

BEVERAGES

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HOLIDAY WASSAIL BOWL

Rosi Beales

6 cups apple juice	1 teaspoon allspice
2 cups cranberry juice cocktail	½ teaspoon cloves
½ cup orange juice	1 teaspoon aromatic bitters, if desired
3 cinnamon sticks, broken	Clove-studded orange slices, if desired

In large saucepan, combine juices. Tie spices in porous cloth and add to liquid. Heat to boiling, then simmer 10 minutes. Remove from heat and let stand 10 more minutes. Remove spice bag, add bitters, and pour into punch bowl or crockpot. Garnish with orange slices, if desired.

Serve hot. Can be served in mugs or cups with cinnamon stick stirrer. Makes 17 ½-cup servings, 63 calories each.

HOT BUTTERED RUM

Bunny Rodak

2 cloves	1½ oz. hot light rum
2 allspice	1½ oz. hot dark rum
1" stick cinnamon	Boiling water
1 teaspoon sugar	1 teaspoon sweet butter

Let cloves, allspice, cinnamon, and sugar stand in mug with 2 tablespoons hot water for five minutes. Add rum, butter, and more hot water. Stir until butter dissolves. Add more sugar if desired.

MORE HOT BUTTERED RUM

Bunny Rodak

4 cups cider	Pinch of salt
4 teaspoons brown sugar	4 - 6 ounces rum
4 "gulch" (shake) cinnamon	

Heat until good and hot. Pour into cup with sliver of butter.

WASSAIL

Bunny Rodak

2 quarts cider	½ teaspoon grated allspice
2 cups orange juice	1 tablespoon ground nutmeg
Juice of 1 lemon	Several sticks of cinnamon
1 teaspoon whole cloves	Rum

In spice bag or teaball, mix cloves, allspice, nutmeg, and cinnamon. Heat all to boiling. Put ½ to 1 ounce rum in cup and add wassail. MMMM!

BREADS
AND BREAKFASTS

BREADS

BANANA BREAD

Tim Ollry

2 1/2 cups flour	3/4 cup milk
1 cup sugar	1 egg
3 1/2 tsp baking powder	1 cup chopped walnuts (unless you have braces)
1 tsp salt	1 cup mashed rip bananas (2-3 medium)
3 Tbs vegetable oil	

Heat oven to 350. Grease and flour 9x5x3 loaf pan. Measure all ingredients into large mixer bowl, beat on medium speed 1/2 minute, scraping side and bottom of bowl constantly. pour into pan. Bake 55-65 minutes or until wooden pick inserted in center comes out clean. Remove from pan; cool thoroughly before slicing.

BRAN MUFFIN

Sr. Miriam Doyle

2 tablespoons salt	4 eggs
5 tablespoons baking soda	3 cups sugar
16 ounce package 100% bran	1 cup oil
5 cups flour	Dates or raisins
1 quart buttermilk	

Combine oil and sugar. Add eggs and beat well. Sift salt, baking soda, and flour together. Mix with bran. Add dry mixture alternately with buttermilk. Add dates or raisins last. Bake at 400 degrees for 15 minutes.

You can keep mix in refrigerator and make muffins as needed. This recipe comes from Jim Jardine, cousin Louise's husband.

CHEESE/PEPPER BREAD

Allan Beales

1 package active dry yeast	1/4 teaspoon soda
1/4 cup hottest tap water possible	1 cup sour cream
2 1/3 cup flour	1 egg
2 tablespoons sugar	1 cup shredded cheddar cheese
1 teaspoon salt	3/4 teaspoon black pepper

Grease two one-pound coffee cans. In large mixing bowl, dissolve yeast in hot water. Add 1 1/3 cup flour, all the sugar, salt, soda, sour cream, and egg. Blend 30 seconds at low speed, scraping bowl. Beat two minutes on high. Stir in remaining flour, cheese, and pepper.

Divide batter between two cans. Let rise in warm place for one hour (will not double). Heat oven to 350 degrees and bake 40 minutes. Take loaves out of cans immediately. Cool and slice. May vary with chives if desired.

CHILI EGGS

Oz Neff

Eggs
Chili
Grated cheddar cheese

Onions
Peppers

Use leftover chili to mix with scrambled eggs as they cook. Add grated cheese, peppers, onions, and other goodies as desired.

HEN IN A NEST

Holly and Shelly Neff

Bread
Egg

Margarine

Melt margarine in skillet. Cut hole in middle of piece of bread. Place bread in skillet. Break egg into hole in bread. When white becomes opaque, flip bread and egg and cook other side. Toast bread middle in pan too.

IRISH SODA BREAD

Eileen Johnson

2 cups all purpose flour
 $\frac{3}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 tablespoon sugar

6 tablespoons chilled margarine
1 cup raisins
1 tablespoon caraway seeds
 $\frac{3}{4}$ cup buttermilk

In large bowl, mix together flour, baking soda, salt & sugar. Cut margarine into flour mixture with pastry blender until coarse crumbs form. Lightly stir in raisins & caraway seeds. Add buttermilk and toss with fork until dry ingredients are evenly moistened. Knead dough 3 or 4 times. Shape into round loaf. Place on lightly greased baking sheet. Brush top with additional milk. Cut an X in top with sharp knife. Bake in preheated 375 degree oven 45 to 50 minutes or until golden brown & crusty. Cool on wire rack. Store tightly wrapped at room temperature.

MONKEY BREAD

Carol Sams - A Sams family Christmas morning tradition

4 cans biscuits
 $\frac{3}{4}$ cup sugar
1 - 2 tablespoon cinnamon

1½ stick margarine
1 cup sugar

Cut biscuits in quarters. Shake in cinnamon and sugar. Drop in well-greased bundt pan. Bring sugar and margarine to boil. Pour over biscuits. Bake at 350 degrees for 45 minutes. Invert on plate immediately. Be careful of excess liquids.

OVEN PANCAKE

Rosi Beales

3 tablespoons butter
3 eggs
½ cup flour

¼ teaspoon salt
½ cup milk
Powdered sugar

Preheat oven to 450 degrees. Melt butter in 10" skillet with ovenproof handle. Break eggs in bowl and beat until well mixed. Add flour and salt. Beat until nearly smooth. Add milk and melted butter and beat smooth. Pour batter into skillet. Bake for 15 minutes. Lower temperature to 350 degrees. Bake another 5 - 10 minutes. Sift powdered sugar over top.

SOPHIE'S PUMPKIN BREAD

Rosi Beales

¾ cup shortening
2⅔ cups sugar
4 eggs
1 lb pumpkin puree
¾ cup water
3⅔ cups flour
½ teaspoon baking powder

2 teaspoon baking soda
1½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon ground cloves (or other combination of
nutmeg, ginger, allspice, etc.)
¾ cup nutmeats
¾ cup raisins

Cream shortening and sugar; add eggs, pumpkin and water. Sift together flour, baking powder, soda and spices; add raisins and nuts to flour so they'll get coated. Add to the pumpkin mixture. Pour into 2 greased loaf pans, tube pan, 3 1 lb coffee cans or combination. Bake at 350 for 1 hour.

An orange may be ground up, peel and all, and added for variety and moisture.

SPOON-STIRRED WHOLE WHEAT BREAD

Rosi Beales

1 tablespoon dry active yeast
2 cups lukewarm water
2 tablespoon honey
1½ teaspoons salt
2 tablespoons oil

4½ cups whole wheat flour
Corn meal
Cold water
4 tablespoons sesame seeds
Melted butter

Dissolve yeast in lukewarm water. Add honey, salt, and oil. Mix well. Stir in flour and beat well with a wooden spoon. Cover bowl and set in warmplace for one hour. Every 10 minutes, work through dough vigorously with wooden spoon.

Turn dough onto lightly floured board and divide in half. Shape each half into a ball, cover with towel and let rest 10 minutes.

Roll each ball into 9" x 12" rectangle. Roll tightly like a jellyroll, starting with long side. Seal edges. Place

on well-oiled baking sheet that has been sprinkled with corn meal. Make diagonal slashes across top of loaves. Brush loaves with water. Cover and let rise until doubled (about 30 minutes).

Preheat oven to 375 degrees. Brush loaves again with water and sprinkle with 2 tablespoons sesame seeds each. Bake 35 - 40 minutes or until loaves sound hollow when tapped on bottom. Brush with melted butter and cool on rack.

from New York Times Natural Food Cookbook

WHOLE WHEAT BANANA BREAD

Rosi Beales

½ cup butter	1 teaspoon baking soda
¾ cup brown sugar	¾ teaspoon salt
1 egg	1½ cup mashed bananas (2 - 3)
1 cup whole wheat flour	¼ cup yogurt or buttermilk
½ cup unbleached white flour	

Preheat oven to 350 degrees. Cream butter and sugar. Beat in egg. Sift together dry ingredients. Combine banana and yogurt or buttermilk. Add alternately, stirring just enough to mix. Bake in greased loaf pan for 50 - 60 minutes.

ZUCCHINI BREAD

Rosi Beales

1½ cup whole wheat pastry flour	½ cup honey
1 teaspoon baking soda	⅓ cup buttermilk
¼ teaspoon baking powder	2 eggs
1½ teaspoon cinnamon	2 teaspoons vanilla
¼ teaspoon grated nutmeg	1 cup firmly packed shredded zucchini, squeezed dry
⅓ cup oil	⅓ cup raisins

Preheat oven to 350 degrees. Combine dry ingredients. Combine liquid ingredients. Pour liquid into dry mixture. Do not overbeat. Blend in zucchini and raisins. Spread into loaf pan(s). Bake for 50 minutes.

APPETIZERS

APPETIZERS

CHEESE BALL

Bunny Rodak

8 ounces sharp cheddar cheese
8 ounces Swiss cheese
8 ounces mozzarella cheese

8 ounces cream cheese
Parmesan cheese to taste
Paprika

Allow all cheeses to come to room temperature. Blend well and form into a ball. Sprinkle with paprika .
Store in refridgerator.

CHEESE CROCK

Carol Sams

2 lb. Pkg. Velveeta cheese
1 cup plus 10 tbsp. mayonnaise
12 oz Horseradish

Tabasco sauce
Bacon Bits (artificial)

Melt cheese (in microwave); add mayo and horseradish. Melt a little more. Add dash of tabasco (optional). Cool and add bacon bits.

CRAB DIP

Carol Sams

2 8-ounce packages cream cheese, room temperature
2 tablespoons milk
Salt and pepper

2 teaspoon dried onion
2 teaspoon horseradish
1 lb. crab meat

Blend ingredients in blender. Fold in crab meat. Spray large pie pan with Pam. Pour in crab mixture and sprinkle with Old Bay and grated cheddar cheese. Bake at 350 degrees for 20 minutes.

CRAB MELTAWAY

Carol Sams

1 package of six english muffins
1 7-ounce can crab meat, drained well
1 stick margarine
1 7-ounce jar Old English cheese spread

2 tablespoon mayonnaise
½ teaspoon seasoned salt
½ teaspoon garlic salt

Slice english muffins in half and slice each half to make quarters. Arrange on two cookie sheets. Mix all other ingredients with mixer. Spread on muffin quarters. Freeze (this is a MUST). Broil until puffy.
Delicious!

CREAM CHEESE AND BEEF BALLS

Carol Sams

2 pkgs. Air-dried beef
2 pkgs cream cheese (room temperature)
2 tsp. very finely chopped onion

Grate air-dried beef in a blender until very fine. Mix cream cheese with beef and onion. Form into balls and insert toothpicks; refrigerate.

DEVEILED EGGS

Eileen Perham

Hard-boiled eggs	Salt
Mayonnaise	Pepper
Mustard	Official taster

Mix yellows with other ingredients. May throw in a pinch of garlic powder. Submit to official taster (Jason) for approval.

OYSTER CRACKER PARTY MIX

Bunny Rodak

1 cup oil	1 teaspoon lemon pepper
2 packages Hidden Valley Ranch, original dressing	1 lb. oyster crackers
1 teaspoon dill weed	

Mix oil, dressing, and spices. Bring to slow boil over low heat. Stir continuously so it will not burn. Pour over crackers. Toss until crackers are well coated. Set 2 - 3 hours before sealing in air-tight container.

QUESO (CHEESE) DIP

Rosi Beales

2 lb. block of Velveeta	1 lb. good lean sausage, if desired
2 cans Rotel or other tomato-chile pepper combo	Taco sauce to taste, if desired

Cut cheese into small pieces and begin melting it in crockpot or over very low heat on the stove. Chunk sausage into big skillet and brown thoroughly, making pieces as small as possible. Drain onto paper towels and put Rotel through the blender to break up large pieces, then heat in saucepan. Stir Rotel slowly into cheese, stir in sausage, and whatever else you think will make this good. Serve with chips or veggies.

SALMON LOG

Carol Sams

2 cups salmon (drained and flaked)	¼ tsp. salt	
1 (8 oz) package cream cheese	¼ tsp. liquid smoke	
1 tbsp. lemon juice	½ cup chopped pecans or walnuts	2 tsp.
grated onion	3 tbsp. parsley	
1 heaping tsp. prepared horseradish		

Drain and flake salmon, removing skin and bones. Combine with next six (6) ingredients. Mix thoroughly and chill several hours. Combine chopped nuts and parsley.

Shape salmon mixture into log or ball and roll in nut mixture. Chill until ready to serve.

SAUSAGE BALLS

Rosi Beales

1 lb. lean ground sausage	Bisquick
1 to 2 cups grated cheese	

Mix with hands adding enough Bisquick to make mixture easy to handle. Form into balls and bake at 350 degrees for 7 - 10 minutes.

