

Banana Bread

Kathy Metzinger

Douglas Electric

½ cup shortening
2 eggs
1 ¼ cups flour
½ cup walnuts, chopped (optional)
1 cup sugar
3 or 4 mashed bananas
1 tsp. soda

Mix ingredients together and pour into greased loaf pan. Bake at 350 degrees for 1 hour. Makes 1 large loaf. Double recipe makes 3 small loaves.

Blueberry Coffee Cake

Jan Christiansen

Sioux Valley Energy

1 cup canola oil
1 ¾ cups white sugar
4 eggs
2 ½ cups flour
1 ½ tsp. baking powder
¼ tsp. salt
1 or 2 can(s) of your favorite pie filling

Beat oil and sugar. Add eggs one at a time. Mix flour, baking powder and salt; gradually add to first mixture. Beat at medium speed until light and fluffy. Spread 2/3 of this mixture into a greased pan. Spread on pie filling. Dot with remaining dough. If you want this thicker use a 9 x 13 inch pan and 1 can of filling. If you want more bar-like use a jelly roll pan and 2 cans of filling. Bake at 350 degrees for 25-30 minutes until lightly browned. When cool drizzle thin powdered sugar icing on top.

Buster Bars

Linda Meidinger

Codington-Clark Electric

1 lb. chocolate sandwich cookies, crushed
1 cup butter
½ gal. vanilla ice cream, softened
1 ½ cups Spanish peanuts
1 ½ cups evaporated milk
2/3 cup chocolate chips
2 cups powdered sugar
1 tsp. vanilla

Combine cookies and ½ cup butter. Press into 9 x 13 inch pan. Spread ice cream over crust. Sprinkle nuts over ice cream. In a saucepan mix milk, chocolate chips, powdered sugar and ½ cup butter. Bring to a boil and boil for 8 minutes, stirring constantly. Add vanilla; cool. Pour sauce over peanuts and freeze.

Candy Bites

Donna Sattler

Lake Region Electric

mini pretzels (not sticks)
rolos
pecan halves

Arrange pretzels on a plate and place a rolo on top of each pretzel. Microwave until chocolate is soft. Place pecan half on top and press it into the chocolate. You can also melt them in the oven.

Cherry Dessert Squares

Shirley Theodorff

Clay Union Electric

2 cans cherry pie filling
1 pkg. cake mix (white, yellow or lemon)
½ cup slivered almonds
1 cup butter, melted

Put pie filling in bottom of ungreased 9 x 13 inch pan. Sprinkle dry cake over top and smooth. Add almonds, then butter. Bake 60-75 minutes at 350 degrees. Cut in squares and serve with whipped toping. Yields 18 servings.

Chocolate Chip Dessert

Amy Voelker

Sioux Valley Energy

GRAHAM CRACKER CRUST:
12-15 graham cracker squares
4 T. margarine or butter
¼ cup sugar

Mash crackers with a rolling pin until fine. Add sugar. Mix in melted butter. Pat into a 9 x 13 inch pan and bake at 350 degrees for 5-8 minutes.

FILLING:

Melt together in microwave:
1 cup milk
16 oz. miniature marshmallows

Cool in refrigerator.

Fold in:
16-20 oz. cool whip

Add:
semi-sweet chocolate (2 squares), grated

Let set in refrigerator: cut into squares.

Chocolate Dessert

Marilyn Timm

Traverse Electric

2 cups flour
1 cup butter, melted
4 T. sugar
1 cup walnuts, chopped

Mix together and spread into 9 x 13 inch cake pan. Press to make base solid. Bake at 350 degrees for about 20 minutes or until light brown. Cool.

Blend together:
12 oz. cream cheese
2 cups Cool Whip

Spread over cooled crust.

Mix together:
2 pkgs. instant chocolate pudding
3½ cups milk

Stir until blended and pour over cream cheese. Refrigerate and serve with dollop of cream.

Chocolate Revel Bars

Sandy Zwart

Sioux Valley Energy

cake mixture
1 cup shortening
2 cups brown sugar
2 eggs
2 tsp. vanilla
2½ cups flour, sifted
1 tsp. soda
1 tsp. salt
3 cups oatmeal

Cream shortening and sugar. Mix in eggs and vanilla. Stir in flour, soda, salt and then oatmeal. Set aside.

FILLING:
1 (12 oz.) pkg. chocolate chips
2 T. butter
½ tsp. salt
1 (15 oz.) can sweetened condensed milk
1 cup walnuts
1 tsp. vanilla

Mix chocolate chips, butter and salt in double boiler. Add sweetened condensed milk. When smooth, add nuts and vanilla. Spread 2 1/3 cups of cake mixture in 9 x 13 inch pan. Cover with the chocolate mixture. Dot with remaining cake mixture. Bake at 350 degrees for 25-30 minutes.

