

In Honor of Coralville's 125th Year



COOKBOOK



Cookbook by:
Families and Friends
of The Community
of Coralville, Iowa



Dedication

This cookbook is dedicated to all the good cooks of the Coralville, Iowa, area in celebration of Coralville's Quasquicentennial. We hope you enjoy this cookbook as much as we've enjoyed putting it together.

Thank you to all who have contributed and a special thanks to the committee for their time and effort. Our cover was designed by Diana Brayton. The History of Coralville was submitted by Laurie Robinson and staff of the Johnson County Historical Society. Also, a special thanks to the Hills Bank and Trust Company for the use of many of the old photos. And, Johanna Beers, thank you for your advice and recognition of this cookbook in your weekly newspaper column. Your contributions are very much appreciated.

Kayleen Gardner - Gail Rogers
Cookbook Committee Co-Chairs

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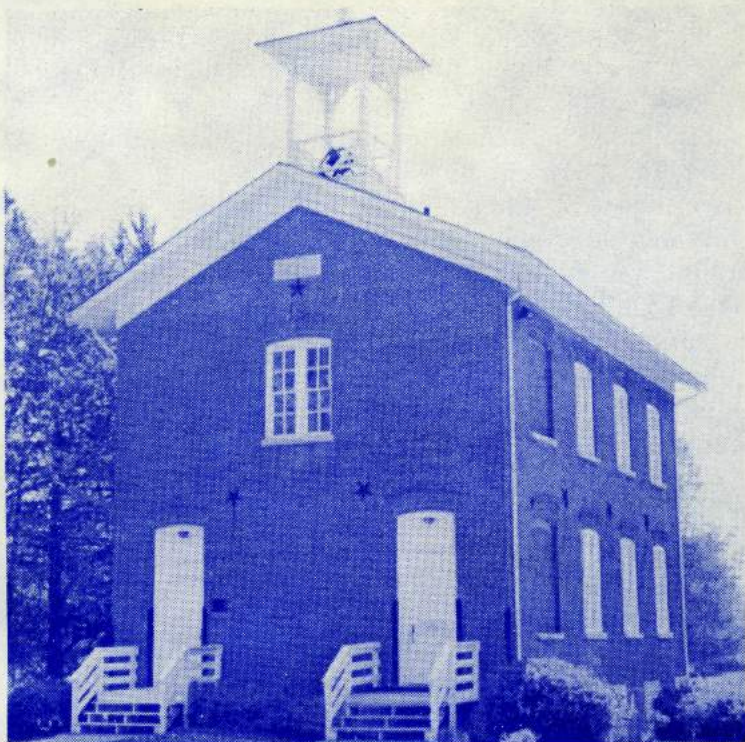


Coralville City Hall - Newly remodeled in 1996

We wish to thank the many citizens of our community who have so willingly shared their time as well as the many fine recipes so that this Coralville Pride! Cookbook can be published in dedication of our 125 years as a city.

To those who purchase this fine collection of outstanding recipes we sincerely hope you will realize great culinary enjoyment for yourself and your friends in the years to come.

Jim L. Fausett, Mayor
Kelly Hayworth, City Administrator



**Johnson County Historical Museum,
Coralville's first schoolhouse**

The Early History of Coralville

Today the thriving city of Coralville hugs the Iowa River's west bank in central Johnson County, Iowa.

Once, Native Americans ranged up and down this same river valley through all the seasons of the year, hunting, fishing, trapping, and gardening. While the Mesquakie were here, their lifestyle harmonized so perfectly with their natural surroundings that they left almost no traces on the earth. Today, their descendants live west of Coralville on their settlement near Tama.

Euro-Americans came to the Coralville area in the 1830s, seeking land, the most precious of all investments, and pushing the Native Americans out. The pioneers built homes and barns along the river and wore roads in the Iowa soil. Businesses and stock companies were organized. One stock

(Continued on Next Page)

(History - Continued)

company, The Iowa City Manufacturing Co., constructed a wooden dam across the Iowa River in 1843 and built a grist mill. The Coralville Mills ground wheat and sold its first flour on January 1, 1844. Under a later owner, Ezekiel Clark, the mill prospered. And for a time, the area along the river's west bank was referred to as "down at the mill," "Clark's Mill," or "Clarksville." Soon, there were more mills at the base of the dam for making paper, for manufacturing woolen cloth, and for grinding oatmeal.

In 1866, Louis Agassiz, visiting professor of zoology from Harvard University, lectured in Iowa City on "The Coral Reefs of Iowa City." One week later, the *State Press* newspaper reported, "A new town was born into this winter weather last week, up at the woolen mills, and was christened, 'Coralville.'"

The paper was delighted with the name's novelty: "We cannot imagine a prettier conception; so far as our knowledge extends there is no other town in the wide world of the same name!"

In the 1870s, the newly named town of Coralville boomed. Coralville's boundaries stretched to enclose additions to the original town. J.H. Clark platted the first addition in 1870. The "Clarksville" addition and Close's Subdivision were recorded in 1872. Close and Clark each created another addition in 1873.

The village of Coralville finally incorporated as a town in 1873. In the first election held March 3, 1874, Mayor A.W. Clark was chosen mayor, with George F. Smith as recorder, and Alexander Koser as treasurer. The city council usually met in J.H. Clark's meat market, which became known as "Market Hall."

The councilmen - women couldn't vote or hold office then! - levied the first taxes in the amount of only one mill. The funds were earmarked for a road tax to improve the dirt streets within the city limits. The city's first budget was only \$175, an amount the first councilors borrowed to pay for surveying, platting, legal and printing costs, the immediate expenses of incorporation.

By 1880, the little mill town on the Iowa River boasted a population of 347! But the 1880 population peak of 347 was not to be reached again until the 1930s.

The mill businesses beside the river didn't last. The Close paper mill was destroyed in an explosion that shook the whole town on July 23, 1875. Six mill workers died in the blast. The woolen mill couldn't make a profit and was converted to the Pearl Oat Mills. That mill eventually went out of business, too, and its plant burned shortly after the turn of the century.

(Continued on Next Page)

(History - Continued)

With the demise of the mill businesses, Coralville's population dwindled. By 1900, only 125 people resided in Coralville.

It wasn't until the 1930s that Coralville again began to grow steadily. How things have changed! The Iowa River no longer powers mills or carries Mesquakie hunters in canoes. Businesses and shopping opportunities abound within the city's greatly expanded limits.

Today, more than 12,000 people call Coralville "home." As the little mill town on the west bank of the Iowa River celebrates its Quasiquicentennial, we wish Coralville and each of its people well - and hope that the next 125 years will see Coralville grow in natural beauty, in civic pride, and in community kindness and generosity.

Happy 125th Birthday, Coralville! 1873-1998!

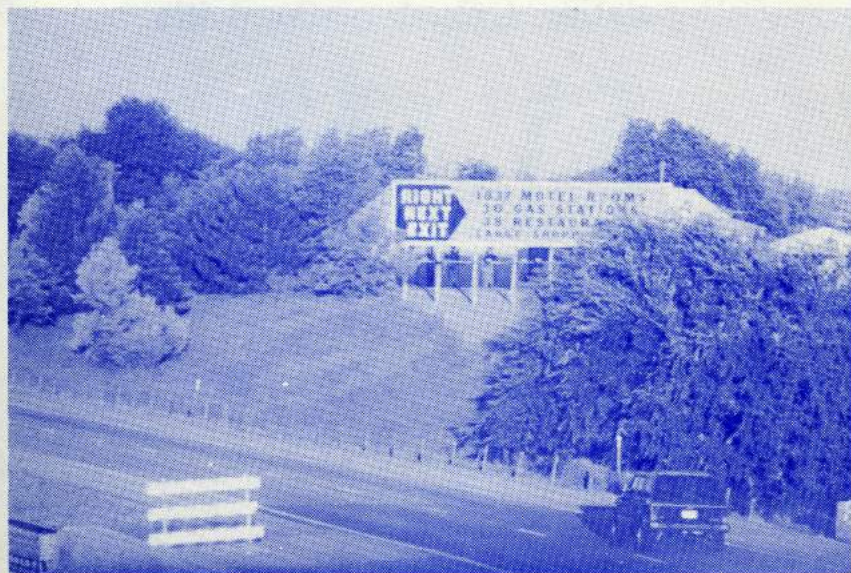
From the Johnson County Historical Society

Population Growth of Coralville

1875 - 297	1930 - 254
1880 - 347	1940 - 433
1885 - 240	1950 - 977
1890 - 173	1960 - 2,357
1895 - 180	1965 - 3,170
1900 - 125	1970 - 6,130
1905 - 142	1980 - 7,687
1910 - 151	1990 - 10,347
1915 - 148	1992 - 11,998
1920 - 150	



Old Water Tower and Billboard Sign, 1980s



The Updated Billboard Sign, 1997

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MY FAVORITE RECIPES

Recipe

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Appetizers, Dips, and Beverages

My Favorite Recipes in this section are:

RECIPE

PAGE #

Hints for Appetizers, Beverages, and Dips

Save leftover fruit juices until there's enough to freeze in an ice tray. The cubes add extra flavor to lemonade, iced tea or jello.

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

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

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also slows melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

You can thaw frozen orange juice right in the container. Remove the top metal lid and place the opened container in the microwave. Heat on high power 30 seconds for 6 oz. and 45 seconds for 12 oz.

Never boil coffee; it brings out the acid and causes a bitter taste.

Coffee beans and ground coffee retain their strong flavor longer if kept in the freezer.

Use a teaspoon of nonfat dry milk in your coffee or tea rather than nondairy creamers which contain saturated fats and sugar.

To keep tea and tea bags fresh, store them in air-tight containers in a cool, dark place away from strong-flavored foods.

When serving hors d'oeuvres on a silver tray, you may wish to protect the tray from acids by covering it with a layer of green lettuce.

Use yogurt instead of sour cream for dips and you will reduce the calorie content.

Buy a loaf of unsliced pumpernickle bread and freeze it for an hour so that you can slice it wafer thin. Then spread with unsalted butter and a light sprinkling of Parmesan cheese. Toast at 325° until crisp.

Cut circles of bread with a cookie cutter, spread with mayonnaise, top with a cucumber and a pimienta sliver or a sprig of dill.

- APPETIZERS -

ALMOND HAM SPREAD

Michele Brandstatter

- | | |
|------------------------------------|-----------------------|
| 4 C. finely chopped ham | 1/3 C. onion |
| 1 (8 oz.) pkg. cream cheese (soft) | 1/4 C. pickle relish |
| 3/4 C. salad dressing | 1/2 C. sliced almonds |

Put cream cheese, salad dressing, onion, and pickle relish in large bowl. Beat with mixer until blended. Add chopped ham and almonds and beat until mixed. Chill several hours and use on crackers.

CHEESE BALL

Marianne Colony

- | | |
|---|-----------------------------|
| 2 (8 oz.) pkgs. cream cheese | 2 tsp. Worcestershire sauce |
| 2 (4 oz.) pkgs. shredded cheddar cheese | 1 tsp. lemon juice |
| 1 T. chopped green pepper | 1 T. chopped onion |
| 1 T. pimiento (cut up) | Dash of red pepper |
| | Dash of salt |

Mix and shape into a ball and chill. You may press on finely chopped parsley or bacon bits or chopped pecans.

CHEESE BALL

Mick McGillin

- | | |
|------------------------------|------------------------------|
| 2 (8 oz.) pkgs. cream cheese | 2 C. shredded cheddar cheese |
| 1/2 C. margarine | 2 T. mayonnaise |
| 2 tsp. Worcestershire sauce | |

Combine above ingredients. Beat or blend. Add onion salt and garlic salt to taste. Chill, shape into a ball.



PARTY CHEESE BALL

Janie Schmidt

- | | |
|---|---|
| ½ lb. dried beef (cut into small pieces) | 4 oz. finely shredded cheese |
| 1 (8 oz.) pkg. cream cheese | ½ C. sliced green olives with pimientos |
| 1 (5 oz.) can Hormel Chunked or Underwood Deviled Ham | 1 C. chopped pecans |
| | Parsley flakes |

Soften cream cheese. Mix in dried beef, meat, cheese, and olives. Roll into 2 large balls or 36 bite-sized. Roll in chopped pecans and parsley.

WEST BRANCH CHEESE BALL

Leesa Johnson

- | | |
|--|-------------------------|
| 1 (8 oz.) pkg. soft cream cheese | 1 T. milk |
| 4 oz. finely chopped dried or chipped beef | 1 T. mayonnaise |
| 1 T. dried onion | 1 tsp. prepared mustard |

Mix all ingredients well and shape into a ball. Refrigerate 1 hour. Roll ball into chopped pecans or walnuts.

CHEESE BALLS

Becky Dagle

- | | |
|------------------------------------|------------------------------|
| 1 C. flour | 1 tsp. dried onion flakes |
| 1 C. sharp cheddar cheese (grated) | 1 T. buttermilk or skim milk |
| ¼ C. soft margarine | Paprika |

Blend flour, cheese, margarine, and onion. Gradually add milk until soft dough forms. Roll into 1-inch balls and place on baking sheet. Sprinkle with paprika. Bake at 300° for 20 minutes.



CHILI CHEESE BALLS

Diana Lundell

- | | |
|-------------------------------|---------------------|
| 3 T. chopped jalapeno peppers | 2 egg yolks |
| ½ lb. grated Parmesan cheese | Bread crumbs |
| ½ lb. cream cheese | Oil for deep frying |

Mix peppers, cheese, and yolks. Roll into balls and coat with bread crumbs. Chill several hours. Just before serving, deep fry until lightly browned.

WARM AND SPICY CHEESE CUBES

Jean Newlin Schnake

- | | |
|--|----------------------|
| 3 (10 oz.) pkgs. grated Cojack cheese | 2 eggs |
| 1 (16 oz.) jar chunky salsa (medium or mild to taste)* | 1 C. flour |
| | 1 C. evaporated milk |

Spray a 9x13-inch pan (glass) with Pam. Spread/sprinkle cheese in pan. Pour/spread salsa over cheese. Combine eggs, flour, and evaporated milk. Pour mixture over all. Bake at 350° for 30-35 minutes. Cool completely before using serrated knife to cut into 1-inch squares. Use microwave to reheat squares before serving. *You may wish to try a chunky spaghetti sauce for an Italian variation.

CHEESE DIP IN A BOWL



Kim Lestina

- | | |
|------------------------------------|--|
| 1 (8 oz.) pkg. grated sharp cheese | 1 (8 oz.) pkg. cream cheese (room temperature) |
| 1½ C. sour cream | ½ C. chopped green onion |
| 1 C. chopped ham | 1 tsp. Worcestershire sauce |
| Dash of garlic powder | 1 round bread loaf |

Mix ingredients altogether in a bowl. Cut off the top of the round bread loaf and hollow out the middle. Keep the hollowed out bread pieces for dipping. Put the dip into the bread loaf, place the bread loaf on the dip. Wrap the bread round in foil. Bake at 350° for about 1½ hours.

CHEESE SPREAD

Connie Friedl

- | | |
|--|------------------------------|
| 2 (8 oz.) pkgs. cream cheese | ½ diced green pepper (fresh) |
| 2 tsp. Accent | 3 T. diced real onion |
| 1 (8 oz.) can drained, crushed pineapple | |

Blend ingredients together, roll into a cheese log or place in bowl as a spread. Top with shredded cheese or ½ C. chopped pecan.

BACON/CHEESE SPREAD

Juanita Ridenour

- | | |
|---|-----------------------------|
| 1 lb. sharp cheddar cheese
(finely shredded) | 1 tsp. Worcestershire sauce |
| 1 medium onion (finely diced) | 1 tsp. yellow mustard |
| 8 slices raw bacon (finely diced) | 3 T. mayonnaise |

Mix first 3 ingredients in a bowl. Next, add Worcestershire, mustard, and mayonnaise. Combine thoroughly, then let sit at room temperature for one hour. Roll into several 2 to 3-inch logs, wrap in Saran Wrap and freeze. When ready to use, thaw and spread on party rye. Broil until golden and bubbly.

HORSERADISH CHEESE SPREAD

Anna Powers

- | | |
|-----------------------------|---------------------------|
| 2 lbs. Velveeta cheese | 1 (8 oz.) jar horseradish |
| 1 C. + 2 T. Hellmann's mayo | 8-10 drops tabasco |

Melt Velveeta in double boiler. Mix rest of ingredients and pour into melted cheese. Pour quickly into jars as it sets up fast. NOTE: This is very good with crackers or heated for a taco chip dip or on hamburgers.



CHEESE WHIZ

Marianne Colony

- | | |
|-----------------------------------|-----------------------------|
| 3/4 lb. Velveeta cheese | 1 tsp. Worcestershire sauce |
| 1/2 C. oleo | 1/2 tsp. dry mustard |
| 1/2 C. canned milk or Coffee Rich | 1 egg (beaten) |

Cook all together in double broiler for 5 minutes, or in microwave (less time). Will be thin but will thicken. You may add bacon bits or pimientos.

WESTERN CHEESECAKE

Gerry Lackender

- | | |
|---|---------------------------------------|
| 1 (16 oz.) pkg. cream cheese (softened) | 3 eggs (room temperature) |
| 2 C. sharp shredded cheddar cheese | 1 (4 oz.) can green chilies (chopped) |
| 2 C. sour cream | 1 C. chunky salsa |
| 1 1/2 to 2 pkgs. taco seasoning | Tortilla chips |

Combine cheeses, beat until fluffy. Stir in 1 C. sour cream and taco seasoning. Beat in eggs one at a time. Fold in chopped chilies. Pour into 9-inch springform pan or large pie (baking dish). Bake in 350° oven for 35 to 40 minutes, or until center is just firm. Remove from oven, let cool ten minutes. Spoon remaining 1 C. sour cream in middle 3/4 of cheesecake. Return to oven 5 minutes longer. Makes a nice glaze on cheesecake. Cool and refrigerate. Top with your favorite chunky salsa, just before serving. Serve with chips. Serves 25-35 people.

TANGY CHICKEN WINGS

Florence Johnson

- | | |
|--------------------------------------|----------------|
| 1 lb. chicken wings | 3 T. soy sauce |
| 3/4 C. Kraft Catalina salad dressing | |

Mix Catalina Dressing and soy sauce in a large bowl. Cut the wings at the joints and discard the tips. Add the wings to the sauce mixture and coat them well. Marinate for 1 hour, making sure to stir the wings at least once. Heat the oven to 350°. Arrange wings on a shallow pan and bake for 25-30 minutes. Remove from pan and serve.

CRAB AND CREAM CHEESE SPREAD ^{try ✓} *Karen Fesler (Mrs. David)*

1 (3 oz.) pkg. cream cheese
¼ C. cocktail sauce
½ C. crab meat (I use canned
crab meat, drained)

Crackers: Rye Crisp, Club
Crackers or Melba Toasts

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Allow cream cheese to soften. Use a dinner plate, or any flat plate that is at least 6 inches in diameter. Spread cream cheese evenly over plate. Spread cocktail sauce over cream cheese. Sprinkle crab meat on top of cocktail sauce. Provide knife for spreading. Serve with crackers.

CRAB STICKS

Gloria Holderness

1 (6 oz.) jar Old English Cheese
Spread
½ C. butter (softened)
½ tsp. seasoned salt
¼ tsp. garlic powder

1 T. mayonnaise
1 (7½ oz.) can crabmeat
(drained & flaked)
6 English muffins

Mix cheese and butter together until smooth. Add seasonings and mayonnaise; stir in crabmeat. Spread mixture generously onto split untoasted English muffins. Freeze for 10 minutes. Cut each half into 4 lengthwise sticks. May now be frozen for later use or baked at 375° for 15 minutes. Serve warm. Makes 48 sticks.

CRAB TREATS

Anne Allen

1 can crabmeat
1 jar Kraft Old English Cheese
1 stick butter

2 T. mayonnaise
Seasoning salt
English muffins

Mix crabmeat, cheese, butter, mayonnaise, and salt. Spoon on English muffins. Bake at 350° until golden.

MEXICAN FUDGE

Char Larson

- | | |
|--|-----------------------------|
| 1 (8 oz.) pkg. cheddar cheese | 1 (4 oz.) can diced chilies |
| 1 (8 oz.) pkg. Monterey Jack or Swiss cheese | including juice |
| 3 eggs | 1½ T. Bisquick |

Shred cheese. Put half in bottom of quiche dish. I use glass pie plate. Beat 3 eggs. Add can of chilies including juice and Bisquick. Spread over cheese. Top with remaining cheese. Bake 30 minutes at 350°. Cool for 20 minutes.

HANKY PANKY'S

Nancy Hayworth

- | | |
|------------------------------|---------------------------|
| 1½ lbs. hamburger | ½ C. milk |
| 1 C. chopped onion | ¼ C. ketchup |
| 1 (8 oz.) pkg. cream cheese | 1 tsp. salt |
| 1 can cream of mushroom soup | 1 loaf cocktail rye bread |

Brown hamburger and onion. Drain off fat. Add remaining ingredients and mix well. Spread on rye bread slices. Place on cookie sheet and bake 15 minutes at 350°. Serve hot. These can be prepared and frozen before baking.

HANKY PANKY

Margaret Morgan

- | | |
|-------------------------------|---------------------------|
| 1 lb. ground beef | ¼ tsp. oregano |
| 1 lb. hot pack sausage | 1 T. Worcestershire sauce |
| 1 lb. Velveeta cheese (diced) | 2 loaves party rye |
| ¼ tsp. garlic salt | |

Brown beef and sausage in skillet. Drain well. Add cheese, garlic salt, oregano, and Worcestershire. Heat and stir until cheese is melted. Spread this mixture on rye rounds, about 1 rounded tsp. per slice. Bake at 325° for 10 to 12 minutes. Makes about 70. They may be made up, but not baked and frozen to be used as needed. Can be baked in microwave 3 to 4 minutes.

SPICY HOTDOGS

Marilyn Jensen

APPETIZERS

- | | |
|--------------------|--|
| 1 pkg. hotdogs | 1 tsp. tabasco sauce |
| 1/2 C. brown sugar | 1 (5/8 oz.) pkg. dry brown gravy mix (as is) |
| 1/2 C. ketchup | |

Cut hotdogs into bite-size pieces. Mix all ingredients, heat to dissolve brown sugar and gravy mix. May serve hot or cold.

COCKTAIL MEATBALLS

Leona McGurk

- | | |
|--------------------|-----------------------------|
| 2 lbs. ground beef | 1/3 C. dried parsley flakes |
| 2 T. soy sauce | 1/2 tsp. garlic powder |
| 2 T. onion flakes | 1 C. cornflakes |
| 2 eggs | 1/4 tsp. pepper |
| 1/3 C. ketchup | |

Combine all ingredients. Make tiny balls and arrange on a jelly roll pan, and cover with the following sauce:

SAUCE:

- | | |
|---------------------------------------|-------------------------------|
| 1 (1 lb.) can jellied cranberry sauce | 1 tsp. lemon juice |
| 2 T. brown sugar | 1 (12 oz.) bottle chili sauce |

Heat in saucepan until cranberry sauce is melted. Pour over meatballs and bake in 350° oven 15 to 20 minutes depending on size of meatballs. Can be frozen and reheated when you have a party. NOTE: You may use your own meatball recipe, the secret to this recipe is the sauce.

When the first white settlers came to Johnson County, there were three Indian villages within its boundaries.

✓ **SUPER MEXICAN APPETIZER**

Alice Wade

COMBINE: Set aside

2 ripe avocados (mashed) or 3 T. mayonnaise
6 oz. avocado dip 1 T. lemon juice
½ pkg. taco seasoning mix

COMBINE: In another bowl and set aside.

1½ C. sour cream ½ pkg. taco seasoning mix
½ C. mayonnaise

On a large plate, spread avocado mixture. Follow with a layer of ½ of the sour cream mixture. Cover with 1 C. Monterey Jack cheese. Follow with other ½ of sour cream mixture. Cover with cheddar cheese. Then sprinkle on 2 chopped tomatoes, ½-1 can black olives (cut into rings), 4 cut-up green onions, and 1 chopped green pepper.

MINI MUFFIN SNACK

Rochelle Sowers

1 can Hungry Jack Grands
Biscuits

MIX:

8 slices bacon (cooked & 1 tomato (chopped)
crumbled) 4 oz. Swiss cheese
½ onion (chopped) ½ tsp. basil
½ C. mayonnaise

Cut biscuits in thirds and press each one in mini muffin tin. Spoon in mixture and bake at 375° for 15 minutes.

*Approval of an application for incorporation made
Coralville a town on October 3, 1873.*

CRAB STUFFED MUSHROOMS

Alice Swenka

- | | |
|--|--|
| 1 lb. fresh mushrooms (cleaned & stemmed)* | ¼ C. shredded Monterey Jack cheese |
| 2 T. butter or margarine (melted) | 1 T. chopped chives or green onion top |
| 1 (7 oz.) can crabmeat (drained & flaked) | 3 drops bottled hot pepper sauce |
| ½ C. mayonnaise | Salt & pepper (to taste) |

Brush mushroom caps with butter; set aside. Combine remaining ingredients, fill caps, place on broiler pan, filled side up. Broil 6 inches from heat for about 5 minutes or until cheese is bubbly and mushrooms are heated through.

*Saute stems and freeze for later use.

PICO DE GALLO

Caitie McFadden

- | | |
|--|--------------------------------------|
| 5 roma tomatoes (coarsely chopped) | 4-5 sprigs cilantro (finely chopped) |
| 1 small sweet onion (coarsely chopped) | Dash of lemon juice |
| | Salt (to taste) |

Toss all ingredients together in a large bowl. For best results let sit for at least 1 hour for flavors to blend. Serve with chips. Serves 4.

HIDDEN VALLEY RANCH PINWHEELS

Maricarla Rohret

- | | |
|---|--------------------------------------|
| 2 (8 oz.) pkgs. cream cheese (softened) | 4 (12-inch) flour tortillas |
| 1 (1 oz.) pkg. Hidden Valley Ranch salad dressing mix | 1 (4 oz.) jar diced pimiento |
| 2 green onions (minced) | 1 (4 oz.) can diced green chilies |
| | 1 (2.25 oz.) can sliced black olives |

Mix first 3 ingredients. Spread on tortillas. Drain vegetables and blot dry on paper towels. Sprinkle equal amounts of remaining ingredients on top of cream cheese. Roll tortillas tightly. Chill at least 2 hours. Cut rolls into 1-inch pieces. Discard ends. Serve with spirals facing up. Makes 3 dozen.

TORTILLA PINWHEELS

Connie Friedl and Deb Riley

- | | |
|---|------------------------------|
| 1 (8 oz.) carton sour cream | ½ C. green onion (chopped) |
| 1 (8 oz.) pkg. cream cheese
(softened) | Garlic powder |
| 1 (4 oz.) can diced green chilies
(drained) | 1 C. cheddar cheese (grated) |
| 1 (4 oz.) can chopped black olives
(drained) | 5 (10-inch) flour tortillas |

Mix all ingredients except tortillas. Spread evenly on tortillas and roll. Wrap each with plastic wrap, twisting ends. Refrigerate. Unwrap, slice ½-inch thick. Serve with salsa.

TORTILLA PINWHEELS

Helen Gaut and Sharon Studer

- | | |
|--|---------------------------------|
| 1 (8 oz.) carton sour cream | 1 C. grated cheddar cheese |
| 1 (8 oz.) pkg. cream cheese | ⅓ C. chopped green onions |
| 1 (4 oz.) can chopped green
chilies | Garlic powder & salt (to taste) |
| 1 (4 oz.) can chopped ripe olives | 5 (10-inch) flour tortillas |
| | Salsa |

Mix all ingredients except the salsa together. Divide filling evenly on all tortillas. Spread. Roll each tortilla, wrap each roll in plastic wrap. Chill several hours or overnight. Slice ½ to ¾-inch thick. Serve with salsa. Makes 50 pieces.

EASY PIZZA

Shelly Grace

- | | |
|--|---|
| 1 English muffin | 4 T. canned pizza or spaghetti
sauce |
| 2 slices American or cheddar
cheese | |

Toast English muffin. Put 1 slice of cheese and 2 T. sauce on top of each half. Microwave 45-60 seconds.

VEGETABLE PIZZA

Sherry Carpenter and Bonnabelle Raynes

2 pkgs. crescent rolls
 2 (8 oz.) pkgs. cream cheese
 2/3 C. mayo
 1 T. minced onion
 1 tsp. dillweed

1 tsp. garlic powder
 Vegetables of choice: cauliflower,
 broccoli, tomatoes, green pepper
 Shredded cheddar cheese

Press crescent rolls out on large cookie sheet to form crust. Bake at 400° for 10 minutes; cool. Mix remaining ingredients together and spread on cooled crust. Top with chopped vegetables of your choice, sprinkle shredded cheese on top. Keep refrigerated.

EASY POTATO SKINS

Carol Raymer

4 baked potatoes
 1/4 C. sour cream

1 (1 oz.) pkg. Hidden Valley
 Original Ranch Dressing
 1/2 C. cheddar cheese

Quarter 4 baked potatoes. Scoop out potatoes and combine with sour cream and dressing mix. Fill skins with mixture. Sprinkle with cheese. Bake at 375° for 12-15 minutes. Serve with additional sour cream, bacon bits or salsa if desired.

QUESADILLAS

Gail Rogers

Pat of butter
 Flour tortillas
 Thin-sliced Jack cheese

Green chili peppers or jalapeno
 peppers
 Sour cream or salsa

Melt a pat of butter in a large skillet. Lay a flour tortilla in the pan and cover it with Jack cheese. Put another tortilla on top of the cheese. Cover the pan and cook over low heat until cheese is almost melted. Flip the tortilla over and brown the other side. Cut it like a pie and serve with sour cream and/or salsa. I like to put chopped jalapeno in with the cheese, or you may want to use chopped green chili peppers. I also put ground-up cooked chicken in my quesadillas.