SAUSAGE BALLS (A PARTY FAVORITE)

Bunny Rodak

2 10-ounce packages frozen chopped spinach, cooked and drained	
1 onion, chopped	½ cup Parmesan cheese
6 eggs, beaten	1 teaspoon garlic salt
¾ cup melted butter	½ teaspoon thyme
3 cups Pepperidge Farm Herb Stuffin Mix	1 teaspoon MSG

Combine all ingredients and chill for ease in handling. Grease cookie sheets lightly with shortening. Roll into small balls and place on cookie sheets. Bake at 350 degrees for about 20 minutes or until lightly browned. Serve hot for best flavor. Makes 100 - 125 1" balls. These freeze well before or after baking.

SHRIMP DIP

Bunny Rodak

1 8-ounce package cream cheese, room temperature	1 teaspoon horseradish
1 10-ounce can frozen condensed cream of shrimp soup	1 7½-ounce minced clams, drained
1 tablespoon parsley	Dash Worcestershire sauce

Beat cream cheese until fluffy. Blend in soup, parsley, and horseradish. Add clams and chill.

SPINACH DIP

Sharon Sopp

1 pint Sour Cream
1 package Knorr Vegetable Soup Mix
¼ cup finely chopped onions

2 packages frozen chopped spinach (drained)
1 cup mayonnaise

Thaw and drain spinach. Mix all ingredients together and chill for at least one hour. Serve with pumpernickel or rye bread.

TORTILLA ROLLUPS

Kathy Berch

8oz cream cheese
1 small can of chopped chilies
Black olives (if desired)

Hidden Valley Ranch dressing package (powder)
Some Salsa

Mix all ingredients well. Spread mixture onto tortilla shells. Rollup the shells up tightly and refrigerate overnight.

When ready to serve, cut into bite-size pieces and serve with salsa.

VEGETABLE DIP

Ginny Sill

1 cup mayonnaise
1 teaspoon curry powder
1 teaspoon grated onion

1 teaspoon horseradish
1 teaspoon vinegar

Mix all ingredients. Cover and store overnight.

SOUPS

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1886 CHEESE SOUP

Rosi Neff

¼ cup butter	4 cups chicken stock, room temperature
½ cup finely diced onion	1 lb. processed cheese (Old English), cut in pieces
½ cup finely diced carrot	1 teaspoon salt
½ cup finely diced celery	White pepper
¼ cup flour	Dash cayenne
1½ tablespoons cornstarch	Paprika
⅛ teaspoon baking soda	1 tablespoon parsley
4 cups milk, room temperature	

Melt butter in heavy saucepan. Sauté vegetables until tender (or use left-over cooked vegetables). Stir in flour and cornstarch. Cook until bubbly. Add stock and milk gradually **blending into a smooth sauce.** **Add baking soda and cheese. Stir until thickened. Season with salt and pepper. Add parsley. Before serving, heat in double boiler.** Do not let boil. **Garnish with paprika.**

FRENCH ONION SOUP A SUPER BOWL SUNDAY TRADITION

Carol Sams

1½ lb. or 5 cups thinly diced yellow onions	½ to 1 cup dry white wine or burgundy
3 tablespoons butter	Grated onion
1 tablespoon oil	French bread
1 teaspoon salt	Parmesan cheese
¼ teaspoon sugar	Melted butter
4½ tablespoons flour	Slices of mozzarella
5 cups liquid (beef bouillon or water with bouillon cubes)	

Cook onions slowly in butter and oil in covered saucepan for 15 minutes. Uncover and add salt and sugar.

Raise temperature to moderate and cook for 30–40 minutes or until even, deep, golden brown. Sprinkle in flour. Remove from heat. Add liquid and wine or burgundy (and an extra cup for the cook). Simmer 30–40 minutes partially covered. Preheat oven to 350 degrees. Put soup into bowls and add 1 teaspoon grated onion to each. Float slice of toasted French bread on each. Add Parmesan cheese and melted butter. Also add slice of mozzarella on top. Bake until cheese is melted and bubbly.

NINE BEAN SOUP MIX

1 lb. dried yellow split peas	1 lb. Great Northern Beans
1 lb. dried black beans	1 lb. dried red lentils
1 lb. dried red beans	1 lb. dried split green peas
1 lb. dried pinto beans	1 lb. dried black-eyed peas
1 lb. dried navy beans	1 lb. barley pearls

Combine and package. Makes attractive gift in jar with ribbon. Cook according to following recipe.

NINE BEAN SOUP

Rosi Beales

2 cups nine-bean soup mix
2 quarts water
1 lb. ham, diced
1 large onion, chopped
chilies, undrained

1 clove garlic, minced
 $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon salt
16 ounce can chopped tomatoes, undrained
10 ounce can chopped tomatoes and green

Sort and wash beans. Place in large pot and cover with water. Allow to soak overnight. Drain beans. Add water, ham, onion, garlic, and salt. Cover and bring to boil. Reduce heat and simmer $1\frac{1}{2}$ hours or until beans are tender. Add remaining ingredients and simmer 30 minutes. Makes 2 quarts.

POTATO SOUP

Rosi Neff

3 quarts hot milk
 $\frac{1}{4}$ lb. butter or margarine
 $\frac{1}{2}$ cup flour
3 tablespoons salt

$\frac{1}{8}$ teaspoon pepper
4 lb. potatoes, peeled and diced
 $\frac{1}{3}$ cup onion, chopped
 $\frac{1}{3}$ cup celery

Boil potatoes, onions, and celery in 3 quarts water until soft. Drain. Melt butter in large pot and remove from heat. Add flour and stir until smooth. Add salt and pepper. Gradually add hot milk, stirring constantly. Over medium heat, cook and stir as necessary until thick. Add potatoes, onions, and celery. Potatoes may be mashed for smoother soup.

SENATE BEAN SOUP

Pat Violette

$1\frac{1}{2}$ Navy beans
4 large onions
1 clove garlic browned in butter
Ham bone with meat on it
6 stems fresh parsley

$\frac{3}{4}$ teaspoon thyme
 $1\frac{1}{2}$ large bay leaves
1 carrot, chopped
 $\frac{1}{2}$ lemon

Soak beans overnight. Rinse and bleach with water until whitened. Tie together in cheesecloth parsley, thyme, bay leaves, carrot, and lemon. Add to beans onion, cheesecloth bundle, and ham to beans. Add 3 quarts cold water. Bring to boil and cut back to good simmer. Simmer uncovered until liquid is reduced by about half (about 3 hours). Remove 2 cups of beans and puree. Return to soup. Cut ham in small pieces and return to soup. Cut ham in small pieces and return to soup. Add pepper and salt to taste. Serve with hot cornbread and/or Tabasco sauce.

ENTREES

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BAKED CHICKEN AND ZITI

Ginny Sill

½ lb. skinless boneless chicken breasts, cut to ¼ " strips	¼ teaspoon freshly ground black pepper
1 onion chopped	2 cups ziti or penne
2 garlic cloves, minced	2/3 cups nonfat ricotta cheese
One 28-ounce can crushed tomatoes (no salt added)	½ cup shredded part-skim mozzarella cheese
1 teaspoon Italian herb seasoning	2 tablespoons grated Parmesan cheese

Spray a large nonstick skillet with nonstick cooking spray; heat. Add chicken and cook, turning as needed, until lightly browned, 5-6 minutes. Transfer to a plate. Preheat oven to 375 degrees. Spray the same skillet with more nonstick cooking spray. Add onion and garlic; cook, stirring as needed, until softened, about 5 minutes. Add tomatoes, Italian seasoning, and pepper; bring to a boil. Reduce the heat and simmer, uncovered, stirring as needed, until the mixture is thickened slightly, 8-10 minutes.

Meanwhile, cook the ziti according to package directions. Drain and mix with ricotta cheese. Pour half of tomato mixture into a 13" x 9" baking pan, layer with the ziti mixture, the chicken and the remaining tomato mixture. Sprinkle with the cheese. Bake until hot and bubbling and the cheese is melted, 15-20 minutes. Makes 4 servings.

From *Weight Watchers Simply the Best Cookbook*

Per Serving: 381 Calories, 5 g Total Fat, 2 g Saturated Fat, 40 mg Cholesterol, 209 mg Sodium, 52 g Total Carbohydrate, 3 g Dietary Fiber, 31 g Protein, 371 mg Calcium. Serving Provides: 2 Breads, 1 Fruit/Vegetable, 3 Protein/Milks. Points per Serving: 7

BEEF AND BEAN SPROUTS

Ginny Sill

1 cup uncooked lean beef, in thin strips	1 cup boiling water
1 teaspoon sugar	1 number 2 can bean sprouts
1 large onion, sliced thin	1 tablespoon cornstarch
1 cup thinly sliced celery	2 tablespoons cold water
½ teaspoon salt	1½ teaspoons soy sauce
1 beef bouillon cube	

Heat sugar in skillet until golden brown. Add beef and onion. Cook 5 minutes, stirring constantly. Add celery, salt and bouillon cube dissolved in boiling water. Cover and cook 18 minutes. Add bean sprouts and mix well. Heat to boiling. Add cornstarch mixed with cold water, stirring constantly. Cook till thickened. Add soy sauce and serve.

BOHEMIAN TUNA

Rosi Beales

1 - 2 cups cooked rice	2 tablespoons lemon juice
Red onions	Canned peas
1 can tuna	1 pinch garlic salt
Onions	

Cook 1 to 2 cups rice. Meanwhile, lightly sauté some RED onion rings. When rice is ready, mix with tuna, onions, lemon juice, and canned peas. Add pinch of garlic salt.

BOOT'S B-B-Q

Rosemary "Boot" Beales

2 lb. hamburger
1 small can tomato paste
2 cans tomato soup
½ bottle catsup
½ bottle Worcestershire sauce
2 tablespoons vinegar
2 tablespoons prepared mustard

1 garlic clove
2 medium onions
2 stalks celery
½ teaspoon Tabasco
½ teaspoon salt
Dash pepper
1 teaspoon chili powder

Simmer onions and celery in oil until tender. Add meat and brown. Add all other ingredients. Cook covered for 30 minutes. Serve over hamburger rolls.

BUTTER BAKED CHICKEN AND GRAVY

Ginny Sill

1½ to 3 lb. cup-up fryer
½ cup evaporated milk
1 cup flour
1½ teaspoon salt
¼ teaspoon pepper

⅓ cup butter or margarine
10½ ounce can cream of chicken soup
¾ cup evaporated milk
¼ cup water

Dip chicken in ½ cup evaporated milk. Roll in mixture of flour, salt and pepper. Melt butter or margarine in 13x9x2" pan. Put chicken into pan, skin side down. Bake in 425 oven for 30 minutes. Turn chicken. Mix soup, ¾ cup evaporated milk and water. Pour around chicken. Bake 30 minutes longer, or until drumstick is tender when pierced with fork. Put chicken on serving plate. Stir gravy. Serve with chicken. Serves 4.

CHICKEN AND DUMPLINGS

Ginny Sill

4 chicken breasts
2 cups flour
1 teaspoon salt

4 tablespoon margarine
Milk

In Dutch oven, boil chicken until tender. Add one stick margarine to water. When done, let cool. Remove meat in small pieces. Return to pot.

DUMPLINGS

Mix flour and salt in bowl. Add margarine by rubbing with flour mix till all mixed. Add enough milk to shape into ball. Roll out, cut into 1 - 1½" pieces. Add to boiling water. Reduce heat to low. Cook about 1 hour.

CHICKEN-BROCCOLI CASSEROLE

Bunny Rodak

8 or 9 chicken breasts
2 package frozen broccoli
2 cans cream of chicken soup
1 cup mayonnaise
1 teaspoon lemon juice

½ teaspoon curry powder
½ cup grated sharp cheese
Croutons (or buttered bread or corn flake crumbs)
Pimientos (optional)

Preheat oven to 350 degrees. Boil chicken in salt water. Bone meat and set aside. Pre-cook frozen broccoli (under-cook). Use remaining ingredients for sauce. Grease baking dish and layer the following: broccoli, cooked chicken, sauce. Top with croutons or buttered bread or corn flake crumbs. Sprinkle on pimientos, if desired. Bake for 30 minutes. Serve with rice cooked in chicken broth.

CHICKEN FRIED STEAK WITH CREAM GRAVY

Eileen Johnson

1 round steak, cut ½" thick, about 1 lb. (or cubed steak)
2 large eggs
2 tablespoons milk
¼ cup all-purpose flour

Salt and pepper to taste
2 tablespoons butter or margarine
Cream gravy (recipe follows)

Cut steak crosswise into four pieces. Place one piece between two sheets of plastic wrap; using rolling pin or meat pounder, pound to ¼" thick. Repeat with remaining pieces. In pie plate beat eggs with milk; in second pie plate combine flour, salt and pepper. Dip each pieces of steak first into egg mixture, then into flour mixture to coat completely. Shake gently to remove excess flour. In 12" skillet over medium heat, melt butter, add steaks, two at a time; cook about 5 minutes on each side until golden. Serve with cream gravy. Make 4 servings. 333 calories per serving without gravy.

CREAM GRAVY

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk

½ teaspoon instant chicken-flavor bouillon
½ teaspoon black pepper

In small saucepan over medium-low heat, melt butter or margarine. Stir in flour until smooth. Gradually add milk, bouillon, and black pepper. Bring to boil, stirring constantly. Reduce heat to low; cook 3 - 5 minutes, stirring frequently until smooth and thick. 107 calories per serving.