Fuzzy Navel Cake

Sally Florey

Charles Mix Electric

1 pkg. plain yellow cake mix
1 pkg. vanilla instant pudding mix
 $\frac{3}{4}$ cup peach Schnapps
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup orange juice
4 eggs

GLAZE:
1 cup powdered sugar
4 T. orange juice
2 T. peach Schnapps

Mix cake ingredients until blended, beat two minutes at medium speed. Pour batter into a greased 12 cup Bundt pan, bake at 350 degrees for 45 to 50 minutes. Cool for 20 minutes, run a long, sharp knife around the edge of the cake, and invert onto a serving platter.

Mix glaze ingredients until well blended. Poke holes in top and sides of cake with a wooden skewer or toothpick. Spoon the glaze over the warm cake, allowing it to seep into the holes and drizzle down the sides and center. Cool completely before slicing. This is sweet enough on its own, or serve with Cool Whip.

Ginger Snap Cookies

Barb Goehring

Bon Homme Yankton Electric

$\frac{3}{4}$ cup shortening
1 cup sugar
1 egg
 $\frac{1}{4}$ cup molasses
2 cups flour

1 tsp. cinnamon
1 tsp. ginger
 $\frac{1}{2}$ tsp. salt
2 tsp. soda

Cream together the shortening and sugar. Add the egg and molasses. Beat until creamy. Mix the dry ingredients. Gradually add to the creamed mixture. Refrigerate dough until cool. Roll into balls and place on a cookie sheet. Press rolled balls down with glass dipped in sugar. Bake at 350 degrees until done. Yields 3-4 dozen.

Home Made Ice Cream

Sharla Haugen

Sioux Valley Energy

2 cups white sugar
1 T. salt
2 T. vanilla flavoring
1 T. almond flavoring (optional)
1 qt. heavy whipping cream
1 qt. half and half
whole milk

Mix above all together and then fill remainder of ice cream maker with whole milk. Process until mixer stops (sprinkle rock salt over ice around the tank to process faster).

Jell-O

Janet Loeschke

Whetstone Valley Electric

1 pkg. tapioca pudding
1 pkg. Jell-O (strawberry)
2½ cups cold water
1½ cups Cool Whip
1 pkg. strawberries, frozen

Mix pudding, Jell-O and water and bring to a boil. Cool until it starts to thicken and fold in whipped topping and add strawberries. Set in refrigerator until ready to serve. This is also good with orange Jell-O and mandarin oranges or fruit cocktail or peach Jell-O and canned, diced peaches.

Lemon Poppy Seed Muffins

Carol Beekman

Renville-Sibley Cooperative Power

1 yellow cake mix
1 pkg. instant lemon pudding
½ cup orange juice
½ cup oil
¼ cup water
5 eggs
1 T. poppy seeds

Mix together, except for poppy seeds. Beat 3 minutes on medium speed; add the poppy seeds; beat again just enough to mix. Bake at 350 degrees for 20 minutes. Makes 24 muffins.

Lime Chiffon Dessert

Bonnie Wolbrink

Douglas Electric

1½ cups graham crackers, crushed
½ cup butter
1/3 cup sugar

Combine graham crackers, butter and sugar and set aside 2 T. for topping; press remaining crumbs in 9 x 13 inch pan.

FILLING:

1 pkg. (3 oz.) lime Jell-O (can use strawberry or orange)
1 cup boiling water
1 cup sugar
1 tsp. vanilla extract
1 (12 oz.) container Cool Whip
1 (8 oz.) pkg. cream cheese

Dissolve gelatin in boiling water, cool. In mixing bowl beat cream cheese, sugar, vanilla and mix well. Slowly add gelatin until combined; fold in cool whip and spoon over crust and sprinkle with remaining crumbs. Refrigerate 3 hours.

Lime Christmas Tree Cookies

Heidi Brewer

H-D Electric

1 cup butter, softened
½ cup sugar
¼ cup lime juice
2 tsp. grated lime peel
1 tsp. vanilla extract
2 ¾ cup all-purpose flour
10-12 drops green food coloring

FROSTING:

1 pkg. (3 oz.) cream cheese, softened
1 cup confectioners' sugar
1 tsp. lime juice
green colored sugar

In large mixing bowl, cream butter and sugar until light and fluffy. Beat in the lime juice, lime peel, and vanilla. Gradually add flour. Beat in food coloring. Cover and refrigerate for 4 hours or until easy to handle. On lightly floured surface, roll out dough to ¼ inch thickness, cut with a floured 2½ inch tree shaped cutter. Place one inch apart on ungreased baking sheet.