SALMON PATE

Rufine Anciaux

- | | |
|-----------------------------|----------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 tsp. Liquid Smoke |
| 1 (16 oz.) can red salmon | 1 tsp. minced onion (mild) |

Softened cream cheese. Remove bones, skin, and dark meat from salmon. Mix together thoroughly salmon, Liquid Smoke, and onion. Use as a spread for fancy crackers. I use it on bagels and top with a thin slice of onion (sweet) and a slice of tomato. Super good! NOTE: From old booklet of recipes I got for Christmas about 30 to 35 years ago.

LAYERED SHRIMP AND CRABMEAT SPREAD

Jan Lawler

- | | |
|--|---|
| 4 (3 oz.) pkgs. cream cheese
(softened) | 1 (12-16 oz.) bottle cocktail sauce |
| 1 small onion | 1 (6½ oz.) can crabmeat (white)
drained & flaked |
| 2 T. Worcestershire sauce | 1 (6½ oz.) can shrimp (deveined
& drained) |
| 2 T. mayonnaise | Chopped parsley (fresh) |
| 1 T. lemon juice | |
| Dash of garlic salt | |

Combine first 6 ingredients (left column). Beat until smooth using electric mixer or food processor. Spread evenly onto 12-inch plate. Spread with cocktail sauce leaving a ¾-inch margin. Sprinkle with shrimp and crab. Garnish with parsley. Serve with crackers.

MARINATED SHRIMP

Kayleen Gardner

- | | |
|----------------------------------|-----------------------|
| 3 lbs. shrimp (cooked & cleaned) | 1½ tsp. salt |
| 1 medium onion (thinly sliced) | ¼ tsp. dry mustard |
| ¼ C. olive oil | Pinch chili powder |
| ¼ C. sunflower seed oil | Lots of garlic powder |
| ½ C. garlic-tarragon vinegar | Chopped parsley |
| Dash of tabasco & paprika | |

Combine ingredients and marinate in refrigerator for 24 hours. Serve chilled with cocktail toothpicks.

SHRIMP MOUSSE

Sue Dvorsky

- | | |
|--------------------------|---|
| 1 C. celery | 3/4 C. cold water |
| 1/2 C. green pepper | 1 (8 oz.) pkg. cream cheese |
| 1/2 C. green onion | 1 can cream of mushroom soup |
| 1 C. mayonnaise | 1 can shrimp or 1 small bag frozen shrimp |
| 2 envelopes Knox gelatin | |

Chop first 3 ingredients. Heat soup and cream cheese slowly. Stir until smooth. Dissolve gelatin in water. Slowly add to soup mixture. Cool soup and gelatin mixture. Add finely chopped vegetables, mayonnaise and shrimp. Mix well. Pour into mold or use 9x9-inch cake pan. Chill at least 3 hours. Serve with crackers. Lowfat mayonnaise and cream cheese substitute well, so does low-sodium soup.

SPINACH SQUARES

Dan Holderness

- | | |
|----------------------|---|
| 4 T. butter | 1 lb. Monterey Jack cheese (grated) |
| 3 eggs | 4 C. chopped fresh spinach or 2 (10 oz.) pkgs. frozen chopped spinach (thawed & well drained) |
| 1 C. flour | |
| 1 C. milk | |
| 1 tsp. salt | |
| 1 tsp. baking powder | |

Preheat oven to 350°. In a 9x13x2-inch baking dish, melt butter in oven. In a large mixing bowl, beat eggs; add flour, milk, salt, and baking powder; mix well. Stir in cheese and spinach. Spread in dish and bake for 35 minutes. Cool 30 to 40 minutes, then cut into squares. Refrigerate or freeze. To serve, bring to room temperature, preheat oven to 350° and reheat for about 10 minutes.

Prior to incorporation, Coralville was known as "The Mills," "Clark's Mill," "Coral Mills," and "Clarksville."

SPINACH BALLS

Dorothy P. Smith

- | | |
|--|--------------------------------|
| 2 (10 oz.) pkgs. chopped frozen spinach | 1 large onion (chopped finely) |
| 6 eggs (well beaten) | ¾ C. oleo (melted) |
| 3 C. (8 oz. pkg.) Pepperidge Farm herb seasoned dressing | ¾ C. grated Parmesan cheese |
| | ½ tsp. black pepper |
| | 1½ tsp. garlic salt |

Cook spinach according to package directions. Drain in sieve and squeeze out excess moisture. Combine remaining ingredients, add spinach and mix well. Shape into ¾-inch balls. Place on lightly greased cookie sheet. Bake in preheated 325° oven for 15-20 minutes. To freeze before baking: Place balls on greased cookie sheet and freeze until firm. Place in plastic bag or container. Thaw frozen balls for about 25 minutes. Bake at 325° for 20-25 minutes. Makes between 80-100.

TORTILLA ROLLUPS

Sherri Proud

- | | |
|------------------------------------|----------------------------|
| 1 pkg. medium tortillas | Garlic (to taste) |
| 1 lb. turkey sausage | 4-5 chopped green chilies |
| 2 pkgs. (8 oz. size) cream cheese | 10 slices jalapeno peppers |
| ½ chopped medium-size green pepper | ½ tsp. parsley |

Brown sausage, green peppers, onions, green chilies, jalapenos, parsley, and garlic; drain. Add cream cheese and heat until soft enough to spread. Spread on tortillas and roll them as tight as possible. Place in 9x13-inch pan and bake 15 minutes at 350°. Cut in small pieces and dip in taco sauce.

QUICK AND EASY TORTILLA ROLL-UPS *Jean Newlin Schnake*

- | | |
|---|--|
| ⅓ C. (lowfat) cottage cheese | 1 (8 oz.) block (lowfat) cream cheese |
| ⅓ C. chunky salsa (medium or mild to taste) | 3-4 small (approximately 7-inches) flour tortillas |

Mix cottage cheese, salsa, and cream cheese on low speed of hand mixer until thoroughly blended. Spread mixture on tortillas. Roll tortillas and place on a plate and cover with foil or plastic wrap. Refrigerate at least 5 hours. (Tortillas soften as they refrigerate.) Remove from refrigerator. Use a serrated knife to slice approximately ½-inch thick and arrange on plate to serve.

HONEY HAM TORTILLA ROLLS

Debra Schreiber

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|--|---------------------------------|
| 1 (4 oz.) can ham salad spread
(use Underwood Ham Spread) | 1 T. green onions (chopped) |
| 3 ozs. cream cheese (softened) | 1 tsp. honey |
| ¼ C. crushed & well drained
pineapple | 4 flour tortillas (8-inch size) |

TOPPING:

- | | |
|-----------------|------------|
| 6 T. mayonnaise | 2 T. honey |
| ¼ C. mustard | |

With electric mixer, beat ham and cream cheese together until smooth. Stir in pineapple, green onion, and honey. Spread ¼ C. ham mixture on each tortilla to within ½-inch of edge. Roll up each tortilla starting from one edge. Cover with plastic wrap and refrigerate 2-8 hours before serving. To serve, cut each tortilla roll into ½-inch slices and arrange on platter. Serves 8.

TOPPING: Mix mayonnaise, mustard, and honey together and pour into serving bowl.

LAYERED TORTILLAS

Becky Louvar

- | | |
|--|-----------------------|
| 4 large tortillas | 1 can refried beans |
| ¼ C. Miracle Whip | 1 pkg. taco seasoning |
| 1 (8 oz.) pkg. cream cheese | 1 C. chopped tomatoes |
| 1 (4 oz.) can green chilies
(chopped & drained) | ½ C. salsa |
| ¼ tsp. garlic powder | ¼ C. chopped onion |
| ½ (8 oz.) carton sour cream | ¼ C. shredded cheese |

Layer between tortilla:

FIRST LAYER: Mix refried beans and ½ tsp. taco seasoning.

SECOND LAYER: Mix together remaining taco seasoning, cream cheese and sour cream.

THIRD LAYER: Salsa and ¾ C. tomatoes.

TOP LAYER: Mix Miracle Whip, garlic salt, and onion. Spread on tortilla. Sprinkle with green chilies, tomatoes, and cheese. Optional: chopped black olives.

- DIPS -

THE DIP

Sandie Herwig

- | | |
|-----------------------------|------------------------------|
| 1 C. lowfat sour cream | 1 C. chopped green pepper |
| 1 (8 oz.) pkg. cream cheese | 2 C. shredded cheddar cheese |
| 1 C. onion (chopped) | 1 C. salsa |

Combine all ingredients. Serve with taco chips.

BACON AND CHEDDAR DIP

Sherry Carpenter

- | | |
|-------------------------------------|------------------------------|
| 1 oz. pkt. Original Ranch Party Dip | ¼ C. bacon bits |
| 1 pt. sour cream | 1 C. shredded cheddar cheese |

Mix packet and sour cream. Add bacon bits and cheese.

HOT BACON AND SWISS DIP

Terry Kaeding

- | | |
|---------------------------------------|--|
| 1 (8 oz.) pkg. cream cheese | 8 bacon slices (crisply cooked & crumbled) |
| ½ C. Miracle Whip | Optional: ½ C. crushed buttery crackers (Ritz) |
| 4 oz. Natural Swiss cheese (shredded) | |
| 2 T. green onions (sliced) | |

Microwave cream cheese for 30 seconds on medium. Mix cream cheese, salad dressing, Swiss cheese, and onions until well blended. Spoon into 2½ C. casserole or 9-inch pie plate. Microwave on high for 4 minutes or until heated thoroughly. Turn every 2 minutes. Sprinkle with combined bacon and cracker crumbs. Dip with crackers and veggies.



BEAN DIP

Becky Louvar

- | | |
|-----------------------------|------------------------|
| 1½-2 lbs. hamburger | 1 can refried beans |
| 4 oz. taco sauce or salsa | ½ lb. Velveeta |
| 3 oz. chopped green chilies | 1 medium chopped onion |
| 1 can cheddar cheese soup | |

Brown hamburger with onions. Mix everything in crockpot. Serve with chips.

3 CHEESE DIP

Mary Jo Benson

- | | |
|--------------------------------|----------------------|
| ½ lb. shredded colby cheese | 1 T. sugar |
| ½ lb. shredded Swiss cheese | 1 tsp. dry mustard |
| ½ lb. shredded American cheese | 1 tsp. Accent |
| 2 C. mayo | 1 tsp. garlic powder |
| 1 T. onion flakes | |

Mix all together and chill. Serve with crackers or chips.

CRAB DIP

Kayleen Gardner

- | | |
|-----------------------------|------------------------------|
| 1 (8 oz.) pkg. cream cheese | Chopped scallions |
| ½ C. mayonnaise | Dash of Worcestershire sauce |
| 1 lb. lump crabmeat | |

Mix softened cream cheese with the mayonnaise. Add crab, scallions and Worcestershire sauce; blend well. Microwave for 5 minutes. Serve with crackers or raw vegetables.

The formal name of "Coralville" was documented in "The State Press" of Iowa City, December 19, 1866.

CRAB DIP

Tonya Prochaska

- | | |
|------------------------------------|-----------------------|
| 1 (8 oz.) pkg. cream cheese (soft) | ½ tsp. horseradish |
| 1 T. milk | ¼ tsp. salt |
| 1 (6½ oz.) can crabmeat | 3 dashes Tabasco |
| 3 T. finely chopped green onion | ⅓ C. slivered almonds |
| 1 T. parsley flakes | |

Combine all ingredients except almonds and parsley. Place mixture in a 2 C. ovenproof dish. Sprinkle almonds and parsley on top of dip mixture. Bake at 375° for 15 minutes or until bubbly. Serve immediately while hot with your favorite crackers.

CRUNCHY CRAB DIP

Gerry Lackender

- | | |
|---|--------------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1½ tsp. dry mustard |
| 1 (7 oz.) pkg. Gouda cheese
(cut up) | 1 tsp. horseradish |
| ½ C. light cream | ½ C. slivered almonds |
| 2 T. mayonnaise | 1 (16 oz.) can crabmeat
(drained) |
| 2 tsp. chopped onion | 1 T. chopped parsley |
| 1 tsp. Worcestershire sauce | Rye bread (cubes or crackers) |

Combine all ingredients except bread cubes. Place in a crockpot and heat thoroughly so that cheese is melted. If in a hurry, you may heat in microwave on medium high until hot. Then place in crockpot to keep it warm. Serve with rye bread cubes or rye crackers. Makes a creamy, crunchy dip with a different flair. Serves 25 people or more.

HEARTY CRAB DIP

Juanita Ridenour

- | | |
|---|----------------------------------|
| ½ C. dairy sour cream | ¼ tsp. garlic powder |
| ½ C. mayonnaise | ¼ tsp. seasoned salt |
| 1 (3 oz.) pkg. cream cheese
(softened) | 1 T. lemon juice |
| 1 tsp. Worcestershire sauce | 3 drops hot pepper sauce (opt.) |
| | 1 (6 oz.) can crabmeat (drained) |

Mix all ingredients together except the crabmeat and stir thoroughly. Add crabmeat and refrigerate for 1 hour. Serve with crackers or spread on party rye.

CRACKER DIP

Barb McGillin

- | | |
|--------------------------------|----------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 beef bouillon cube (dissolved) |
| 1 bunch green onions (chopped) | in 2 T. boiling water |

Mix ingredients and serve with crackers.

CUCUMBER DIP

Patty Schnoebelen

- | | |
|-----------------------------|---------|
| 1 large cuke | Dill |
| 1 (8 oz.) carton sour cream | Parsley |

Grate cucumber and press out liquid. Mix with sour cream; add dill and parsley to taste. Serve with ruffled or wavy potato chips.

DILL DIP

Connie Jones

- | | |
|---------------------|---------------------|
| 1 C. sour cream | 1 tsp. Beau Monde |
| 1 C. mayonnaise | 1 tsp. dillweed |
| 1 T. parsley flakes | 1 tsp. onion powder |

Mix and chill. Serve with raw vegetables.

DILLY VEGETABLE DIP

Mary Jedlicka Humston

(Fat Free)

- | | |
|--------------------------|---|
| 1 C. fat free sour cream | 3 T. parsley flakes |
| 1 C. fat free mayonnaise | 3 T. dillweed |
| 3 T. onion flakes | ½-1 tsp. seasoning salt (I use Lawry's) |

Combine ingredients and chill 4 hours. Serve with fresh vegetables (carrots, broccoli, and cauliflower are especially good).

CREAMY HORSERADISH DIP

Marcia Reece

- | | |
|------------------------------------|--------------------------|
| 1 (8 oz.) pkg. cream cheese (soft) | 1 (6¾ oz.) can chunk ham |
| ½ C. real mayonnaise | (drained) |
| ⅓ C. horseradish sauce | ¼ C. chopped green onion |

Combine cream cheese, mayonnaise, and horseradish sauce, mixing until well blended. Stir in remaining ingredients. Chill. Serve with vegetable dip-pers or chips. Makes 2 C. Prep time: 10 minutes. Variations: Substitute 2½ oz. pkg. smoked sliced beef, chopped, for ham. Substitute 4 crisply cooked bacon slices, crumbled, for ham.

PRAIRIE FIRE

Diana Lundell

- | | |
|---|-------------------------------------|
| 1 can ranch style beans, sieved
(pintos) | ⅓ lb. sharp cheddar (grated) |
| ½ lb. butter | 2 jalapeno peppers & a little juice |
| 1 medium onion (grated fine) | 1 pod garlic (chopped fine) |

Heat over low flame until butter and cheese are melted. Serve in chafing dish and keep warm. Great with Doritos and corn chips.

RAW VEGETABLE DIP

E. Jean Schwab

- | | |
|-------------------------|---------------------|
| ¼ C. mayonnaise | 6 T. cottage cheese |
| 1 tsp. prepared mustard | ¼ tsp. lemon juice |

Combine all ingredients in blender and process until smooth. Refrigerate and use as needed. (I usually double the recipe.)

*The first collected tax for Johnson County was
April 1, 1839. Happy April Fool's Day!*

SALSA*Michael Gardner*

- | | |
|--------------------------|----------------------|
| 4-5 onions (cut up fine) | 2-4 jalapeno peppers |
| 1 T. tarragon vinegar | ¼ C. olive oil |
| 1 T. sugar | 1 T. salt |
| 6-7 ripe firm tomatoes | |

Mix all ingredients and let stand a couple of hours in refrigerator. Best made the same day. Serve with Fritos or chips.

FRESH HOMEMADE SALSA*Becky Lienemann*

- | | |
|--|-------------------------------|
| 3 medium tomatoes (chopped fine) | 3 T. fresh cilantro (chopped) |
| ½ onion (chopped fine) | 1 T. lemon juice |
| ½ fresh jalapeno pepper (chopped fine) | 1 tsp. salt (or to taste) |
| 2 large cloves garlic (minced) | ½ tsp. pepper |

Mix ingredients together. Serve with tortilla chips. Enjoy!

HOT SALSA*Michael R. Gardner*

- | | |
|---------------------|---------------------|
| 1 medium onion | ¼ green bell pepper |
| 2 medium tomatoes | ½ juiced lemon |
| 5-7 sprigs cilantro | 1 garlic clove |
| ½-1 jalapeno pepper | Salt (to taste) |

Chop onion, tomatoes, cilantro, peppers, and garlic very fine. Combine with lemon juice and salt; mix well. Serve with taco chips. Refrigerate any unused portions.



QUICK AND EASY SALSA

Leann Wilson

- | | |
|-----------------------------|---------------------|
| 1 qt. jar canned tomatoes | ½ tsp. chili powder |
| 1 large yellow onion | 1 tsp. parsley |
| 6-8 whole pickled jalapenos | Salt & pepper |

In blender, mix tomatoes, onion, and jalapenos. Add ½ tsp. chili powder, 1 tsp. parsley and a pinch each of salt and pepper. Serve with warm chips. Put unused salsa in an airtight container and refrigerate. Will keep for approximately 2 weeks. Enjoy!

SENSATIONAL SALSA

Nancy O'Brien

- | | |
|--|----------------------------|
| 1 (28 oz.) can chopped, diced tomatoes | 1 T. sugar |
| 1 (8 oz.) can tomato sauce | 1 tsp. salt |
| 1 (4 oz.) can diced green chilies | 1-2 tsp. chopped jalapenos |
| ½ C. diced celery | 1 tsp. cilantro |
| ½ C. chopped onion | Black pepper (to taste) |

Combine all ingredients and mix well. Cover and let stand in refrigerator at least 2 hours. Salsa will get hotter the longer it stands. Makes 2 quarts.

SHRIMP DIP

Patti Van Houten

- | | |
|--|----------------------------------|
| 2 large pkgs. cream cheese (soft) | 1 C. diced celery |
| 1½ C. Miracle Whip | 2 bunches green onions (chopped) |
| 2 (6 oz.) cans small shrimp
(rinse, drain & break up) | |

Mix cream cheese and Miracle Whip with hand mixer on low. Add rest of ingredients and mix well. Refrigerate overnight for best flavor. Serve with Ritz crackers. May be cut in half.

EASY SPINACH DIP

Becky Lienemann

- | | |
|--|-----------------------------------|
| 1 (10 oz.) pkg. frozen whole leaf spinach (thawed & drained) | 1 pt. sour cream (can use lowfat) |
| | 1 loaf of round Hawaiian bread |

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Combine spinach and sour cream. Pull the middle out of the bread, tearing off in small bite-size chunks. Use the bread to form a bowl. Put spinach mixture inside. Place the bread on a round serving tray and arrange the bread pieces around it. Your guests can dip the bread into the dip. What an easy way to impress your friends.

TACO DIP

Bev Helmers

- | | |
|--|------------------------------|
| 1 (8 oz.) pkg. cream cheese (soft) | 2 C. shredded lettuce |
| 1 (10½ oz.) can bean dip | 2 large tomatoes (chopped) |
| 1 (1¼ oz.) pkg. taco seasoning mix (divided) | 3 C. shredded cheddar cheese |
| | Tortilla chips |

In a bowl combine cream cheese, bean dip, and half of the taco seasoning mix; blend well. Spoon into a shallow 8-inch serving dish. Top with lettuce, tomatoes, and cheese. Sprinkle with remaining taco seasoning mix. Serve with tortilla chips. Makes 8 servings.

DIRTY ROTTEN TACO DIP

Karen Hegland

- | | |
|---|--|
| 2 (8 oz.) pkgs. cream cheese (softened) | Shredded cheese |
| 1 C. sour cream | Chopped avocados, green onions, tomatoes, green peppers, |
| 4 oz. bottled "hot" taco sauce | black olives |
| 1 pkg. taco seasoning mix | Corn chips |

Mix cream cheese, sour cream, taco sauce, and taco seasoning. Spread on platter (½-inch thick). Chill several hours. Top with vegetables and cheese right before serving. Serve with corn chips.

TACO DIP

Catherine Kaufman

- | | |
|---|-------------------------------|
| 1 (16 oz.) pkg. cream cheese | 1 red onion |
| 16 oz. sour cream | 1 green pepper |
| 1 envelope taco seasoning | 1 can black olives |
| 1 lb. ground beef (cooked & well drained) | Tomatoes (optional) |
| | ¾ lb. shredded cheddar cheese |

Mix cream cheese and sour cream, then stir in taco seasoning mix. Spread in flat 9x12-inch glass pan. Sprinkle cooked ground beef over. Chop fine and mix together onion, pepper, black olives, and tomatoes; sprinkle over beef. Sprinkle cheese on top. Serve with chips.

SEVEN-LAYER TACO DIP

Darlene Filloon

- | | |
|--|--------------------------------------|
| 1 (8 oz.) pkg. cream cheese (softened) | 1 green pepper (chopped) |
| 1 (12 oz.) jar taco sauce | Chopped lettuce |
| 1 tomato (chopped) | Grated cheddar cheese or taco cheese |
| 1 small onion (chopped) | Doritos |

Spread cream cheese on large party plate. Layer remaining ingredients on top of cream cheese in order given. Do not mix. Serve dip with Doritos. If made ahead of time, allow to set out before serving.

HOT TOMATO DIP

Jackie Kjaer

- | | |
|--------------------------|-----------------------|
| ½ stick butter | 2 cans Rotel tomatoes |
| 1 medium onion | 1 T. cumin |
| 16 oz. pkg. cream cheese | 1 tsp. garlic salt |

Saute onion in melted butter until softened. Cube cream cheese and melt into onions slowly. Chop tomatoes; add to cream cheese mixture with one can of juice. Add spices. Mix and heat thoroughly. Serve with tortilla chips.

NOTE: One large can of tomatoes and one small can of green chilies may be substituted for Rotel tomatoes.

KEITH'S FAVORITE TUNA DIP

Connie Jones

- | | |
|------------------------------------|---------------------------|
| 2 cans tuna (drained) | Mayonnaise to make creamy |
| Chopped onions | Salt |
| 1 (8 oz.) pkg. cream cheese (soft) | |

Mix all ingredients in blender or with electric mixer. Chill. Serve with crackers or potato chips.

VEGETABLE DIP

Geneva Shannon

- | | |
|--------------------------------------|----------------------------|
| 1 C. mayonnaise (not salad dressing) | 2 T. green onion (chopped) |
| 1 tsp. powdered ginger | 2 T. milk |
| 1 tsp. vinegar | 4 tsp. soy sauce |

Mix all ingredients and refrigerate until ready to use.

ZESTY VEGETABLE DIP

Florence Johnson

- | | |
|-------------------------|-----------------------------|
| 1 C. mayonnaise | ½ C. ketchup |
| ½ bell pepper (minced) | ¼ C. chili sauce (optional) |
| ½ onion (minced finely) | |

Mix all the ingredients together and set it in the refrigerator for 1 hour. Serve as a dip for vegetables or salad dressing.

There is no other town in the world with the name Coralville.

- BEVERAGES -

HOT APPLE CIDER

Kelly Hayworth

- | | |
|------------------|-------------------------------|
| 1 gallon cider | 2 (3-inch) sticks of cinnamon |
| 1 C. brown sugar | 2 tsp. whole allspice |
| Dash of nutmeg | 2 tsp. whole cloves |

Combine cider, brown sugar, nutmeg, and cinnamon in a large pot. Put allspice and cloves in spice holder and hang on edge of pot. Cover, bring to a boil, turn temp. down, and simmer for 30 minutes. Unused cider keeps well in refrigerator.

"GOERINGS" BAILEYS

Judy Batterson Rotenburger

- | | |
|--|-----------------------|
| 1 can Eagle Brand sweetened condensed milk | 2 eggs |
| 1 pt. half & half | 2½ T. chocolate syrup |
| | 1 C. scotch |

Mix well in blender. Pour over crushed ice or use no ice.

CAFE CAPPUCCINO

Heather Dalton

- | | |
|-----------------------------|---------------------|
| 1 C. instant coffee | ½ C. powdered sugar |
| 1 C. dry milk | ½ tsp. cinnamon |
| 2 T. instant coffee creamer | ½ tsp. nutmeg |

Mix 3 T. in 1 C. boiling water. This makes a nice gift when stored in attractive containers.

Fifth street was originally paved in 1921.

GREAT FRUIT DRINK

Tom Ziskovsky

May be served cold or heated. Mix half raspberry-cranberry juice with half apple juice. Into each 48 oz. bottle put 3 dried cinnamon sticks. After, the cinnamon sticks may be simmered, on top of the stove in a pot of water, to give the air a great fragrance.

FRUIT PUNCH

Debra Schreiber

- | | |
|-------------------------------|--------------------------------------|
| 1 pkg. cherry Kool-aid | 1 (6 oz.) can frozen orange juice |
| 3 qts. + 1 C. water | 1 (6 oz.) can frozen pineapple juice |
| 1 C. sugar | |
| 1 (6 oz.) can frozen lemonade | 1 qt. ginger ale |

Mix first 5 ingredients and just before serving add ginger ale. Makes 50 (3 oz.) servings.

HOT COCOA MIX

Reva Helmuth

- | | |
|-----------------------------------|----------------------------------|
| 1 box (1½ lbs.) instant dry milk | 1 (11 oz.) jar non-dairy creamer |
| 1 box (1 lb.) chocolate drink mix | ¼ C. powdered sugar |

Mix all ingredients well. Store in tight jar. Makes about a gallon. Use ½ cup mix in mug. Can be used with hot or cold water.

CASTILLIAN HOT CHOCOLATE

Leesa Johnson

- | | |
|-------------------------------|------------|
| ½ C. unsweetened cocoa powder | ½ C. water |
| 1 C. sugar | 1 qt. milk |
| 2 T. + 1 tsp. cornstarch | |

Put the cocoa and sugar together. Dissolve the cornstarch in the water and combine it in a medium saucepan with the sugar and cocoa; stir until a smooth paste is achieved. Begin heating the mixture, whisking, gradually stirring in the milk. Continue whisking as mixture comes to a simmer. Continue simmering, stirring often, about 10 minutes until mixture is thick, glossy, and completely smooth. Serve steaming hot.

KAHLUA

Karen Palumbo

1½ C. brown sugar
1 C. white sugar
2 C. water

½ C. instant coffee
3 C. vodka
4 tsp. vanilla

Combine ingredients from first column and bring mixture to a boil; lower heat and simmer for 5 minutes. Cool. Then mix with ingredients from second column. Pour into a jar. Store in cool, dark place a minimum of 1 week. To use, mix any amount desired with milk or cream over ice.

STRAWBERRY LEMONADE

Kayleen Gardner

3 C. cold water
1 qt. fresh strawberries
¾ C. sugar

¾ C. lemon juice
2 C. cold club soda
Lemon slices (optional)

Place water, strawberries, and sugar in a blender; cover and blend until smooth. Stir in lemon juice. Blend in soda; serve immediately, garnish with lemon if desired. Serves 8. Makes 2 quarts.

✓ LOWER YOUR BLOOD CHOLESTEROL DRINK

Faye Peters ✓

3 C. pure apple juice (mixed according to frozen can directions)

1½ C. pure grape juice (mixed according to the frozen can directions)

¼ C. apple cider vinegar

Stir all ingredients. Refrigerate. Shake the ingredients and drink ⅓ C. each morning.



FIRE MARSHAL'S SLUSH*Beth Svenson*

- | | |
|------------|---|
| 9 C. water | 1 (12 oz.) frozen fruit juice concentrate |
| 3 C. sugar | 2 C. vodka |

Heat water and sugar until dissolved. Add juice and vodka. Mix until juice melts, then freeze in 5-quart pail. To serve, combine with a little 7-Up, Squirt, club soda, sparkling lemonade or carbonated water. Makes over a gallon.

RHUBARB SLUSH*Laurie Goodrich*

- | | |
|-------------------------------|------------------|
| 8 C. rhubarb | 3 C. sugar |
| 2 qts. water | ½ C. lemon juice |
| 1 small pkg. strawberry jello | |

Cook rhubarb in water until tender; strain off juice. Add the other ingredients to the juice. Mix until dissolved. When frozen, add ginger ale to slush.

SLUSH PUNCH*Maricarla Rohret*

- | | |
|-------------------------------|-----------------------------|
| 6 C. sugar | 1 (6 oz.) can orange juice |
| 4 C. water | 1 large can pineapple juice |
| 4 (3 oz.) pkgs. jello | 1 gallon water |
| 1 (6 oz.) can frozen lemonade | ½ qt. ginger ale |

Make a syrup of sugar and water. While hot, add jello. Be sure this is dissolved well; cool. Add juices and water. Freeze. Thaw slightly. Mix with ginger ale. Serves 50.

Coralville's first jail was constructed in 1883 for \$98.00.

HIRES ROOT BEER

State Senator Robert E. Dvorsky

1 bottle Hires Extract (3 oz.)
4 lbs. sugar
4¾ gallons lukewarm water

½ tsp. Fleischmann's dried yeast
1 C. lukewarm (not hot) water

Pour contents of 1 bottle of Hires Extract over 4 lbs. sugar and mix well. Dissolve this mixture in 4¾ gallons of lukewarm water. Then mix ½ tsp. yeast in 1 C. of lukewarm water and let stand for 5 minutes. Use only half quantity of yeast in very warm weather (over 90°), double quantity specified in cold weather (under 70°). Then add this yeast mixture to the solution of sugar, extract, and water. Stir well and bottle immediately, fastening corks in securely or sealing with crown or stopper. Fill bottles to within ½ inch of the top. Place bottles on their sides in warm place. It should be ready to drink in 2 or 3 days. Then it should be set in a cool place of even temperature. Just before drinking put bottles on ice for a short time. NOTE: I remember we used to make this at my parents' and it was delicious. I'd have the whole ball team on our street over for root beer floats. It was a great summertime refresher. Approximate year 1955.