CHICKEN KIEV

Carol Sams

Chicken breasts, boneless and skinless
½ tablespoon butter per chicken piece
Garlic salt
Chives

White pepper
Flour
Egg
Breadcrumbs

Use skinless, boneless chicken breasts. Pound thin between plastic wrap. Use ½ tablespoon butter for each piece. Roll butter in garlic salt, chives and a little white pepper. Put butter ball in center of breast (chicken's) and fold meat around butter. Put chicken back in fridge so the butter will seal the meat. Then bread with

flour, egg and breadcrumbs and deep fry till golden. Sometimes the butter leaks out, but usually when you cut the meat, nice hot garlicky butter oozes out.

CHILI

Kathy Poore

1½ to 2 lb. Ground beef	2-3 teaspoon chili powder
1 onion, chopped	¼ teaspoon red pepper
1 green pepper, chopped	2 ribs celery
1 can tomatoes (1 lb. 12 oz.)	2-3 cloves garlic
1-2 cans tomato sauce	2 cans (15 oz.) kidney beans, drained
1 can tomato paste	Paprika, if desired

Cook and stir ground beef, onion and green pepper in large skillet till meat is brown and onion tender. Drain off fat, stir in remaining ingredients. Heat to boiling, reduce heat, and simmer about 45 minutes. All ingredients are approximate to taste. Green pepper and celery optional. Top with grated cheese and chopped onion.

CHILI

Ginny Sill

2 lb. ground chuck	6 whole cloves
2 cans tomatoes (28 ounces each)	2 bay leaves
2 onions, chopped	4 tablespoons chili powder
2 cans kidney beans	Dash paprika
1 teaspoon salt	Dash cayenne pepper

Brown meat and onions. Add tomatoes and seasonings. Chop tomatoes in blender first. Simmer two hours, adding water if necessary. Add beans. Heat thoroughly.

CHILE CON CARNE

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I got this recipe from Farm Journal's Country Cookbook, published in 1959. It was one of Aunt Helen's many cookbooks that I inherited. It's been a standard in my family cooking since the mid-late 60s. It's quick, easy, and is even better the day after you first make it. I always serve it with hot corn bread.

2 tablespoons olive oil or vegetable oil	½ teaspoon Salt
½ cup chopped onion	¼ teaspoon cayenne pepper
2 cloves garlic, minced	⅛ teaspoon black pepper
1 pound ground beef (I use ground chuck)	2 10½-oz cans condensed tomato soup
1 tablespoon chili powder	1 1-lb can red kidney beans

Brown beef enough to release most of the fat. Remove from pan and drain on paper towels. Heat oil in skillet and sauté onion and garlic; return beef to skillet. Add seasonings, soup, and kidney beans; bring to boil. Reduce heat, cover, and simmer slowly for 30 minutes. Stir occasionally to prevent sticking. Makes 6 servings. *Using 2 cans of kidney beans, 1 light and 1 dark red, makes it go further and doesn't diminish the flavor.*

CLASSIC MEAT LOAF

Rosi Beales

Ground beef
1 can vegetarian vegetable soup
1 egg

Bread crumbs or oatmeal
Salt and pepper

Mix with hands. Shape into loaf and bake. You make this one with bread crumbs and you make another with oatmeal and onions. This is Boot's recipe, via

CORN BREAD TACO BAKE

Sharon Sopp

1 ½ lbs ground beef (or chicken or turkey)
1 package taco seasoning
½ cup water
12-oz can of corn, drained
½ cup chopped green pepper

8-oz can tomato sauce
8½-oz package of corn muffin mix
1 can of French fried onion rings
⅓ cup grated cheddar cheese

Preheat oven to 400 degrees. Brown meat and drain; stir in taco seasoning, water, corn, green pepper, and tomato sauce. Pour into 2-quart casserole. Prepare corn muffin mix according to directions, except stir in half the can of onion rings. Spoon muffin mix around the edge of the casserole. Bake uncovered for 20 minutes. Top corn bread with cheese and remaining onion rings and bake 3 minutes longer or until cheese melts.

CREAMY CHICKEN CASSEROLE

Carol Sams

4 chicken breasts
½ pint sour cream
¼ cup milk

1 can cream of mushroom soup
1 can cream of chicken soup
1 8-ounce package Pepperidge Farm stuffing mix

Preheat oven to 350 degrees. Boil chicken until tender (remove skin). Break into bite size pieces. Line casserole dish with chicken. Mix soups, sour cream, and milk together. Pour over chicken (do not stir). Prepare stuffing as directed on package. Put stuffing on top of soup mixture. Cover and bake for 45 minutes until soup bubbles through stuffing.

DADDY'S FAVORITE

Rosi Beales

Seashell macaroni, small or medium
Ground beef
Spaghetti sauce

Cheese
Onions or peppers to taste

Brown meat while cooking macaroni. Combine with shredded cheese, spaghetti sauce and any other additions you would like. Heat in oven until warm and cheese is melted.

EGGS A LA GOLDENROD

Rosemary "Boot" Beales

Hard-boiled eggs
Butter or margarine

Flour
Milk

Separate yolks and whites of eggs. Push yolks through strainer until fine and fluffy. Make cream sauce with butter, flour, and milk. When thick, cut egg whites and add, stirring until warm. Pour sauce over toast and sprinkle yellows on top.

EGGPLANT PARMESAN

???

Eggplant, sliced
Bread crumbs
Oil
Garlic Salt

2 cans Hunts tomato sauce
Big hunk of mozzarella cheese (sliced)
Mozzarella cheese

Dip eggplant slices in egg then in bread crumbs. Fry in olive oil till lightly browned. After removing from oil, season with garlic salt. Put some sauce in bottom of lasagna pan. Then a layer of eggplant slices, sauce, and slices of mozzarella cheese. Repeat. Bake at 350 degrees for approximately 40 minutes.

GLORIFIED PORK CHOPS

Ginny Sill

6 pork chops (about 1 ½ lbs.)
1 can cream of celery soup
⅓ cup water

In skillet, brown chops. Pour off fat. Stir in soup and water. Cover and simmer 45 minutes or until tender. Stir often. Makes 4 servings.

GREEK SPINACH PIE

Ginny Sill

1 package (11 ounces) pie-crust mix
1½ lb. fresh or 2 10-ounce packages frozen spinach
2 tablespoon butter or margarine
½ cup chopped onion
1 clove garlic, chopped
3 tablespoons butter or margarine
3 tablespoons flour

1½ cup milk
1½ teaspoon salt
¼ teaspoon pepper
Dash nutmeg
6 eggs
6 ounces mozzarella cheese, shredded

Desired garnish:
Thin red onion slices
Chopped ham
Tuna chunks

Tomato slices
Cubes of cooked beef or chicken
Shredded cheese

Prepare pie crust. Roll out on floured surface to a round large enough to line bottom and sides of ungreased 10" glass pie plate. Flute a high edge on the shell. Cook spinach, press out all moisture. Chop finely. In skillet, heat 2 tablespoons butter and sauté onion and garlic until golden. Stir in spinach. In saucepan melt 3 tablespoons butter, stir in flour, gradually stir in milk. Stir over low heat until sauce bubbles and thickens. Stir in salt, pepper, nutmeg, and spinach mixture. Beat eggs until well blended. Stir eggs and cheese into spinach mixture. Pour into pie shell. Bake at 350 degrees for 40-45 minutes. Top with garnish. Serve hot.

HAM AND SCALLOPS

Pat Violette

5 baking potatoes, sliced uniformly crosswise
Ham slice or cubed ham
4 tablespoon flour

4 tablespoon butter, cut into small pieces
1 ½ cup milk, approximately
Salt and pepper to taste

Preheat oven to 350 degrees. Grease 1½ quart casserole dish and completely cover bottom of dish with one layer of sliced potatoes.

Sprinkle cubed ham on top of potatoes. Sprinkle equal amounts of flour and butter over layer. Continue making layers until you are out of potatoes. When dish is assembled, pour milk over top of last layer until it is about $\frac{2}{3}$ of the way to the top. Bake for about 45 minutes or until potatoes are soft and the milk is the consistency of a cream sauce.

HAMBURGER PIE

Kathy Poore

Tested by Boy and Girl Scouts

1 small onion, chopped
1 lb. ground beef
½ teaspoon salt
¼ teaspoon pepper

1 can (1 lb. 4 oz.) green beans
1 can (10 ½ oz.) tomato soup
2 cups instant mashed potatoes

Preheat oven to 350 degrees. Brown meat with onion. Add seasonings, drained beans and soup; pour into two-quart baking dish. Spoon mashed potatoes over mixture. Bake 30 minutes. Makes 6 servings.

HONEY CINNAMON CHICKEN

Ginny Sill

¼ cup butter or margarine
2 tablespoons honey
2 tablespoons water
⅓ cup flour

1 teaspoon salt
¼ teaspoon nutmeg,
½ teaspoon cinnamon
Chicken

About 50 minutes before serving, preheat oven to 400 degrees. In 13" x 9" baking dish, melt butter or margarine in oven. In shallow dish or pie plate, stir honey with water until smooth. On waxed paper, combine flour, salt, nutmeg, and cinnamon. Dip chicken into honey, then flour mixture to coat well. Place in pan skin side up. Bake 45 minutes or until chicken is fork-tender.

HONEY MUSTARD CHICKEN

???

2½ lbs chicken parts (2 breast halves, 2 small thighs, and 2 small drumsticks)

⅓ cup honey

¼ cup Dijon mustard

Heat oven to 375 degrees. Remove skin and all visible fat from chicken parts. Place in baking dish. (Wash hands, cutting board and utensils with hot soapy water.) Combine honey and mustard in small bowl. Pour over chicken and turn pieces meat side down. Bake 25 minutes. Turn chicken and bake 15-20 minutes longer, basting every 10 minutes until meat is tender and juices run yellow (not pink) when pricked with a fork. Serves 4 at 260 calories, 7 grams fat, and less than 1 gram fiber per serving

HUNGARIAN GOULASH

Ginny Sill

1 lb. Beef, cubed

2 medium onions, minced

¼ teaspoon dry mustard

1¼ teaspoon paprika

2 tablespoon brown sugar

1¼ teaspoon salt

3 tablespoon Worcestershire sauce

¾ teaspoon cider vinegar

6 tablespoon ketchup

1½ cups water

3 tablespoon flour

6 ounce package noodles

Brown meat on all sides in Dutch oven. Add onions. Combine mustard, paprika, brown sugar, salt. Combine Worcestershire, vinegar, and ketchup. Add to mustard mixture. Add to meat. Add one-cup water; stir; cover. Cook over low heat 2 ½ hours. Blend flour with ½ cup water. Add to meat and mix. Stir until thickened. Cook noodles. Serve meat over noodles.

IRISH-ITALIAN SPAGHETTI

Sr. Miriam Doyle

1 onion

2 tablespoons oil

1 lb. ground beef

1 teaspoon salt

¼ teaspoon black pepper

Dash red pepper

½ teaspoon chili powder

½ teaspoon Tabasco sauce

1 can mushroom soup

1 can tomato soup

1 can tomatoes

8-ounce package of spaghetti

Parmesan cheese

Brown onion in oil. Add and brown the beef, salt, pepper, red pepper, chili powder, and Tabasco sauce. Simmer this mixture for 10 minutes. Then add soups and tomatoes and simmer for another 45 minutes:

Cook spaghetti and pour sauce over it, mixing in and sprinkling with Parmesan cheese.

LASAGNA

Bunny Rodak

Spaghetti sauce
¾ lb. lasagna noodles
2 tablespoons oil
¾ lb. Ricotta cheese
⅓ lb. crumbled mozzarella
½ lb. grated parmesan

Make spaghetti sauce (one lb. meat makes one 12x8x2 pan). Prepare about ¾ lb. lasagna noodles, adding oil to water. Drain and separate noodles. Let them lie flat while mixing rest of recipe.

Preheat oven to 350. Mix together Ricotta, mozzarella, and parmesan cheeses. Build lasagna by layering sauce on the bottom, then noodles, then cheese. Repeat, placing parmesan cheese on top. Bake for 40 minutes. Remove and let stand for 10 minutes.

LINGUINE SALAD

Carol Sams

½ lb. linguine or vermicelli
1 small bottle Viva Italian Salad Dressing (low fat or fat free)
½ bottle Salad Supreme (in spice aisle)
1 small onion (finely chopped)
½ cucumber (finely chopped)
1 medium tomato (finely chopped)
Broccoli (small pieces)

Cook linguine, drain well. Add Viva Italian dressing, salad supreme and onion. Mix well. Keep refrigerated overnight. Before serving: Add tomato, cucumber and broccoli. Mix well and serve.

MEAT SPAGHETTI SAUCE

Pat Violette

1 lb. pork-sausage meat	1 cup dry red wine
1 lb. ground chuck or lean ground beef	2 teaspoons salt
1½ cup chopped onions	1 teaspoon rosemary
1 cup chopped parsley	1 teaspoon oregano leaves
½ lb. fresh mushrooms, optional	½ teaspoon cracked black pepper
2 6-ounce cans tomato paste	½ teaspoon marjoram leaves
3 8-ounce cans tomato sauce	½ teaspoon garlic powder or 3 cloves fresh garlic

Brown sausage meat in skillet; drain off fat. Combine sausage with remaining ingredients and one cup water in large slow cooker and mix well. Cover and cook on high for two hours. Reduce heat to medium or low and cook four hours longer. Makes about 2 quarts.