Bake at 350 degrees for 8-10 minutes or until set. Cool for 5 minutes before removing from pans to rack. In small mixing bowl beat the cream cheese, confectioners' sugar, and lime juice until smooth. Decorate cookies with frosting as desired and sprinkle with colored sugar. Store in refrigerator. Yields 4 dozen.

Luscious Lemon Angel Roll

Janet Loeschke

Whetstone Valley Electric

1 pkg. angel food cake mix
¾ cup powdered sugar, divided
1 pkg. (8 oz.) cream cheese, softened
1 lemon
7 drops yellow food coloring (optional)
1 container (8 oz.) light whipped topping
1 jar strawberry ice cream topping or jam
powdered sugar

Preheat oven to 350 degrees. Press parchment paper into 10 x 15 inch jelly roll pan. Prepare cake mix according to package directions; spread evenly into pan. Bake 30-35 minutes. Remove from oven and let cool a few minutes. Sprinkle ½ cup of powdered sugar over cake and put another piece of parchment paper over cake. Carefully turn cake over; remove pan and parchment paper. Add a fresh piece of parchment paper and roll as for jelly roll. Cool completely. Unroll cake; discard parchment paper. Spread cake with ¼ cup ice cream topping. Combine cream cheese and remaining ¼ cup powdered sugar; mix well. Add zest of the lemon and 1 T. juice. Add food coloring, if desired; mix well. Fold in one cup of the whipped topping; gently spread over strawberry topping to within one inch of edge. Re-roll cake. Sprinkle with remaining powdered sugar. Refrigerate to set filling until ready to serve.

Monster Bars

Sue Wilts

Traverse Electric

½ cup butter, softened
1 cup brown sugar
1 cup white sugar
3 large eggs
1½ cups peanut butter
1 tsp. vanilla
2 tsp. baking soda
4½ cups quick cooking oatmeal
1½ cups chocolate chips
1½ cups M & M candies

Cream butter and sugar with an electric mixer. Mix in eggs and then add peanut butter. Mix in vanilla, baking soda, and oatmeal. Stir in chocolate chips and M & Ms. Pat into a baking sheet. Bake at 350 for 25 minutes. Do not over bake.

No Bake Chocolate Cookies

Brian Jeremiason

Lyon-Lincoln Electric

3 cups white sugar
½ cup milk
½ cup cocoa
½ cup butter

Combine above ingredients and bring to a boil. Let boil for 1½ minutes.

½ cup peanut butter
1 tsp. vanilla
3 cups dry oatmeal
2 cups flake coconut

Remove from heat and add peanut butter and vanilla. Stir until peanut butter is dissolved. Stir in dry oatmeal and flake coconut. Drop by tsp. onto waxed paper.

No Bake Double Good Dessert

Dan Letteau

Oahe Electric

20 chocolate sandwich cookies, crushed
1 (8 oz.) package cream cheese, softened
2 cups confectioners' sugar
¾ cup peanut butter
1 (12 oz.) container frozen whipped topping, thawed

Press crushed cookies into the bottom of a 9 x 13 inch pan, reserving a few for decoration. In a medium bowl, beat together the cream cheese and confectioners' sugar. Stir in the peanut butter until well blended, then fold in the whipped topping. Spread over the crushed cookie base, sprinkle the remaining cookie chunks on top, and freeze for 1 to 2 hours. Thaw 10 to 15 minutes before cutting and serving.

Peanut Buster Parfait Dessert

Marilyn Timm

Traverse Electric

½ pkg. Oreo cookies
vanilla ice cream, softened
1 pkg. salted Spanish peanuts
chocolate syrup

On the bottom of a 9 x 13 inch cake pan, crush Oreo cookies. Press down so it is level. Scoop softened vanilla ice cream over crumbs (about 1½ to 2 inches deep). Sprinkle package of salted Spanish peanuts over the top. Drizzle chocolate syrup over entire top. Place in freezer for about three hours before serving.

Raspberry Dessert

Vera Raether

Kingsbury Electric

CRUST:

½ cup butter
¼ cup sugar
½ cup nuts
1 cup flour
1 pinch salt

Mix together and bake in a 9 x 13 pan for 15 minutes at 350 degrees.