SLUSHY PUNCH

Margaret Morgan

1 (6 oz.) pkg. cherry gelatin
2 C. boiling water
2 C. cold water

2 C. sugar
1 (46 oz.) jar pineapple juice
2 qt. ginger ale

Dissolve gelatin in boiling water. Add cold water and sugar, stirring until sugar is dissolved. Add pineapple juice. Freeze. When ready to use, let thaw 2 hours. Add 2 quarts ginger ale and mash well with a potato masher until mushy. Makes approximately 28 servings, using punch cups. Any flavor gelatin may be used.

INGE'S GERMAN CHRISTMAS TEA

Jan Vrban

1 qt. & 2 C. boiling water
4 teabags of black pekoe tea
½ C. sugar (more to taste)
2 T. undiluted frozen orange juice

1 T. freshly squeezed lemon juice
½ tsp. rum flavoring
1 T. honey
1 cinnamon stick

Let set 5 minutes; remove tea bags.

TURTLE LADY'S PARTY MILK PUNCH

Janie Schmidt

1 (3 oz.) box strawberry jello
4 C. milk (COLD)

¼ gallon (half a square) vanilla
or French vanilla ice cream

In large mixing bowl (a Tupperware Fix 'N' Mix is great) place ice cream (slightly softened), jello, and COLD milk. Using electric beater, beat on high until frothy, leaving some lumps. Serve immediately. Makes 4 (8 oz.) glasses. **LOWFAT:** Skim or 1% milk, ice milk or reduced fat ice cream, sugar free jello. Strawberry is best, experiment with flavors.

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WITCH'S BREW

Joan Liddell

1 C. sugar

¼ tsp. salt

½ C. cocoa

6 C. milk

½ tsp. cinnamon

8 marshmallows

¼ tsp. nutmeg

In saucepan combine sugar, cocoa, spices and salt. Gradually add 1 C. milk. Bring to a boil, stirring constantly and boil 1 minute. Add remaining milk and heat to serving temperature. Makes 8 servings, each topped with a marshmallow.

In 1875, Coralville businesses included a paper mill, flour mill, blacksmith shop, wagon shop, meat market, lumberyard, grocery store, and flour saloons.



**The Coralville Water Tower located
at the water plant on 10th Street.**



**View of the Coralville Water Plant area and
Interstate 80 (under construction) from 12th Avenue.**

Breads

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Breads and Spreads

Dry yeast is soaked or softened in warm liquid. Technically, you cannot "dissolve the yeast"; it is a living organism, cells merely separate, activate, and reconstitute to expand and reproduce. They will appear to dissolve only because the cells are exceedingly small.

Hot water kills yeast. You can tell if the temperature is correct by pouring the water over your forearm; if you cannot feel either hot or cold, the temperature is just right.

Add $\frac{1}{2}$ tsp. of sugar to the yeast when stirring it into the water to soften. If it foams and bubbles in ten minutes, you know the yeast is alive and active.

There is a difference in the yeast called for in old recipes and today's. A "cup of yeast" called for in some older recipes is similar to sourdough batter; "2 ounces" yeast called for in a 1954 cookbook is equal to a one-fourth-ounce envelope of today's yeast.

Use water that has been used to boil potatoes to make bread more moist, adds flavor and provides food for the yeast.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

When creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

Dough won't stick to your hands if it is kneaded inside a large plastic bag.

To help yeast dough rise quickly and evenly, use a heating pad. Set the covered bowl on the pad with its temperature set at medium. If the television is in use, it makes a nice warm spot for dough to rise.

Another way to raise bread: turn oven to 200°. When temperature is reached, shut oven off and put bread in to rise.

Dough can be raised in 15 minutes using a microwave. Place the dough in a microwave-proof bowl and put it in the microwave with another container of 8 ounces of water. Heat at 10% power (or lowest setting) for 3 minutes. Let rest in the oven for three minutes, then heat again for 3 minutes. Let rest 6 minutes. Dough should have doubled in bulk and be ready for shaping.

To thaw frozen bread loaves, place in clean brown paper and put in 325° oven for 5 to 6 minutes to thaw completely. For thawing rolls, allow several more minutes. 20 seconds in the microwave is enough time for 2 slices to thaw.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil are absorbed more readily into the dough or batter and do not help release baked goods from pan.

- BREADS -

BLUEBERRY BUCKLE

Gloria Lawrence

1/4 C. butter	2 tsp. baking powder
3/4 C. sugar	1/2 tsp. salt
1 egg	1/2 C. milk
2 C. flour	2 C. fresh blueberries (or canned)

CRUMB TOPPING:

1/4 C. soft butter	1/3 C. flour
1/2 C. sugar	1/2 tsp. cinnamon

Cream butter; add sugar and beat until light. Add egg and beat well. Add sifted dry ingredients, alternately with milk, beating until smooth. Fold in berries. Pour in 9x9x2-inch pan (or bundt pan). Sprinkle with crumb topping. Bake at 375° for 35 minutes. (To make crumb topping, blend topping ingredients until crumbly.)

BEST BLUEBERRY COFFEECAKE

Katie Schweitzer

BATTER:

4 C. flour	1 1/2 C. milk
1 1/2 C. sugar	3 eggs
2 T. baking powder	3 to 4 C. fresh or frozen drained blueberries
1 tsp. salt	
1/2 C. shortening	

TOPPING:

1 C. brown sugar	1 tsp. cinnamon
2/3 C. flour	1/2 C. soft butter

GLAZE:

1 C. powdered sugar	1/4 C. milk (or less)
2 T. butter (softened)	1/2 tsp. vanilla

Mix first 7 batter ingredients. Beat vigorously for 30 seconds. Gently fold in blueberries. Spread batter into a greased 9x13-inch cake pan. Cut topping butter into brown sugar, flour, and cinnamon. Sprinkle over batter and bake at 350° for 45 to 50 minutes. When cool, drizzle with thin powdered sugar glaze. NOTE: This works well with 3 C. peeled or unpeeled diced apples instead of blueberries.

COFFEE CAKE

Trudy Conklin

½ C. butter	1 tsp. baking powder
1 C. sugar	½ tsp. salt
2 eggs	1 C. commercial sour cream
2 C. sifted flour	1 tsp. vanilla
1 tsp. soda	

TOPPING:

½ C. brown sugar	1½ tsp. cinnamon
⅓ C. sugar	1¾ C. pecans

Cream butter and sugar. Add eggs. Sift dry ingredients together. Add to creamed mixture alternating with sour cream. Pour half of batter into 9x13-inch pan, put ½ of topping over mixture. Pour batter over topping and top with remaining topping. Bake at 325° for 35-40 minutes.

DELICIOUS COFFEE CAKE

Margaret Morgan

4 eggs	½ tsp. salt
1 C. sugar	1 can pie filling (fruit)
1 C. oil	½ C. sugar
2 C. flour	1 tsp. cinnamon
1 tsp. baking powder	

Mix together eggs, 1 C. sugar, oil, flour, baking powder, and salt. Pour half the batter into greased 9x13-inch pan. Cover with 1 can pie filling (cherry, blueberry, apple, etc.). Pour remaining batter over pie filling and sprinkle with topping made from ½ C. sugar and 1 tsp. cinnamon. Bake for 30 minutes at 350°. May drizzle powdered sugar glaze over the top while still warm after baking.

*Life is full of hard knocks, but answer them all.
One of them might be opportunity.*

OVERNIGHT COFFEE CAKE

Karen Dinsmore

¾ C. margarine	1 tsp. baking powder
½ C. white sugar	1 tsp. soda
½ C. brown sugar	1 C. buttermilk
2 C. flour	1 tsp. vanilla
½ tsp. salt	2 beaten eggs

TOPPING:

½ C. brown sugar	½ tsp. nutmeg
1 tsp. cinnamon	½ C. nuts

Cream margarine, add sugars. Mix dry ingredients. Mix buttermilk, vanilla, and eggs. Alternate wet and dry ingredients, add to creamed mixture. Place in greased 9x13-inch pan. Top with mixture of brown sugar, cinnamon, nutmeg, and nuts. Refrigerate overnight. Bake at 350° for 35 minutes.

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OVERNIGHT COFFEE CAKE

Sue Fisher

1 C. brown sugar	2 eggs
1 C. white sugar	1 C. buttermilk
1 C. margarine	1 tsp. soda
1 tsp. cinnamon	1 C. nuts
2 C. flour	

Mix first 5 ingredients until crumbly (reserve 1 C. for topping). Beat eggs, buttermilk, and soda together. Add dry ingredients. Mix until blended. Sprinkle nuts on bottom of a greased 9x13-inch pan. Pour ½ of batter on nuts; then ½ of topping, repeat with rest of batter and then rest of topping. Put in refrigerator overnight. Bake at 350° for 40 to 45 minutes.

At various times, Fifth Street has been called River to River Road, Marengo Road, Red Ball Route, White Way (with white bands painted on the telephone poles), and U.S. Highway 6.

QUICK COFFEE CAKE

Mona Robbins

1½ C. flour	¼ tsp. salt
1 C. sugar	1 egg in C. then fill with milk
2 tsp. baking powder	

Mix lightly. Put in 9x9-inch cake pan and top with ½ C. brown sugar and 1 tsp. cinnamon. Bake at 375°. Melt 3 T. butter and pour on top just as it comes from oven. Double recipe for a 9x13-inch pan.

QUICK COFFEE CAKE

Marilyn Sexton

1 C. sugar	2 tsp. baking powder
½ C. shortening	1 egg
2 C. flour	½ tsp. salt
1 C. milk	½ tsp. vanilla

Cream shortening and sugar; add the rest of the ingredients and mix well. Place mixture in 8-inch square cake pan. Before putting in oven, top with the following mixture:

MIX:

2 T. flour	½ C. sugar
1 tsp. cinnamon	2 T. butter

Bake at 350° for 25 minutes.

SURPRISE COFFEE CAKE

Michele Brandstatter

1 C. white sugar	2 C. flour
½ C. brown sugar	1 tsp. baking powder
1 C. oil	1 tsp. vanilla
4 eggs	1 can blueberry filling

Beat first 4 ingredients together and flour, baking powder, and vanilla; mix well. Put ½ of dough in greased 9x13-inch pan. Spread the blueberry pie filling over top. Put other half of dough over blueberry filling. Sprinkle with mixture of ½ tsp. cinnamon and ¼ C. white sugar. Bake at 350° until tests done with toothpick.

RHUBARB COFFEE CAKE

Jane Dinsmore

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|------------------------------|------------------------------|
| 1½ C. brown sugar | 2 C. flour |
| ½ C. shortening or margarine | 1 tsp. cinnamon |
| 1 egg | 1 tsp. soda |
| 1 tsp. vanilla | 1 tsp. salt |
| 2 C. rhubarb (cut up small) | 1 C. sour milk or buttermilk |

TOPPING:

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|-------------------|------------------|
| ½ C. chopped nuts | ½ C. white sugar |
| 1 tsp. cinnamon | |

Cream the first 4 ingredients together. I add the soda, salt, and cinnamon to the flour. Add the flour mixture, sour milk and rhubarb alternately to the first mixture. When mixed, pour batter into a buttered 9x13-inch pan or glass dish the same size.

TOPPING: Mix these 3 items together and sprinkle over the top of the batter. Bake at 350° for 30-35 minutes. Test with a toothpick for being done. Enjoy!

BANANA MUFFINS

Geneva Shannon

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|-----------------------|----------------------|
| ⅔ C. margarine | 1⅔ C. sugar |
| 3 eggs | 1¼ C. mashed bananas |
| 2¼ C. flour | 1¼ tsp. soda |
| 1¼ tsp. baking powder | 1 tsp. salt |
| ⅔ C. chopped nuts | ⅔ C. buttermilk |

Mix margarine and sugar. Add eggs, mashed bananas and buttermilk, then balance of ingredients. Fold in nuts. Put in muffin cups. Makes a large recipe. Bake 25-30 minutes in 350° oven.



LOWER-FAT APPLESAUCE OATMEAL MUFFINS

Margaret Thompson

TOPPING:

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| 1/4 C. oats (quick or old fashioned, uncooked) | 1 T. firmly packed brown sugar |
| | 1/8 tsp. cinnamon |

MUFFINS:

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|--|-------------------------------|
| 1 1/2 C. oats (quick or old fashioned, uncooked) | 3/4 tsp. cinnamon |
| 1 1/4 C. all-purpose flour | 1 C. applesauce (any type) |
| 1/2 C. firmly packed brown sugar | 1/2 C. skim milk |
| 1 tsp. baking powder | 2 T. vegetable oil |
| 3/4 tsp. soda | 1 egg white (slightly beaten) |

Heat oven to 400°. Line 12 medium muffin cups with paper baking cups or spray bottoms only with vegetable cooking spray. For topping combine all ingredients; set aside.

MUFFINS: Combine dry ingredients; mix well. Combine applesauce, milk, oil and egg white; mix well, add to dry ingredients. Mix just until dry ingredients are moistened. Do not overmix. Fill muffin cups almost full, sprinkle evenly with topping. Bake 20 to 24 minutes or until golden brown. Cool muffins 5 minutes on wire rack. Remove from pan. Serve warm. Makes 1 dozen.

BRAN MUFFINS

Luella Luther

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|--------------------|------------------|
| 2 C. Bran Buds | 1 qt. buttermilk |
| 2 C. boiling water | 5 C. flour |
| 1 C. oil | 5 tsp. soda |
| 2 1/2 C. sugar | 1 tsp. salt |
| 4 eggs | 4 C. All Bran |

Pour boiling water over Bran Buds and set aside. Cream oil, sugar, and eggs; sift flour, soda, and salt together and add to creamed mixture with buttermilk. Mix in All Bran, and add softened Bran Bud mixture. Put into greased muffin tins and bake at 375° for about 25 minutes. May be kept in refrigerator in covered container for 4 to 6 weeks and used as needed, but do not stir.

6-WEEK BRAN MUFFINS

Tina Sullivan and Faye Peters

1 (15 oz.) box Raisin Bran Flakes	1 tsp. salt
3 C. sugar	4 eggs (beaten)
5 C. flour	1 C. oil
5 tsp. baking soda	1 qt. buttermilk

Mix cereal with sugar, flour, soda, and salt in a large bowl. Add eggs, oil, and milk. Store in a covered container in the refrigerator up to 6 weeks. Use as desired. Fill muffin tins $\frac{3}{4}$ full. Bake at 400° for 15-20 minutes. Makes 4-5 dozen.

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CRANBERRY ORANGE MUFFINS

Patty Weihe

$\frac{3}{4}$ C. orange juice	1½ tsp. baking powder
1 beaten egg	1 tsp. salt
2 T. cooking oil	½ tsp. baking soda
2 C. flour	1 C. coarsely chopped cranberries
$\frac{3}{4}$ C. sugar	½ C. chopped pecans or walnuts

Preheat oven to 350°. In small bowl combine orange juice, egg, and oil; set aside. In a larger bowl combine flour, sugar, baking powder, salt, and baking soda. Add orange juice mixture to dry ingredients. Stir only until moistened. Do not overstir. Fold in cranberries and walnuts. Grease and flour or line muffin tin with paper cups. Bake in preheated 350° oven for about 20 minutes or until toothpick comes out clean. Makes 12 muffins. Great for Thanksgiving or holiday dinners.

BANANA BREAD

Mike Corso

3 bananas	1 tsp. soda
1 C. sugar	2 eggs
2 C. sifted flour	½ C. shortening
1 tsp. baking powder	½ C. nuts

Mash bananas and sugar, let stand 15 minutes. Sift flour, add baking powder and salt. Beat eggs. Dissolve soda in about 1½ T. boiling water. Add shortening to banana and sugar mixture, beat thoroughly. Add beaten eggs, soda, dry ingredients and nuts. Stir until well mixed. Bake in greased loaf pan for 50 to 60 minutes (large pans), smaller pans 30 to 40 minutes.

LOWER-FAT HARVEST PUMPKIN MUFFINS

Margaret Thompson

TOPPING:

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|--|--|
| 1/4 C. quick or old fashioned oats
(uncooked) | 1 T. firmly packed brown sugar
1/8 tsp. pumpkin pie spice |
|--|--|

MUFFINS:

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|---|----------------------------------|
| 1 C. oats (quick or old fashioned,
uncooked) | 1/2 tsp. salt |
| 1 1/2 C. all-purpose flour | 1/4 C. chopped pecans (optional) |
| 3/4 C. firmly packed brown sugar | 1 C. canned pumpkin |
| 2 tsp. baking powder | 3/4 C. skim milk |
| 1 1/2 tsp. pumpkin pie spice | 3 T. vegetable oil |
| 1/2 tsp. baking soda | 2 egg whites (lightly beaten) |

Heat oven to 400°. Line 12 medium muffin cups with paper baking cups or spray the bottoms only with vegetable cooking spray; set aside.

FOR MUFFINS: Combine dry ingredients; mix well. Combine pumpkin, milk, oil, and egg whites; mix well. Add to dry ingredients; mix just until dry ingredients are moistened. (Do not overmix.) Fill muffin cups almost full. Sprinkle evenly with topping. Bake 22 to 25 minutes or until toothpick inserted in the center comes out with a few moist crumbs clinging to it. Cool muffins 5 minutes in pan on wire rack. Remove from pan. Serve warm. Makes 1 dozen muffins.

VANILLA GEM MUFFINS

Nancy Orchard

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|------------------------|---------------------------------|
| 2 C. all-purpose flour | 1 large egg |
| 3/4 C. sugar | 1 C. milk |
| 2 tsp. baking powder | 1/3 C. butter (melted & cooled) |
| 1/4 tsp. salt | 1 T. vanilla extract |

Heat oven to 400°. Sift flour, sugar, baking powder, and salt into large bowl. With wooden spoon or electric mixer, beat egg, milk, melted butter, and vanilla to blend well. Stir milk mixture into flour mixture until just blended. Spoon batter into greased muffin tins (or use paper baking cups) about 2/3 full. Bake 18 to 20 minutes, until lightly browned and toothpick inserted in muffin comes out clean. Makes 12-15 muffins.

BANANA NUT BREAD

Becky Lienemann

1 C. sugar
½ C. shortening
1 egg
3 mashed bananas
1 tsp. baking soda

2 C. flour
½ tsp. baking powder
½ C. chopped walnuts
Enough milk (1-2 T.) to make a
batter-like consistency

Mix all ingredients by hand. Spray a large loaf pan with nonstick cooking spray. You can also use several mini-loaf pans. Bake at 400° until done. Bread will be brown on top and a toothpick stuck in the middle will come out clean. I usually bake small loaves about 15 minutes and a large loaf 25-30 minutes.

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BANANA PINEAPPLE NUT BREAD

Joni Callen

2 C. sugar
3 C. flour
1 tsp. baking soda
1 (8 oz.) can crushed pineapple
(do not drain)
3 eggs
1 tsp. cinnamon

1 tsp. salt
1 C. vegetable oil
½ tsp. vanilla
3 medium bananas (cut in small
diced pieces)
1 C. nuts (walnuts or pecans)

Put all ingredients in large bowl in the given order. Stir until mixed, batter will be thick. Pour into 2 bread pans that have been greased and floured. Bake at 350° for 1 hour and 20 minutes. Delicious and moist.

CHOCOLATE BREAD

Rita Bedard

3 eggs
2 C. sugar
1 C. oil
¼ C. cocoa
1 tsp. vanilla
2 C. grated zucchini

3 C. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. baking soda
¼ tsp. baking powder

Beat eggs until lemon colored. Add sugar and oil and beat together. Add cocoa, vanilla, and grated zucchini. Sift together flour, salt, cinnamon, baking soda, and baking powder. Stir this into the zucchini mixture, along with 1 C. of nuts, if desired. Divide between two loaf pans. Bake at 350° for 40 to 50 minutes.

CHOCOLATE BREAD

Sherry Carpenter

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|--|-------------------------|
| ½ C. applesauce | ⅓ C. shortening |
| 2 eggs | ⅓ C. water |
| 1¼ C. sugar | 1½ C. all-purpose flour |
| ⅓ C. baking cocoa | 1 tsp. baking soda |
| ¾ tsp. salt | ¼ tsp. baking powder |
| 1 C. (6 oz.) semi-sweet
chocolate chips | ⅓ C. chopped walnuts |

GLAZE:

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|---------------------------|------------------------|
| ½ C. confectioners' sugar | ¼ tsp. vanilla extract |
| 1 to 2 T. milk | Pinch of salt |

In a mixing bowl, combine applesauce, shortening, eggs, water, and sugar; beat on low speed for 30 seconds. Combine dry ingredients; add to applesauce mixture. Beat on low for 30 seconds. Beat on high for 2½ minutes, scraping bowl occasionally. Fold in the chocolate chips and nuts. Pour into a greased and floured (9x5x3-inch) loaf pan. Bake at 350° for 60-70 minutes or until a toothpick inserted in the center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool completely. Combine glaze ingredients; drizzle over bread. Yield: 1 loaf.

GOOD HEALTH BREAD

Betty Schutter

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|------------------------|-------------------|
| 1 C. oatmeal | ½ tsp. salt |
| 1 C. whole wheat flour | 2 T. oil |
| 1 C. All Bran | 2 eggs |
| ¾ C. sugar | 1¼ C. buttermilk |
| 1 tsp. soda | 1 C. raisins |
| ½ tsp. baking powder | ½ C. chopped nuts |

Mix the first seven dry ingredients together in a mixing bowl. Mix two beaten eggs into buttermilk. Mix nuts and raisins that have been cooked a little and drained into dry mixture. Then add liquids and mix well. Place in 2 small (3½x7½-inch) loaf pans or 1 large (5x9-inch) pan, greased well. Bake at 350° for 40 minutes in small pan, 60 minutes in large pan or until toothpick comes out clean. This is good served with cream cheese.

CHOCOLATE APPLE BREAD

Marilyn Meade

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|-----------------------------------|--|
| 4 C. all-purpose flour | 4 eggs |
| 1 tsp. salt | 2 tsp. vanilla extract |
| 1 tsp. baking soda | ¼ C. buttermilk |
| 1 tsp. baking powder | 3 C. coarsely chopped apples |
| 1 tsp. cinnamon | 1 C. chopped walnuts |
| ½ tsp. nutmeg | 1 (12 oz.) pkg. (2 C.) semi-sweet
chocolate morsels |
| 1 C. (2 sticks) butter (softened) | |
| 2 C. sugar | |

TOPPING:

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|-----------------|----------------------|
| 1 T. sugar | ½ C. chopped walnuts |
| ½ tsp. cinnamon | |

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Preheat oven to 350°. Grease 2 (9x5x3-inch) loaf pans. In small bowl, combine flour, salt, baking powder, baking soda, cinnamon, and nutmeg; set aside. In large bowl beat butter and sugar until creamy. Add eggs and vanilla extract; mix well. Gradually beat in flour mixture alternately with buttermilk. Stir in apples, walnuts, and chocolate chips. Pour into prepared pans. In cup combine topping ingredients. Sprinkle on top of bread batter. Bake 50 to 60 minutes until cake tester inserted in center comes out clean. Cool 15 minutes. Remove from pans. Cool. Makes 2 loaves.

PINEAPPLE BREAD

Eleanor Vauricek

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|------------------------|---|
| 3 eggs | 2 tsp. vanilla |
| 2 C. sugar | 1 C. well drained, crushed
pineapple |
| 2 C. shredded zucchini | 2 tsp. soda |
| 3 C. flour | ½ tsp. baking powder |
| 1 tsp. salt | ¾ tsp. nutmeg |
| 2½ tsp. cinnamon | 1 C. raisins |
| 1 C. chopped nuts | |
| 1 C. oil | |

Beat eggs, oil, sugar, and vanilla until thick and foamy. Combine flour, soda, baking powder, salt, cinnamon, nutmeg, nuts, and raisins. Stir gently into first mixture until blended. Add zucchini and pineapple. Bake in two loaf pans at 350° for one hour. Cool 10 minutes in pans and turn out on wire rack.

CINNAMON SWIRL QUICK BREAD

Sherry Carpenter

1½ C. sugar (divided)	1 T. ground cinnamon
2 C. all-purpose flour	1 tsp. baking soda
½ tsp. salt	1 C. buttermilk
1 egg	¼ C. vegetable oil

GLAZE:

¼ C. confectioners' sugar	1½ to 2 tsp. milk
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Combine ½ C. sugar and cinnamon; set aside. Combine flour, baking soda, salt, and remaining sugar. Combine buttermilk, egg, and oil; stir into dry ingredients just until combined. Grease the bottom only of a 9x5x3-inch loaf pan. Pour half of the batter into pan; sprinkle with half of the cinnamon-sugar. Carefully spread with remaining batter and sprinkle with remaining cinnamon-sugar; swirl knife through batter. Bake at 350° for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool completely. Combine glaze ingredients; drizzle over bread. Yield: 1 loaf.

POPPY SEED BREAD

Brenda Brack

1 pkg. yellow cake mix	1½ C. salad oil
1 pkg. instant lemon or coconut pudding mix	1/8 C. poppy seed
4 eggs	½ C. chopped walnuts
	1 C. warm water

Mix ingredients; beat 4 minutes. Pour into 2 greased and floured bread pans. Bake at 350° for 50 minutes, or until done.

In 1931, the City Fathers burned the jail because they hadn't had a customer in 30 years. The next week it was needed and the prisoner had to be lodged in the Iowa City jail.

POPPY SEED BREAD

*Vicki Siefers, Becky Lienemann,
and Karen Dinsmore*

Mix together the following ingredients:

3 C. all-purpose flour	2½ C. sugar
1½ tsp. salt	1½ C. milk
1½ tsp. baking powder	1⅓ C. vegetable oil
1½ T. poppy seeds	3 eggs
1½ tsp. vanilla	1½ tsp. almond extract

Pour ingredients into two greased and floured bread pans. Bake at 350° for 1 hour and 15 minutes. While bread is cooling, pour glaze over top.

GLAZE: Mix together

¾ C. sugar	½ tsp. almond extract
¼ C. orange juice	2 T. melted & cooled butter
½ tsp. vanilla	

PUMPKIN BREAD

Jane Dinsmore

SIFT:

3½ C. flour	3 tsp. cinnamon
3 tsp. soda	3 C. white sugar
1½ tsp. salt	3 tsp. nutmeg

IN WELL:

1 C. oil (Wesson, preferably, other oil is fine too)	⅔ C. cold water
4 eggs	2 C. pumpkin

Stir the wet ingredients into the dry ones. Don't overbeat. Place mixture in 3 loaf pans (greased pans). Bake at 350° for 1 hour. If you want nuts in the recipe, add chopped nuts to the dry ingredients, about 1 cup. I have used Hickory or English walnut meats.

RHUBARB BREAD

Joyce Roberson

1½ C. brown or white sugar	1 tsp. soda
⅔ C. oil	1 tsp. vanilla
1 egg	2½ C. flour
1 C. milk	1½ C. diced rhubarb
½ tsp. salt	½ C. chopped nuts (optional)

Mix sugar, oil, egg, and milk. Put together in order listed above. Put in 2 greased bread pans. Bake at 325° for 60 minutes. Makes 3 small or 1 large and 1 small loaf.

TOPPING:

½ C. sugar	1 tsp. cinnamon
1 T. butter	

Sprinkle each loaf before baking.

RHUBARB BREAD

Helen M. Sheets

1½ C. sugar	1 tsp. baking soda
⅔ C. oil	1 tsp. vanilla
1 egg	1½ C. diced rhubarb
1 C. buttermilk	½ C. nuts
2½ C. flour	1 tsp. butter
1 tsp. salt	Cinnamon/sugar mixture

Mix sugar, oil, and egg until creamy. Blend in flour, soda, and salt. Stir in buttermilk, vanilla, rhubarb, and nuts. Pour into 2 greased 8½x4½x2½ loaf pans. Mix butter with cinnamon and sugar and spread on each loaf. Bake at 325° for one hour. Makes: 2 loaves.

Town Council minutes, Feb 5, 1943: Joseph Brandstatter was authorized to secure the necessary shells to operate the town pistol!

STRAWBERRY BREAD

Irene Schooley

- | | |
|-----------------------|---|
| ½ C. margarine | 1 tsp. baking powder |
| 1 C. sugar | 1 tsp. soda |
| ½ tsp. almond extract | 1 tsp. salt |
| 2 eggs (separated) | 1 (10 oz.) pkg. frozen straw-
berries or 1½ C. fresh
strawberries |
| 2 C. flour | |

Cream sugar, margarine, and almond extract. Add the 2 egg yolks, and dry ingredients alternately with strawberries. Beat egg whites until stiff, then fold into batter. Bake in a 350° preheated oven for 50 to 60 minutes. Use a 9x5-inch loaf pan.

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ZUCCHINI BREAD

Darlene Nelson

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| ¾ C. egg substitute | 1 tsp. baking powder |
| 1 C. brown sugar | 1 tsp. baking soda |
| ½ C. white sugar | 1 tsp. nutmeg |
| ½ C. nonfat sour cream | 2 tsp. cinnamon |
| ¼ C. applesauce (unsweetened) | 2 C. zucchini (grated) |
| ¼ C. corn syrup | 1 C. raisins (optional) |
| 1½ tsp. vanilla | ½ C. chopped nuts (optional) |
| 3 C. flour | |

Preheat oven to 350°. Combine egg substitute, sugars, sour cream, corn syrup, vanilla, and applesauce; mix until smooth. In a separate bowl combine flour, baking powder, baking soda, nutmeg, and cinnamon; mix well. Stir dry ingredients into egg mixture, and blend together until all dry ingredients are moistened. Fold in zucchini, raisins, and nuts. Pour batter into 2 large loaf pans coated with nonfat cooking spray. Bake for 1 hour or until inserted knife comes out clean.