MEATBALLS

Ginny Sill

1 lb. ground chuck
1 cup bread crumbs
½ cup parmesan cheese
1 sprig parsley

1 clove garlic
½ cup milk
2 well-beaten eggs
Salt and pepper

MEATBALLS AND SPAGHETTI

Bunny Rodak

MEATBALLS

1½ lb. ground beef
2 eggs
¾ cup Italian flavored bread crumbs
2 teaspoons oregano
2 teaspoons parsley flakes

½ cup grated parmesan cheese
8 shakes garlic salt
8 shakes pepper
1 teaspoon salt

Mix all together with your hands.

SAUCE

1 lb. ground beef (may omit if you make meatballs)
1 large onion
3 cloves garlic
2 8-ounce cans tomato sauce
2 6-ounce cans tomato paste
1½ to 2 cups water
1 cup grated Romano cheese
1 teaspoon oregano

2 teaspoon basil
3 tablespoon parsley flakes
1 tablespoon sugar
1½ teaspoon salt
¼ teaspoon pepper
1 bay leaf
Sliced mushrooms, if desired

Brown meat in 1 tablespoon shortening. Add onion and garlic; brown. Mix spices together and add. Then add water, tomato sauce, and paste. Cook at least one hour, preferably 3-4 hours.

MEXICAN LASAGNA

Bunny Rodak

1 lb. ground beef
1 can (16 ounces) whole tomatoes
1 pkg. (1⅞ ounces) El Paso taco seasoning
Onion flakes to taste
2 cans French fried onions (2.8 ounces)
12 ounces cottage cheese

1½ cups shredded sharp cheddar
2 eggs, slightly beaten
12 6-inch flour or corn tortillas, oiled
Garlic seasoning and chili powder to taste
1 tomato, chopped
Shredded lettuce

In large skillet, brown beef; drain. Add canned tomatoes, taco seasoning, chili powder, onion flakes, and garlic. Simmer uncovered for 5 minutes. Stir in one can French fried onions. In bowl, combine cottage cheese and eggs. Place three tortillas in bottom of greased 8" x 12" baking dish. Overlap six tortillas around the sides of baking dish. Spoon meat mixture evenly in dish. Top with three tortillas then cheese

mixture. Bake, covered, at 350 degrees for 45 minutes. Sprinkle with remaining cheese. Place remaining onions in center of casserole. Bake uncovered for 5 minutes longer. Before serving, arrange lettuce and tomatoes around edge of casserole.

ONION BEEF MACARONI CASSEROLE

Ginny Sill

1½ lb. ground beef	2 cups water
1 envelope Lipton onion soup mix	2 cups cooked elbow macaroni, drained (1 c. raw)
1 tablespoon flour	¼ cup grated cheddar cheese
1 8-ounce can tomato sauce	

Preheat oven to 400 degrees. In large skillet, brown meat well on all sides; drain off excess fat. Stir in soup mix, flour, tomato sauce and water. Simmer, covered, for 5 minutes. Stir in macaroni; turn into 1½ quart casserole. Sprinkle with cheese. Bake 15 minutes. Makes 6 servings.

PASTA SALAD WITH HAM AND CHEESE

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1 lb medium-size pasta shells	2 teaspoon sugar
½ cup cherry tomatoes, quartered	¾ teaspoon salt
¼ cup 1½ inch long thin strips sweet red pepper	½ teaspoon celery seeds
¼ cups 1½ inch long thin strips sweet green pepper	¼ teaspoon pepper
¼ cup shredded carrot (4 oz)	1 cup mayonnaise
3 tablespoons fresh lemon juice	½ lb smoked ham, cubed
1 tablespoons olive oil	½ lb Jarlsberg cheese, cubed

Cook pasta according to package directions. Drain, cool. Mix pasta with tomatoes, sweet peppers, and carrot in large bowl. Mix together lemon juice, olive oil, sugar, salt, celery seeds, and pepper in small bowl. Whisk in mayonnaise until smooth. Fold ham, cheese, and mayonnaise dressing into pasta and vegetables until evenly coated. Refrigerate, covered, at least 3 hours, preferably overnight. Can be prepared up to 2 days ahead. Makes 18 servings

I used 2x (or more) of the veggies – I just kept adding them until it “looked good” (colorful).

PASTA WITH SHRIMP AND WINE

Carol Sams

1 cup chopped onion	1/8 teaspoon pepper
2 tablespoon butter	12 oz shrimp
1 tablespoon olive oil	1 cup chopped peeled tomato
1 cup dry white wine	10 oz pasta, cooked
1 tablespoon. instant chicken bouillon	¼ c. butter, melted
1 teaspoon basil	½ cup parmesan cheese
½ teaspoon salt	½ cup minced parsley

Saute onion in mixture of butter and olive oil in skillet until tender. Do not brown. Add wine, bouillon and seasonings. Simmer until liquid is reduced to 1/3 cup. Add shrimp. Simmer, covered, for 5 minutes.

Add tomato. Heat to serving temperature. Toss hot pasta with melted butter, cheese and parsley. Serve shrimp mixture over pasta mixture. Pour a glass of wine for the cook!

PORCUPINE MEATBALLS

Rosi Beales

2 lbs. ground beef	½ teaspoon pepper
1 cup rice, uncooked	2 cans tomato soup
2 tablespoons onions, minced	1 ¼ cup water
2 teaspoons salt	

Combine meat, rice, onions, salt, and pepper. Form balls. Mix soup and water in pressure cooker. Drop meat balls in cooker. Cover, set control, and cook eight minutes after jiggle. Cool cooker normally 5 minutes, then under faucet. Open and serve.

PORK SAUSAGE PIE

Sr. Miriam Doyle

20 saltine crackers, rolled into fine crumbs	3 tablespoons cold water
1 cup (about 4 ounces) grated cheddar	1 10½-ounce can tomato soup
½ cup chopped onion	3 cups cooked rice
½ cup chopped green pepper	¼ teaspoon Worcestershire sauce
1 lb. bulk pork sausage	¼ teaspoon paprika

Preheat oven to 350 degrees. Break up sausage in large skillet. Add cold water. Cover and simmer for 5 minutes. Pour off water and fat. Cook over medium heat, breaking up and turning until sausage is well-browned, pouring off fat as it collects. Remove skillet from heat. Mix in the cracker crumbs, onion, green pepper, and ½ cup of tomato soup. Turn mixture into 10" pie pan; pat gently to cover bottom and sides. Mix together rice, cheese, Worcestershire sauce, paprika, and remaining soup. Turn rice mixture into the sausage pie shell, smooth it to fit. Bake for 40 minutes. Makes 6 servings.

QUICK BEEF STROGANOFF

Ginny Sill

1 lb. round steak, cubed	1 can tomato soup
Flour	1 tablespoon Worcestershire sauce
2 tablespoons fat	6-8 drops Tabasco sauce
½ cup chopped onion	½ teaspoon salt
1 clove garlic, minced	1 8-ounce package noodles
1 cup sour cream	Parmesan cheese

Dip meat in flour. Brown in hot fat. Add onion and garlic. Combine sour cream, tomato soup, and seasonings. Pour over meat. Simmer till tender (1 hour). Serve over noodles. Sprinkle with parmesan cheese.

ROUND STEAK CHICKEN FRIED

Ginny Sill

1½ to 2 lb. of ½" thick round steak	¼ cup fat
2 beaten eggs	Salt and pepper
2 tablespoons milk	
1 cup fine cracker crumbs	Tomato sauce

Pound steak thoroughly. Cut into serving pieces. Mix eggs and milk. Dip meat into mixture and then into crumbs. Brown on both sides in hot fat. Season. Add tomato sauce. Cover and cook over low heat 60 minutes.

SALMON LOAF

Rosemary "Boot" Beales

1 can pink salmon	1 cup bread crumbs
4 eggs	¼ cup margarine

Clean salmon. Beat eggs until fluffy and mix with salmon well. Add bread crumbs and margarine. Bake in casserole dish at 350 for 20-30 minutes. Serve with creamed peas.

SEAFOOD LASAGNA

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SAUCE

½ cup heavy cream	1 clove minced garlic
1 cup fresh parmesan cheese	1 stick butter
1 egg (slightly beaten)	

CHEESE MIXTURE

32-ounce ricotta cheese	1 cup shredded mozzarella cheese
½ cup parmesan cheese	Pepper
1 egg slightly beaten	1 teaspoon basil

OTHER

1 lb crabmeat	2 tablespoon butter
1 lb shrimp, peeled	1 clove garlic
1 lb sea scallops	1 lemon
1 box lasagna noodles	

Clean crabmeat, peel shrimp, wash scallops. Saute each separately in 1 tsp butter and lemon and garlic. Set aside in fridge. Combine ingredients for cheese mixture in medium bowl. Set aside. Boil lasagna noodles, drain. Melt 1 stick butter in large saute pan on low heat. Add cream, sprinkle parmesan and stir continually. Add egg slowly. Mixture should be a thick gravy consistency (do NOT boil). If it is not, stir in more parmesan cheese. To assemble lasagna, place a layer of noodles in the bottom of a 9x13 pan, add a layer of cheese mixture. Add crabmeat, some shrimp and scallops (cut scallops into 4s). Pour some sauce over layer and begin again for two more layers. Top with remaining sauce and cheese mixture. Cook at 425degrees f o r 45-60 minutes. Top should be light brown. Let set about 20 minutes before serving. Can be reheated.

SHORTCUT LASAGNA

Eileen Johnson

1 tablespoon oil
1½ lb. ground beef
1 can whole tomatoes (1 lb. 12 oz.)
1 can tomato sauce (8 oz.)
2 envelopes spaghetti sauce mix
2 cans cocktail vegetable juice (V-8)

1 package lasagna noodles (1 lb.)
1 carton cottage cheese (or ricotta)
1 pkg. mozzarella cheese (8 oz.)
¼ cup grated parmesan cheese
Chopped parsley

Heat oil in large skillet; add meat and cook breaking up with wooden spoon. Stir in tomatoes, tomato sauce, sauce mix, and vegetable juice. Bring to boiling, lower heat, and simmer 10 minutes. Cover bottom of oiled 13" x 9" x 2" baking dish with a thin layer of meat sauce. Then add a layer each of uncooked noodles, cottage cheese, and mozzarella. Repeat layers until all are used, ending with meat sauce. Cover casserole tightly with heavy duty aluminum foil. Set on cookie sheet and bake in 350 degree oven. Remove from oven; let stand 15 minutes. Sprinkle with parmesan cheese and chopped parsley. Cut into squares and serve.

SPAGHETTI-TURKEY PIE

Gnny Sill

6 ounces spaghetti broken in half
3 egg whites
2 tablespoons grated Parmesan cheese
1-teaspoon olive oil
10 ounces ground skinless turkey breast
1 green bell pepper, seeded and chopped

1 onion, chopped
2 garlic cloves, minced
One 8-ounce can tomato sauce (no salt added)
1 teaspoon dried oregano
¼ teaspoon freshly round black pepper
⅓ cup shredded part-skim mozzarella cheese

Preheat oven to 350 degrees. Spray a 9" pie plate with nonstick cooking spray. Cook the spaghetti according to package directions. Rinse under cold water for 30 seconds and drain. Transfer to a medium bowl; stir in the egg whites and Parmesan cheese. Pat into the bottom and up the sides of the pie plate. In large nonstick skillet, heat the oil. Add the turkey, bell pepper, onion and garlic; cook stirring constantly until the turkey is browned and the vegetables are softened, about 5 minutes. Add the tomato sauce, oregano and black pepper, cook stirring constantly, until heated through, about 2 minutes. Spread the mixture evenly over the pasta. Bake 25 minutes; sprinkle with mozzarella cheese and bake until the cheese is melted, about 5 minutes longer. Let stand 5 minutes before serving. Makes 4 servings.

From Weight Watchers *Simply the Best Cookbook*

Per serving: 334 Calories, 5 g Total fat, 2 g Saturated Fat, 51 mg Cholesterol, 183 mg Sodium, 41 g Total Carbohydrate, 3 g Dietary Fiber, 30 g Protein, 127 mg Calcium. Serving Provides: 2 Breads, 1 Fruit/Vegetable, 3 Protein/Milks Points per serving: 6

STEAK ROLLS

Rosemary (Boot) Beales

Two thin steak slices

½ bag of stuffing

Score meat, spread stuffing evenly. Roll like jelly roll, skewer. Brown in small amount of oil. Add ½ cup of water with bullion cube. Simmer. Add water as needed for 45-90 minutes in covered pan. Add bullion before making gravy.

STROMBOLI

Sharon Sopp

Pizza crust dough
Mozzarella cheese – sliced
Provolone cheese – sliced

Parmesan Cheese – sprinkled
Spaghetti sauce
Egg (beaten)

ANY OR ALL OF THE FOLLOWING

Green peppers
Onions
Mushrooms

Olives (black or green)
Pepperoni

Roll dough flat and in a square or rectangle. Brush spaghetti sauce over dough. Spread sliced cheese over sauce. Add other optional ingredients over cheese. Roll dough into a cylinder shape, careful not to spill ingredients out. Brush beaten egg over dough. Bake at 350 degrees for 25 – 30 minutes. Cut into one inch strips and serve with a side of spaghetti sauce for dipping

STUFFED SHELLS

Ginny Sill

½ package prince shells
3 tablespoons butter
½ lb. ground pork
1 lb. ground beef
⅓ cup minced onion
¼ cup minced celery

1 clove garlic, minced
⅓ cup sherry
⅓ cup parmesan cheese, grated
1 teaspoon salt
⅓ to ½ cup bread crumbs
2 pint jars meatless spaghetti sauce

Preheat oven to 375 degrees. Add 2 tablespoons salt to 2 quarts rapidly boiling water. Gradually add shells so that water does not stop boiling. Boil uncovered for 15 minutes. Stir. Drain portion of water allowing shells to remain in warm water. Melt butter in large frying pan. Add pork and beef and cook until lightly browned. Add onion, celery, and garlic. Cover and cook 10-15 minutes until celery is tender. Remove from heat, stir in sherry, grated cheese, salt, and bread crumbs. Stuff each shell with slightly cooked mixture, close. Pour one jar of sauce into shallow casserole. Arrange stuffed shells in casserole and top with second jar of sauce. Cover and bake for 30 minutes.