32 large marshmallows

½ cup milk

1 cup whipping cream or can substitute 1 small tub Cool Whip

1 pint frozen raspberries

2 (3 oz.) pkgs. raspberry Jell-O

3 cups water

1 pt. raspberries, frozen

Melt in a pan 32 large marshmallows and add ½ cup milk; cool.

Whip one cup cream and fold into marshmallows when cool. Spread on crust and chill. Mix raspberry Jell-O with boiling water and frozen raspberries. When it has started to harden, put on top of the marshmallow mixture.

Strawberry Bread

Dawn Johnson

Codington-Clark Electric

4 eggs, beaten

1½ cups vegetable oil

¾ tsp. salt

3 cups flour

1 tsp. cinnamon

2 cups sugar

1 tsp. soda

1 (16 oz.) pkg. strawberries, partially frozen

Mix all ingredients, then add strawberries. Grease and flour 2 bread pans. Bake at 350 degrees for 1 hour and 10 minutes.

Super Simple Apple Crisp

Rebecca Connor

Central Electric

- ½ cup butter
- 1 (17.5 oz.) package oatmeal cookie mix
- 2 (21 oz.) cans apple pie filling
- ½ tsp. ground cloves

Place apple pie filling in ungreased 9 x 9 inch or 8 x 8 inch pan. Sprinkle ground cloves over filling. Melt the stick of butter and mix with the oatmeal cookie mix. Spread this on top of the pie filling. Bake at 350 degrees for 35 minutes or until the sides are bubbling.

Zucchini Bread

Dorothy Horst

Southeastern Electric

- 3 eggs
- 1 ½ cups sugar
- 2/3 cup vegetable oil
- 2 to 3 tsp. cinnamon
- 1 ½ tsp. baking soda
- 1 tsp. salt
- 2 cups zucchini coarsely grated
- 2 cups flour
- 1 T. vanilla
- 2 tsp. maple flavoring
- ¼ tsp. baking powder

Beat eggs until frothy. Mix in sugar, oil, vanilla and maple flavoring and beat until thickened. Stir in zucchini. Add flour, cinnamon, baking soda, salt and baking powder. Blend mixture and pour into greased and floured pans. Bake at 350 degrees for about 1 hour (30 to 45 minutes in small sized foil pans).

Immediately after removing from oven add a glaze of:

- 1 T. melted butter
- 1 tsp. vanilla
- 2 T. milk
- ¼ tsp. cinnamon
- 1 cup powdered sugar

Sprinkle the glazed bread immediately with 1 cup of finely chopped walnuts.

Cucumber Dip

Sandi Leighton

East River Electric

2 pkgs. cream cheese (fat-free), softened
4 cucumbers
Worcestershire sauce
onion powder
garlic powder

Peel cucumbers and remove seeds. Shred cucumbers. Press with paper towel and remove excess moisture. Combine cream cheese and cucumbers. Add Worcestershire sauce, onion and garlic powder. Season with these items to your taste. This dip can be used with vegetables, crackers, chips, etc.

Low-Fat Chocolate Cake

Maria L. Pedersen

East River Electric

1 box chocolate cake mix (Devil's Food recommended)
1 can Diet Coke
Cool Whip (fat-free)

Combine dry cake mix and Diet Coke. Stir 15 to 20 times. Be sure not to over-stir the mix (may be a bit lumpy). Pour into a greased 9 x 9 inch or 9 x 13 inch pan. Bake at 350 degrees for 30 to 35 minutes or until toothpick inserted comes out clean. Also works well with cupcakes. Top with cool whip and serve.

Strawberry Salad

Val Manthey

East River Electric

1 (3 oz.) box raspberry Jell-O (sugar-free)
1 ½ cups water
1 (8 oz.) carton Cool Whip, softened (sugar-free or low sugar)
1 (8 oz.) pkg. cream cheese, softened (low-fat)
2 cups strawberries, sliced (fresh—if frozen, drain well)

Mix Jell-O with 1 ½ cups hot water and let dissolve. Refrigerate until the Jell-O begins to set. Remove from refrigerator and beat with an electric mixer. Add softened cream cheese and continue to beat until well blended. Fold in Cool Whip and strawberries. Chill until set.

Texas Caviar

Barb Strom

East River Electric

- | | |
|--|---|
| 1 cup sugar | 1 small bag frozen corn |
| ¾ cup apple cider vinegar | 1 small jalapeño or can of chilies, diced |
| ¼ cup oil | 2-3 stalks of celery, diced |
| pepper | 1-2 bunches of green onions, diced |
| 2 cans black eyed peas, drained and rinsed | 2 green peppers, diced |
| 2 cans black beans, drained and rinsed | 2 red peppers, diced |
| | fresh cilantro |

Heat sugar, apple cider vinegar, oil, and some pepper to taste until warm and pour over vegetables. Chill and serve with chips.