ZUCCHINI BREAD

Karen Palumbo

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|---------------------------------|-------------------|
| 3 eggs | 3 C. flour |
| 1 C. oil | 1 tsp. salt |
| 1½ C. sugar | 1 tsp. soda |
| 2 C. zucchini (peeled & grated) | 2 tsp. cinnamon |
| ¼ tsp. baking powder | ½ C. chopped nuts |
| 3 tsp. vanilla | |

Beat eggs until light and foamy. Add oil, sugar, zucchini, and vanilla. Add flour, salt, soda, cinnamon, and baking powder which have been sifted together. Mix until blended. Divide batter, pouring half into a greased loaf pan. Add nuts to other greased loaf pan and pour in remaining batter. Bake at 325° for 1 hour. Cool. Freezes well. NOTE: I like to bake the bread in a large bundt pan rather than 2 loaf pans.

ZUCCHINI BREAD

Beth Svenson

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|------------------------|------------------------------|
| 3 eggs | 3 C. flour |
| 1 C. corn oil | 1 tsp. salt |
| 2 C. grated zucchini | 1 tsp. baking soda |
| 1 C. white sugar | ½ tsp. baking powder |
| 1 C. brown sugar | 1 tsp. cinnamon |
| 2 tsp. vanilla extract | 1 C. chopped nuts (optional) |

Beat eggs until light. Add oil, zucchini, sugars, and vanilla; mix well. Mix in flour, salt, baking soda, baking powder, cinnamon, and nuts. Pour into two greased loaf pans. Bake at 350° for 1 hour. Makes 2 loaves.

GARLIC-CHEESE BISCUITS

Betty Bream

(Just like Red Lobster's)

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|------------------------------|-------------------------|
| 2 C. Bisquick | ¼ C. margarine (melted) |
| ⅔ C. milk | ¼ tsp. garlic powder |
| 1 C. shredded cheddar cheese | |

In a large bowl, mix first three ingredients to form a soft dough and beat 30 seconds. Drop dough on ungreased cookie sheets (11x15-inch). Bake 8 to 10 minutes at 450°. Combine melted margarine and garlic powder; brush on hot biscuits as soon as they come out of the oven. Serve warm.

RED LOBSTER BISCUITS

Becky Louvar and Alice Wade

2 C. Bisquick
2/3 C. milk
1/2 C. shredded cheddar

1/4 C. melted margarine
1/4 tsp. garlic powder

Mix Bisquick, milk, and cheese together for 30 seconds. Drop on ungreased baking sheet. Bake for 8-10 minutes at 450°. Brush biscuits with 1/4 C. melted margarine and 1/4 tsp. garlic powder.

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DANISH PUFF

Sherry Carpenter and Karen Palumbo

MIX:

1 C. sifted flour
1/2 C. butter

2 T. water

Divide in half, 2 strips 12x3-inches apart on ungreased baking sheet.

BRING TO BOIL:

1/2 C. butter

1 C. water

ADD:

1 tsp. almond extract

BEAT IN QUICKLY:

1 C. sifted flour

3 eggs (1 at a time, until smooth)

Put 1/2 on each pastry. Bake at 350° for 60 minutes. Frost with butter cream frosting and nuts sprinkled on top.

Coralville's Volunteer Fire Dept. was organized in 1929. The town had 8 fire hydrants. To date, there are over 400 fire hydrants in our city.

ALMOND DANISH PUFF

Nancy Hayworth

CRUST:

1 C. flour
1/2 C. butter

2 T. water

TOPPING:

1/2 C. butter
1 C. water
1/2 C. flour

3 eggs
1 tsp. almond extract

GLAZE:

1 1/2 C. powdered sugar
2 T. soft butter
1 tsp. almond extract

1-2 T. water
Sliced almonds

CRUST: Cut butter into flour. Sprinkle water over mixture and mix with fork until soft ball forms. Press into round 12-inch pizza pan.

TOPPING: In saucepan, combine butter and water. Bring to boil. Remove from heat. Stir in almond extract. Beat in flour quickly with electric hand mixer. When smooth, add eggs one at a time, beating well after each addition. Spread over crust, sealing edges. Bake 60 minutes at 350°. Cool completely.

GLAZE: Combine first 4 ingredients, mixing until spreading consistency. Spread on puff. Top with sliced almonds.

BUTTERHORN ROLLS

Karen Dinsmore

2 pkgs. yeast
1 C. + 2 T. lukewarm water
5 T. sugar
1/2 C. oil

3 eggs
1 tsp. salt
5 C. flour

Beat eggs and salt in a small bowl until light. In large bowl, combine yeast with 2 T. water and dissolve. Add shortening, sugar, and remainder of water. Stir until dissolved. Add eggs, salt, and 4 C. flour; mix well. Generously flour a board until the dough doesn't stick to the board and appears satiny. Place in oiled bowl, cover, and let rise until double (about 1/2 hour). Punch down. Divide in two and roll out on floured surface. Spread with softened butter. Cut into wedges and roll, starting at wide end. Let rise about 1 hour. Bake at 425° for 15 minutes.

ICEBOX BUTTERHORNS

Jerry McAtee

1 pkg. active dry yeast
2 T. warm water
2 C. warm milk
½ C. sugar

1 egg (beaten)
1 tsp. salt
6 C. all-purpose flour
¾ C. butter (melted)

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In large mixing bowl, dissolve yeast in warm water. Add warm milk, sugar, egg, salt, and 3 C. of flour. Beat on medium speed until mixed. Add butter and remaining flour. Beat until smooth. Place in refrigerator until you are ready to roll out dough. (Will double in size.) Roll dough out on floured surface to a 14-inch diameter. Using a pizza cutter cut dough into 16 crescent slices. Roll slices up, starting with the wide end. Place on greased cookie sheets. Brush with warm lard. Let rise until doubled. Bake at 350° for 15-20 minutes or until golden brown. Brush with butter after removing from the oven. Enjoy!

CARAMEL ROLLS

Judy Smith (Blue Top Motel)

1½ (18 rolls) pkgs. Rhodes frozen rolls
½ C. butter
½ C. brown sugar
½ C. nuts
1 (3 oz.) pkg. butterscotch pudding mix (not instant)

Use a teflon bundt pan. Butter well. Put nuts in bottom of pan. Put rolls (frozen) on top of nuts. Sprinkle with butterscotch pudding mix (not instant). Melt butter and brown sugar together. Pour over the top. Cover and let rise overnight. Bake at 350° for 30 minutes. Turn upside down on platter and let set 5-10 minutes. Remove pan and serve.

*Coralville's swimming pool at
S.T. Morrison Park opened on July 1, 1967.*

EASY CARAMEL ROLLS

Arlys Hannam

3 cans buttermilk or country style biscuits (10 count)
1 stick oleo
1 C. brown sugar
½ C. pecans

Melt oleo and brown sugar together. Pour ½ mixture in bottom of bundt pan and spread pecans. Open the biscuits and stack them upright in a circle to fill the pan. Pour remaining brown sugar mixture over the top. Bake 13-15 minutes at 425° until golden brown. Turn upside down onto serving plate after its cooled for 5 minutes.

CINNAMON ROLLS

Mrs. Ferdinand Jensen

1 loaf frozen bread dough
2 T. margarine
½ C. granulated sugar
1½ T. cinnamon
3 T. raisins
¾ C. powdered sugar
1½ T. milk

Mix cinnamon and sugar. Spray a 9-inch round cake pan with Pam. Roll out bread dough to about 15 inches. Dot with butter and sprinkle with sugar, cinnamon, and raisins. Roll as a jelly roll, cut into rolls. Place in greased round cake pan. Let rise 1 hour. Bake at 350° for 25 to 30 minutes; allow to cool. Mix powdered sugar and milk together and drizzle over warm rolls.

NO. 1 CINNAMON ROLLS

Wilson (Bill) Miller

1 pkg. dry yeast
1 T. sugar
1 C. warm water
1 C. Crisco shortening (softened)
1½ C. sugar
1 tsp. salt
4 eggs
4 C. warm water

Mix first 3 ingredients; set aside. In large mixing bowl, add Crisco, sugar, and salt; beat. Add eggs, beat again. Add first 3 ingredients. Add flour to make a soft dough. Start at 5 p.m. and punch each hour until 10 p.m. Roll out, add melted butter and cinnamon. Roll up in a roll and cut; put in pan. Let rise overnight. Bake in morning at 350° for 15-20 minutes. Makes 4 dozen.

CINNAMON ROLLS FOR THE BREAD MACHINE

Cindy Quinby

DOUGH:

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|------------------|---------------|
| 1 C. water | ¼ C. sugar |
| 2 T. margarine | 1 tsp. salt |
| 3 C. bread flour | 2½ tsp. yeast |

FILLING:

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|------------|-----------------|
| ⅓ C. sugar | 2 tsp. cinnamon |
|------------|-----------------|

GLAZE: Optional

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|---------------------|----------------|
| 1 C. powdered sugar | 1 to 2 T. milk |
| ½ tsp. vanilla | |

Mix until smooth and thin to drizzle.

Measure all dough ingredients into bread machine; select dough program. Prepare filling; grease a 9x9-inch square pan. Flatten dough with hands; make into rectangle on lightly floured surface. Spread with margarine, sprinkle with filling, roll up tightly, pinch edge to seal. Cut roll into 9 equal slices, place in pan. Cover and let rise in warm place until double in size. Heat oven to 375° and bake at 25-30 minutes until golden brown. Optional: drizzle with glaze.

KOLACHES

Naomi Dvorsky

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| 1 C. melted oleo | 4 whole eggs |
| 2 C. scalded milk that has been cooled | 2 egg yolks (beaten) |
| 2 pkgs. yeast | 6 C. white flour (may need more to roll on board) |
| ¼ C. warm water | |

Mix together the oleo and scalded milk. Dissolve yeast in warm water and add to scalded milk and oleo. Mix in rest of ingredients; mix well. Set in warm place to rise until double in size. Roll ½-inch thick and cut with cookie cutter or glass. Brush well with melted butter. Let it rise until double in size. Make indentions in the middle and fill with poppy seed, prune, apricot, or your choice of filling. Bake on cookie sheet for 15-20 minutes or until brown. Remove from oven and brush again with butter.

GRANDMA'S KOLACHES

Brian Lamansky

½ C. warm water (125°)
3 pkgs. yeast
1 C. scalded milk (cooled)
⅔ C. shortening, butter or lard
¾ C. sugar

1 tsp. salt
1½ C. mashed potatoes
2 eggs
5½-6½ C. flour
FILLING: Cherry, raspberry,
apricot, prune, poppy seed,
or peach

Dissolve yeast in water. Place melted shortening in milk. Add eggs, salt, sugar, mashed potatoes, and yeast; mix well. Add flour to make soft dough, knead. Store in refrigerator overnight. Roll in balls about the size of a golf ball or a little larger. Place on greased cookie sheet and flatten with the palm of your hand. Brush with butter and place in warm place to rise. Gently push in the middle and add your filling. Let rise (10-20 minutes). Bake until light brown at 450° for 9-12 minutes. Brush with butter. Makes 30-36. Optional: Powdered sugar frosting.

MONKEY BREAD

Marianne Colony

4 tubes refrigerator biscuits
½ tsp. cinnamon
⅓ C. sugar
Optional: nuts & raisins

1 stick oleo
1 tsp. cinnamon
1 C. brown sugar

Cut each biscuit into 4 pieces. Roll each piece in cinnamon and sugar mixture. Grease a bundt pan. Place nuts on bottom of pan, then layers of biscuits. Combine margarine, 1 tsp. cinnamon, and brown sugar. Boil 2 or 3 minutes. Cool. Pour over biscuits and nuts. Bake at 350° for 25 minutes. Cool 10 minutes and turn upside down on a plate. This recipe can be cut in half.



MONKEY BREAD

Connie Jones

4 tubes biscuits (cut in fourths) 1 tsp. cinnamon
1½ C. sugar 1¼ sticks of oleo

Put above in plastic bag and shake, then put pieces of biscuits in greased bundt pan. With the remaining sugar and cinnamon (approximately 1 C.), mix with 1¼ sticks of oleo that is melted. Pour mixture over the top of biscuits in bundt pan. Bake 40 minutes at 350°.

MONKEY BREAD

Pam Kacmarynski

3 tubes refrigerator biscuits ½ C. brown sugar
1 tsp. cinnamon ½ stick oleo
½ C. sugar Nuts (if desired)

Cut each biscuit into fourths. Put into cinnamon and sugar mixture; coat. Toss into bundt pan. Boil the brown sugar and oleo for 1 minute. Add nuts if desired. Pour over biscuits and bake for 30 minutes at 400°. Best if eaten while warm.

SOUR CREAM CRESCENT ROLLS

Bernice Keys

½ C. margarine 2 pkgs. yeast
½ C. warm water (divided) 4 C. flour
1 (8 oz.) carton sour cream 1 tsp. salt
½ C. sugar Melted margarine
2 eggs (beaten)

Place margarine in small pan; add ¼ C. warm water. Heat until margarine melts and mixture comes to a boil. Cool. Stir in sour cream and sugar. Add beaten eggs. Add yeast to remaining ¼ C. warm water. Add to above mixture. Mix in flour and salt; mix well. Put into oiled bowl, turn once to coat top with oil. Place in refrigerator until morning. Punch dough down. Divide dough into 4 pieces. Roll each into a 10-inch circle, like a pie crust. Cut each circle into 10 wedges. Brush with melted margarine. Roll up, starting with large end; place on cookie sheet. Let rise again. Preheat oven to 350°. Bake rolls for 12-15 minutes, or until brown. Makes 40.

SOUR CREAM CRESCENT ROLLS

Mardell Tinkey

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|-----------------------|--------------------------------|
| 1 envelope dry yeast | 1 egg (beaten to blend) |
| ¼ C. warm water | 2 C. all-purpose flour |
| ¼ C. (½ stick) butter | ½ tsp. salt |
| ¼ C. sugar | 3 T. butter (melted) |
| ½ C. sour cream | 1 egg, beaten to blend (glaze) |

Sprinkle yeast over water in large bowl; stir. Let stand 5 minutes. Melt ¼ C. butter in microwave. Mix in sugar and sour cream. Cool slightly. Blend sour cream mixture and 1 egg and add to yeast mixture. Mix until soft dough forms. Cover with plastic wrap and refrigerate overnight. (Can be prepared 2 days ahead. Punch down each time it doubles in volume.) Grease large baking sheet. Punch dough down and knead until smooth. Divide into 2 pieces. Roll 1 piece out on lightly floured surface to 10-inch round. Brush with melted butter. Cut into 10 wedges. Roll up wedges jelly roll fashion beginning at wide end. Shape into crescents. Place on prepared sheet. Repeat with remaining dough piece. Cover rolls and let rise in warm area until doubled, about 1 hour. Preheat oven to 375°. Brush rolls with egg glaze. Bake until golden brown, about 12 minutes. Serve warm or at room temperature.

OVERNIGHT REFRIGERATOR ROLLS

Wilson (Bill) Miller

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|----------------------|----------------------|
| 2 pkgs. dry yeast | 2 eggs (well beaten) |
| 2½ C. warm water | 8 to 8½ C. flour |
| ¾ C. soft shortening | 2½ tsp. salt |
| ¾ C. sugar | |

Soften yeast in the warm water. Add shortening, sugar, salt, and eggs. Add flour 1 cup at a time. Beat between each cup. Cover tightly. Store in refrigerator overnight or until needed. Shape into rolls of your choice. Let rise until doubled in size. Bake for 25 minutes at 350°.



BEER BREAD

Kelly Hayworth

3 C. self-rising flour
3 T. sugar

1 can beer (room temp.)

Mix together and put in large, greased bread pan. Pour some melted butter on top. Bake 45-60 minutes at 350° or until top is golden brown. Can pour more butter on top while baking. Great with soups and stews.

BEER BREAD

*In Memory of Sally Svenson of Decorah, IA
(Submitted by Beth Svenson and Gary Kinsinger of Coralville, IA)*

1 (12 oz.) can of beer
3 C. self-rising flour

1/3 C. sugar

Mix flour and sugar, stir in beer. Pour into greased bread pan. Bake at 350° for 1 hour. NOTE: One of Sally's favorite gifts to give was cookbooks, especially cookbooks to which she had submitted recipes. One day when she was in Vermont, staying at a bed and breakfast, she made the comment: "Your fresh bread smells wonderful and tastes delicious; I would like to get your recipe before I leave." The owner of the bed and breakfast just laughed and smiled, then said, "Thank you, but you must not remember the recipes you submit for cookbooks. I got the bread recipe from the cookbook you gave me the last time you stayed here and it has your name on it!" He did tell her that he used Molson's beer, maybe that's the difference. Makes 1 loaf.

HEIRLOOM BOSTON BROWN BREAD

Beth McCabe

2 C. whole wheat flour
1/2 C. white flour
2 tsp. baking soda
1 tsp. salt

2 C. buttermilk
1/2 C. molasses
1 C. raisins
1/4 C. nuts (optional)

Preheat oven to 350°. Combine dry ingredients (first 4). Add other ingredients. Mix until smooth. Divide into 3 well-greased small loaf pans. Let stand 1/2 hour. Bake 30 minutes.

CREAMY CHEESE BREAD

Tonya Prochaska

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|-----------------------------|---------------------------|
| 1 lb. loaf French bread | 8 oz. shredded mozzarella |
| 3 T. softened margarine | ¼ C. chopped green onion |
| 3 oz. softened cream cheese | ½ tsp. garlic salt |

Combine all ingredients except bread. Slice bread diagonally in 1-inch slices. Spread mixture between each slice. Wrap loaf in foil, then bake in 350° oven for 10-15 minutes. If a crispy top is desired, open foil and bake an additional three minutes.

EASY CHEESE BREAD

Ruby Jedlicka

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|--|---|
| 1 loaf Italian or French bread
(unsliced) | 1 C. mayonnaise, regular or light
(not fat free) |
| ½ stick margarine | ½ C. chopped onion |
| 1 (8 oz.) pkg. shredded cheddar
(mild or sharp) | Garlic powder |

Slice bread in half lengthwise. Spread each half with softened margarine. Sprinkle lightly with garlic powder. Mix cheese, mayonnaise and onion in medium bowl. Spread onto bread slices, dividing evenly. Put slices on cookie sheet or you may wrap bottom of slices in foil ("foil boats") and bake on cookie sheet, jelly roll pan size. Bake at 375° for about 15 minutes or until cheese bubbles and browns slightly. Cut into slices or wedges. Makes 2 long slices cut into 6-8 portions each. Tasty appetizer or serve with soup.

SOFT GARLIC BREADSTICKS

Joan Heitman

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|-------------------|--------------------|
| 3 C. water (warm) | 4 tsp. salt |
| 2 pkgs. yeast | 1 T. garlic powder |
| ¼ C. sugar | About 8 C. flour |

Combine water, yeast, sugar, salt, and garlic powder, add 1 stick margarine. Add several cups flour, beat well. Gradually add more flour to make a soft dough. Turn onto floured board and knead until dough no longer sticks to fingers. Place in bowl, lightly butter top, cover and let rise until doubled. Knead and let rise again. Roll dough to fit in greased jelly roll pan. Cut with pizza cutter into 36 sticks. Let rise until doubled. Bake in hot oven at 375° until golden brown. Remove from oven. Brush top with melted butter and sprinkle with garlic salt. Makes 36 bread sticks. They freeze well too.

DILLED CHEESE BREAD

Alice Swenka

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|---------------------------------|------------------------|
| 1 pkg. rapid rise yeast | 1/4 tsp. baking soda |
| 1 C. cream-style cottage cheese | 1 egg |
| 2 T. sugar | 2 1/2 C. sifted flour |
| 1 T. instant minced onion | Butter |
| 2 tsp. dill seed | Coarse salt (optional) |
| 1 tsp. salt | |

Mix all dry ingredients together minus 1 C. flour. Heat cottage cheese until very warm, add to dry mixture, stir until well blended, add egg and mix well. Turn out onto floured bread board and knead in as much of the remaining flour as needed. Let rest in 10-inch covered bowl. Spray baking dish/pan with nonstick cooking oil. (I like to use a porcelain souffle dish, the bread has a "cottage style" look that is very appealing.) Place bread dough in prepared dish and allow to rest until double in size (30 inches). Bake in oven at 350° for approximately 30 minutes, all ovens vary slightly. When right out of oven melt a tsp. of butter over top and add coarse sea salt sparingly to garnish.

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COLONIAL BREAD

Joan Heitman

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| 1/2 C. cornmeal | 1 tsp. sugar |
| 1/2 C. brown sugar or 1/3 C. honey | 1/2 C. warm water |
| 1/2 C. oil | 3/4 C. whole wheat flour |
| 1 T. salt | 1/2 C. rye flour |
| 2 C. boiling water | 3-4 C. white flour |
| 2 pkgs. yeast | |

Mix together cornmeal, brown sugar or honey, oil and salt. Add boiling water, stir and cool. Mix yeast and 1 teaspoon sugar with 1/2 C. warm water. Let stand 5 minutes. Add to cornmeal mixture. Add whole wheat, rye flour and enough white flour to make a stiff dough. Knead well. Let rise in a warm place until double in bulk. Knead down. Let rise for 20 minutes. Form 2 loaves. Let rise until double in bulk. Bake at 350° for about an hour. Additional cornmeal, whole wheat and rye flour may be added if desired. Use less white flour. NOTE: I like to add 2 T. wheat gluten to give a lighter product.

GALLYTROT HERB AND ONION LOAF

Leesa Johnson

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|---------------------------|--------------------------------|
| ½ C. milk (scalded) | 2¼ C. flour |
| 1½ tsp. sugar | ½ small onion (minced) |
| 1 tsp. salt | ½ tsp. dried dillweed or |
| 1 T. softened butter | 1 tsp. chopped fresh |
| 1 pkg. dried active yeast | 1 tsp. fresh or dried rosemary |
| ½ C. warm water | (crushed) |

Dissolve sugar, salt, and butter into milk; cool to lukewarm. In a large bowl dissolve the pkg. of yeast in the ½ C. warm water. Add the cooled milk and stir in remaining ingredients. Mix well with a large wooden spoon. When the batter is smooth, cover the bowl with a towel and let the dough rise in a warm place until tripled in bulk (about 45 minutes). Stir down and beat vigorously a few minutes, then turn onto greased bread pan. Let stand in a warm place 10 minutes before putting into a preheated 350° oven for 1 hour.

SWEDISH RYE BREAD

Thor Johnson

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|------------------|---------------------------------|
| 5 C. water | 1 T. salt |
| ½ C. molasses | 2 C. rye flour |
| 3 T. shortening | 2 envelopes original active dry |
| ⅔ C. brown sugar | yeast |
| ⅔ C. white sugar | 11-12 C. flour (white) |

Measure water, molasses, shortening, sugar, and salt into bowl and heat until shortening is melted and mixture is warm. Stir in rye flour and yeast. Stir in as much white flour as possible. Then with your hands work in the rest. Knead until satiny and smooth. Cover, set in warm place and let rise until double in bulk. Punch down and let rise again, then shape into 5 loaves. Place in well-greased pan. Cover, let rise again until double. Bake at 350° for 50 to 60 minutes.



WHOLE WHEAT BREAD

Dennis Keitel

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|-------------------------|----------------------------|
| 1 1/8 C. warm water | 3/4 T. gluten flour |
| 1 T. canola oil | 1 1/4 C. whole wheat flour |
| 2 T. applesauce | 1 3/4 C. white flour |
| 2 T. nonfat milk powder | 1 1/2 tsp. yeast |

Add to bread machine in order listed and use whole wheat cycle on machine if it has one. This recipe is good for people on lowfat diets. Makes 1 1/2 loaf in bread machine.

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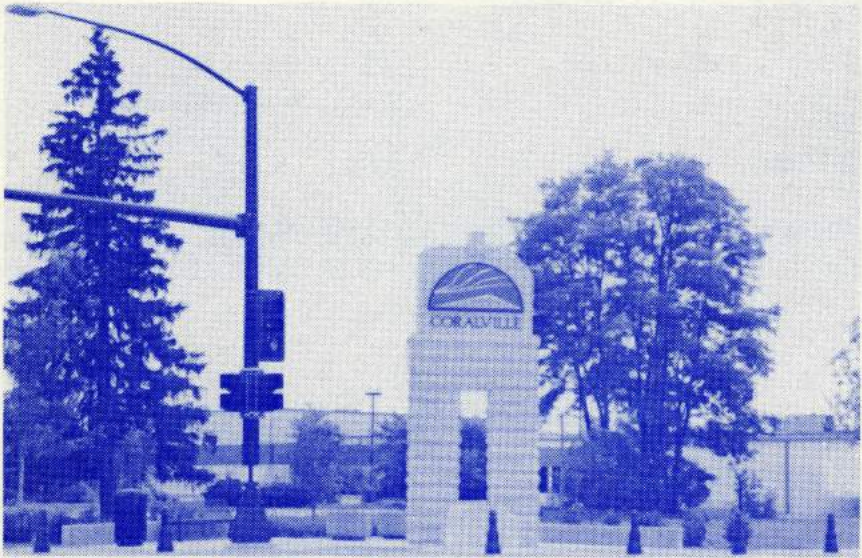
OATMEAL BREAD

Carol Fausett

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|--------------------|--------------------|
| 2 C. boiling water | 1/2 C. brown sugar |
| 1 C. oatmeal | 1 pkg. yeast |
| 1 T. salt | 1/4 C. warm water |
| 3 T. shortening | 5 C. flour |

Pour boiling water over oatmeal. Add salt and shortening. When cool, add the brown sugar and yeast which was dissolved in the warm water. Add flour. Knead 10 minutes. Let rise, punch down and let rise again. Shape into 2 loaves. Bake at 350° for 30 to 40 minutes.

The City of Coralville Transit Commission was organized August 18, 1969, with 2 buses being placed into operation.



Welcome to our newly developed Town Centre located at the Southeast corner of 12th Avenue and Fifth Street.



The Oak Hill Cemetery, Memorial Day 1997.

Breakfast Dishes

My Favorite Recipes in this section are:

RECIPE

PAGE #

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TO REMOVE STAINS FROM WASHABLES

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes, rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda. (NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.)

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

- BREAKFAST DISHES -

APPLESAUCE BREAKFAST CAKE

Susan Hollins

TOPPING:

1/4 C. packed brown sugar	1/2 tsp. cinnamon
1 T. butter	1/4 C. chopped pecans
1 C. flour	Dash of salt
1/3 C. sugar	1/2 C. applesauce
1/2 tsp. baking powder	1/4 C. cooking oil
1/4 tsp. baking soda	1/2 tsp. vanilla
1 egg	

Turn oven to 350°. For the topping, in a small bowl combine the ingredients and mix until crumbly; set aside. In a large mixing bowl, combine the flour, sugar, baking powder, baking soda, and salt. Beat the egg into a small mixing bowl and stir in the applesauce, cooking oil, and vanilla. Add the applesauce mixture to the flour mixture. Stir until the dry ingredients are wet. Pour batter into a greased pan and sprinkle the topping over the batter. Bake 20 to 25 minutes or until a knife comes out clean. Serve warm or cold. Serves 9.

BREAKFAST CHEESECAKE

Amber Freeman

2 large tubes Pillsbury Crescent rolls	3/4 C. sugar
2 (8 oz.) pkgs. Philly Cream Cheese	1 tsp. cinnamon
1 egg (divided)	1/4 C. sugar

Preheat oven to 350°. Grease a 9x13-inch pan. Spread one tube of crescent rolls on bottom of pan, should unroll to fit. Cream sugar, cream cheese, and egg yolk in medium bowl. Spread on bottom layer of crescent rolls. On top of cream cheese mixture unroll second tube of crescent rolls, covering the pan. Brush top of crescent rolls with egg white. Sprinkle with sugar, then sprinkle with cinnamon, then remaining sugar. Bake at 350° for 30-35 minutes or until golden brown. Best if served warm.

BLUEBERRY CORN MUFFIN CAKE

Susan Hollins

2 C. unbleached white flour	1½ C. sugar
1 C. cornmeal	3 eggs
2 tsp. baking powder	1 T. grated orange peel
½ tsp. salt	1½ C. buttermilk
¾ C. butter	3 C. frozen blueberries

GLAZE:

⅓ C. orange marmalade	3 T. butter
3 T. sugar	4 tsp. whipping cream

Preheat oven to 350°. Stir together first 4 ingredients and set aside. Beat together the butter and sugar until fluffy. Add eggs one at a time, beating 1 minute after each. Stir in orange peel. Add dry ingredients with buttermilk alternately, beating just until incorporated after each addition. Fold in the blueberries. Turn into a greased and floured bundt pan. Bake 60-65 minutes until tests done with a pick. Spoon glaze over cake when cooled. For glaze: Combine ingredients in heavy saucepan. Bring to boiling, stirring to dissolve sugar. Boil gently uncovered until thickened (about 5 minutes). Cool and spoon over cake allowing glaze to run down sides.

BUSY BRUNCH CASSEROLE

Judy Smith (*Blue Top Motel*)

(*Egg Dish*)

4 C. seasoned croutons	12 eggs (beaten)
12 oz. grated cheddar cheese	4 C. milk
½ lb. diced ham (or crabmeat, shrimp, sausage)	1 small onion (chopped)
	1 tsp. prepared mustard

SAUCE TO SERVE WITH:

1 can mushroom soup	1 can mushrooms
1 can cheddar cheese soup	

Line a 9x13-inch pan with 4 cups seasoned croutons. Combine cheese, ham, eggs, milk, onion, and mustard. Pour mix over croutons and allow to stand in refrigerator overnight. Bake 1½ hours at 325°.

SAUCE: Combine, heat, and serve alongside casserole.

BAKED EGGS

Ruth Vineyard

¼ C. butter or oleo
1½ dozen eggs
1 C. milk

1 C. sour cream
2 tsp. salt
¼ C. green onion

Heat oven to 350°. Melt butter in 9x13-inch pan. Coat bottom of pan with butter. Beat eggs, milk, sour cream and salt. Stir in chopped onion. Pour into pan. Bake 35 minutes or longer until eggs are set.