SWEET & SOUR CHICKEN

Eileen Johnson

3 to 4 lbs chicken parts
1 8-oz jar apricot preserves
1 8-oz Bottle russian or french salad dressing

1 envelope dry onion soup mix
Salt & pepper to taste

Arrange chicken in baking dish. Sprinkle with salt & pepper. Mix preserves, dressing and onion soup mix and pour over chicken. Cover with foil and bake at 350 degrees 1 to 1 and ½ hours. Remove foil and bake another 15 to 30 minutes. Serve with Rice.

TENDERLOIN EN BROCHETTE (SHISH KABOB)

Pat Violette

1 steak filet or sirloin 1" thick (2-3 lb.)
½ cup red wine
1 tablespoon wine vinegar
¼ cup olive oil
1 teaspoon Worcestershire sauce
1 tablespoon chopped tarragon

1 clove garlic crushed or garlic powder
½ teaspoon salt
¼ teaspoon pepper
4 onions, quartered
2 green peppers, cut lengthwise in 8s
4 tomatoes, quartered

Cut steak in 1" cubes. Mix wine, vinegar, oil, Worcestershire sauce, tarragon, garlic, salt, and pepper in bowl. Stir meat into this marinade. Marinate from 1 to 24 hours. Place meat on skewers, alternating with vegetables. Pour marinade into a large flat baking pan (jelly roll). Place skewers in marinade so that meat and vegetables rest in seasoning. This can be done well in advance. Skewers should be placed on grill over a hot fire about 3" - 4" over coals so that vegetables have a chance to cook without charring. Turn skewers frequently. These should take more than 10 minutes. Makes enough for eight skewers.

TUNA NOODLE CASSEROLE

Bunny Rodak

6 ounces (3 ½ cups) medium noodles
1 can tuna (6 to 9 oz.)
½ cup mayonnaise
1 cup sliced celery, optional
⅓ cup chopped onion
¼ cup diced green pepper, optional

¼ cup chopped pimiento, optional
1 teaspoon salt
1 can cream of celery (or mushroom or chicken) soup
½ cup milk
1 cup shredded sharp processed cheese

Cook noodles in boiling water, salted, until tender. Drain. Combine noodles, drained tuna, mayonnaise, vegetables and salt.

Blend soup and milk. Heat throughout. Add cheese, heat and stir until cheese melts. Add to noodle mixture. Turn into 1½ quart casserole. Bake at 375-400 degrees for 20 minutes.

TURKEY A LA KING

Ginny Sill

3 cups cut-up cooked turkey
2 tablespoons sherry or apple juice
Dash nutmeg
6 tablespoons butter or margarine
1 cup sliced mushrooms
6 tablespoons flour

½ teaspoon salt
Dash pepper
2 cups milk (or ½ milk and ½ chicken broth)
1 cup light cream
½ cup sliced pimiento
1 cup cooked peas (optional)

Place turkey in bowl with sherry and nutmeg. Melt butter, add mushrooms, sauté 4-5 minutes. Stir in flour, salt, and pepper. Blend thoroughly. Slowly add milk, stirring constantly. Add cream and cook 10 minutes over low heat. Add pimiento, seasoned turkey, and peas. Heat thoroughly. Serve over biscuits.

WHITE CHILI

Rosi Beales

1 tablespoon olive oil	½ teaspoon dried cilantro
1 lb skinless, boneless chicken breasts, cubed	¼ teaspoon cayenne pepper
1 onion, chopped	1 15-oz can cannellini or Great Northern beans, drained and rinsed
2 cloves garlic (or 1 tsp. garlic powder)	1 15-oz can navy or small white beans, drained and rinsed
1-¼ cups chicken broth	Cornstarch
½ cup milk or half-and-half, or combination	2 green onions, chopped
1 can diced green chiles	2 oz shredded Monterey Jack cheese
1 teaspoon ground cumin	
½ teaspoon dried oregano	

Heat oil in large saucepan over medium high heat. Cook chicken, onion and garlic in oil for 4 to 5 minutes or until onion is tender. Stir in chicken broth, green chiles, cumin, oregano, cilantro and cayenne. Reduce heat and simmer for 15 minutes. Stir in beans and simmer for 5 more minutes or until chicken is no longer pink and juices run clear. Add milk or half-and-half (you may add more than 1/2 cup, until you get to the desired "whiteness"). Do not boil at this stage. Make a thick but flowable paste with cornstarch and water, and add to the mixture to thicken. Garnish with green onion and shredded cheese, and serve with cornbread or chips (the red and green kind look pretty with this white dish at Christmas).

SIDE DISHES

SIDE DISHES

ANTIPASTO SALAD

Eileen Johnson

½ cup Mazola corn oil
3 tablespoon wine vinegar
1 clove garlic, minced
1 teaspoon dried basil leaves
1 teaspoon salt
⅛ teaspoon crushed dried red pepper

6 ounce twist trio macaroni, cooked and drained
¼ cup grated Parmesan cheese
2 cups broccoli flowerets, cooked tender/crisp
4 ounces pepperoni, halved lengthwise, thinly sliced
10 cherry tomatoes, quartered
½ cup (2 ounces) shredded mozzarella cheese

In large bowl stir together corn, oil, vinegar, garlic, basil, salt, and red pepper. Add warm macaroni and Parmesan cheese; toss to coat well. Cover; refrigerate 2 - 3 hours. Add broccoli, pepperoni, and tomatoes; toss until well mixed. Serve on lettuce-lined platter. Sprinkle with mozzarella cheese. If desired, garnish with red onion rings. Serves six. Good dinner when it's too hot for cooking.

BROCCOLI CASSEROLE

Laura Ollry

2 10-ounce packages broccoli, cooked and drained
1 can cheddar cheese soup
1 small can french fried onions
Combine broccoli and soup. Pour into casserole dish and top with onions. Bake at 325 degrees for 20 minutes. Serves six.

BROCCOLI CASSEROLE

Carol Sams

3 packages chopped broccoli, cooked and drained
6 tablespoons margarine
6 tablespoons flour
1½ cups milk

1 teaspoon salt
½ teaspoon dry mustard
1 package Cracker Barrel cheddar cheese

Make a white sauce with other ingredients. Butter 8" x 13" dish. Mix broccoli and cheese mixture and pour into dish. Top with grated cheese and toasted almonds. Bake at 350 degrees for 30 minutes.

CARROT SOUFFLE

Kathy Berch

3 lbs cooked carrots
9 eggs
9 tablespoons brown sugar
1½ cups sugar
6 tablespoons butter or margarine
9 tablespoons cake meal (or matzo meal)
¾ cup chopped walnuts

3 teaspoons baking powder
Sprinkle of cinnamon
3 teaspoons vanilla
2 sticks butter (or margarine)
3 dashes cinnamon
3 dashes nutmeg
Optional Topping: ¾ cup crumbled corn flakes

In cuisinart or mixer combine all but eggs. Add eggs. Pour into 3 quart casserole. Add topping if desired and bake at 350 for 45 minutes to 1 hour.

CUCUMBER SALAD

Rosemary "Boot" Beales

7 cups sliced cucumbers	1 cup sliced onion
1 cup sweet green peppers	2 cups sugar
1 tablespoon salt	1 cup vinegar
1 tablespoon celery seed	

Mix and let stand one hour.

EASY BAKED BEANS

Pat Violette

2 16-ounce cans Campbell's pork and beans	6 slices bacon cut into pieces
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup ketchup
1 teaspoon dry mustard	

Empty one can of beans into bottom of greased casserole. Combine sugar and mustard; sprinkle half of mixture over beans. Top with remaining beans. Sprinkle remaining sugar/mustard mixture, chopped bacon, and ketchup over beans. Bake uncovered in 325 degree oven for about 2½ hours.

GREEN BEANS FORESTER

Ginny Sill

2 cups diagonally sliced celery	1 cup (8-ounce bottle) Kraft Thousand Island
$\frac{1}{2}$ cup chopped onion	8 slices crisply cooked bacon, crumbled
2 tablespoons margarine	4 hard-boiled eggs, sliced or cut into wedges
4 cups (2 1-lb cans) green beans, drained	

Cook celery and onion in margarine until crisp-tender. Add beans and heat thoroughly. Add dressing and half of bacon and eggs; heat. Place in serving dish. Top with remaining bacon and eggs. Serves eight.

HOMESTEAD CORN PUDDING

Kathy Berch

3½ cups of milk	$\frac{1}{4}$ teaspoon vanilla
1 cup yellow cornmeal	1 teaspoon baking powder
3 tablespoons sugar	1 8-oz can whole kernel corn (incl. liquid)
$\frac{2}{3}$ teaspoon salt	4 tablespoons unsalted butter
3 large eggs	

Preheat oven to 300. Heat milk to boiling point in 1½ quart saucepan. Stirring constantly with a wire whisk, mix in the cornmeal, sugar, and salt. Reduce heat so mixture simmers. Stir for 5 minutes. Remove from heat. Beat eggs well and add them to the saucepan along with the vanilla, baking powder, corn (incl. liquid), and 2 Tbs butter. Mix thoroughly. Pour into large flat baking dish (11x7x2). Dot top with remaining butter. Bake for 20-60 minutes or until top is nicely browned. Serve at once, piping hot.

MACARONI SALAD

Bunny Rodak

Elbow macaroni	Hard-boiled eggs
Miracle Whip	Basil
Chopped onion	Garlic salt
Olives	Thyme
Relish	Pepper
Can of tuna	Celery seed
Cheese chunks	

Boil elbow macaroni as directed on package. Drain and rinse with warm water. While still hot, add Miracle Whip mixing periodically while adding. The hot macaroni will absorb it a bit, so add more than seems to be needed. Open the refrigerator and add whatever you see (the items above are some ideas). Taste as you go. The important thing is to add the Miracle Whip and onion while the macaroni is still hot.

ORANGE SWEET POTATOES

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4 medium sweet potatoes, unpeeled (about 1 lb.), or 2 16-oz. cans, drained	
Vegetable oil spray	¼ to ½ teaspoon grated orange zest
½ cup fresh orange juice	¼ teaspoon ground cinnamon
2 tablespoons light brown sugar	2 dashes of bitters (optional)

In a stockpot with water just to cover, boil sweet potatoes until tender, about 30 minutes. Remove and discard skins. Preheat oven to 350 degrees. Lightly spray a 1-quart casserole dish with vegetable oil spray. In a large mixing bowl, mash sweet potatoes. Add remaining ingredients and beat until fluffy. Spread mixture in casserole dish. Bake, covered, for 25 minutes, or until thoroughly heated. Serves six. 99 calories, 1 g protein, 24 g carbohydrates, 0 mg cholesterol, 0 g fat, 2 g fiber, 9 mg sodium

POTATO SALAD

Carol Sams

Boil potatoes. Peel and cut. Add celery, onion, hard-boiled eggs. Add olives. Mix a couple globs of mayonnaise, a squirt of mustard, a couple of glubs of white vinegar, and a little sugar and celery seed. Shake well and pour over potatoes.

QUICK TOMATO ASPIC

Sr. Miriam Doyle

1 3-ounce package lemon gelatin	1 tablespoon vinegar
1¼ cup boiling water	½ teaspoon seasoned salt
1 8-ounce can tomato sauce	Salt and pepper

Dissolve gelatin in boiling water. Add remaining ingredients when the gelatin is partially set, and whatever you wish to add, like chopped celery, carrots, olives...

SWEET-SOUR CREOLE BEANS

Rosi Beales

2 strips bacon	2 tablespoons brown sugar
1 cup onion, minced	1 teaspoon salt
$\frac{2}{3}$ cup celery, diced	$\frac{1}{4}$ teaspoon pepper
1 tablespoon flour	2 cups green beans, cooked
$\frac{3}{4}$ cup vegetable liquid	2 cups fresh or drained canned tomatoes, diced
$\frac{1}{4}$ cup vinegar	

Brown bacon until crisp. Cook onion and celery in bacon fat until yellow. Stir in flour. add vegetable liquid, vinegar, brown sugar, salt, and pepper, and bring to a boil. Stir in green beans and tomatoes. Stir gently until heated through. Serve with crisp bacon crumbled on top.

DESSERTS

DESSERTS

APPLE PIE

Kathy Poore

PASTRY

2 cups flour
1 teaspoon salt

2/3 cup plus 2 tablespoons Crisco
4 to 5 tablespoons water

FILLING

3/4 cup sugar
1/4 cup flour
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon

Dash of salt
6 cups (8-12 apples) thinly sliced pared
tart apples (Jonathan, Cortland, Delicious)
2 teaspoons margarine

Measure flour and salt in a bowl. Cut in shortening using 2 knives or pastry blender. Sprinkle in water, 1 tablespoon at a time, mixing until all flour is moistened and dough cleans side of bowl (1-2 teaspoons water can be added if needed). Pastry looks fairly dry; but it makes the crust flaky. Gather dough in ball. Divide in half and shape into 2 flattened rounds. Shape flattened round on lightly floured cloth-covered board. With floured stockinette-covered rolling pin, roll dough 2 inches larger than inverted pie pan. Place pastry in pan. Preheat oven to 425 degrees. Stir apples with sugar, flour, nutmeg, cinnamon, and salt and place in bottom crust; dot with margarine. Cover with top crust with slits cut in it, seal and flute. Cover edge with 2-3 inch strip of foil to prevent excessive browning; remove foil for the last 15 minutes. Bake 40-50 minutes or until crust is brown and juice begins to bubble through slit in crust.