Vegetable Pizza

Burnie Hegdahl

East River Electric

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|---|----------------------------------|
| 2 (8 oz.) pkgs. refrigerated crescent rolls (low-fat) | 1 cup fresh broccoli, chopped |
| 2 (8 oz.) pkgs.. cream cheese (fat-free) | 1 cup tomatoes, chopped |
| 1 cup mayonnaise (fat-free) | 1 cup green bell pepper, chopped |
| 1 (1 oz.) pkg. dry Ranch-style dressing mix | 1 cup cauliflower, chopped |
| | 1 cup carrots, shredded |
| | 1 cup cheddar cheese, shredded |

Preheat oven to 375 degrees. Roll out the crescent roll dough onto a 9 x 13 inch baking sheet and pinch together edges to form crust. Bake crust for 12 minutes in the oven. Once finished cooking, remove crust from oven and let cool 15 minutes without removing it from baking sheet. In a small mixing bowl, combine cream cheese, mayonnaise, and dry Ranch dressing. Spread the mixture over the cooled crust. Arrange broccoli, tomato, green bell pepper, cauliflower, shredded carrots, and cheddar cheese over the cream cheese layer. Chill for one hour, slice and serve.

Veggie Roll-Ups

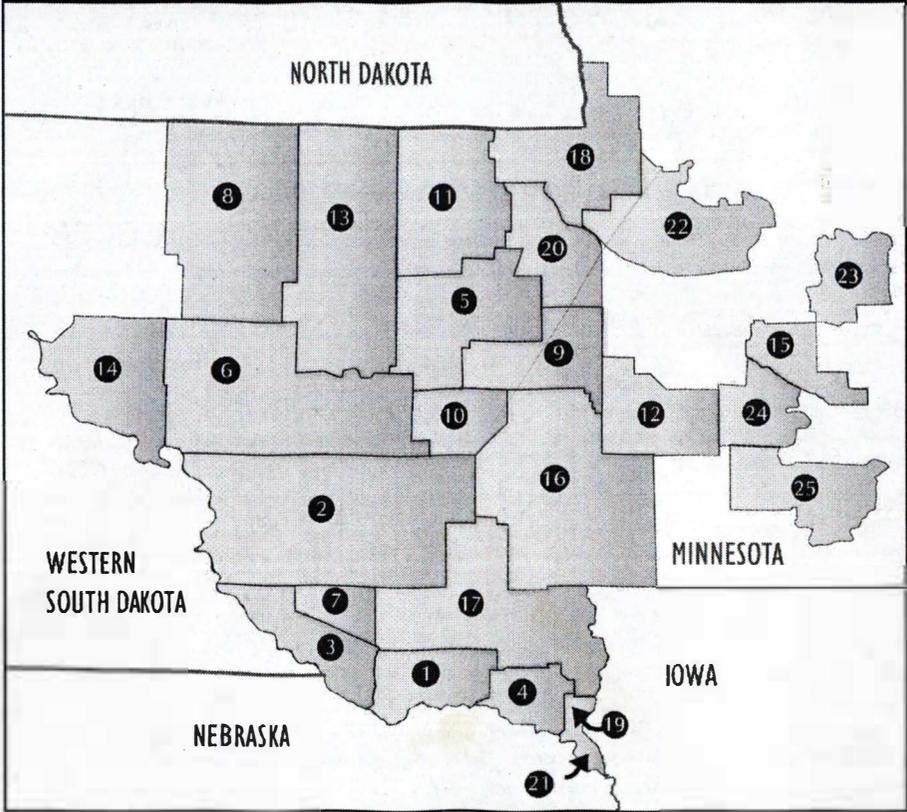
Deb Byrne

East River Electric

- 2 (10 inch) tortillas (fat-free)
- 4 T. cream cheese (fat-free), softened
- 4 T. vegetarian refried beans (fat-free)
- 1 small tomato, chopped
- 1 green onion, chopped
- ½ cup leaf lettuce, shredded
- 2 T. fresh cilantro, chopped (optional)
- 2 T. salsa

Spread the cream cheese over one tortilla, placing the second tortilla on top of the cream cheese. Spread the refried beans on top of this tortilla. Sprinkle with the chopped tomatoes, onions, lettuce and salsa. Add cilantro, if desired. Roll up the tortillas and wrap tightly with plastic wrap. Chill to firm up the cream cheese. Slice into one inch roll-ups and remove the plastic wrap. Garnish with added salsa.

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