BRUNCH EGGS

Susan Bye

White bread (crust removed)
Sliced ham
Grated cheese
½ tsp. pepper
½ C. melted butter (or margarine)

6 eggs
3½ C. milk
1 tsp. dry mustard
½ tsp. salt
Cornflakes

Line a 9x13-inch cake pan with white bread (crust removed). Place a thinly sliced ham over bread. Place a generous layer of grated cheese over ham. Place another layer of bread over cheese. Beat 6 eggs and add 3½ C. milk, 1 tsp. dry mustard, ½ tsp. salt, and ½ tsp. pepper. Beat together and pour over bread. Cover and refrigerate overnight. The next day crush cornflakes and place on top. Dribble ½ C. melted butter (or margarine) over crumbs. Bake at 325° for 60 minutes.

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Classes were first held at the new Coralville School in 1949. Coralville became part of the Iowa City Community School District in 1964 and Coralville School was renamed Coralville Central after the merger.

BRUNCH EGG ROLL

(Contest Winner)

Sherry Carpenter

FILLING:

10 eggs, hard cooked, chopped	1/4 tsp. dillweed
1/2 C. finely chopped celery	1/4 tsp. pepper
2 T. chopped pimento	2/3 C. mayonnaise or salad dressing
2 tsp. chopped chives	1/4 tsp. minced onion
3/4 tsp. salt	

ROLL:

4 eggs	1 1/2 C. Hungry Jack buttermilk pancake & waffle mix
1/2 C. milk	
3 T. oil	

In large bowl, combine all filling ingredients until well blended; chill. Heat oven to 375°. Grease a 15x10-inch jelly roll pan. Line with waxed paper; grease paper. In small bowl, beat eggs at highest speed until thick and lemon colored, about 3 minutes. Add milk and oil at medium speed until blended. Gradually add pancake mix, beating until blended. Pour into prepared pan. Bake at 375° for 10 to 15 minutes or until light golden brown and top springs back when touched lightly in center. Loosen sides of roll; invert onto towel sprinkled with flour. Carefully remove waxed paper. While hot, roll pancake and towel from narrow end. Cool on wire rack, 20 to 30 minutes. Unroll pancake; remove towel. Spread pancake with filling; reroll. Place on serving platter. Cover; refrigerate until serving. Can be refrigerated up to 4 hours. Serve slices on lettuce leaf, if desired. Makes 8 servings.

BREAKFAST CASSEROLE

Irene Jedlicka

1 lb. sausage	1 C. shredded cheese
6 eggs	6-8 slices of bread (toast & cube)
3 C. milk	1 tsp. dry mustard

Brown, drain and cool sausage. Beat eggs. Put toast in bottom of 9x13-inch greased pan. Put sausage on top of toast. Put cheese on top of sausage. Over this, pour beaten egg, milk and dry mustard. Can make night before, put in fridge overnight and bake in a.m. Bake 45-60 minutes at 350°. May use cubed ham or bacon instead of sausage.

BREAKFAST HAM AND EGG ROLL

Joan Heitman

PASTRY:

1/2 C. mayonnaise	1/2 tsp. salt
2 T. flour	1/8 tsp. pepper
1 C. milk	12 egg whites
12 egg yolks	

FILLING:

1 1/2-2 C. finely chopped ham	1/4 C. finely chopped green onion
1-2 C. shredded Swiss cheese	

SAUCE:

3/4 C. mayonnaise	1 1/2 T. sour cream
2 1/2 T. chopped green onion	2 1/2 T. French's prepared mustard

Combine mayonnaise, flour, milk, egg yolks, salt, and pepper with electric mixer. Cook over medium heat, stirring constantly with wire whip until thick. Cool 15 minutes. Beat egg whites until stiff. Fold cooled egg yolk mixture into egg whites. Pour into a 10x15-inch jelly roll or brownie pan lined with wax paper generously brushed with mayonnaise. Bake 20 minutes in preheated 425° oven. It will be quite brown. Invert onto a clean towel, remove wax paper carefully. Sprinkle with filling and roll up lengthwise like a jelly roll. Cool for 30 minutes. Then wrap in foil and refrigerate overnight. May freeze if made earlier. Remove from refrigerator at least 30 minutes before baking, much longer if frozen. Bake 30 minutes or longer in preheated 350° oven, until the roll is hot. Mix sauce and serve slightly warmed over egg roll. One roll makes 12 slices.

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EGG CASSEROLE

Marie Ware

1 lb. sausage	4 eggs
6 slices bread (cubed)	1 tsp. mustard
2 C. milk	1 tsp. salt
1/4 lb. cheddar cheese (grated)	

Brown sausage; drain. Combine all ingredients and pour into 9x13-inch pan. Refrigerate overnight. Bake at 325° for 1 hour. Makes 6 servings.

BREAKFAST CASSEROLE

Beth Svenson

6 eggs	1½ C. milk
1½ tsp. dry mustard	1 to 2 C. bread crumbs
1 to 2 C. precooked meat	1 to 2 C. shredded cheese

Prepare the night before serving. Beat eggs, milk and mustard together; set aside. Grease glass pan. Layer enough bread to cover bottom of pan. Cover bread with meat. Cover meat with cheese. Pour egg mixture over. Cover pan with foil or plastic wrap and refrigerate overnight. Bake at 350° in a glass 9x13x2-inch pan for 45 minutes or until eggs baked.

BREAKFAST EGG CASSEROLE

Irene Shima

Slices of bread (crusts removed)	1-1½ lb. bacon (crisp & crumbled)
½ lb. Swiss cheese (sliced or shredded)	6 eggs
½ lb. sharp cheddar cheese (sliced or shredded)	3 C. milk
	½ tsp. salt
	1 can mushrooms, drained (opt.)

Lay slices of bread in a greased casserole dish. Place cheese over bread. Add bacon and mushrooms. Mix eggs with milk and salt. Pour egg mixture over other ingredients. Let stand in refrigerator 24 hours. Bake at 350° for 45 to 60 minutes. Serves 8 or more.

STUFFED FRENCH TOAST

Joyce Ruplinger

12 slices of wheat bread	½ C. maple syrup
8 oz. cream cheese	2 C. milk
12 eggs	Cinnamon & nutmeg

Cube bread. Put half of cubes in 9x13-inch pan. Cube cream cheese, put on bread. Put remaining bread cubes on top. Mix eggs, syrup and milk in bowl. Pour over bread cubes. Sprinkle with cinnamon and nutmeg. Set in refrigerator overnight. Bake at 350° for 45 minutes. Serve.

FARMER'S CASSEROLE

Sherry Carpenter

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|---------------------------------|--------------------------------------|
| 3 C. frozen shredded hashbrowns | 3/4 C. shredded Monterey Jack cheese |
| 1 C. diced fully cooked ham | 1/4 C. chopped green onions |
| 4 eggs | 1 can (12 oz.) evaporated milk |
| 1/4 tsp. pepper | 1/8 tsp. salt |

Place potatoes in an 8-inch square baking dish. Sprinkle with cheese, ham, and onions. Beat eggs, milk, pepper, and salt; pour over all. Cover and refrigerate for several hours or overnight. Remove from refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 55-60 minutes or until a knife inserted near the center comes out clean. Yield: 6 servings.

SAUSAGE EGG CASSEROLE

Karen Struthers Albertus

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|----------------------------------|------------------------------|
| 8 slices bread (cubed) | 2 1/2 C. milk |
| 2 C. grated sharp cheddar cheese | 3/4 tsp. dry mustard |
| 1 lb. bulk sausage | 1/2 C. milk |
| 4-6 eggs | 1 can cream of mushroom soup |

Place bread in 9x13-inch pan. Brown and drain sausage. Put cheese on bread, then sausage. Beat eggs with mustard and 2 1/2 C. milk. Pour over casserole. Refrigerate overnight. When ready to bake, dilute soup with 1/2 C. milk, and pour over casserole. Bake at 300° for 1 1/2 hours.

CHEESE AND BACON FRITTATA

Rose Allman

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|--|------------------------------------|
| 6 eggs | 1/2 tsp. salt |
| 1 green onion (minced) | 1/8 tsp. pepper |
| 1 (4 oz.) pkg. shredded cheddar cheese | 6 slices bacon (cooked & crumbled) |
| 1 C. milk | |

Preheat oven to 400°. Grease a 9x9-inch baking pan. Beat eggs, add milk, onion, salt, pepper, and beat until well blended. Pour into baking pan. Sprinkle with cheese and crumbled bacon. Bake 20 to 25 minutes at 350°.

UPSIDE DOWN FRENCH TOAST

Lois Miller

¼ C. firmly packed brown sugar	2 tsp. sugar
½ tsp. cinnamon	Dash of salt
¼ C. melted butter	10 slices of sourdough French bread or regular white bread
2 T. half & half or milk	3 T. powdered sugar
3 eggs (slightly beaten)	

Spread brown sugar over bottom of 10x15-inch pan. Sprinkle with cinnamon and melted butter. Mix milk, eggs, sugar, and salt in shallow low dish. Dip bread in egg mixture, coating both sides. Arrange slices on sugar mixture. Pour remaining egg mixture on slices. Refrigerate until ready to bake. Bake at 400° in the oven for 20 minutes. Dust with powdered sugar on the brown side. May be refrigerated overnight and baked in the morning.

SWIFT AND SAVORY HASH

Jean Newlin Schnake

1½-2 lbs. lean ground beef	1 (24 oz.) pkg. frozen potatoes O'Brien
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In large skillet cook ground beef. Drain and set aside in another bowl or pan. Use large skillet to prepare potatoes according to package directions. When potatoes are done, add ground beef and "toss" with salt and pepper to taste.

APPLE PANCAKE

John Weihe

3 large apples (peeled & sliced)	Dash of salt
5 T. butter	3 eggs (beaten)
½ C. milk	½ C. sugar
1 tsp. sugar	2 tsp. cinnamon
½ C. flour	

Preheat oven. In ovenproof skillet saute apples in butter over medium heat. Cook covered until soft about 15 minutes. Meanwhile, mix ½ C. milk, 1 tsp. sugar, flour, salt, and eggs; pour over apples. Cook 7-8 minutes more. Mix ½ C. sugar and cinnamon. Pour over partially cooked pancake. Bake 8-10 minutes in 500° oven. Serves 4-6.

BAKED PANCAKE

Jan Hinrichsen

$\frac{2}{3}$ C. flour
 $\frac{2}{3}$ C. milk

$\frac{1}{2}$ tsp. baking powder
4 eggs

Beat eggs, add milk, flour, and baking powder. Beat again until lumps are gone. Grease large cast iron skillet with vegetable shortening (Crisco); grease well. Bake at 400° for 15 minutes. Serve pie style. Top with butter, syrup, or powdered sugar.

OVEN PANCAKES

Kelly Hayworth

6 eggs
1 C. milk
Dash of salt

1 C. flour
 $\frac{1}{2}$ C. margarine

Combine eggs, milk, and salt in blender. Add flour and continue to mix until all ingredients are blended together. Melt margarine in 9x13-inch pan. Pour mixture on top of melted margarine and bake 20 minutes at 400°. HINT: You may want to add 1-2 more T. of flour while blending for fluffier pancakes.

SAUSAGE 'N' BISCUITS

Kayleen Gardner

Biscuits (use any biscuit recipe)
1 lb. sausage (mild, reg., or hot)
1 C. hot water
2 chicken bouillon cubes

$\frac{1}{4}$ C. margarine
 $\frac{1}{2}$ C. chopped onions
2 C. milk (divided)
 $\frac{1}{4}$ C. + 2 T. flour

Make biscuits and set aside. Crumble and saute sausage in fry pan until done. Drain in sieve. Run a little hot water over meat to remove more fat. Fill a cup with hot water, dissolve the 2 bouillon cubes in the cup and set aside. Melt margarine in a 3 quart pan, add onion and saute to opaque. Add bouillon and $1\frac{1}{2}$ C. milk. Continue heating. Meanwhile, mix flour and remainder of milk to paste consistency. Add prepared sausage to milk mixture, keep at medium heat. When mixture starts to boil, slowly add gravy paste, stirring constantly until thickened. Serve over split buttered biscuits.

WALDON PONDS SOUR DOUGH PANCAKES *Deanna Ireland*

2 C. flour
2 C. lukewarm water

1 pkg. dry yeast

Mix well and let stand overnight at room temperature. In morning, save ½ cup of above mixture for starter. To remainder add:

2 beaten eggs
2 tsp. salt
1 T. sugar

1 tsp. soda
2 T. oil

Mix well and bake on hot griddle.

SWEDISH PANCAKES *Thor Johnson*

2 eggs
1¾ C. milk
¾ C. flour

½ tsp. salt
¼ C. sugar
¼ C. melted butter

Mix all ingredients together. Use a little butter to grease small frying pan (7-inch) and pour in batter. The pancake will be very thin. Turn pancake over with a fork or spatula when underside is light brown. Remove when second side gets light brown. You can use butter, sugar or syrup as a topping and enjoy.

BREAKFAST PIZZA *Pam Kacmarynski*

10 eggs
½ C. milk
Dash of pepper
Dash of dry mustard

2 tubes 8-count crescent rolls
1 lb. sausage
1 lb. O'Brien potatoes
2-3 C. cheddar cheese (shredded)

Whip together the 10 eggs, ½ cup milk, dash pepper and dash dry mustard; set aside. Press 2 tubes of 8 count crescent rolls onto a 9x13-inch cookie sheet. Layer the sausage (cooked), the potatoes and the cheese. Next pour the egg mixture over the top. Bake for 40 minutes at 350°.

BREAKFAST PIZZA

Jessica Zehr

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|------------------------------------|-----------------------------|
| 1 lb. bulk pork sausage | 2 T. grated Parmesan cheese |
| 1 pkg. (8) crescent rolls in tube | 5 eggs |
| 1 C. frozen hashbrowns (thawed) | 1/4 C. milk |
| 1 C. shredded sharp cheddar cheese | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

In skillet, cook meat until brown; drain. Separate crescent roll dough into 8 triangles. Place in ungreased 12-inch pizza pan with points toward center. Press over bottom and up sides to form a crust; seal. Spoon meat over crust; sprinkle with potatoes. Top with cheddar cheese. In a small bowl, beat eggs, milk, salt, and pepper together. Pour into crust. Sprinkle Parmesan cheese over all. Bake at 375° for 25 to 30 minutes.

BROCCOLI QUICHE

Helen M. Sheets

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|--|----------------------|
| 1 (10 oz.) pkg. frozen chopped broccoli (thawed & drained) | 3 eggs (beaten) |
| 1 1/2 C. shredded cheddar cheese | 1 1/2 C. half & half |
| 1 unbaked 9-inch pie shell | 1/2 tsp. dried basil |
| | 1/8 tsp. pepper |

Combine broccoli and cheese in bowl; toss gently. Spoon into pie shell. Beat eggs and half & half in bowl. Stir in basil and pepper. Pour over broccoli mixture. Bake in 375° oven for 40 to 45 minutes or until golden brown. Let stand for 10 minutes before serving. Serves 6.

EASY QUICHE

Bertha Olin

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|---------------------------------|-----------|
| Bread slices to line quiche pan | 6 eggs |
| 1 C. shredded cheddar cheese | 1 C. milk |
| 1 C. cubed ham | Pepper |
| 1 C. broccoli (optional) | Chives |

Spray quiche pan with nonstick spray. Line quiche pan with bread slices. Spread cheese over bread, place ham and broccoli over cheese. Beat eggs with milk and pour over ingredients in quiche pan. Sprinkle with pepper and chives. Bake at 375° for 30-35 minutes. NOTE: May use bacon or sausage in place of ham.

IMPOSSIBLE QUICHE

Margaret Morgan

1/3 C. onion	4 eggs
12 slices bacon (fried & crumbled)	2 C. milk
1 C. shredded Swiss cheese	1/4 tsp. salt
1/2 C. Bisquick	Dash of pepper

Lightly grease pie pan and sprinkle with onion, bacon, and Swiss cheese. In blender mix Bisquick, eggs, milk, salt, and pepper for 1 minute. Pour into pie pan and bake at 350° for 50-55 minutes. Let stand 5 minutes. May add with onion any combination of ham, green pepper, mushrooms or any vegetable.

OLD COUNTRY QUICHE

Arlys Hannam

1 (9-inch) unbaked pie crust	2 T. all-purpose flour
1 tsp. unsalted butter or margarine	3 large eggs
1 small yellow onion (chopped)	1 C. lowfat milk
2 C. shredded Swiss cheese	1/4 tsp. salt
6 slices lean bacon (cooked & crumbled)	1/8 tsp. nutmeg

Heat oven to 400°. In 6-inch nonstick skillet melt the butter over moderately high heat. Add the onion and saute for 5 minutes or until soft, then transfer to a medium-size bowl. Toss with the cheese, bacon, and flour. Spread in pie crust. In the same bowl whisk the eggs with the milk, salt, and nutmeg. Pour over pie mixture and bake, uncovered, for 35 minutes or until center is set. Makes 6 servings.

In May, 1964, the new 7-room Coralville Elementary School was dedicated. It was later renamed Kirkwood Elementary School.

SAUSAGE SOUFFLE

Connie Jones

8 to 10 slices of bread	¾ tsp. dry mustard
2 C. grated cheddar	1 lb. bulk sausage
4 eggs	1 can mushroom soup
2¼ C. milk	Salt & pepper

Brown and drain sausage. Place cubed or whole bread in bottom of 9x13-inch pan; add layer of sausage and cheese. Beat eggs with 2 C. milk, mustard, salt, and pepper. Pour over bread and let set overnight in refrigerator. Next a.m., mix ¼ C. milk with soup and pour over. Bake at 325° for 1 hour 10 minutes. Delicious for a brunch. Serve with sweet rolls, coffee cake or fruit compote.

SAUSAGE STRATA

Irene Ruhland

6 slices white bread with crust cut off (only use white bread)	3 C. milk
1 lb. pork sausage or hamburger (browned)	1 C. shredded Swiss cheese
1 tsp. prepared mustard	6 eggs (beaten slightly)
	Dash of pepper & nutmeg
	1 can mushrooms (opt.)

Trim crust off white bread and place bread in bottom of 9x13-inch greased pan. Brown the sausage or hamburger and drain well; stir in mustard and spoon over bread. Sprinkle the cheese. Combine the rest of the ingredients and pour over the bread and meat. This can be made the day before, stored in refrigerator and baked the next day at 350° for 35 to 40 minutes to make sure it is well done. Cool a few minutes before serving. If you want a smaller recipe just cut it in half.

*Northwest Junior High opened January 24, 1972,
and is located at 1507 8th Street.*

BIRCHER-MUESLI

Meg Kiekhaefer

½ C. rolled oats	2 bananas (sliced)
½ C. water	1 (10 oz.) pkg. frozen berries (drained)
¼ C. sweetened condensed milk	¼ C. chopped nuts
¼ C. lemon juice	Substitutions allowed, quite flexible
2 apples (grated with peel)	
2 oranges (cut up)	

In large bowl, mix rolled oats, water, milk, and lemon juice; let stand while preparing fruits. Stir in apples, oranges, bananas, other fruits as desired. Reserve a few berries and nuts for top for decoration. Chill, serve. NOTE: This makes a good nutritious breakfast or a wonderful fruit salad, especially with a Kaese Kuchen or cheese quiche. This is the original muesli recipe from the Swiss health food guru Bircher.

KAESE KUCHEN

Meg Kiekhaefer

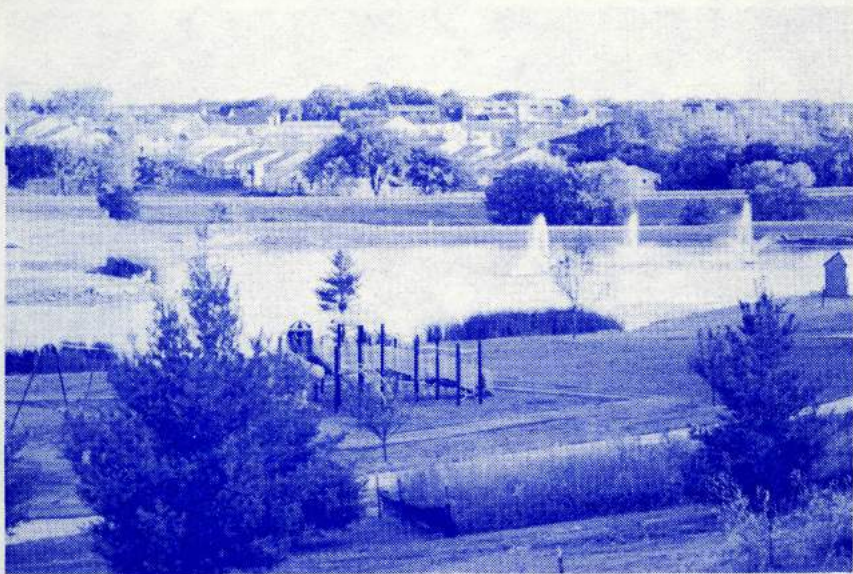
300 gm. (11 oz.) grated cheese, half Emmenthaler, half gruyere	2 eggs
1 C. milk	Pepper
	Nutmeg (for garnish)

Use your favorite pie shell, puff pastry or pate brise. Line a 9-inch pie plate or quiche pan. Place grated cheeses in unbaked crust. Mix milk, eggs, pepper, blending well. Pour over cheese. Sprinkle with nutmeg. Bake at 400° for 20-30 minutes or until toothpick to center of the pie comes out clean. Also good with other cheeses, a little bacon and onion, or a cup of partially cooked vegetables such as broccoli.

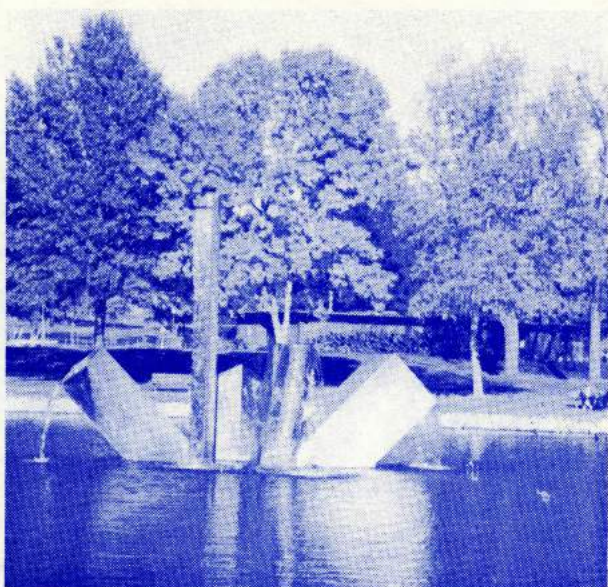
Coralville celebrated its centennial on July 20, 21, & 22, 1973. Officials were: Russell Slade, Pres.; James Brotherton, V-P; Tom E. Lyon, Treasurer; and Mrs. Ernest (Jean) Schwab, Secretary.



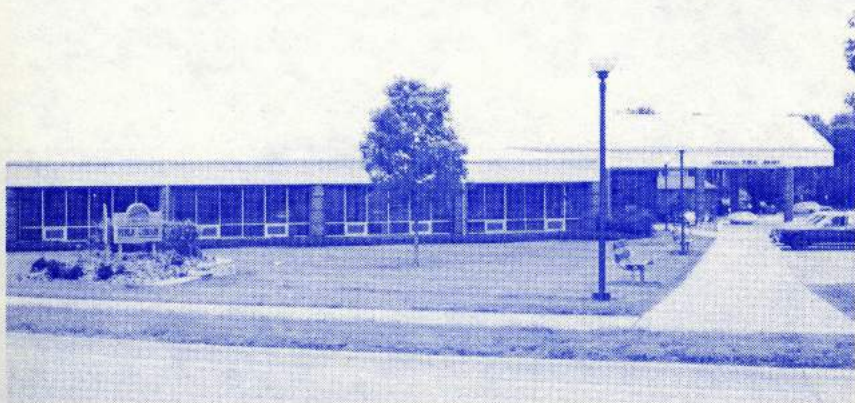
The Iowa Firefighters Memorial is located on First Avenue. A cast bronze statue of a firefighter rescuing a child stands before the memorial wall and visitor center.



One of many beautiful Coralville Parks. Northridge Park is great for biking, hiking, picnicking, fishing, and use of the playground equipment.



S.T. Morrison Park features the Silver Lily, a fountain sculpture, as well as ducks and geese.



The Coralville Library's circulation is 226,032 for the year. They have programming and materials for children and adults.

Cakes and Frostings

My Favorite Recipes in this section are:

RECIPE

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Hints for Cakes, Frostings, and Toppings

When baking cakes and quick bread in the microwave, fill the pans just half full of batter as they rise higher than in conventional ovens.

Trace the bottom of the baking pan onto wax paper and cut it out. Now this can be placed in the bottom of the pan and the sides greased and floured like normal. When the cake is done it can be inverted and the paper taken off while still warm with no sticking.

Use cocoa to dust baking tins so cookies and cakes won't have a floury look. Or sprinkle greased pan generously with wheat germ, instead. It keeps the cake from sticking and adds nutrients.

To add an interesting flavor to cakes, beat 4 T. of creamy or chunky peanut butter into the butter-sugar mixture. Beat in the eggs and proceed as directed.

Grated orange and lemon rind added to a cake mixture gives the cake a nice flavor and prevents it from becoming stale.

As you take a cake from the oven, place it for a very few moments on a cloth wrung out of cold water. Then it may be turned out easily without sticking to the pan.

The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

When baking layer cakes, put a pan of water on the bottom oven shelf. Cakes will bake more evenly and be heavenly moist.

Spaghetti is great with cake! While waiting for icing to set, a few sticks of dry spaghetti will hold the layers in place. Also, a piece of raw spaghetti works well to light birthday candles. Try using spaghetti instead of a toothpick to check your cake for doneness.

If powdered sugar is sprinkled on top of each layer before filling or frosting, this will keep the filling from soaking through the cake.

Icing won't become grainy if a pinch of salt is added to the sugar.

To keep powdered sugar icings moist and prevent cracking, add a pinch of baking soda or baking powder.

Your frosting will look professional if you first frost with a thin layer and let it set. Then apply a second coat of frosting.

A quick frosting can be made by adding a bit of chocolate syrup to prepared whipped topping.

If icing that isn't thick enough runs down the sides of the cake, sift powdered sugar over it and the drippings will stop.

- CAKES AND FROSTINGS -

FRESH APPLE CAKE

Margaret Morgan

SIFT TOGETHER:

2½ C. sifted flour
2 C. white sugar
1 tsp. soda

1 tsp. baking powder
½ tsp. salt

ADD:

1 C. oil
3 beaten eggs

3 C. finely chopped apples
1 C. chopped pecans

Mix together by hand. Dough will be stiff until apples soften dough. Grease and flour a 9x13-inch pan or may divide into smaller size pans. Pour dough into pan and sprinkle a 6 oz. pkg. butterscotch chips over top of dough. Bake at 325° for 1 hour or until cake tester comes out dry. Enjoy! Serves 12-15.

APFELKUCHEN

(German Apple Cake)

Mike Kattchee (Former Mayor)

1½ sticks butter or margarine
1 C. sugar
3 eggs
1 tsp. vanilla

1½ C. flour
½ tsp. baking powder
Pinch of salt
4 or 5 apples (peeled & sliced)

Cream butter or margarine. Gradually add cup of sugar and beat well. Beat eggs and add to mixture with vanilla. Mix in flour, baking powder, and salt. Spread batter in springform pan. Arrange apple slices around the edge, overlapping slightly, and continue making circles of apple slices until entire top of batter is covered. Sprinkle with cinnamon and sugar. Bake at 350° for about 50 minutes. Cool and remove from springform pan.



WASHINGTON APPLE CAKE

(The Captain Inn, Coupeville, WA)

Teresa Swenson

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|--------------------|---------------------------|
| 3 eggs | 1 tsp. salt |
| 2 C. sugar | 1 tsp. vanilla |
| 1 C. oil | 1 C. chopped walnuts |
| 2 C. flour | 4 C. thinly sliced apples |
| 2 tsp. cinnamon | (5 medium) |
| 1 tsp. baking soda | |

Beat eggs with mixer until thick and light. Combine sugar and oil; pour into eggs with mixer on medium speed. Stir together flour, cinnamon, soda, and salt. Add to egg mixture with vanilla; beat to mix. Stir in nuts. Spread apples in a buttered 13x9x2-inch pan. Pour butter over apples, spreading to cover. Bake in a 350° oven for 50 minutes to 1 hour.

CREAM CHEESE ICING: Soften 6 oz. cream cheese. Beat until creamy and fluffy. Beat in ¼ C. melted butter. Beat in 2 C. powdered sugar and 1 tsp. lemon juice. Refrigerate if desired.

BANANA CAKE

Connie Keeling

CREAM TOGETHER:

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| 2 C. sugar | 2 eggs (well beaten) |
| ½ C. shortening | |

ADD:

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| 1 C. sour milk plus | 2 C. flour |
| 1 tsp. soda | 3 large bananas (mashed) |

Add dry ingredients and mix well. Bake in a 9x13-inch cake pan for 30 minutes at 350°. NOTE: The riper the bananas the better the flavor.



CARROT CAKE

Kim Moeller

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|----------------------------|-------------------------------------|
| 2 C. all-purpose flour | 1 tsp. vanilla extract |
| 2 C. sugar | 1 C. well-drained crushed pineapple |
| ½ tsp. ground cinnamon | 1 C. shredded coconut |
| 3 eggs | ½ C. chopped nuts |
| 1½ C. vegetable oil | |
| 2 C. finely grated carrots | |

CREAM CHEESE FROSTING:

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| 2 pkgs. (3 oz. each) cream cheese (softened) | 6 T. butter or margarine (softened) |
| 3 C. confectioners' sugar | 1 tsp. vanilla extract |

In a mixing bowl, combine dry ingredients. Add eggs, oil, carrots, and vanilla; beat until combined. Stir in pineapple, coconut and nuts. Pour into a 13x9x2-inch baking pan. Bake at 350° for 50-60 minutes. Cool. Combine frosting ingredients in a small bowl, mix until well blended. Frost cooled cake. Store in refrigerator.