BANANA CREAM PIE

???

EASY PIE CRUST (USE YOUR ELECTRIC MIXER)

1 cup flour
1/4 teaspoon salt

6 tablespoons shortening
3 tablespoons cold water

Measure flour, salt, and shortening into mixing bowl. Mix at low speed 1 minute, scraping bowl constantly with rubber scraper. Add water; continue mixing, scraping bowl, until flour is moistened and dough just begins to cling to beaters (about 10 seconds). Remove dough from bowl and beaters and press firmly into ball. *(I wrap it in wax paper and put in frig to rest for about 30 minutes if I have time. It seems to roll better that way.)* Proceed as for standard pastry. Bake at 425 degrees for 12-15 minutes. Just before you add the cooled cream filling, slice 3 bananas into pie shell.

FILLING

1/3 cup sifted flour or 1/4 cup cornstarch
2/3 cup sugar
1/4 teaspoon salt
2 cups milk, scalded
3 slightly beaten egg yolks (reserve egg whites for meringue topping)

2 tablespoons butter or margarine
1/2 teaspoon vanilla
3 bananas
1 baked 9-inch pastry shell.

Mix flour, sugar, and salt; gradually add milk. Cook over moderate heat, stirring constantly, until mixture thickens and boils. Cook 2 minutes; remove from heat. Add small amount to egg yolks; stir into remaining hot mixture; cook 1 minute, stirring constantly. Add butter, vanilla; cool slightly. Slice bananas into pie shell and add the filling. Make meringue.

Continued on next page

MERINGUE

3 egg whites, room temperature
¼ teaspoon salt

6 tablespoons sugar

Beat egg whites and salt until frothy. Beat in sugar, 1 tablespoon at a time. Beat until the meringue is stiff enough to hold a point yet still looks moist. Swirl meringue lightly on pie; be sure to cover pie to edge of crust. Bake at 350 degrees for 12-15 minutes. Let cool before you refrigerate or the pie may weep

BAVARIAN APPLE TART UPTOWN CAKE

Sharon Sopp

CRUST

2 sticks (1 cup) unsalted butter, softened
½ cup plus 3 tablespoons sugar

1 teaspoon vanilla
2 cups all-purpose flour

FILLING

2 8-oz. packages cream cheese, softened
½ cup sugar

2 large eggs
1 teaspoon vanilla

TOPPING

4 Granny Smith apples (about 2 pounds)
1 teaspoon cinnamon

½ cup sugar
¼ cup slice blanched almonds

Preheat oven to 400 degrees. Butter a 10-inch springform pan. In food processor, blend butter, sugar and vanilla until just combined. Add flour and process just until a dough forms. Remove dough and form into a ball. Press dough onto bottom and 1 inch up side of prepared pan. Transfer to freezer and chill 10 to 15 minutes, or until slightly firm. In large bowl, beat all filling ingredients together. Peel and core apples and cut into ½ inch thick slices. In a large bowl, toss together slices, cinnamon, and sugar until slices are coated. Pour cream cheese filling into crust. Arrange apple topping on filling to cover evenly. Sprinkle almonds over apples and bake tart in lower third of oven until top is browned (about 1 hour and 10 minutes). Transfer tart to a rack and cool to room temperature.

Note: Tart may be made 1 day in advance and kept chilled and covered.

BELLA MECURIO (RUM CAKE)

Ginny Sill

CAKE

1 yellow cake mix
1 instant vanilla pudding mix
4 eggs

¼ cup oil
½ cup water
½ cup rum

GLAZE

1 stick butter or margarine
¼ cup water

1 cup granulated sugar
½ cup rum

Mix cake ingredients and pour batter into greased and floured tube or bundt pan. Bake at 375 degrees for one hour. To make glaze, melt butter. Add water and granulated sugar. Bring to boil and boil 5 minutes, stirring constantly. Remove from heat and add rum. Prick cooled cake and drizzle glaze over entire cake.

BLACK BOTTOM CUPCAKES

Bunny Hartman

TOP

1 cup cream cheese
3 tablespoon sour cream
1 unbeatn egg

$\frac{1}{3}$ cup sugar
 $\frac{1}{8}$ teaspoon salt
1 cup (6oz) chocolate chips

BOTTOM

1 $\frac{1}{2}$ cups sifted flour
 $\frac{1}{4}$ cup sifted cocoa
 $\frac{1}{2}$ teaspoon salt
1 cup sugar
1 teaspoon baking soda

1 cup water
1 tablespoon vinegar
1 teaspoon vanilla
 $\frac{1}{3}$ cup cooking oil

In a small bowl, combine cream cheese, sour cream, egg, sugar, and $\frac{1}{8}$ teaspoon salt. Beat well. Stir in 1 cup chocolate chips. Set aside. Sift together in large bowl flour, cocoa, $\frac{1}{2}$ teaspoon salt, sugar, and baking soda. Add water, vinegar, vanilla, and cooking oil. Beat until well combined. Fill paper-lined muffin cups $\frac{1}{3}$ full with batter. Top each with 1 level tablespoon of cheese mixture. Bake at 350 degrees for 30-35 minutes.

BLACK DEVIL'S FOOD CAKE

???

Vegetable oil spray
Flour for dusting pan
2 cups all-purpose flour
1 $\frac{3}{4}$ cups sugar
 $\frac{1}{2}$ cup unsweetened cocoa powder

1 tablespoon baking soda
 $\frac{2}{3}$ cup unsweetened applesauce
1 cup fat-free or low-fat buttermilk
2 tablespoons acceptable vegetable oil (canola)
1 cup strong coffee (can be decaf)

Preheat oven to 350 degrees. Spray a 13 x 9 x 2-inch pan with vegetable oil spray. Dust with flour; shake off excess. In a large mixing bowl, sift together flour, sugar, cocoa powder, and baking soda. Whisk in remaining ingredients except coffee. In a small saucepan, bring coffee to a boil over medium-high heat. Stir gently into batter; mixture will be soupy. Pour into pan. Bake for 35 to 40 minutes, or until a toothpick inserted in center comes out clean. Serve warm or let cool completely. Dust with powdered sugar or frost with low-fat frosting or use a dollop of fat-free cool whip on each piece. Very moist even without any topping. Serves 20.

140 calories, 2 g protein, 30 g carbohydrates, 0 mg cholesterol, 2 g total fat (1 g polyunsaturated), 1 g fiber, 202 mg sodium.

BOURBON BALLS

Eileen Perham

1 package (6 oz) semisweet chocolate chips
Sugar
3 tablespoons light corn syrup

$\frac{1}{3}$ cup bourbon (Can substitute rum)
2 cup crushed vanilla wafers
1 cup finally chopped nuts

Melt chocolate over hot water. Remove chocolate from heat and stir in $\frac{1}{2}$ cup sugar and corn syrup; blend in bourbon. Add crumbs and nuts and blend well. Shape quickly into 1 " balls and roll in sugar. Ripen in airtight container several days before serving. Makes 4 $\frac{1}{2}$ dozen.

BRANDY BALLS

Ginny Sill

1 cup sifted confectioners sugar
2 $\frac{1}{2}$ cups finely crushed vanilla wafers
2 tablespoons cocoa powder

$\frac{1}{4}$ cup brandy
 $\frac{1}{4}$ cup light corn syrup

Combine wafer crumbs, sugar, cocoa powder. Stir in brandy and corn syrup. Add a little water (about 1 $\frac{1}{4}$ teaspoon) if necessary to form mixture into $\frac{3}{4}$ " balls. Roll in granulated sugar. Store in tightly covered container. Makes 4 dozen.

BROWNIES

Carol Sams

4 1-oz squares unsweetened chocolate
1 cup butter or margarine
2 cups sugar
4 eggs

2 teaspoon vanilla
1 cup flour
1 cup walnuts (optional)

Melt chocolate over hot water. Thoroughly cream butter and sugar; add eggs and beat well. Blend in melted chocolate, vanilla, and flour. Mix nuts into batter (or sprinkle on after batter is poured into the pan). Pour batter into greased 9x13 " pan. Bake in slow oven (325) for 35 minutes.

CARROT CAKE

Bunny Hartman

CAKE

2 cups sugar	2 teaspoons baking powder
1½ cups salad oil	2 teaspoons ground cinnamon
4 eggs	1 teaspoon salt
2 teaspoons soda	3 cups grated carrots
2 cups flour	1 cup chopped pecans or walnuts

Mix sugar and salad oil; add eggs. Stir well. Combine next 5 ingredients; stir into oil mixture until smooth. Add carrots and pecans or walnuts; pour into 3 greased 9" cake pans. Bake at 325 for 30 minutes. Or use 9x13 pan for 1 1/2 hours.

FROSTING

½ stick margarine	1 box powdered sugar
1 8-oz pkg cream cheese	1 teaspoon lemon extract

Mix all ingredients together until smooth. Spread over cake. If too thick for spreading, add hot water, 1 teaspoon at a time.

CARROT CAKE

Carol Sams

CAKE

1 cups cake flour (Softasilk)	2 teaspoons cinnamon
1 teaspoon baking soda	4 beaten eggs
2 cups sugar	1½ cups oil
1 teaspoon salt	3 cups grated carrots

Place first 5 ingredients in large mixing bowl. Add the beaten eggs. **Do not stir.** Add the oil. Mix well, with mixer, about 3-4 minutes. Add the grated carrots. Beat again. Line pan bottoms with waxed paper; grease and flour sides. Bake in two 9" round pans at 350 for 40-50 minutes, or use 9x13" pan.

THE BEST PART: FROSTING

1 stick butter or margarine	2 teaspoons vanilla
1 8-oz pkg cream cheese	1 cup pecans or walnuts, chopped
1 box powdered sugar	

Ice cake when it has cooled slightly. Always make a little extra frosting and be sloppy when icing the cake so you can lick your fingers a lot.

CASEY'S JELLO

Casey Neff

1 box Jello
1 container Cool Whip
1 can fruit cocktail

Dissolve jello in hot water. Put ice in the jello. After you take the ice out, put in the whipped cream. Stir. Add 2 -3 spoonfuls of Cool Whip if you want. Put in the fruit little by little and stir. Put jello in fridge and wait.

MRS. CLAUSEN'S CHEESE SQUARES

???

2 packages crescent rolls
2 8-oz packages cream cheese
1 cup sugar
1 teaspoon vanilla
1 egg yolk

Spread one package crescent rolls in 9x13 buttered pan. Mix other ingredients and spread on top. Roll out other package of crescent rolls between wax paper and cover mixture. Beat egg white – spread on top and sprinkle with sugar. Bake at 350 for 35 minutes.

(I don't know who Mrs. Clausen is but she makes some good stuff!!!)

CHOCOLATETOWN CAKE

Rosi Beales

½ cup unsweetened cocoa
½ cup boiling water
¾ cup shortening
1¾ cups sugar
1 teaspoon vanilla
2 eggs
2¼ cups unsifted flour
1½ teaspoon baking soda
½ teaspoon salt
1⅓ cups buttermilk or sour milk*

Sift together cocoa and boiling water in small bowl until smooth; set aside. Cream shortening, sugar and vanilla in large mixer bowl; blend in eggs. Combined flour, baking soda and salt; add alternately with buttermilk to creamed mixture. Blend in reserved cocoa mixture. Pour batter into two greased and floured 9" or 3 8" layer pans. Bake at 350 degrees for 25-40 minutes or until cake tests done. Cool 10 minutes; remove from pans.

*To sour milk, use 1 tablespoons plus 1 teaspoon vinegar plus milk to equal 1⅓ cups.

CHURCH WINDOWS

Rosemary Beales

1 stick butter or margarine
12-oz chocolate chips

½ package miniature, colored marshmallows
Coconut or ground nuts

Melt chocolate and butter. Cool until marshmallow won't melt. Then add marshmallows. On sheet of wax paper lay coconut or ground nuts. Drop chocolate/marshmallow mixture on waxed paper and roll. Cut open paper towel roll and place waxed paper package in it, to help form chocolate/marshmallow in neat roll. Chill. Slice.

COBLER

???

1 20-oz can undrained crushed pineapple
1 bag frozen peaches (or fruit of your choice: bingcherries, strawberries, cranberries, or any combo)
1 13-oz box yellow cake mix
1 bag frozen peaches
½ cup chopped pecans
¼ cup sugar
¼ lb butter, melted

In a 9" x 13" ungreased pan, layer the following ingredients in the order listed above. Bake at 350 for 35-45 minutes, or until golden brown. Let stand until lukewarm. Serve with a scoop of vanilla ice cream. Individual servings can be reheated in microwave for 1 minute.

COCOA-WHISKEY BALLS

Sister Miriam Doyle

1 cup crushed vanilla wafers
1 cup powdered sugar
1 tablespoon cocoa

1½ tablespoon corn syrup
¼ cup whiskey
1 cup ground nuts (optional)

Mix, form into balls, roll in powdered sugar and chill.

(Comes from a Sister who used to cook for Archbishop of Denver.)