CHOCOLATE CAKE

Sandie Herwig

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|----------------------------|---------------------------------------|
| 1¾ C. boiling water | 1 tsp. soda |
| 1 C. quick cooking oatmeal | 1 tsp. salt (optional) |
| 1 C. sugar | 1 T. cocoa |
| 1 C. brown sugar | 1 (6 oz.) pkg. (1 C.) chocolate chips |
| 1 stick margarine | ¾ C. nuts (optional) |
| 2 large eggs | ¼ C. sugar |
| 1¾ C. flour | |

Pour boiling water over the oatmeal and let stand 10 minutes. Stir in the next 8 ingredients (everything up to the chocolate chips). Mix thoroughly. Turn batter into greased 9x13-inch pan. Spread chocolate chips and nuts over top, and then sprinkle the ¼ C. sugar over all. Bake at 350° for 40 minutes. If desired, recipe may be used to make bars by spreading prepared batter into a jelly roll pan and a smaller pan and topping as directed. Bake at 350° for 25 minutes.

CHOCOLATE CAKE

Irene Ruhland

2 C. sugar	2 eggs (beat eggs with sugar)
2 C. flour	1 C. boiling coffee
2 tsp. soda (heaping)	1 tsp. vanilla
1 tsp. baking powder	¾ C. cocoa
1 C. milk	½ tsp. salt
½ C. oil	

Beat the eggs and sugar real well. Add slowly the flour, soda, baking powder, milk, oil, coffee, vanilla, cocoa, and salt and beat real well with a mixer. Bake at 350° in 9x13-inch pan for 40 to 45 minutes. Can use smaller pan for higher cake or make it 1½ recipe size.

BLACK MAGIC CHOCOLATE CAKE

Eleanor Vauricek

1¾ C. flour	2 eggs
2 C. sugar	1 C. sour milk
¾ C. cocoa	1 C. cold coffee
1 tsp. salt	¼ C. vegetable oil
1 tsp. baking powder	1 tsp. vanilla
1½ tsp. soda	

In a large mixing bowl, combine all ingredients. Beat at medium speed for 2 minutes. Pour into a 9x13-inch baking pan. Bake at 350° for 35-40 minutes or until cake tests done.

DEEP DARK CHOCOLATE CAKE

Bonnabelle Rayner

2 C. sugar	2 eggs
1¾ C. flour	1 C. milk
¾ C. cocoa	½ C. vegetable oil
1½ tsp. baking soda	2 tsp. vanilla
1½ tsp. baking powder	1 C. boiling water
1 tsp. salt	

Bake at 350° in a 9x13-inch greased and floured pan for 35-40 minutes. Mix all ingredients and add boiling water last. Batter will be thin. This is a very moist delicious cake. Frost as desired.

CURSE OF THE COUNTRY CHOCOLATE CAKE *Gerry Lynch* (Submitted by Peggy Slaughter)

4 eggs	2 tsp. soda
2 C. sour cream or sour milk	2 tsp. vanilla
2 C. sugar	½ tsp. salt
2 C. flour	6 heaping T. cocoa

Preheat oven to 350°. Cream together eggs and sour cream. Add sugar and beat well. Add remaining ingredients; mix well. Grease and flour a 9x13-inch cake pan, or a bundt pan, or cupcakes, or 2 rounds for a 2-layer cake. Bake at 350° for 35 to 40 minutes. NOTE: This recipe has been in our family for over 40 years, given to me by a family friend. This cake has been a favorite for many occasions including wedding cakes for our family.

DIVINE DECADENCE CHOCOLATE CAKE *Kelly Fackel*

1 pkg. (8 sq.) Baker's semi-sweet chocolate (divided)	1 tsp. vanilla
½ C. butter or margarine (1 stick)	1 C. flour
½ C. corn syrup	1 C. chopped walnuts
¾ C. sugar	1 T. margarine or butter
3 eggs	2 T. corn syrup
	1 tsp. milk

Heat oven to 350°. Microwave 5 squares of chocolate, ½ C. of butter and ½ C. corn syrup in large bowl on high 2 minutes until butter is melted. Stir until chocolate is completely melted. Stir sugar into chocolate mixture until well blended, stir in walnuts. Pour into greased and floured 9-inch round cake pan. Bake 30 minutes (clean toothpick). Cool 10 minutes; remove from pan. Cool on wire rack. Microwave remaining 3 squares chocolate and 1 T. butter in medium bowl on high 1½-2 minutes or until chocolate is almost melted. Stir until chocolate is completely melted. Stir in 2 T. corn syrup and 1 tsp. milk. Spread glaze over top and sides of cake. Let stand 1 hour or until glaze is set.



CHOCOLATE ECLAIR CAKE

Carol Raymer

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|---------------------------------------|--|
| 1 box graham crackers | 1 (8 oz.) carton Cool Whip |
| 2 small boxes instant vanilla pudding | 1 can ready to spread chocolate fudge frosting |
| 3 C. milk | |

Spread a layer of graham crackers over the bottom of a 9x13-inch pan. (Do not crush.) Mix pudding and milk. When blended, fold in Cool Whip. Spread 1/2 of this over the graham crackers, then add another layer of graham crackers. Spread the rest of the pudding over the crackers. Add one final layer of crackers. Put the frosting in the microwave, uncovered, for 1 minute, then pour over the last layer of crackers and refrigerate overnight.

KAHLUA CHOCOLATE SUPREME BUNDT CAKE

Sue Dvorak

- | | |
|--|--------------------------------|
| 1 pkg. chocolate cake mix | 4 eggs |
| 1 pt. (2 C.) sour cream | 1/3 C. Kahlua |
| 1 small pkg. instant chocolate pudding | 1 (6 oz.) pkg. chocolate chips |
| 3/4 C. oil (vegetable oil) | Ice cream |
| | Chocolate & butterscotch syrup |

Mix first 6 ingredients together with an electric mixer for about 2 minutes. Stir in chocolate chips. Pour into bundt pan sprayed with Pam. Bake at 325° for 1 hour. (Cake shrinks down quite a bit after baking.) Leave in pan 20 minutes before inverting. Serve with vanilla ice cream and drizzle chocolate syrup and butterscotch syrup over it. Delicious!

COCOA MAYO CAKE

Dianna Daub

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|--------------------------|------------------------|
| 1 3/4 C. flour | 1 1/2 tsp. baking soda |
| 1 C. sugar | 1 C. mayo |
| 1/3 C. cocoa | 1 C. water |
| 1 1/2 tsp. baking powder | 2 tsp. vanilla |

Combine all ingredients. Beat until well mixed. Grease a 9x13-inch pan. Preheat oven. Bake at 350° for 30 to 35 minutes until toothpick inserted in middle comes out clean. Frost with your choice of frosting. Very moist and delicious.

MIRACLE WHIP CHOCOLATE CAKE

Connie Rummelhart

2 C. flour	1 C. Miracle Whip
1 C. sugar	¼ tsp. salt
¼ C. cocoa	1 C. water
2 tsp. soda	1 tsp. vanilla

Stir until blended. Bake in loaf pan at 350° for 35-40 minutes.

FROSTING:

4 T. cocoa (melt with 3 T. Crisco)	5 T. hot milk
2 C. powdered sugar	Dash of salt
	Vanilla

Melt cocoa with 3 T. Crisco. Put powdered sugar in bowl and add hot milk. Add salt and vanilla; beat.

PETER PAUL MOUND CAKE

Gail Rogers

1 pkg. devil's-food cake mix	4 eggs
1 pkg. instant chocolate pudding mix	¾ C. cooking oil
	¾ C. water

Mix all above ingredients at once. Bake at 350° for 35 minutes.

FROSTING: Boil 1 C. sugar and 1 C. milk until it begins to thicken, remove from heat when it reaches the consistency of thin gravy. Add 20 marshmallows and 14 oz. of fine coconut. Mix and spread over cooled cake. Taste will improve if cake is served the next day.

Clear Creek was referred to as the "Indian Run" meaning a straight, quick path from Indian land to where they wished to go.

SOUR CREAM DEVIL'S-FOOD CAKE

Irene Ruhland

2 C. flour	2 tsp. soda
2 C. sugar	4 T. cocoa
4 eggs	1 tsp. vanilla
2 C. sour cream	1 tsp. salt

Beat the eggs well. Add sugar; mix well. Add sour cream. Sift and measure flour, soda, salt, and cocoa. Add the dry ingredients to cream and egg mixture gradually. Mix well with mixer and add vanilla. Bake at 350° in a 9x13-inch pan for 40 minutes or until it pulls away from the sides of the pan.

SOUR CREAM CHOCOLATE CAKE

Rita Bedard

4 eggs	2 C. sugar
2 C. sour cream	2 tsp. soda
2 tsp. vanilla	5 T. cocoa
2 C. flour (sifted)	Dash of salt

Beat eggs, add sour cream and vanilla. Sift together flour, sugar, soda, cocoa, and salt. Add to first mixture and beat well. Bake at 350° in 9x13-inch pan.

CREAM CHEESE FROSTING:

2½ C. powdered sugar	1 tsp. vanilla
½ C. margarine	2 sq. semi-sweet chocolate
1 (8 oz.) pkg. cream cheese	for color (melted)

Let cream cheese and margarine soften, then beat all the ingredients together until smooth. Ice your cake when cool.

The city purchased land for S.T. Morrison Park in March, 1967.

TEXAS SHEET CAKE

Joanne Hora

2 C. sugar
2 C. flour

½ tsp. salt

IN A SAUCEPAN:

1 C. cold water
½ C. oil

3 T. cocoa
1 stick margarine

Bring to a boil and pour over the salt, sugar, and flour, which has been combined in a mixing bowl; continue to stir.

ADD TO MIXTURE:

2 beaten eggs
½ C. buttermilk that has had 1
tsp. soda added to it

1 tsp. vanilla

Beat all together. Bake in a greased 11½x17½-inch pan for 20 minutes in 350° oven.

FROSTING:

1 stick margarine
6 T. milk

3 T. soda

Bring to a boil. Then beat in 1 (1 lb.) box (about 2¾ C.) of powdered sugar and 1 tsp. vanilla. Pour on cooled cake. Easy to make and yummy!

TRIPLE CHOCOLATY CHIP CAKE

Michele Brandstatter

1 pkg. 2-layer size chocolate
cake mix
1 4-serving size pkg. instant
chocolate pudding mix
¾ C. oil
1 (8 oz.) carton plain yogurt

3 eggs
1 C. water
1 (6 oz.) pkg. mini semi-sweet
chocolate pieces
Powdered sugar

Grease and flour a 10-inch fluted tube pan. Set the pan aside. In a large mixing bowl, combine the cake mix, pudding mix, cooking oil, yogurt, eggs, and water. Beat with an electric mixer on low speed for 30 seconds to combine. Beat on medium to high speed for 2 minutes more (batter will be thick). By hand, stir the semi-sweet chocolate pieces into the batter. Pour the cake batter into the prepared tube pan. Bake in a 350° oven for about 60 minutes or until a toothpick inserted near center comes out clean. Cool the cake in the pan for 15 minutes. Remove the cake from the pan and cool completely. Sift powdered sugar over cake.

WACKY CAKE

Reva Helmuth

1½ C. flour
1 C. sugar
3 T. cocoa
1 tsp. baking soda
½ tsp. salt

6 T. melted shortening or oil
1 T. vinegar
1 tsp. vanilla
1 C. cold water

Sift flour, sugar, and cocoa into a 9x13-inch cake pan. Make 3 holes in the mixture. In one hole pour the shortening. In the medium hole pour the vinegar. In the small hole pour the vanilla. Pour in the cup of cold water. Stir well with a fork. Bake at 350° for 25 minutes or until a toothpick comes out clean.

WACKY CHOCOLATE CAKE

Becky Dagle

2 C. sugar
3 C. flour
½ C. cocoa
1 tsp. salt
2 tsp. soda

2 T. vinegar
⅔ C. oil
2 C. cold water
2 tsp. vanilla

Mix together sugar, flour, cocoa, salt, and soda. Add remaining ingredients; pour into 9x13-inch cake pan. Bake at 350° for 25 to 30 minutes.

WACKY CAKE

Marcia Reece

1½ C. flour
1 C. sugar
3 T. cocoa
1 tsp. soda
½ tsp. salt

6 T. oil
1 T. vinegar
1 C. cold water
1 tsp. vanilla

Sift all dry ingredients into ungreased 9x9-inch baking pan. On top of this pour oil, vinegar, vanilla, and water. Stir together with fork. Bake at 350° for 25 minutes.

ZUCCHINI COCOA CAKE

Nancy Hayworth

½ C. margarine
½ C. salad oil
1¾ C. sugar
2 eggs
1 tsp. vanilla
4 T. cocoa

2½ C. flour
½ C. buttermilk
½ tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 C. grated zucchini

TOPPING:

Chocolate chips
Sugar

Chopped nuts

Cream well the margarine, oil, and sugar. Add eggs, vanilla, cocoa, flour, buttermilk, baking powder, soda, and salt. Stir in zucchini. Pour into greased 9x13-inch pan. Sprinkle with chocolate chips, sugar, and nuts. Bake at 325° for 40-45 minutes.

CHOCO ZUCCHINI CAKE

Jennifer Rosecrance

(From Karen's Mom in Grants Pass, OR)

½ C. soft margarine
½ C. oil
1¾ C. sugar
2 eggs
1 tsp. vanilla
½ tsp. salt

5 T. cocoa
1 tsp. soda
2½ C. flour
½ C. sour milk (add ½ tsp.
vinegar to ½ C. milk, let set
5 minutes)
2 C. shredded zucchini

Combine and cream first 5 ingredients. Sift together next four dry ingredients. Add to first mixture. Fold in sour milk and zucchini. Pour into a 9x9-inch greased pan. Sprinkle with topping. Cook at 325° for 40-45 minutes.

TOPPING:

½ C. chocolate chips

½ C. chopped nuts

CHOCOLATE ZUCCHINI CAKE

Vicki Siefers

½ C. margarine	4 T. cocoa
½ C. oil	1 tsp. soda
1¾ C. sugar	½ tsp. salt
2 eggs	½ tsp. cinnamon
1 tsp. vanilla	2 C. grated unpeeled zucchini
½ C. sour milk	1 C. mini chocolate chips
2½ C. flour	

Cream margarine, oil, and sugar. Add eggs, vanilla, and sour milk. Mix dry ingredients and stir in. Add zucchini. Pour into greased 9x13-inch pan. Sprinkle mini chocolate chips on top. Bake at 350° for 40-45 minutes.

NO BAKE DIRT CAKE

Kayleen Gardner and Anna Powers

1 (12 oz.) carton Cool Whip	1 C. powdered sugar
1 (20 oz.) Oreo cookies	3½ C. milk
½ stick oleo	2 pkgs. (small) instant vanilla pudding
1 (8 oz.) pkg. cream cheese	

Crush cookies in food processor. Set aside (dirt). Cream together oleo, cream cheese, and powdered sugar; set aside. Combine pudding and milk. Set aside until slightly thickened. Stir in 12 oz. carton Cool Whip. Blend pudding mixture with cream cheese mixture. Take 9-inch plastic flowerpot. Put foil in bottom to cover holes. Layer dirt and pudding mix. Start with dirt on bottom and end with dirt on top. Refrigerate at least 2-3 hours. Best overnight. Serve with trowel. Add artificial flowers to pot to look like a potted flower. Serves 16 people.

Approval for the development of Edgewater Park into a camping area came about in 1967.

HEATH BAR CAKE

Gail Rogers

2 C. brown sugar	½ tsp. salt
2 C. flour	1 egg
½ C. oleo	1 tsp. vanilla
1 tsp. soda	½ C. pecans (chopped)
1 C. buttermilk	9 Heath bars

Mix brown sugar, flour, salt, and oleo. Save back 1 cup mixture. With remaining add egg, soda with buttermilk and vanilla. Put into 9x13-inch greased pan: first, cake batter; second, 1 C. crumb mixture, that was saved; third, chopped pecans; fourth, broken up Heath bars. Bake at 350° for 35 minutes.

CRUMB CAKE

Susan Wakefield

3 C. flour	¾ C. shortening
1½ C. sugar	2 eggs
1½ tsp. ground cloves	1½ T. light molasses
1½ tsp. nutmeg	1½ C. sour milk (add 1½ tsp.
1½ tsp. cinnamon	vinegar to milk to make it sour)
¾ tsp. salt	1½ tsp. baking soda

In a large bowl, sift together all dry ingredients except soda. Cut in shortening to fine crumb consistency. Save ¾ C. of this crumb mixture for topping. In smaller bowl beat eggs well. Add molasses, sour milk, and soda to beaten eggs. Pour the wet mixture into the crumb mixture. Stir thoroughly by hand. Pour into greased 9x13-inch pan and spread evenly. Sprinkle top of cake with saved crumb mixture. Bake 35-40 minutes at 350°, until toothpick is clean when inserted and removed. Delicious served warm with vanilla ice cream. NOTE: This is a moist spice cake that needs no icing because of the crumb topping.

The Coralville Recreation Center opened its doors on Sept. 27, 1972, at a cost of \$210,000.00.

TUNNEL OF FUDGE CAKE

Darlene Filloon

(In 1966 a chocolate cake called the Tunnel of Fudge Cake, made with a boxed frosting mix, won the Pillsbury BAKE-OFF Contest. Although the frosting mix was discontinued, Pillsbury continued to receive so many requests for the cake that the company developed a scratch recipe to simulate the original. Here it is.)

3½ sticks (14 oz.) margarine or butter (softened)	2¼ C. flour
1¾ C. granulated sugar	1 C. unsweetened cocoa powder
6 eggs	2 C. chopped walnuts (8 oz.)*
2¾ C. powdered sugar	1½ to 2 T. milk

Preheat oven to 350°. Grease a 12 C. bundt pan or 10-inch angel food tube pan. Dust with flour; tap out excess. In a large bowl, beat together margarine and granulated sugar with an electric mixer on medium speed until light and fluffy, 1 to 2 minutes. Add eggs, one at a time, beating well after each addition. Gradually add 2 C. powdered sugar, beating until well blended. By hand, stir in flour, ¾ C. cocoa, and nuts; mix until well blended. Spoon batter into prepared pan and spread evenly. Bake 58 to 62 minutes. (Since this cake has a soft tunnel of fudge, ordinary doneness test cannot be used. Accurate oven temperature and baking time are critical.) Let cake cool upright in pan on a rack 1 hour; then invert onto serving plate and let cool completely.

GLAZE: Combine remaining ¾ C. powdered sugar, remaining ¼ C. cocoa, and milk. Mix until well blended. Spoon glaze over top of cool cake, allowing some to run down sides. Store cake tightly covered. *Nuts are essential for the success of this recipe. Prep time: 20 minutes. Serves 14 to 16.

CANADIAN LEMON CAKE

Catherine Kaufman

White cake mix	Fluffy white frosting
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Make cake according to package (or recipe) and put in 3 layer pans. Bake as directed in 350° oven.

LEMON CHEESE:

3 egg yolks	1 C. brown sugar
½ C. butter (cannot sub. oleo)	Juice & rind of one medium lemon

Mix lemon cheese ingredients and cook over boiling water, stirring constantly. Cool. Put lemon filling between layers. Frost with package fluffy or (homemade) "7 Minute Frosting."

MANDARIN ORANGE CAKE

Sandie Herwig

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|------------|--|
| 1 C. sugar | 1 tsp. soda |
| 1 C. flour | Dash of salt |
| 1 egg | 1 (11 oz.) can mandarin oranges
+ juice |

Stir all ingredients together by hand. Bake in 8x8-inch pan (not greased) at 350° for 30 to 40 minutes. Nuts may be added.

FROSTING:

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|-----------------------------|---------------------|
| 1 (3 oz.) pkg. cream cheese | 1 C. powdered sugar |
| 2 T. butter or margarine | |

Mix all together with mixer until smooth. Keep in refrigerator.

LAZY DAISY OATMEAL CAKE

Karen Palumbo

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|--|--------------------------------|
| 1¼ C. boiling water | 1 tsp. vanilla |
| 1 C. Quaker oats (quick or old
fashioned, uncooked) | 2 eggs |
| ½ C. butter or margarine
(softened) | 1½ C. sifted all-purpose flour |
| 1 C. granulated sugar | 1 tsp. soda |
| 1 C. firmly packed brown sugar | ½ tsp. salt |
| | ¾ tsp. cinnamon |
| | ¼ tsp. nutmeg |

LAZY DAISY FROSTING:

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|---|---------------------------------|
| ¼ C. butter or margarine (melted) | ⅓ C. chopped nutmeats |
| ½ C. firmly packed brown sugar | ¾ C. shredded or flaked coconut |
| 3 T. half & half (I use evaporated
milk) | |

CAKE: Pour boiling water over oats; cover and let stand 20 minutes. Beat butter until creamy; gradually add sugars and beat until fluffy. Blend in vanilla and eggs. Add oat mixture; mix well. Sift together flour, soda, salt, cinnamon, and nutmeg. Add to creamed mixture; mix well. Pour batter into well greased and floured 9-inch square pan. Bake in preheated moderate oven (350°) for 50-55 minutes. Do not remove cake from pan.

FROSTING: Combine all ingredients. Spread evenly over cake, broil until frosting becomes bubbly. Cake may be served warm or cold.

NO FROST OATMEAL CAKE

Debra Schreiber

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|----------------------------|--|
| 1½ C. water (boiling) | 1 tsp. soda |
| 1 C. oatmeal (quick) | ½ tsp. salt |
| 1 C. brown sugar | 1 T. cocoa |
| 1 C. white sugar | 1 C. Hershey's semi-sweet
chocolate chips |
| ½ C. shortening (softened) | ½ C. walnuts (chopped) |
| 2 eggs | |
| 1½ C. flour | |

Pour boiling water over oatmeal and let stand 10 minutes. Add sugars and shortening to oatmeal mixture and beat well. Add eggs and beat well. Then add flour, soda, salt, and cocoa. Stir in ½ C. of the chocolate chips. Pour into greased and floured 9x13-inch pan. Sprinkle with remaining chocolate chips and nuts. Bake at 350° for 35-40 minutes. NOTE: I usually sprinkle ¼ C. more chocolate chips on top than what the recipe calls for. Serves 12.

PEACHES AND CREAM CHEESE CAKE

Anne Allen

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|--|---|
| ¾ C. flour | 1 large can peaches (drain/
reserve) |
| 1 tsp. baking powder | 1 (8 oz.) pkg. cream cheese |
| ½ tsp. salt | ½ C. sugar |
| 1 pkg. (4 oz.) vanilla cook &
serve pudding (not instant) | 3 T. peach syrup |
| 3 T. oleo | 1 T. sugar |
| ½ C. milk | ½ T. cinnamon |
| 1 egg | |

Mix together flour, baking powder, salt, dry pudding mix, oleo, milk, and egg at medium speed. Grease 10-inch pie pan. Pour into pie pan (will be runny). Pour peaches onto crust. Mix cream cheese, sugar and syrup for 2 minutes. Spoon filling mix into pie pan. Top with sugar and cinnamon (optional). Bake at 350° for 45 minutes.



PINEAPPLE LAYER CAKE

Del Hartvigsen

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|-----------------------|--|
| 1 box yellow cake mix | 1 can mandarin oranges & juice
(11 oz.) |
| 3 eggs | |
| ¾ C. Mazola oil | |

TOPPING:

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|--|--|
| 1 (20 oz.) can crushed pineapple
(well drained) | 1 medium size carton Cool Whip
(12 oz.) |
| 1 box instant vanilla pudding | |

Mix cake and bake at 350° for 15 to 20 minutes in three 8-inch round pans. Do not overbake. (Pans must be well oiled.)

TOPPING: Mix pineapple and dry instant pudding together. Fold in Cool Whip and spread between layers and top. Keep in refrigerator.

PINEAPPLE UPSIDE DOWN CAKE

Ellen Bigelow

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|--------------------------------------|-----------------------|
| 2 (8½ oz.) cans crushed
pineapple | 2 eggs |
| 6 T. butter | 2 tsp. vanilla |
| 1 C. brown sugar | 2 C. sifted flour |
| ⅔ C. shortening | 2½ tsp. baking powder |
| 1 C. sugar | ½ tsp. salt |

Drain pineapple, save syrup. Melt butter in a 9x13-inch pan. Add brown sugar and 2 tsp. of pineapple syrup. Add water, if needed, to remaining syrup to make 1 C. Place pineapple in pan. Cream together shortening and sugar until light. Add eggs and vanilla; beat until fluffy. Sift together dry ingredients. Mix dry ingredients, alternating with the 1 C. pineapple juice, beating after each addition. Spread over pineapple. Bake at 350° for 40-45 minutes. Cool 5 minutes. Invert on serving plate. Serve warm.



PINEAPPLE UPSIDE DOWN CAKE

Mary E. Miller

1 C. brown sugar
4 T. butter

Pineapple or apricots

BATTER:

4 eggs
2 T. water
1 C. sugar
Dash of salt

1 tsp. vanilla
1 C. flour
1 tsp. baking powder

Place 1 C. brown sugar and 4 T. butter in 10-inch iron skillet, melt thoroughly. Set back and cover with pineapple (or apricots). Then make batter.

BATTER: Beat 4 eggs and 2 T. water until frothy. Beat in 1 C. sugar, dash of salt, and 1 tsp. vanilla. Mix in 1 C. flour and 1 tsp. baking powder. Pour over fruit mixture. Bake slowly for about 40 minutes in 325° oven.

PISTACHIO DESSERT

Pam Kacmarynski

1 pkg. instant pistachio pudding
1 (8 oz.) carton whipped topping
(frozen)

2 (15¼ oz.) cans crushed
pineapple
1 C. mini marshmallows

Strain pineapple and measure out 1 C. juice. Mix with pistachio pudding and beat on high speed for 2 minutes. Stir in pineapple. Add 1 C. marshmallows. Fold in whipped topping. Serve cold.

PISTACHIO MARBLE CAKE

Becky Dagle

1 pkg. yellow cake mix
1 pkg. Jell-O pistachio instant
pudding mix
4 eggs

1 C. water
½ C. oil
½ tsp. almond extract
¼ C. chocolate syrup

Combine cake mix, pudding mix, eggs, water, oil, and extract in large mixing bowl. Blend; beat at medium speed of electric mixer for 2 minutes. Measure 1½ C. batter into separate bowl; stir in chocolate syrup. Spoon batters alternately into a greased and floured bundt pan. Zigzag spatula through batter to marble. Bake at 350° for 50 minutes. Cool 15 minutes; remove from pan and cool completely. Sprinkle with confectioners' sugar if desired.

LEMON MERINGUE POPPY SEED CAKE

Dorothy Haverkamp

(Original from 1957 newspaper)

1 pkg. instant lemon flake
cake mix
3 T. poppy seeds
1 C. water

2 eggs (unbeaten)
Lemon filling (see below)
Meringue topping (see below)

Empty cake mix into large bowl. Add poppy seeds, water, and eggs. Beat 3 minutes until smooth and creamy. Pour batter into 13x9x2-inch pan (greased and floured). Bake at 350° for 30 to 35 minutes. Cool; remove from pan to a baking sheet. Meanwhile prepare lemon filling, cool; spread over top of cooled cake. Swirl meringue topping over filling. Place under broiler for a few seconds until lightly browned. Cut into 12 squares; serve at once.

LEMON FILLING: Stir 1 package lemon pudding and pie filling mix, $\frac{2}{3}$ C. sugar and $\frac{1}{2}$ C. water together in a saucepan. Add 4 slightly beaten egg yolks; blend well. Add 2 C. water. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat. Cool.

MERINGUE TOPPING: Combine 4 egg whites, $\frac{1}{8}$ tsp. salt, and $\frac{1}{4}$ tsp. cream of tartar in a mixing bowl. Beat until foamy. Gradually add $\frac{1}{2}$ C. sugar while continuing to beat until meringue stands in stiff peaks.

CREAM CHEESE POUND CAKE

Karen Hegland

3 sticks butter
3 C. sugar
1 (8 oz.) pkg. cream cheese

6 eggs
3 C. flour
1 tsp. vanilla

Cream butter, sugar, and cream cheese. Add eggs, one at a time. Sift flour and add to mixture. Add vanilla. Bake in greased bundt or angel food cake pan. Bake $1\frac{1}{2}$ hours at 300°.

Our current library was built in 1986 at a cost of \$965,000.00.

PUMPKIN PIE CAKE

Deb Riley

- | | |
|--------------------------|-----------------------|
| 4 eggs | 1 can Milnot |
| 1 (16 oz.) can pumpkin | 1 box yellow cake mix |
| 1½ C. sugar | 1 C. nuts |
| 2 tsp. pumpkin pie spice | 1 stick margarine |
| 1 tsp. salt | |

Mix first 6 ingredients. Pour into 9x13-inch ungreased cake pan. Sprinkle dry cake mix on top. Pour melted margarine on top and nuts on top of that. Bake 350° for 1 hour, 15 minutes. Can be served topped with whipped cream or ice cream. Keep refrigerated.

PUMPKIN PIE CAKE

Donna Slade

- | | |
|---|------------------------|
| 1 small can pumpkin | 1½ C. sugar |
| 1 (13 oz.) can Carnation
evaporated milk | 1 tsp. ginger |
| 4 eggs | ½ tsp. nutmeg |
| 1½ C. flour | 1 pkg. yellow cake mix |
| 2 tsp. cinnamon | 2 sticks oleo (melted) |
| | ½ C. nuts |

Mix all but last 3 ingredients and pour into a 9x13-inch cake pan (floured). Sprinkle dry cake mix over pumpkin mixture. Pour melted oleo over cake mix. Sprinkle with nuts. Bake 1 hour at 350°. Cool. You can put whipped cream on a square if desired.

EASY PUMPKIN SPICE CAKE

Joyce Ruplinger

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|------------------------|----------------------------|
| 4 eggs | 1 stick margarine (melted) |
| 1 C. sugar | Brown sugar |
| 1 (16 oz.) can pumpkin | Pecan pieces |
| 1 spice cake mix | |

Beat eggs, sugar, pumpkin, and cake mix together. Pour in greased 9x13-inch pan. Drizzle margarine over batter. Sprinkle with brown sugar and pecans. Bake at 350° for 35-45 minutes.