CONGO BARS

Rosi Beales

3 cup brown sugar	2½ teaspoon baking powder
⅔ cup melted shortening	1 teaspoon salt
3 eggs	1 teaspoon vanilla
2⅔ cup flour	1 12-oz package chocolate chips

Mix brown sugar, shortening, and eggs well. Add flour, baking powder, salt, vanilla, and chocolate chips. Spread on ungreased cookie sheet with sides. Bake 20-25 minutes, removing when still soft. Cool 10 minutes and cut.

CORNFLAKE HOLLY

Carol Sams

30 large marshmallows	2 teaspoon vanilla
½ stick margarine	Red hots
2 teaspoon green food color	

Melt together all of above over low heat or in double boiler. Pour over 4 to 4½ cups Corn Flakes. Mix until coated. Spoon onto waxed paper and decorate with red hots. **Do not refrigerate.** Makes about 40-45 small holly clusters. Or make into wreath and decorate with red hots and bow.

CREAM CHEESE POUND CAKE (OTHERWISE KNOWN AS THE HEART ATTACK CAKE)

Sharon Sopp

1 cup margarine, softened	6 eggs
½ cup butter, softened	3 cups sifted cake flour
1 8-oz. brick cream cheese, softened	2 teaspoons vanilla extract
3 cups sugar	

Combine margarine, butter, and cream cheese. Beat well with a heavy duty mixer. Gradually add sugar. Beat until light and fluffy (about 5 minutes). Add eggs, one at a time, beating well after each addition. Add flour to creamed mixture, beat well. Stir in vanilla. Pour batter into well greased 10 inch tube pan. Bake at 325 degrees for 1½ hours or until cake tests done. Cool in pan 10 minutes; remove from pan and cool completely.

DERBY PIE

Bunny Hartman

1 cup sugar	1 cup chocolate chips
½ cup Bisquick	1 teaspoon vanilla
2 slightly beaten eggs	½ cup coconut (optional)
1 stick cooled, melted butter	

Mix together and pour into pie pan. Makes its own crust. Bake at 350 for about 30 minutes.

EARTHQUAKE COOKIES

Bunny Hartman

½ cup vegetable oil	2 cups flour
4 squares unsweetened chocolate, melted	2 teaspoons baking powder
2 cups granulated sugar	½ teaspoon salt
4 eggs	1 cup confectioners sugar
2 teaspoons vanilla	

Mix oil, chocolate and granulated sugar. Blend in one egg at a time until well mixed. Add vanilla. Measure flour by dipping or sifting method. Stir flour, baking powder, and salt into oil mixture. Chill several hours or overnight. Heat oven to 350 degrees. Drop teaspoons of dough into powdered sugar. Roll in sugar; shape into ball. Place about 2" apart on greased baking sheet. Bake 10-12 minutes. Makes about 6 dozen cookies.

FANTASY FUDGE

Bunny Hartman

3 cups sugar	1 jar (small) marshmallow cream
¾ cup margarine	1 cup chopped nuts
⅔ cup (6 oz) evaporated milk	1 teaspoon vanilla
12-oz pkg semisweet chocolate chips	

Combine sugar, margarine, and milk; bring to rolling boil stirring constantly. Boil 5 minutes over medium heat, stirring constantly. Remove from heat. Stir in chocolate until melted. Add marshmallow, nuts and vanilla. Beat until well blended. Pour into greased 9x13 pan. Cool. Cut into squares.

Freezes well (HA HA) for emergency refreshments or chocolate attacks.

FUDGE BATTER PUDDING

Pat Violette (and Boot)

2 tablespoons melted margarine	1 teaspoon baking powder
1 cup sugar	¾ teaspoon salt
1 teaspoon vanilla	½ cup milk
1 cup sifted flour	1⅔ cup boiling water
8 tablespoons unsweetened cocoa	

Mix margarine, ½ cup sugar and vanilla together. Sift flour, 3 tablespoons cocoa, baking powder, ½ tsp salt together and add alternating with milk to first mixture; mix well. Mix together ½ cup sugar, 5 tablespoons cocoa, ¼ teaspoon salt and boiling water. Pour into baking dish and drop batter by tablespoons onto top of water mixture. Bake, uncovered, in moderate oven, 350 degrees, for 40-45 minutes. Cake will rise above pudding/sauce. Cool and dust with powdered sugar.

FUDGE BATTER PUDDING (UPDATED)

???

2 tablespoons melted low-fat margarine	4 tablespoons cocoa powder drink mix (NesQuik)
1 cup sugar	1 teaspoon baking powder
1 teaspoon vanilla	$\frac{3}{4}$ teaspoon salt
1 cup flour	$\frac{1}{2}$ cup fat-free milk
4 tablespoons unsweetened cocoa (Hershey's cocoa)	$1\frac{2}{3}$ cup boiling water

Mix margarine, $\frac{1}{2}$ cup sugar and vanilla together. In separate bowl combine both types of cocoa and set aside. Sift flour, 3 tablespoons of combined cocoas, baking powder, $\frac{1}{2}$ teaspoon salt together and add alternating with milk to first mixture; mix well. Mix together $\frac{1}{2}$ cup sugar, 5 tablespoons of combined cocoas, $\frac{1}{4}$ teaspoon salt and boiling water. Pour into baking dish* and drop batter by tablespoons on top of water mixture. (Or put batter mixture evenly in baking dish and pour water mixture on top.) DO NOT STIR. Bake uncovered at 350 degrees for 40-45 minutes. Cake will rise above pudding/sauce. Cool, dust with powdered sugar. Serve with fat-free cool whip, if desired.

**Use 8 in. sq. baking dish. If doubling recipe, use 9x13 dish, and use only 1-1/2 times the amount of salt*

GOOD FOR YOU JAM BARS

Bunny Hartman

1 cup brown sugar, packed	$\frac{3}{4}$ teaspoon salt
1 cup shortening (at least $\frac{1}{2}$ of which is margarine)	$1\frac{3}{4}$ cups flour
1 egg	$\frac{2}{3}$ - $\frac{3}{4}$ cup jam or preserves (NOT jelly)
1 teaspoon vanilla	$\frac{1}{2}$ cup wheat germ
$\frac{1}{2}$ cup sesame seeds	

Cream sugar and shortening until fluffy. Add egg and vanilla and mix well. Add sesame seeds and flour (salt added). Press $\frac{1}{2}$ batter into a greased 8x8 or 9x9 pan. Spread the jam on that and sprinkle the wheat germ over the jam. Carefully press the remaining dough on top, covering all of the jam. Bake 45-50 minutes at 325 degrees. Cut into bars and cool.

GRAHAM CRACKER BROWNIES

Bunny Hartman

2 cups fine graham cracker crumbs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup chopped pecans	1 cup skim milk
$\frac{1}{2}$ cup semisweet chocolate chips	1 tablespoon confectioners sugar
$\frac{1}{4}$ cup sugar	

Mix all ingredients except confectioners sugar. Turn into lightly greased 9x9" pan. Bake 20 minutes at 350 degrees. Cut into 40 bars while still warm. Dust with confectioners sugar when cool. 46 calories each. (38 calories each if cut into 49 bars.)

HERMITS

Sister Miriam Doyle

1 cup shortening	2 teaspoon cinnamon
2 cups brown sugar	1 teaspoon nutmeg
2 well beaten eggs	½ cup sour milk
3½ cups flour, sifted	1 cup walnuts
1 teaspoon baking powder	1 cup raisins
1 teaspoon soda	1 cup chopped dates
1 teaspoon salt	

Cream shortening and sugar. Add eggs and beat well. Add sifted dry ingredients alternately with sour milk. Add nuts, raisins, and dates. Drop from teaspoon on greased sheet. Bake at 375 degrees for 15 minutes. Makes 4 dozen.

HERSHEY BAR PIE

Bunny Hartman

⅓ cup milk	16 marshmallows.
6 thin Hershey Bars or 1 large bar	1 carton (½ pint) cream

In double boiler combine milk and Hershey bar(s). Melt in marshmallows. Stir. Cool in cold water. Whip the cream and add to mixture. Pour into graham cracker crust. Sprinkle with pecans.

ITALIAN COOKIES

Ginny Sill

2 cups sifted flour	⅓ cup shortening
½ cup sugar	3 eggs
3 teaspoon baking powder	1½ teaspoon Bakers Anise extract
½ teaspoon salt	

Preheat oven to 375 degrees. Grease cookie sheets. Sift dry ingredients into bowl. Work in shortening, unbeaten eggs, and anise extract. Dump dough on floured board and knead until smooth. Work in a little flour if sticky. Roll dough about ¼" thick and cut with cookie cutter. Bake 10-15 minutes until a delicate gold color. While cookies are still warm, glaze with a mixture of 1 cup powdered sugar, 2 tablespoons milk, ¼ teaspoon almond extract. Makes 4 dozen cookies.

KNOX BLOX

Bunny Hartman

4 packages Knox Gelatin	4 cups good'n boiling water
3 packs (3-oz each) sugar-free or regular Jello	

Mix Jello together with gelatin. Add four cups boiling water and stir well. Pour into 9x13" pan and chill. Cut into squares for finger food.

KOOKIE BRITTLE

Eileen Johnson

1 cup butter or margarine, softened
1 teaspoon salt
1 teaspoon vanilla extract
1 cup sugar

2 cups unsifted all-purpose flour
1 package (6 oz) chocolate chips
1 cup chopped pecans

Preheat oven to 375 degrees. Grease a 15½ x 10½ jelly-roll pan. In large mixer bowl with electric mixer at medium speed, cream butter or margarine. Add salt and vanilla. Beat in sugar until light and fluffy, scraping bowl occasionally. Add flour and continue mixing until well combined. Stir in chocolate and pecans. Pat dough with hands into prepared pan. Bake 25 minutes or until lightly brown at edges. Cool in pan on wire rack. When cool, break into pieces with hands. Makes about 5 dozen. About 65 calories per one inch piece.

LEMON BARS

Rosi Beales

CRUST

1 cup butter
½ cup powdered sugar

2 cups flour
Dash salt

TOPPING

2 cups sugar
4 eggs, beaten

6 tablespoons flour
6 tablespoons lemon juice

Combine crust ingredients with pastry blender. Pat into 13x9" greased pan. Bake 20 minutes at 350 degrees. Cool. Mix topping ingredients and pour over cooled crust. Bake 25 minutes at 350 degrees. Top will be semi-liquid when done. Let cool before cutting. Sprinkle with powdered sugar.

LEMON LIME DELIGHT

Rosi Beales

CRUST

2⅓ cups graham cracker crumbs
⅔ cup melted

¼ cup sugar

FILLING

2 packages 3 oz lime Jello
2 packages 3 oz lemon pudding (non-instant)

1 cup water
1 cup Half and Half

Bake crust pressed into 9x13" pan, 8 minutes at 350 degrees. Cool. Cook pudding according to directions. Add lime jello mix, water, Half and Half. Cool. Pour into crust. Chill, until firm enough to slice.

LEMON POUND CAKE

Rosemary Beales

1 package yellow cake mix
½ cup cooking oil
1 package lemon instant pudding
4 eggs

1 cup water
¼ cup orange juice
½ cup sugar

Mix cake mix, cooking oil, pudding, eggs, and water for 2 minutes with electric mixer. Bake in tube pan at 350 degrees for 1 hour. Cool in pan 15 minutes and remove from pan. Heat orange juice and sugar over low flame until thickened. Pour over cake.

LITTLE CHEESECAKES

Rosemary "Boot" Beales

Vanilla wafers *
3 8-oz packages cream cheese
3 eggs

$\frac{2}{3}$ cup sugar
18 maraschino cherries, halved
1 teaspoon vanilla

Soften cheese. Add sugar. Add eggs, one at a time, blending thoroughly. Add 1 teaspoon vanilla, or combination of vanilla and lemon extract. Use small muffin pans and line with paper cups. Place cookies on bottom, upside down. Add cream cheese mixture. Top with cherries. Bake 15 minutes at 130 degrees.

*If vanilla wafers are too large, trim with meatball maker. Save crumbs for boubon balls, etc.

MEXICAN CHEESECAKE

Kathy Berch

2 8-oz pkgs cream cheese
1 cup sour cream
2 cups shredded Monterey Jack cheese

1 cup salsa
1 4-oz can green chilies
3 eggs

Mix all ingredients together. Place in springform pan. Bake at 340 degrees for 40-45 minutes (until set). When hot out of the oven, top with another cup of sour cream and refrigerate for 3-24 hours. Garnish with salsa and guacamole (and green onions if desired) before serving.

Healthy method: (BOO!) Use half-fat (not non-fat) for the cream cheese, sour cream and Monterey Jack cheese. If you use the half-fat stuff, it will need to cook longer in the oven.

MILLIONAIRE PIE

Bunny Hartman

1 8-oz Cool Whip
1 can Eagle brand condensed milk
#2 can (tall) crushed pineapple, drained

½ cup nuts
2 - 3 tablespoons lemon juice

Mix together. Pour into 2 graham cracker crusts. Chill.

MIZ LILLIE'S

Rosi Beales

1 cup peanut butter	1 egg
1 cup sugar	1 teaspoon vanilla

Combine, drop onto ungreased cookie sheets and bake at 300 degrees until still slightly soft. Cool.