DAISSY'S RAVANI CAKE

Daissy P. Owen
(Bella Vista Place Bed and Breakfast)

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|---------------------------|------------------------------|
| 1 C. sweet butter | 1/3 C. sliced almonds |
| 1 3/4 C. granulated sugar | 2 C. water |
| 7 eggs (separated) | 6 cinnamon sticks |
| 1 tsp. vanilla extract | 12 whole cloves |
| Grated rind of 1 orange | 3 T. brandy (I use Napoleon) |
| 2 C. self-rising flour | 3 T. Grand Marnier |
| 1/4 C. farina | |

Preheat the oven to 350°. Beat the butter together with 1/2 C. of the sugar until light and fluffy. Beat in the egg yolks, one at a time, and add the vanilla extract and orange rind. Stir in the flour, farina, and almonds. Beat the egg whites until stiff. Gradually beat in another 1/2 C. sugar until the meringue is glossy and very stiff. Fold into the batter. Turn the mixture into a greased pan (10x14x2-inch) and bake 35 to 40 minutes, or until done. Cool to room temperature in the pan, then turn out onto a plate. Make a syrup by placing the water, remaining sugar, cinnamon, and cloves in a small pan. Bring to a boil and boil 5 minutes. Strain and discard the spices, then add the brandy and Grand Marnier and spoon a little at a time over the cake.

RHUBARB CAKE

Michelle Montgomery

- | | |
|---|-----------------------------------|
| 1/2 C. oleo | 1/2 tsp. salt |
| 1 1/2 C. brown sugar | 2 C. flour |
| 1 egg | 1 1/2 C. rhubarb (cut) |
| 1 C. buttermilk (or milk &
1 T. vinegar) | 1/2 C. (or so) sugar (topping) |
| 1 tsp. soda | 2 tsp. (or so) cinnamon (topping) |
| 1 tsp. vanilla | Cool Whip |

Cream oleo and brown sugar until fluffy. Add eggs and beat well. Add buttermilk and vanilla, alternating with salt, soda, and flour, which have been combined. Fold in finely-cut rhubarb. Pour into greased 9x13-inch pan. Combine sugar and cinnamon and sprinkle over batter. Bake 30-40 minutes at 350°. Cool and serve with Cool Whip.

RHUBARB CAKE

Norma Rarick

- | | |
|--|-------------------------|
| 1½ C. brown sugar | 1 tsp. vanilla |
| 1 stick oleo | 2 C. flour |
| 1 egg | ½ tsp. salt |
| 1 C. sour cream (or 1 C. milk
& 1 tsp. vinegar) | 1 tsp. baking soda |
| | 2 C. finely cut rhubarb |

Cream brown sugar and oleo. Add egg, sour cream, and vanilla. Stir in flour, salt, and baking soda. Add rhubarb. Pour batter into 9x13-inch pan. Sprinkle with a mixture of ¼ C. sugar and 1 tsp. cinnamon. Bake at 375° for 30 minutes.

RHUBARB SHORTCAKE

Ellen Bigelow

- | | |
|----------------|----------------------------------|
| ½ C. butter | 2 T. baking powder |
| 1 C. sugar | ¼ tsp. salt |
| 1 egg | 1 C. sugar |
| 1 tsp. vanilla | 1 (3 oz.) pkg. strawberry Jell-O |
| 1 C. milk | Mini marshmallows |
| 2 C. flour | 4 C. rhubarb |

Cream butter and sugar; add egg, milk, and vanilla. Mix until well blended. Add flour, baking powder and salt. In a greased 9x13-inch baking pan, put 4 C. cut rhubarb and 1 C. sugar, 1 pkg. (3 oz.) strawberry Jell-O; sprinkle with mini marshmallows. Pour batter over this. Bake at 350° for 30 to 35 minutes.

SHORT CAKE

Kathy Beard

- | | |
|-------------------------|-------------------|
| 1¾ C. + 1 T. cake flour | 1 C. + 2 T. sugar |
| 1½ tsp. baking powder | 2 eggs (beaten) |
| ½ tsp. salt | 1 tsp. vanilla |
| ½ C. soft butter | ¾ C. milk |

Sift flour, measure and resift 3 times with baking powder and salt. Cream butter until soft and smooth. Gradually blend in sugar. Cream until fluffy. Add beaten eggs. Beat until light and fluffy. Add vanilla and stir. Add flour mixture and milk alternately. Bake at 350° for 25-30 minutes.

SPICE CAKE

Mary Ruhland

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|--|-----------------|
| 2 C. milk (or the raisin water to make 2 C.) | 3 C. flour |
| ½ C. shortening | 2 tsp. soda |
| 2 C. raisins (soaked in water) | ½ tsp. nutmeg |
| 2 C. sugar | 1 tsp. cinnamon |

Mix sugar and shortening. Mix soda with liquid to dissolve. Add to sugar and shortening. Add remaining ingredients; mix well. Bake slowly at 350° for about 45 minutes in a 9x13-inch pan.

SWEET POTATO CAKE

Karen Hegland

- | | |
|--------------------------|--|
| 2 C. all-purpose flour | 1 tsp. vanilla |
| 2 C. sugar | 4 eggs |
| 2 tsp. baking soda | 1 C. oil |
| 1 tsp. baking powder | 1 (18 oz.) can sweet potatoes (drained & mashed) |
| 2 tsp. cinnamon | 1 C. chopped nuts |
| 1 tsp. pumpkin pie spice | |
| ½ tsp. salt | |

Heat oven to 350°. Beat all ingredients in large bowl for 3 minutes. Bake in 12 C. greased and floured bundt pan for 60-70 minutes.

CREAM CHEESE CUPCAKES

Denise Gannon

- | | |
|--------------------------------|----------------|
| 1 C. (8 oz.) cream cheese | 1 tsp. soda |
| 1 unbeaten egg | ½ tsp. salt |
| ⅓ C. sugar | 1 C. water |
| 1 (6 oz.) pkg. chocolate chips | ⅓ C. oil |
| 1½ C. flour | 1 T. vinegar |
| 1 C. sugar | 1 tsp. vanilla |
| ¼ C. cocoa | |

Combine cream cheese, egg, and sugar. Beat with mixer until creamy. Stir in chocolate chips; set aside. Mix flour, sugar, cocoa, soda, salt, water, oil, vinegar, and vanilla. Stir until batter is smooth. Fill muffin cups ⅓ full with chocolate batter and then top each muffin with heaping tsp. cream cheese mixture. Bake at 350° for 30-35 minutes.

TOMATO SOUP CAKE

Alice Swenka

2 C. flour	½ tsp. ground cloves
1⅓ C. sugar	1 (10¾ oz.) can condensed tomato soup
4 tsp. baking powder	½ C. vegetable shortening
1½ tsp. ground allspice	2 eggs
1 tsp. baking soda	¼ C. water
1 tsp. ground cinnamon	

CREAM CHEESE FROSTING:

1 (8 oz.) pkg. cream cheese (softened)	1 tsp. vanilla
2 T. milk	About 4 C. powdered sugar

Grease and lightly flour pans; set aside. In large bowl mix flour, sugar, baking powder, allspice, baking soda, cinnamon, and cloves. Add soup, shortening, eggs, and water. Mix at low speed, beat until mixed, scraping sides and bottom of bowl often. At high speed, beat 4 minutes, occasionally scraping bowl. Pour into pans and bake at 350° for 35 minutes in 2 (8-inch) round pans, 325° for 25 minutes in glass Pyrex 9x13x2-inch pan. Remove from pans and cool completely for round cake.

FROSTING: In medium bowl with mixer at medium speed, beat cream cheese, milk, and vanilla until creamy. Gradually beat in sugar until frosting is smooth. Makes 3 C. (If needed, add more milk 1 tsp. at a time, until desired spreading consistency.)

LIGHT WHITE CAKE

Joan Heitman

5 egg whites (beaten to soft peaks)	2¼ C. sifted cake flour
1½ C. sugar	3 tsp. baking powder
¾ C. soft shortening (use part butter for flavor)	½ tsp. salt
1 C. light milk (half water)	1 tsp. vanilla
	½ tsp. almond flavoring

Cream shortening and sugar until light and fluffy. Gradually add dry ingredients, milk, and flavorings, beating well. Fold in beaten egg whites. Spread into greased 9x13-inch or two 8-inch layer pans that have been lined with paper. Bake at 350° for 20-30 minutes depending on pans used. Remove layers to cooling racks. When cool spread with favorite icing.

CHEESE FILLED CHOCOLATE CUPCAKES

Joni Callen

FILLING:

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|-----------------------------|----------------------|
| 1 (8 oz.) pkg. cream cheese | 1/8 tsp. salt |
| 1/3 C. sugar | 1 C. chocolate chips |
| 1 egg | |

CUPCAKE:

- | | |
|--------------------|----------------------|
| 1 1/2 C. flour | 1 C. water |
| 1 C. sugar | 1/2 C. vegetable oil |
| 1/4 C. cocoa | 1 T. vinegar |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 1 tsp. baking soda | |

FILLING: In a separate bowl mix and stir the cream cheese, sugar, egg, and salt until smooth; add chocolate chips and mix just until blended; set aside.

CUPCAKE: In a large bowl place flour, sugar, cocoa, and salt, make a well in the dry ingredients; add water, oil, vinegar, and vanilla. On low speed of hand mixer, mix cupcake ingredients until well blended. Fill cupcake papers half full with batter; add one heaping tablespoon cream cheese filling to center. Bake at 350° for 20 to 25 minutes. Makes 18 to 20 cupcakes.

EASTER CUPCAKES

Louise McInville

- | | |
|--------------------------------|--|
| 1 box yellow or white cake mix | 1 can white frosting |
| 1 1/3 C. of tap water | 1 pkg. jelly beans |
| 3 eggs | 1 pkg. red licorice
(kind you can pull apart) |
| 1/3 C. oil | Thin purple ribbon |
| 24 baking paper cups | |

Preheat oven to 350°, (325° for glass pans). Grease pans generously and dust with flour. (When you use paper cups you don't need grease or dust.) Blend in large mixing bowl at low speed until moistened, cake mix, 1 1/3 C. water, 3 eggs, and 1/3 C. oil. Beat 2 minutes at high speed and 1 minute at medium speed or 450 strokes by hand. Pour batter into the paper cups. Bake at 350° until done; I use my finger to touch the cakes in the middle (20-25 minutes). Cool for 10 minutes. Then I put them on a plate and I frost the top with white frosting. (Leave them in the cup paper.) And then I make the face with jelly beans and then I staple the ribbon on each side or use the licorice. Be very careful when you use the licorice one.

UNBAKED FRUIT CAKE

Margaret Morgan

- | | |
|---|--------------------|
| 1 lb. dates (cut fine) | 1 C. nutmeats |
| 1 lb. marshmallows (cut fine) | ½ C. sugar |
| 1 lb. orange slices or gumdrops
(cut fine) | 1 C. whipped cream |
| 1 lb. graham crackers | |

Stir all and knead. Press in pan lined with wax paper and let set 6 days. This is delicious.

CHOCOLATE FUDGE FROSTING

Manette Speers

- | | |
|-------------|----------------------|
| 6 T. butter | 1 C. sugar |
| 6 T. milk | ½ C. chocolate chips |

Mix butter, milk, and sugar. Bring to a boil for 30 seconds, then add chocolate chips, and melt. Cool pan in cold water until it gets thick enough to spread on cake. Or you may use it for fudge topping on ice cream.

HOMEMADE CHOCOLATE FROSTING

Carol Gardner

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|---|------------------------|
| 1 stick butter (not oleo or
margarine) | 1 lb. powdered sugar |
| 6 T. milk | 1 tsp. vanilla |
| 4 T. cocoa | 1 C. nuts (if desired) |

In saucepan bring to boil butter, milk, and cocoa, stirring constantly. Immediately add powdered sugar and vanilla. Enough mix for 9x13-inch cake. Use any leftovers on graham crackers.



ENCORE CHOCOLATE COCONUT CAKE

Carol Fausett

(Dad's Favorite)

1 pkg. white cake mix
2 sq. Baker's unsweetened
chocolate (grated)

1 large Cool Whip
1 1/3 C. Baker's Angel Flake
Coconut

Prepare cake mix as directed on package. Fold in grated chocolate, 1 just add to one pan. Bake in 2 round 9-inch pans. Split cooled layers horizontally. Add coconut to Cool Whip and spread between four layers and on top. Spread Encore chocolate frosting on sides. Garnish top with coconut.

ENCORE CHOCOLATE FROSTING:

2 sq. Baker's unsweetened
chocolate
1 C. + 2 T. sifted powdered
sugar

2 T. hot water
3 T. soft butter
1 egg yolk

Melt chocolate, remove from heat, and place in small bowl. Add sugar and water, blend well. Beat in egg, add butter, 1 T. at a time.



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The city of Coralville enters a float in the popular July 4th Parade, "Can't Hide That Coralville Pride."



Coralville celebrates Iowa's 150th Birthday.



1997 July 4th Parade Entry.

Candy and Snacks

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Candy, Nuts, and Popcorn

For perfect popped corn, melt butter-flavored shortening in the corn popper, then add the desired amount of kernels. The end result is amazing! Not only does the corn pop evenly into perfect fluffy popcorn, it also has a flavorful butter taste with no added cholesterol.

Popcorn will pop better if you sprinkle it with warm water an hour before popping.

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

Set fudge to cool in an ice cube tray. When the fudge is nearly ready to cut, use the tray divider to mark off even squares.

Candy Testing

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
<i>Fudge, Fondant</i>	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
<i>Divinity, Caramels</i>	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
<i>Taffy</i>	250-266	Hard ball	Syrup forms hard ball, although it is pliable
<i>Butterscotch</i>	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
<i>Peanut Brittle</i>	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
<i>Caramelized Sugar</i>	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

- CANDY -

BONNIE'S BON BONS

Karen Struthers Albertus

(Dipped Chocolates)

1 stick margarine
1 can Eagle Brand sweetened
condensed milk

2 boxes powdered sugar
1 C. flaked coconut
Finely chopped nutmeats (if
desired)

DIP:

1 (12 oz.) pkg. chocolate chips

¼ lb. shaved paraffin

Cream together margarine and sweetened condensed milk. Add powdered sugar, coconut, and nuts. Mix well, chill 10 minutes. Form into desired shapes and chill 2 hours or more. Melt chocolate chips and paraffin. Dip chilled candies into chocolate and paraffin. (A nut pick is a handy tool to use.) If the chocolate is too thick, you may thin it with a small amount (very small) of salad oil. When you start to shape, fill and dip, let your imagination know no bounds. When you start to eat, let your conscience be your guide.

CHOCOLATE BON BONS

Diana Lundell

2 C. powdered sugar
½ C. chopped nuts
2 C. ground raisins

1½ C. crunchy peanut butter
3 T. melted butter

CHOCOLATE DIP:

1 (12 oz.) pkg. chocolate chips

½ slab paraffin

Mix ingredients with hands until raisins are evenly distributed. Roll into balls and place on a flat pan. Melt chocolate and paraffin. Stir until smooth. Dip balls into chocolate and return to pan. Chill. Pack into coffee can or plastic container. Keep refrigerated. NOTE: Chocolate may be kept over hot water until all balls are coated.

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BUCKEYES

Irene Shima

2 lbs. creamy peanut butter
1 lb. oleo (Parkay)

3 lbs. powdered sugar
3 T. vanilla

CHOCOLATE MIXTURE:

½ bar paraffin
1 large pkg. chocolate chips

1 large pkg. milk chocolate chips

Mix together (first 4 ingredients) well with mixer and by hand. Roll into balls and refrigerate overnight. Cook chocolate mixture in double boiler. Melt paraffin first and add rest. Use toothpick and dip balls into chocolate mixture.

TAFFY APPLES FROM TWINS

Jodie Krotz

1 C. sugar
1 C. brown sugar
¾ C. white syrup

1 C. sweetened condensed milk
½ stick butter

Combine and boil 5 minutes, stirring constantly. Cool 3 to 4 minutes before dipping apples.

CARAMEL APPLES

Marianne Colony

1 can sweetened condensed milk
(Eagle Brand)
½ C. white sugar

½ C. white syrup
⅓ C. brown sugar

Cook to soft ball stage, stirring constantly. Add 1 T. butter or oleo and 1½ tsp. vanilla. Cut up an apple and then pour caramel over apple. You may add nuts if you like. This will cover approximately 14 to 15 apples.



CARAMEL CORN

(Microwave)

Marianne Colony

½ C. butter

½ tsp. salt

½ C. brown sugar

¼ tsp. soda

¼ C. white corn syrup

1 tsp. vanilla

Cook butter, brown sugar, syrup, and salt in 1 qt. glass measuring cup in microwave for 2 minutes, stir and cook 2 more minutes. Stir in soda and vanilla. Pour over 2 or 3 poppers of popped corn that you place in a brown paper bag. Cook 1½ minutes and shake bag; cook 1½ minutes more, shake bag; cook 30 seconds and place in bowl.

ARLINE'S CARAMELIZED CORN

Karen Palumbo

2 C. brown sugar

½ C. white syrup

2 sticks margarine

¼ tsp. soda

1 tsp. vanilla

6-8 qts. popped corn

Put freshly popped corn, which has been lightly salted, into a large pan. Bring sugar, syrup, and margarine to a boil. Add vanilla and soda, stir well. Pour over the corn, stir and place in oven. Bake about 1 hour at 300°, stirring occasionally.

FOOL PROOF CARAMEL CORN

Carol Raymer

¾ C. brown sugar

¼ tsp. baking soda

½ C. margarine

½ tsp. vanilla

¼ C. corn syrup

4 qts. popped corn

½ tsp. salt

Mix the first 4 ingredients. Cook in microwave for 5 minutes, stirring after each minute. Add baking soda and vanilla. Pour over the popped corn in a large paper sack. Shake well. Put in microwave on high for 1½ minutes. Take out and shake. Return to microwave for another minute. Shake. Repeat for one more minute. Shake. Pour in pan and allow to cool.

CHOCOLATE PIZZA

Joan Liddell

(Coralville Summer Campground Host)

- | | |
|-----------------------------------|--------------------------------|
| 1 (12 oz.) bag chocolate chips | 6 oz. red maraschino cherries |
| 1 lb. white almond bark (divided) | (drained, halved) |
| 2 C. mini marshmallows | 3 T. green maraschino cherries |
| 1 C. Rice Krispies | (drained, quartered) |
| 1 C. peanuts | 1/3 C. Angel Flake coconut |
| | 1 tsp. oil |

Microwave chips and 14 oz. almond bark in 2 quart bowl on high 2 minutes, stir. Continue microwaving 1 to 2 minutes or until smooth, stirring every 30 seconds. Stir in marshmallows, cereal and peanuts. Pour onto greased 12-inch pizza pan. Top with cherries, sprinkle with coconut. Microwave remaining 2 oz. almond bark and oil in 1 C. measuring cup for 1 minute, then stir. Continue microwaving 30 seconds to 1 minute or until smooth. Drizzle over top. Refrigerate until firm. Store at room temperature. Variations: Substitute 1 C. chopped or halved pecans or walnuts for peanuts. For smaller pizzas shape into 4 (6-inch) rounds or 12 (4-inch) rounds on wax paper-lined cookie sheets.

MICROWAVE DIVINITY

Ellen Bigelow

- | | |
|-----------------------|---------------------------------|
| 4 C. sugar | 3 egg whites |
| 1 C. light corn syrup | 1 tsp. vanilla |
| 3/4 C. water | 1/2 C. nuts, chopped (optional) |
| 1/4 tsp. salt | |

Mix together sugar, corn syrup, water, and salt in 1 1/2 qt. casserole dish. Cook on high for 20-22 minutes, or until hard ball stage is reached. Stir once or twice during cooking. While syrup cooks, beat egg whites in large mixing bowl until they form stiff peaks. Gradually pour hot syrup over egg whites until mixture is thickened and candy starts to lose its gloss. Beating may require about 12 minutes. Add vanilla and nuts to mixture. Drop by teaspoon onto waxed paper. Candy may be tinted with food coloring for special occasions.

OLD FASHIONED COCOA FUDGE

Julie Brown

2/3 C. cocoa powder
3 C. sugar
1/8 tsp. salt

1 1/2 C. heavy cream
4 1/2 T. butter
1 tsp. vanilla

Combine cocoa with sugar and salt, mix well. Add cream, bring to boil, stirring frequently. Turn burner down low and simmer covered 5 minutes. Remove lid and cook on medium heat to soft ball stage (238°). Remove from heat; drop in butter and vanilla. Cool to 110° (do not disturb mixture until it is cool, then when you start beating it do not stop until it starts to lose its gloss, then pour into buttered 8-inch pan immediately). If fudge gets sugary or fails to get stiff, add a little more cream and recook, then cool and beat as before. If you like nuts, add before you pour.

BRIGITTINE MONKS FUDGE

Mary Henry-Osman

4 1/2 C. sugar
1 (13 oz.) can evaporated milk
9 oz. semi-sweet chocolate chips
9 oz. bittersweet chocolate chips

7 oz. marshmallow cream
1/2 lb. butter
1 T. vanilla
2 C. chopped walnuts

Mix sugar and milk in 3 qt. saucepan. Bring to boil, boil for exactly 6 minutes. Stir in semi-sweet chocolate, bittersweet chocolate, marshmallow cream and butter. Beat until firm. Add vanilla and walnuts. Spread into 9x13-inch buttered pan.

FUDGE IN FIVE MINUTES

Sally Trimpe

1 (12 oz.) pkg. chocolate chips
1 (18 oz.) jar peanut butter
(plain or chunky)

1 (14 oz.) can sweetened
condensed milk (not evaporated
milk)

Warm chips and peanut butter on stove or in microwave until melted. Stir to mix well. Remove from heat and stir in can of milk. This sets up in a few seconds. Pour into greased 9x13-inch pan that you should prepare before making fudge. NOTE: The only variable in this recipe is the chocolate chips. Instead you can use peanut butter chips, butterscotch chips, white chocolate chips, etc.

NEVER FAIL FUDGE

Joanne Hora

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|----------------|-----------------------|
| 1 lb. butter | 1 lb. Velveeta cheese |
| 1 C. cocoa | 4 lbs. powdered sugar |
| 1 tsp. vanilla | Nutmeats (if desired) |

Melt butter and cheese together, add vanilla, cocoa, and powdered sugar. Add nuts. Needs a lot of stirring, do not try to double the batch! Very creamy! Use a 10x15-inch buttered pan.

SEE'S FUDGE

Darlene Filloon

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|--------------------------------------|-----------------------------|
| 36 large marshmallows (cut into ¼'s) | 2 tsp. vanilla |
| 3 (6 oz.) pkgs. chocolate chips | 4½ C. white sugar |
| ½ lb. of margarine | 1 large can evaporated milk |
| | 1 C. nuts (optional) |

Mix marshmallows, chocolate chips, margarine and vanilla and set aside. You can mix these with the mixer in large mixer bowl. Combine sugar and milk and boil 6 minutes, after it starts to boil. Boil in 5 quart pan. Add to first mixture in mixer bowl and beat until smooth. Pour in large greased pan and let stand in cool place.

WHITE FUDGE WITH ALMONDS

Tom Ziskovsky

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|------------------------|--|
| 1 C. sliced almonds | ¼ tsp. salt |
| ¾ C. sugar | 10 ozs. white chocolate (chopped finely) |
| ⅔ C. evaporated milk | ¼ tsp. almond extract |
| ½ C. marshmallow cream | |
| 2 tsp. unsalted butter | |

In a heavy medium saucepan, combine the sugar, evaporated milk, marshmallow cream, butter and salt. Bring to a boil over medium heat, stirring constantly. Boil for 3 minutes, stirring constantly. Reduce heat to low, cover and simmer for one minute (do not stir). Uncover the pan, and return to medium heat, and cook for 5 minutes, stirring frequently. Remove the pan from the heat, and add the white chocolate, stir until melted. Stir in the almond extract and the sliced almonds. Scrape the fudge into a foil lined 8-inch square pan and smooth the top. Chill for one hour until firm. Remove the fudge from the pan by lifting up on the foil. Cut into small squares and enjoy.

FUDGE QUICKIES

Dee Schuller

- | | |
|--------------------------------|---|
| 2 C. sugar | 1/2 C. peanut butter |
| 1/4 C. cocoa | 1 tsp. vanilla |
| 1/4 C. butter | 1/2 C. chopped nuts, coconut or raisins |
| 1/2 C. milk | |
| 3 C. quick-cooking rolled oats | |

In saucepan, combine first 4 ingredients and bring to a boil; boil 1 minute. Remove from heat and add remaining ingredients. Mix thoroughly and drop by teaspoonfuls on waxed paper. Cool. Makes about 4 1/2 dozen.

MARSHMALLOW CARAMEL BALLS

Betty Odberg

- | | |
|---|--------------------|
| 1 stick butter | Large marshmallows |
| 27 caramels | Rice Krispies |
| 1/2 C. Eagle Brand sweetened condensed milk (1 can makes 2 1/2 recipes, about 60) | |

Blend butter, caramels, and condensed milk in double boiler over hot water. Dip large marshmallows in caramel mixture and roll in Rice Krispies. These freeze nicely.

CREAM CHEESE MINTS

Nancy O'Brien

- | | |
|-------------------------------|-----------------------------|
| 2 C. powdered sugar | 1/4-1/2 tsp. mint flavoring |
| 2 oz. cream cheese (softened) | Food coloring |

Mix all ingredients. Form into marble-sized balls and roll in granulated sugar. Press into candy molds and pop out. Makes 40-50 mints.



PARTY MINTS

Elma Stoullil

2 oz. cream cheese
¼ tsp. flavoring of your choice
1½ C. powdered sugar
Food coloring (color & amount
you desire)

Mint flavor with green
Lemon flavor with yellow
Almond flavor with pink

Have cheese at room temperature. Mash with wooden spoon. Add flavor and color. Mix evenly. Add powdered sugar a little at a time, finally kneading into a ball with your hands. Pinch off a small piece and roll into marble-sized balls. Roll in granulated sugar, then press into molds. Unmold at once on waxed paper.

SALTED NUT ROLL

Whitney Filloon

1 yellow cake mix
⅓ C. oleo
1 egg
2 tsp. vanilla
3 C. miniature marshmallows
2 C. Rice Krispies

1 (12 oz.) pkg. peanut butter
chips
⅔ C. white Karo syrup
½ C. oleo
2 C. salted peanuts

Mix cake mix, oleo, egg, and vanilla together and pat into a 9x13-inch pan. Bake at 350° for 13 minutes, remove from oven and sprinkle on marshmallows. Bake 1-3 minutes or until puffy. Melt chips, Karo, and ½ C. oleo together, then add peanuts and spread on Rice Krispies. Spread on top of baked crust and refrigerate. Cut into squares.

SPONGE CANDY

Connie Keeling

1 C. sugar
1 C. dark corn syrup

1 T. vinegar
1 T. baking soda

Combine sugar, syrup, and vinegar. Cook in a heavy saucepan over medium heat, stirring until sugar dissolves and becomes brittle dropped in cold water. Remove from heat and quickly stir in the baking powder and mix well. Pour into buttered pan until cool, then break into pieces.

PEANUT BRITTLE

Karen Palumbo

1 C. raw peanuts	1 tsp. butter
1 C. sugar	1 tsp. vanilla
½ C. white syrup	1 tsp. soda
1/8 tsp. salt	

Stir together sugar, syrup, and salt in a 1½ quart casserole. Place in microwave and cook for 4 minutes on high. Stir, add peanuts and cook 4 minutes more on high. Add vanilla and butter, blend well, return to oven and cook 2 minutes more. Add soda and stir. Pour on lightly greased cookie sheet. Cool and break into pieces. *Spray casserole bowl and utensils with cooking spray.

TOFFEE CANDY

Linda Keiser

1 C. butter	1 large bag milk chocolate pieces
1 C. sugar	¼ C. walnuts (finely chopped)
¼ C. water	

Spray a heavy saucepan with a vegetable shortening. Heat first three ingredients to 320° (using a candy thermometer), stirring constantly (with a wooden spoon). Pour mixture onto a foil-lined cookie sheet which has been sprayed with a vegetable shortening. Spread evenly. Let cool a couple of minutes, then sprinkle half of the chocolate pieces on top. Let melt. Then spread chocolate. Sprinkle with half the finely chopped nuts. Refrigerate for at least 2 hours. Using another cookie sheet which has been lined with foil, flip toffee over so that chocolate-covered side is down. Melt remaining chocolate and spread evenly over toffee and sprinkle with nuts. Refrigerate several hours and then break into bite-size pieces.

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Coralville's third elementary school, Kate Wickham Elementary School, opened its doors for the first day of school on August 25, 1997.

- SNACKS -

CARAMEL CHEX MIX

Patti Van Houten

½ C. margarine	2 C. Corn Chex
1 C. brown sugar	2 C. Rice Chex
¼ C. white syrup	2 C. Cheerios
½ tsp. salt	2 C. pretzels
¼ tsp. baking soda	2 C. nuts

Microwave first 4 ingredients on high for 4 minutes. Take out and add soda, stir. Combine the rest of the ingredients and pour syrup over cereal mixture and mix until well coated. Put mixture in brown paper sack and microwave for 1½ minutes on high. Take sack out and shake. Put back in and cook 1½ more minutes on high. Remove and put on two cookie sheets to cool. Store in airtight container or Ziploc bags.

CARAMEL CRISPIX MIX

Gail Rogers

½ C. oleo	1 (17.9 oz.) box Crispix (family size)
½ C. Karo syrup	½ tall jar dry roasted peanuts
1 C. brown sugar	M&M's (1 pkg.)
½ tsp. salt (optional)	

Mix oleo, syrup, brown sugar, and salt (optional) in a large bowl and microwave on high for 8 minutes, stirring every 2 minutes. Add: 1 tsp. vanilla and 1 tsp. baking soda. Mixture will foam. Pour immediately over family size box of Crispix and ½ or more jar peanuts. (If using salted peanuts, do not add salt.) Pour caramel covered mixture into brown paper bag. Close bag and microwave on HIGH for 1½ minutes. Stir/shake mixture and microwave on high 1½ minutes. Stir/shake and microwave on high for 1 more minute. Shake again and spread on cookie sheet to cool. Add M&M's when cool. Great for caramel corn!