MRS. FIELD'S COOKIES

2 cups butter	1 teaspoon salt
2 cups sugar	2 teaspoons baking powder
2 cups brown sugar	2 teaspoons baking soda
4 eggs	14 oz chocolate chips
1 teaspoon vanilla extract	6 oz Hershey bar, grated
4 cups flour	3 cups nuts (any kind), chopped
5 cups oatmeal, blended into powder	

Cream butter, sugar, and brown sugar. Add eggs and vanilla. Mix together flour, oatmeal, salt, baking powder, and baking soda. Add 14 oz. bag of chocolate chips, a six oz. Hershey chocolate bar, and nuts. Bake on ungreased cookie sheet, make golf ball sized cookies, 2 inches apart, and bake at 375 degrees for six minutes. Makes 112 cookies! *Note: \$250.00 recipe – give it to everyone!*

MYSTERY PECAN PIE

Bunny Hartman

PIE

9-inch unbaked pie crust	1 teaspoon vanilla
8-oz pkg cream cheese, softened	1 egg
1/3 cup sugar	1 1/4 cup chopped pecans
1/4 teaspoon salt	

TOPPING

1/4 cup sugar	1 teaspoon vanilla
1 cup light corn syrup	3 eggs

Heat oven to 375 degrees. In small bowl, combine cream cheese, sugar, salt, vanilla, and eggs; blend until smooth. Spread in bottom of unbaked pastry shell. Sprinkle with pecans. Combine topping ingredients; blend well. **Pourslowly** over pecans. Bake 35-40 minutes until center is firm to touch. Cool before serving. Has a cheesecake texture.

NIXON'S CHEESECAKE

Bunny Hartman

CRUST

12 - 14 graham crackers

¼ cup melted butter

FILLING

4 3-oz packages cream cheese, softened

2 teaspoons vanilla

¾ cup sugar

½ teaspoon lemon juice

2 eggs, beaten

TOPPING

1 cup sour cream

3½ tablespoons sugar

4 teaspoons vanilla

Combine crushed graham crackers with melted butter. Mold in 9-inch pie pan. Whip cream cheese. Combine and beat cream cheese, sugar, eggs, vanilla, and lemon juice until light and fluffy. Pour into crust and bake at 350 degrees for 15-20 minutes. Blend topping and pour over pie. Bake 10 minutes longer. Refrigerate for 5 hours.

NOODLY NUTS

Rosi Beales

1 small bag chocolate chips

1 to 1½ cups dry roasted peanuts

1 small bag butterscotch chips

2-3 cans chow mein noodles

Melt chips. Add peanuts and noodles (measurements are approximate). Drop by teaspoons on waxed paper until cool. Store in airtight container. (Sounds weird, tastes good!)

OATMEAL RAISIN COOKIES

Rosi Beales

½ cup shortening

½ teaspoon baking soda

½ cup brown sugar

½ teaspoon salt

¼ cup granulated sugar

1 teaspoon cinnamon

1 egg

1 cup raisins

2 tablespoons milk

2 cups oats

1 cup enriched flour

Preheat oven to 375 degrees. Lightly grease cookie sheets. Cream shortening and sugar. Add egg and milk. Mix. Beat hard. Add flour, soda, salt, cinnamon. Add raisins and oats. Drop cookies by tsp on cookie sheet. Bake 12-15 minutes. Remove from cookie sheet and cool.

From *Better Homes and Gardens Junior Cook Book*.

PEANUT BLOSSOMS

Eileen Johnson

1¾ cup unsifted flour
1 teaspoon baking soda
½ teaspoon salt
½ cup sugar
½ cup packed light brown sugar
½ cup shortening

½ cup creamy peanut butter
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
48 milk chocolate kisses (or 96 and eat half)

In large mixer bowl, stir flour, soda and salt together. Add remaining ingredients except candy and mix at medium speed of electric mixer until well combined, scraping bowl. Chill dough about 30 minutes. Preheat oven to 375 degrees. Roll small amounts of dough into 1" balls. Place on ungreased cookie sheet and bake for 12 minutes, or until lightly brown. Remove from oven and immediately press a chocolate kiss into center of each (the cookie cracks around the edge). Repeat with remaining dough. Makes about 4 dozen cookies, about 70 calories each.

PEANUT BRITTLE

Kathy Berch

3 cups cocktail peanuts
3 cups sugar
½ cup water

1 cup corn syrup
2 teaspoons baking soda

Stir sugar, corn syrup, and water together in heavy saucepan over medium heat until sugar is dissolved. Cook, without stirring, until it reaches 280 degrees. Meanwhile, butter two cookie sheets very well. A marble slab is even better, but butter it well. Slowly stir in the peanuts, then stir constantly until it reaches 300 degrees. Remove from heat then quickly but thoroughly stir in the baking soda. Immediately pour onto the cookie sheets, spreading while you pour. This is tricky and may require an assistant. KEEP THE KIDS AWAY! 300 degrees can cause some SERIOUS burns! It hardens pretty fast – break into small pieces and enjoy!

PEANUT BUTTER COOKIES

Rosi Beales

½ cup butter
½ cup peanut butter
½ cup white sugar
½ cup brown sugar
1 egg

2 teaspoons vanilla
1¼ cups flour
¾ teaspoon soda
¼ teaspoon salt

Combine all ingredients. Form into balls and place on greased cookie sheet. Flatten with floured fork to make criss-cross design. Bake 10-12 minutes.

PEANUT BUTTER KISSES

Bunny Hartman

1 cup peanut butter
1 cup Crisco
1 cup brown sugar
1 cup sugar
¼ cup milk
2 teaspoon vanilla

2 eggs
3½ cups flour
2 teaspoon soda
1 teaspoon salt
⅓ cup sugar
11-oz package of chocolate kisses or stars

Combine first 4 ingredients, then add next 3. Add combined flour, soda and salt. Mix thoroughly (may have to use hands). Shape into 1" balls. Roll in ½ cup sugar. Place on ungreased cookie sheets. Bake at 375 degrees for 8 minutes. Remove from oven and press kiss on each cookie center. Return to oven. Bake 3 minutes. Makes 6-7 dozen.

PEANUT BUTTER QUICKIES

Rosi Beales

1½ cups sugar
½ cup shortening
¾ cup flour
½ cup milk

1½ cups oats
⅔ cup peanut butter
1 teaspoon vanilla
¼ teaspoon salt

Combine sugar, butter, flour, milk. Bring to full boil; boil hard 3 minutes, stirring constantly. Remove from heat and add remaining ingredients. Blend well. Drop by tsp onto foil or wax paper or greased cookie sheet. Cool.

PINEAPPLE UPSIDE DOWN CAKE

Bunny Hartman

BATTER

3 egg yolks
1 cup white sugar
1 cup flour

1 teaspoon baking powder
3 egg whites
3 tablespoons unsweetened pineapple juice

TOPPING

¼ lb butter
1 cup brown sugar

Pineapple slices, nuts, cherries

Mix egg yolks, white sugar, flour, and powder. Beat egg whites until stiff. Fold into batter. Add pineapple juice. Melt butter and sugar in cast iron frying pan. Mix. Place pineapple rings, cherries and nuts in pan. Pour in batter. Bake at 350 degrees for 50-60 minutes; turn out while warm. The longer you cook the topping, the more caramely it will be.

PUMPKIN COOKIES

Sister Miriam Doyle

1 cup shortening	½ teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1½ cup pumpkin	1 teaspoon cloves
2¼ cup flour	¼ teaspoon ginger
1 teaspoon baking powder	1 cup raisens and/or nuts.

Preheat oven to 325-350 degrees. Cream shortening and sugar. Add pumpkin. Sift flour, powder, salt, cinnamon, cloves, and ginger. Add to pumpkin mixture. Add raisens and/or nuts. Drop from spoon. Bake 15 minutes.

PUMPKIN ROLL

Sharon Sopp

¾ cup flour	1 teaspoon baking soda
1 cup sugar	8-oz cream cheese
3 eggs	1 cup 10x sugar
½ teaspoon cinnamon	1 teaspoon vanilla
2/3 cup pumpkin	3 teaspoons butter
1 teaspoon salt	

Mix flour, sugar, eggs, cinnamon, pumpkin, salt, and baking soda. Roll ingredients together. Grease cookie sheet with edge, then line with wax paper. Put mixture in pan. Cook at 375 degrees for 10-15 minutes. When finished, immediately turn onto a dish towel sprinkled with 10x sugar. Roll cake into towel and let cool completely. Mix cream cheese, sugar, vanilla, and butter. Once cake is cool, unroll, and spread cream cheese mixture onto cake. Roll up again. Wrap in foil and refrigerate 2 hours.

You can add nuts to the pumpkin cake mixture if desired. Sprinkle over batter before cooking.

RAW APPLE CAKE

Carol Sams

1½ cup oil or ¾ lb butter	½ teaspoon salt
2 cups white sugar	2 teaspoons cinnamon
3 eggs (well beaten)	1 teaspoon baking soda
3 cups raw apples (cut as for pie)	2 teaspoons vanilla
3 cups flour	

Preheat oven to 350 degrees. Mix sugar, oil or butter, and eggs until creamy. Add vanilla and apples. Sift flour, salt, cinnamon, and baking soda together and add to creamy mixture. 1 cup nuts may be added if desired. Bake in greased and floured bundt pan for about 50 minutes.

Grandpa Sams loved this cake!

SCRIPTURE CAKE

Rosemary "Boot" Beales

½ cup butter (Psalms 55:21)	½ teaspoon ground cloves (II Corinthians 9:9)
1 cup sugar (Jeremiah 6:20)	1 teaspoon ground cinnamon
2 eggs (Isaiah 10:14)	1 cup buttermilk (Judges 4:19)
1½ cup flour (I Kings 4:22)	1 tablespoon honey (Judges 14:18)
¼ teaspoon salt (Luke 14:34)	1 cup raisins (II Samuel 16:1)
1 teaspoon baking powder	1½ cup stewed and chopped figs (Solomon 2:13)
½ teaspoon baking soda (1 Corinthians 5:6)	1 cup almonds, slivered (Numbers 17:8)
½ teaspoon nutmeg	

Have ingredients at room temperature. Preheat oven to 325 degrees. Cream butter and sugar until very light and fluffy. Beat in eggs, one at a time, very well. Sift together flour, salt, baking powder, soda and spices. Add alternately with buttermilk to the batter. Stir in honey. Fold in raisins, figs and almonds. Mix well. Turn into well-greased bundt pan. Bake about 50 minutes or until it tests done. Let cook in pan 30 minutes. Maybe frosted. ENJOY!

SKILLET UPSIDE-DOWN CAKE

Rosi Beales

⅓ cup vegetable oil	1 teaspoon vanilla
1 egg	6-8 tablespoons butter
⅔ cup milk	¾ cup brown sugar
1⅓ cups sifted flour	6 slices canned pineapple
1 cup sugar	Maraschino cherries (optional)
2 teaspoons baking powder	Pecan halves (optional)
½ teaspoon salt	

Preheat oven to 350 degrees. Using electric mixer, blend oil, egg, and milk. Sift flour, sugar, baking powder, and salt together and add to the milk mixture. Beat on medium speed for 2 minutes. Stir in vanilla and beat 1 more minute. In heavy iron skillet, melt butter. Sprinkle ¾ cup brown sugar evenly over bottom of pan. Arrange pineapple slices, and cherries and/or nuts, on top of sugar mixture. Carefully pour cake batter into skillet over fruit mixture. Bake for 40-50 minutes or until toothpick comes out clean. Immediately turn cake upside down on serving plate. Leave skillet over cake for several minutes, then remove.

SNICKERDOODLES

Kathy Poore

1 cup soft shortening (part butter)	1 teaspoon baking soda
1½ cups sugar	¼ teaspoon salt
2 eggs	2 tablespoon sugar
2¾ cups flour	2 teaspoon cinnamon
2 teaspoons cream of tartar	

Preheat oven to 400 degrees. Mix shortening, sugar, and eggs thoroughly. Form into balls the size of small walnuts. Roll balls in mixture of sugar and cinnamon. Place about 2" apart on ungreased baking sheets. Bake 8-10 minutes. Makes about 5 dozen.

SPRITZ (A MUST FOR CHRISTMAS)

Santa Claus

1 cup shortening	½ teaspoon salt
¾ cup sugar	¼ teaspoon baking powder
1 egg	1 Perry Como Christmas album
1 teaspoon lemon or almond extract	1 can Glasswax with stencils
2¼ cups flour	

First, put Perry Como album on hi-fi (or CD player). Cream shortening and sugar. Add egg, extract, and hum along. Combine flour, salt, and baking powder and add to cookie dough. Lick fingers. Load cookie press with desired plate. Put dough in cookie press and press onto ungreased cookie sheets. While cookies are baking (10-12 minutes at 375 degrees), sponge Glasswax onto windows, using stencils as desired. Turn album over (or repeat CD). Remove cookies from oven. Makes 5-6 dozen.

TANDY CAKE

Sharon Sopp

4 eggs, well beaten	1 teaspoon vanilla
2 cups flour	1 cup milk
2 teaspoons baking powder	1 cup peanut butter
2 tablespoons butter, melted	12-oz chocolate chips, small ones are recommended
2 cups sugar	

Add all ingredients except peanut butter and chocolate chips to well beaten eggs and beat for 3 minutes. Pour into greased and floured 11" x 17" sheet pan. Bake at 350 degrees for 15 – 20 minutes until firm, but not brown. Immediately after removing pan from oven, spread peanut butter over top, then sprinkle chocolate chips over and spread as they soften.

TUNNEL OF FUDGE

Rosi Beales

1½ cup butter (3 sticks)	1 package fudge frosting mix
6 eggs	2 cups flour
1½ cups sugar	2 cups chopped walnuts

Preheat oven to 350 degrees Cream butter. Add eggs one at a time while stirring. Add sugar and mix until light and fluffy. Now add frosting mix and flour and stir by hand. Add walnuts. Pour into greased tube pan and bake 1 hour and 15 minutes or until top shines like brownies. Serve with whipped cream or powdered sugar on top.