CARAMEL RICE CHEX

Ronda Beasley

- | | |
|-------------------|--|
| 1/2 C. oleo | 1 tsp. vanilla |
| 1 C. brown sugar | 1 (12 oz.) box Rice Chex or
Crispix |
| 1/2 C. Karo syrup | 1 C. dry roasted peanuts |
| 1 tsp. soda | |

Mix oleo, brown sugar, and Karo syrup in a large bowl. Microwave on high for 8 minutes, stirring every 2 minutes. Add soda and vanilla; mixture will foam. Pour immediately over Rice Chex and peanuts. Pour mixture in paper sack, microwave on high 1 1/2 minutes. Shake and microwave on high for 1 1/2 minutes. Shake and microwave 1 minute. Shake. Spread on cookie sheet to cool. Break up.

SWEET PARTY MIX

Irene Jedlicka

- | | |
|--------------------------------|-----------------------|
| 3 boxes Chex cereal (any kind) | 1 C. white Karo syrup |
| 2 C. nuts (any kind) | 1 tsp. salt |
| 1 lb. oleo or margarine | 2 tsp. vanilla |
| 4 C. brown sugar | |

Boil 5 minutes oleo, brown sugar, white Karo, and salt. Add vanilla to above. Pour over dry mixture of Chex and nuts. Put into large roaster, 1 hour in 200° oven. Stir every 15 minutes.

GRANOLA

Noble Walker

- | | |
|----------------------------------|-------------------------------|
| 2 1/2 C. regular rolled oats | 1/2 C. honey |
| 1 C. shredded coconut | 1/4 C. cooking oil |
| 1/2 C. coarsley chopped almonds | 1/2 C. snipped dried apricots |
| 1/2 C. sesame seed or wheat germ | 1/2 C. raisins |
| 1/2 C. shelled sunflower seeds | |

Stir together oats, coconut, almonds, sunflower seeds. Combine honey and oil, stir into oat mixture. Spread evenly on a 13x9x2-inch baking pan. Bake at 300° for 45-50 minutes, or until light brown. Stir every 15 minutes. Remove from oven, stir in apricots and raisins. Remove to another pan, cool, stirring often to prevent lumps. Store in tightly covered jar or plastic bags.

EASY-DO SNACK MIX

Janie Schmidt

Cereals (Chex style, any flavor)
Peanuts, cashews, or other mixed
nuts
Pretzels (any style)

Shoestring potatoes
Using the ingredients of your
choice, you'll have a great
tasting snack

THE DEW:

4 sticks margarine or butter
2 T. Lawry's seasoned salt

2 T. Worcestershire sauce
1 T. parsley garlic salt

Melt margarine or butter and mix with other DEW ingredients.

The big difference in this recipe is the fast and easy preparation with very little measuring. Use a large roasting pan, (turkey size) which can also be the aluminum foil type. Heap your selected ingredients in this pan. Place in a non-scented 13 gallon garbage bag. Drizzle liquid mixture (THE DEW) over ingredients, close bag and shake. All pieces will be coated. Microwave in single layers 2-4 minutes or bake at 250° for 45 minutes, single layers, on cookie sheets.

GRANOLA

Virginia Ziskovsky

3 C. rolled oats
1½ C. wheat germ
½ C. dry milk solid
1 C. coarsely chopped almonds
or pecans
1 C. shredded coconut

½ C. sesame seeds
½ C. flax seeds
1 C. hulled sunflower seeds
½ C. olive oil
½ C. honey or maple syrup
1 C. raisins

Toast oats in 300° oven for 15 minutes, stirring often because they brown easily. Add next 7 ingredients in large bowl with oats. Heat oil and honey in microwave until hot. Mix with above mixture. Put back in oven in flat pan, stirring often until slightly brown. Don't let it get too brown. Add raisins a few minutes after it comes from the oven. This is very good on ice cream or cereal.

SUGAR-COATED PECANS

Johanna Beers

- | | |
|-------------------|-------------------------|
| 1 egg white | 1½ tsp. ground cinnamon |
| 4 C. pecan halves | ¼ tsp. salt |
| 1 C. sugar | |

In a large bowl, beat egg white and 1 T. water until frothy. Add remaining ingredients; stir until nuts are evenly coated. Spread on a lightly greased baking sheet (vegetable pan spray may also be used). Bake at 300° for 45 minutes or until golden, stirring every 15 minutes. Cool. Store in a tightly covered container. Makes 4 C.

OYSTER CRACKERS

Joyce Schlabach

- | | |
|---|--------------------|
| 3 pkgs. oyster crackers | 1 tsp. garlic salt |
| 1 C. oil | 1 tsp. dill |
| 1 pkg. dry Hidden Valley Ranch Dressing | |

Mix all together.

STRAWBERRY JUICE BARS

Susan Hollins

- | | |
|------------------------------------|--|
| 1 heaping C. strawberries (frozen) | 2 oz. apple juice concentrate (frozen) |
|------------------------------------|--|

Put frozen strawberries and apple juice concentrate in blender and mix until well blended. Pour into freezer cups and freeze.

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Coralville remains one of the largest cities in Iowa that still depends on a volunteer fire department. The force includes 35 firefighters.



1997 July 4th Parade Entries

Cookies and Bars

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Cookies and Bars

An easy way to form drop cookies is to drop them onto the cookie sheet and then press them with the bottom of a water glass that has been dipped in sugar.

Dipping the cookie cutter in slightly warm salad oil will give you a much cleaner cut.

For a thinner, crispier cookie, try rolling the dough directly onto a greased and floured cookie sheet. Cut the cookies, then pick up the scrap.

Crisp cookies should be stored in a jar or canister with a loose-fitting lid. Soft cookies should be kept in an earthenware or plastic container with a tight cover.

To keep cookies soft, put a piece of bread in the cookie jar with the cookies.

To keep fresh cookies crisp longer, put a piece of lemon peel in the cookie jar.

When baking white or brown sugar cookies, use a cup of applesauce instead of sour milk. The flavor is better and they keep moist longer.

Dip the spoon in hot water to measure shortening, butter, etc. and the fat will slide off your utensil more easily.

Prevent cold shortening from sticking to the beaters of an electric mixer by heating the beaters in hot water just before using them.

If cookies brown too quickly on the bottoms, don't use a cookie sheet. Instead, place the cookies on top of a baking pan that is turned upside down. The problem is solved when only the pan edges touch the hot oven rack.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy.

When freezing cookies with a frosting, place them in freezer unwrapped for about two hours, then wrap them without worrying about them sticking together.

Use a pizza cutter for cutting bar cookies. It makes nice smooth bars or squares.

A quick way to put a nice topping on cookies without making frosting is to cover the cookies with a thin layer of jelly or preserves before you bake them.

Oatmeal cookies will taste better if you toast the oatmeal first. Sprinkle it evenly in a jelly-roll pan and bake it in a 300° oven for about 10 or 12 minutes.

- COOKIES -

ALMOND BARK COOKIES

Genevieve Earle

- | | |
|--------------------------|----------------------------|
| 2 C. dry roasted peanuts | 2 C. crunchy peanut butter |
| 2 C. Rice Krispies | 2 C. small marshmallows |
| 2 lbs. white bark | |

Melt peanut butter and bark. When melted, add remaining ingredients. Drop on wax paper until set. Store in tight container in refrigerator. Can also freeze.

ALMOND CAKES

Diana Lundell

- | | |
|----------------------|-----------------------------|
| ¼ lb. sweet butter | 2 T. ground toasted almonds |
| 1 C. flour | 1 tsp. dry gin |
| 4 T. sugar | ¼ tsp. almond extract |
| ¼ tsp. baking powder | |

Combine butter, sugar, flour, and baking powder. Work in almonds, gin, and extract. Shape into small flat cakes. Top with a split blanched almond. Bake at 350° for 20 minutes until faintly brown.

AMISH COOKIES

Mrs. Lois Miller

- | | |
|-------------------------------------|-----------------------------------|
| 2½ C. white sugar | 3 C. sweet milk |
| 2½ C. brown sugar | 3 tsp. soda |
| 3 C. shortening | 6 tsp. baking powder |
| Enough flour to make suitable dough | 3 tsp. vanilla or lemon flavoring |

Cream sugar and shortening. Add sifted dry ingredients alternately with milk and flavoring. Roll out on floured board. Bake at 350° for 10 to 12 minutes.



ANGEL COOKIES

Dianna Daub

- | | |
|-----------------------|------------------------|
| ½ C. margarine | 1 tsp. vanilla |
| ½ C. other shortening | 2 C. flour |
| ½ C. brown sugar | 1 tsp. soda |
| ½ C. white sugar | 1 tsp. cream of tartar |
| ½ tsp. salt | ½ C. nuts |
| 1 egg | |

Cream shortening and sugars. Add other ingredients. Preheat oven to 400°. Roll into balls and press onto cookie sheet with glass dipped in sugar. Bake 8 to 10 minutes. Watch closely. Makes 2 dozen delicious cookies.

FUDGEY BON-BONS

Kristi Chambers

- | | |
|--|-----------------------------|
| 1 (12 oz.) bag chocolate chips | 2 C. flour |
| ¼ C. margarine | ½ C. nuts |
| 1 (14 oz.) can sweetened
condensed milk | 1 tsp. vanilla |
| | 60 Hershey's kisses or hugs |

ICING:

- | | |
|-----------------------|------------|
| 2 oz. white chocolate | 1 tsp. oil |
|-----------------------|------------|

Melt butter and chips together; blend well. Add sweetened condensed milk. Mix in flour, vanilla, and nuts. Dough will be soft. Wrap dough around kisses and bake for 6-8 minutes at 350°. Cookies will look soft and shiny. Do not overbake. Cool completely and drizzle icing over top.

ICING: Melt chocolate and oil together. Blend well.

CAPTAIN CRUNCH COOKIES ✓

Arlys Hannam

- | | |
|---|-----------------------------|
| 1 (16 oz.) large pkg. milk
chocolate chips | 3 C. miniature marshmallows |
| 3 C. Peanut Butter Captain
Crunch cereal | 1 C. nuts (optional) |

Melt 1 pkg. chips in microwave. Then add 3 C. Peanut Butter Crunch Cereal, 3 C. miniature marshmallows, and 1 C. nuts. Mix all together. Spread on cookie sheet. Cool and cut into squares, or drop by spoonfuls on wax paper.

CARNATION COOKIES

Mary Staub

- | | |
|--------------------|----------------------|
| 1/2 C. shortening | 1 C. evaporated milk |
| 1 C. brown sugar | 1 tsp. salt |
| 1/2 C. white sugar | 1/2 tsp. soda |
| 2 eggs | 2 3/4 C. flour |
| 1 tsp. vanilla | 1 C. chocolate chips |

FROSTING:

- | | |
|-----------------------|---------------------------|
| 2 T. butter (browned) | 3 to 4 T. evaporated milk |
| 2 C. powdered sugar | |

Mix shortening, brown sugar, white sugar, and eggs. Stir in milk and vanilla. Blend together flour, salt, and soda. Add flour mixture, beating just enough to mix. Stir in chocolate chips. Drop by tsp. onto greased baking sheet. Bake 10-12 minutes at 350°. Frost when cooled.

FROSTING: Melt butter in saucepan over low heat, stirring constantly, until a golden brown. Remove from heat. Stir in powdered sugar. Add evaporated milk, beating until smooth and of spreading consistency.

CHOCOLATE COOKIES

Geri Jensma

- | | |
|---------------------------------------|----------------------|
| 1/2 C. oil | 2 tsp. vanilla |
| 4 sq. melted unsweetened
chocolate | 2 C. flour |
| 2 C. sugar | 2 tsp. baking powder |
| 4 eggs | Dash of salt |
| | Nuts |

Mix together, chill. Roll into balls and roll in powdered sugar. Flatten with glass. Bake on greased cookie sheet, 8-10 minutes at 375°. Makes about 6 dozen 2-inch cookies.



CHOCOLATE BROWNIE COOKIES

Darlene Filloon

6 sq. semi-sweet baking chocolate	2 tsp. vanilla
4 sq. unsweetened baking chocolate	1 C. flour
6 T. butter or oleo	1 tsp. baking powder
1¼ C. sugar	¼ tsp. salt
3 eggs	1 C. walnuts

Heat oven to 325°. Microwave semi-sweet and unsweetened chocolates and butter in a large microwavable bowl on high 1½ to 2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted and smooth. Stir sugar into chocolate mixture until blended. Mix in eggs and vanilla. Stir in flour, baking powder and salt. Stir in nuts. (Dough will be soft.) Drop by rounded tablespoonfuls, 1½-inches apart, onto ungreased cookie sheet. Bake 12 minutes or until set. DO NOT OVER-BAKE. Cool 5 minutes; remove from cookie sheet. Cool completely on wire racks. Makes about 3 dozen.

CHOCOLATE CHIP COOKIES

Deb Riley

1½ C. brown sugar	2 tsp. salt
1½ C. white sugar	2 tsp. vanilla
1½ C. shortening	2 tsp. baking powder
4 eggs	5 C. flour
2 tsp. soda dissolved in 1 T. hot water	1 pkg. chocolate chips

Cream sugar, shortening and eggs. Add remaining ingredients. Drop by tablespoon onto cookie sheet. Bake at 350° for 10 to 12 minutes.

The fountain in the pond at S.T. Morrison Park, named the Silver Lily, was dedicated July 4, 1996.

BIG SOFT CHOCOLATE CHIP COOKIES

Jackie Kjaer

1½ sticks unsalted butter (melted & cooled)	2 tsp. vanilla
1 C. light brown sugar	2 C. + 2 T. flour
½ C. white sugar	½ tsp. salt
1 jumbo egg + 1 egg yolk	½ tsp. baking soda
	1½ C. chocolate chips

Combine melted butter and sugars in medium bowl. Mix thoroughly. Add egg, egg yolk, and vanilla; mix thoroughly. Combine dry ingredients in separate bowl. Whisk together (do not sift). Combine dry ingredients with sugar mixture and mix thoroughly. Stir in chocolate chips by hand. Line cookie sheets with parchment paper. Using two tablespoons, drop in big, lumpy mounds, using about ¼ C. dough per cookie. (You should get 6 to 8 cookies per cookie sheet.) Cover unbaked dough with plastic wrap so it doesn't dry out. Bake in preheated 325° oven for 13-15 minutes. Remove from oven when peaks and edges are lightly browned; centers should be light colored and soft. DO NOT remove from cookie sheet; cool. Make sure cookie sheets are cool before baking new batches.

HILLARY CLINTON'S CHOCOLATE CHIP COOKIES

Patti Van Houten

1½ C. unsifted all-purpose flour	½ C. white sugar
1 tsp. salt	1 tsp. vanilla
1 tsp. baking soda	2 eggs
1 C. solid vegetable shortening	2 C. old-fashioned rolled oats
1 C. firmly packed brown sugar	1 (12 oz.) pkg. semi-sweet chocolate chips

Preheat oven to 350°. Grease baking sheets. Combine flour, salt, and baking soda. Beat together shortening, sugars, and vanilla in a large bowl until creamy. Add eggs, beating until light and fluffy. Gradually beat in flour mixture and rolled oats. Stir in chocolate chips. Drop batter by well-rounded teaspoonfuls onto greased baking sheets. Bake 8 to 10 minutes or until golden brown. Cool cookies on sheets on wire rack for 2 minutes. Remove cookies to wire rack to cool completely.

AUNT HELEN'S CHOCOLATE CHIP COOKIES

Jill Johnson Wieder

2 C. oleo	6 C. flour
1½ C. white sugar	2 tsp. salt
1½ C. brown sugar	2 tsp. soda
1 tsp. water	1½ bags chocolate chips
1 tsp. vanilla	Nuts (optional)
4 eggs	

Cream well oleo, sugars, water, and vanilla. Add eggs and mix well. Sift flour, salt, and soda, and add to creamed mixture. Stir in chips and nuts if desired. Sometimes I use 1 bag of chocolate chips and ½ bag of butterscotch chips. Drop spoonfuls onto cookie sheet. A small ice cream scoop works great. Bake at 375° for 10-12 minutes. Be hungry for cookies, this makes a huge batch.

ULTIMATE CHOCOLATE CHIP COOKIES

Laurie Goodrich

¾ C. Butter Flavor Crisco	1¾ C. flour
1¼ C. light brown sugar	1 tsp. salt
2 T. milk	¾ tsp. soda
1 T. vanilla	1 C. semi-sweet chocolate chips
1 egg	1 C. chopped pecans or walnuts

Heat oven to 375°. Combine Crisco, brown sugar, milk, and vanilla in large bowl, beat until well blended. Beat egg into mixture. Combine flour, salt, and baking soda. Mix together. Stir in chocolate chips and nuts. Bake on ungreased baking sheet 8 to 10 minutes for chewy cookies, 11 to 13 for crisp cookies. Makes about 3 dozen cookies.

The annual tradition of decorating every tree along Highway 6 with white Christmas lights began in 1995. There are currently 178 trees to brighten the holiday season!

CHOCOLATE CHIP OATMEAL COOKIES

Regina Schreiber

1 C. margarine
1 C. brown sugar
1 C. white sugar
1 tsp. vanilla
2 eggs
½ tsp. baking soda
1 tsp. salt

3 C. quick oatmeal
1½ C. flour
½ to 1 large pkg. chocolate chips
(can use milk chocolate or
semi-sweet)
Add nuts if desired

Mix margarine, brown sugar, white sugar, vanilla, eggs, baking soda, and salt. Mix until creamy. Add flour and oatmeal; mix well. Add chips and nuts. Drop by teaspoonfuls on an ungreased cookie sheet. Bake for 10-12 minutes at 350°.

OATMEAL CHOCOLATE CHIP COOKIES

Kayleen Gardner

(In Memory of Agnes Novotny, Solon, IA)

1 C. shortening
¾ C. brown sugar
¾ C. white sugar
2 eggs (add 1 at a time)
1 tsp. vanilla
1 tsp. salt

1 tsp. soda in hot water
½ tsp. baking powder
2 C. oatmeal
1 C. chopped nuts (optional)
2 C. flour
1 C. chocolate chips

Cream shortening and sugars. Mix in eggs and vanilla and soda in a little water. Mix salt, baking powder, flour, and add to creamed mixture. Add oatmeal, nuts, and chocolate chips. Drop from teaspoon onto lightly greased cookie sheet. Bake at 350° for 8-10 minutes.

If you don't make a living, live on what you make.

CHOCOLATE CHIP PEANUT BUTTER COOKIES

Debra Schreiber

- | | |
|-----------------------------|----------------------|
| ½ C. oatmeal | 1 tsp. baking soda |
| 2 C. flour | ¼ tsp. salt |
| 1½ C. sugar | 1 tsp. vanilla |
| ¼ C. butter (softened) | 1 T. water |
| ½ C. peanut butter (chunky) | 1 C. chocolate chips |
| 2 eggs | |

Preheat oven to 375°. On low speed, beat all ingredients until just mixed. Increase speed and beat 2 minutes. Stir in 1 C. chocolate chips. Roll into walnut-sized balls and put onto greased cookie sheets or tinfoil pans. Bake 10-12 minutes or until done. Nutrition (per serving): 165 calories. Serves 22.

PEANUT BUTTER CHOCOLATE CHIP COOKIES

Sherry Carpenter

- | | |
|--|--|
| ½ C. butter or margarine
(softened) | 1 C. all-purpose flour |
| ½ C. sugar | ½ C. old-fashioned oats |
| ⅓ C. packed brown sugar | 1 tsp. baking soda |
| ½ C. chunky peanut butter | ¼ tsp. salt |
| 1 egg | 1 C. (6 oz.) semi-sweet chocolate
chips |
| 1 tsp. vanilla extract | |

In a mixing bowl, cream butter and sugars; beat in peanut butter, egg, and vanilla. Combine flour, oats, baking soda, and salt; stir into the creamed mixture. Stir in chocolate chips. Drop by round spoonfuls onto ungreased baking sheet. Bake at 350° for 10-12 minutes until golden brown. Cool 1 minute before moving to a wire rack. Yield 2 dozen.

Being young is a fault that improves daily.

PEANUT BUTTER CHOCOLATE CHIP COOKIE*Bev J. Helmers*

2¼ C. flour	1 tsp. baking soda
½ tsp. salt	⅔ C. peanut butter
½ C. margarine	1½ C. sugar
2 large eggs	2 T. milk
1 tsp. vanilla	1 (6 oz.) pkg. chocolate chips

Combine flour, soda, and salt in medium bowl. Beat peanut butter, margarine, and sugar in bowl at medium speed until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in milk and vanilla with mixer at low speed; beat in dry ingredients just until combined. Stir in chocolate chips. Drop dough by heaping tsp. onto greased cookie sheet; bake at 375° for 11-13 minutes until golden. Cool on wire rack.

SUPER CHOCOLATE CHUNK COOKIES*Marisa Coblentz*

½ C. butter	½ tsp. baking soda
½ C. granulated sugar	½ tsp. salt
¼ C. firmly packed brown sugar	2 pkgs. German chocolate (cut into chunks)
1 tsp. vanilla	¾ C. chopped walnuts
1 egg	
1 C. flour	

Beat butter, sugars, vanilla, and egg until light and fluffy. Mix flour with soda and salt; blend into butter mixture. Stir in chocolate chunks and nuts. Chill 1 hour. Drop 2 inches apart from heaping tablespoon onto greased cookie sheet. Bake at 350° about 15 minutes or until lightly browned. Makes 2 dozen.

NO BAKE CHOCOLATE OATMEAL COOKIES*Nancy O'Brien*

2 C. sugar	3 C. oatmeal
½ C. margarine	1 tsp. vanilla
½ C. milk	Nuts (optional)
½ C. cocoa	

Bring sugar, margarine, milk, and cocoa to boil and boil for 3 minutes, no longer. Stir in oatmeal, vanilla, and nuts, if desired. Drop by teaspoon on buttered waxed paper or cookie sheet.

WHITE CHOCOLATE COOKIES

Sherry Carpenter

½ C. butter or margarine	½ tsp. salt
½ C. shortening	2 tsp. vanilla extract
¾ C. sugar	1 (10 oz.) pkg. white chocolate (coarsely chopped)
½ C. packed brown sugar	½ C. coarsely chopped macadamia nuts (lightly toasted)
1 egg	
1¾ C. all-purpose flour	
1 tsp. baking soda	

In a large mixing bowl, cream butter and shortening. Gradually add sugars, beating until light and fluffy. Add egg; mix well. Combine flour, soda, and salt; add to creamed mixture. Blend in vanilla. Stir in chocolate and nuts. Cover and chill dough for 1 hour. Drop by heaping tablespoons about 3 inches apart on ungreased cookie sheets. Bake at 350° for 12-14 minutes or until lightly browned. Let stand a few minutes before removing cookies to a wire rack to cool. Yield: about 2½ dozen cookies.

COCOA DROPS

Marjorie Reese

½ C. shortening	1¾ C. flour
1 C. sugar	½ tsp. salt
1 egg	½ C. cocoa
¾ C. buttermilk or sour milk	1 C. nuts
1 tsp. vanilla	

Chill one hour. Bake on a greased tin at 400° for 8 to 10 minutes. To make a chocolate sundae cookie, add a marshmallow on cookie and then frost.

CREATIVE COOKIES

Sally Trimpe

1 box cake mix	½ C. oil
2 eggs	Nuts or M&Ms, etc.

Pour dry cake mix into a bowl. Add eggs and oil; stir well. Add chopped nuts or candies or coconut, etc. Bake on greased cookie sheet (stone works best) at 350° for approximately 15 minutes.

ANGELINA'S FAVORITE COCONUT LOGS*Karen Palumbo*

1 C. flour
 ½ C. shredded coconut
 ½ C. butter or margarine

3 T. granulated sugar
 Confectioners' sugar

Combine all ingredients except confectioners' sugar and work with hands to form stiff dough. Cut dough in quarters. On lightly floured surface roll each piece into a rope about ½ inch in diameter. Cut ropes in 2-inch long pieces. Place on a greased cookie sheet and bake in preheated 350° oven until golden brown, about 15 minutes. Remove to rack to cool. Store airtight in cool place about 10 days. Can be frozen up to 8 weeks. Dust with confectioners' sugar before serving. Makes about 30 cookies. NOTE: I X4 recipe (example: 4 C. flour, 2 C. butter, etc.). I also find chilling the dough well before rolling into ropes works best.

CAROLYN'S CRESCENTS*Karen Struthers Albertus*

1 C. butter or margarine
 ⅓ C. sugar
 2 tsp. water
 2 tsp. vanilla

2 C. flour
 ½ C. chopped nuts (pecans or walnuts)
 Powdered sugar

Cream butter/margarine and sugar. Mix in water and vanilla, then add flour and nuts. Chill for 3 or 4 hours. Form dough in long rolls, ½ inch across. Cut in 3-inch lengths and shape in crescents. Bake on ungreased cookie sheet in slow oven (325°) for 15 minutes (do not let cookies brown). Remove from sheet, cool slightly and dip in powdered sugar. Makes about 4 dozen.

EASY CRISPY COOKIES*Joanne Hora*

1 yellow cake mix
 ½ C. oil
 2 eggs

1 tsp. vanilla
 Coconut (optional)

Bake at 300° for 3-5 minutes (each oven is different). Sift cake mix into bowl. Make well in center of bowl. Pour in the oil and eggs. Mix well and add vanilla. Add coconut if desired. Mix will be consistency of cookie dough. Take marble-size dough and press paper thin with tips of fingertips. Do not grease pan. Makes 4-5 dozen. Really easy and good.

DIABETIC COOKIES

Connie Keeling

1 T. Sweet 10 or Equal
2 sticks butter or oleo
1 egg

2 C. flour
Nuts and/or dates (optional)

Mix all ingredients and make into a roll. Cut into 1/2-inch slices and flatten with the bottom of a water glass. Bake at 350° for 10-12 minutes.

NO COOK DIABETIC COOKIES

Margaret Morgan

1 stick margarine
1/2 C. milk
1 sq. unsweetened chocolate
1 C. ground dates
1 C. ground raisins

1 C. chopped nuts
1/2 C. peanut butter
3 C. quick oatmeal
1 tsp. vanilla

Cook margarine, milk and chocolate for one minute. Add rest of ingredients. Drop by spoonfuls. May be frozen.

ESP COOKIES



Irene Ruhland and Jean Murr

1 egg
1 C. sugar

1 C. peanut butter (chunky is best)

Mix 3 ingredients and bake at 325° for 10 minutes.

LEMON COOKIES

Charlotte Lackender

1 box lemon cake mix
1 egg

3/4 C. butter (oleo)
1 T. lemon juice

Mix well and chill. Form into walnut-size balls. Roll in powdered sugar, place on cookie sheet. Bake at 375° for 10 to 12 minutes.

MRS. FIELDS \$250 COOKIES

Faye Peters

COOKIES

- | | |
|------------------|---|
| 2 C. butter | 3 C. chopped nuts |
| 2 C. white sugar | 4 C. flour |
| 2 C. brown sugar | 5 C. oatmeal |
| 4 eggs | 1 (24 oz.) bag chocolate chips |
| 2 T. vanilla | 1 (8 oz.) Hershey's chocolate bar
(grated) |

Cream butter and sugars. Add eggs and vanilla. Mix flour and oatmeal together with a fork. Blend the flour/oatmeal mixture a little at a time in a blender until the mix is consistency of a fine powder. Mix oatmeal/flour mixture with the creamed mixture. Combine all ingredients. Drop by large ball-sized lumps 2 inches apart on a cookie sheet. Bake at 375° for 6-10 minutes. Watch closely. This recipe makes a thin crispy cookie. For a chewier treat, add 1 tsp. salt, 2 tsp. baking powder and 2 tsp. baking soda to the oatmeal mixture. NOTE: I do not mix oatmeal/flour mixture in blender and for a variety I add 3 C. raisins and omit the Hershey bar.

GRANDMA SVENSON'S GINGER SNAPS

Beth Svenson

- | | |
|--------------------------|------------------------|
| 1½ C. shortening or lard | 2 tsp. ground cinnamon |
| 2 C. sugar | 4 tsp. ground ginger |
| 2 eggs | 4 tsp. baking soda |
| ½ C. molasses | 1 tsp. salt |
| 4 C. flour | |

Cream sugar and shortening together. Add eggs and molasses, mix together. Stir in flour and remaining ingredients. If dough is sticky, refrigerate for a while. Roll in a ball, about the size of a walnut, and dip in sugar. Place on ungreased cookie sheet. Bake at 350° for 5 to 10 minutes.

*There is no sense in advertising your troubles.
There is no market for them.*

HICKORY NUT COOKIES

Reva Helmuth

- | | |
|---------------|-----------------------------|
| 3/4 C. sugar | Pinch of salt |
| 1/2 tsp. soda | 1 tsp. vanilla |
| 2 egg yolks | 1/2 C. chopped hickory nuts |
| 1 C. + flour | 2 T. milk |
| 1 stick oleo | |

Cream oleo and sugar, add eggs and vanilla. Add dry ingredients and nuts. Drop on ungreased cookie sheet and flatten with a fork. Can push a little marshmallow in center. Bake at 350° until lightly browned.

SOFT LEMONADE COOKIES

Sherry Carpenter

- | | |
|--|---|
| 1 C. butter or margarine
(softened) | 3 C. all-purpose flour |
| 2 eggs | 1 (6 oz.) can frozen lemonade
concentrate, thawed, divided |
| 1 tsp. baking soda | Additional sugar |
| 1 C. sugar | |

In a mixing bowl, cream butter and sugar; add eggs. Combine flour and baking soda; add to the creamed mixture alternately with 1/3 C. of lemonade concentrate; mix well. Drop by rounded teaspoonfuls onto ungreased baking sheets. Bake at 400° for 8 minutes. Remove to wire racks. Brush with remaining lemonade concentrate; sprinkle with sugar. Cool. Yield: 6 dozen.

OATMEAL COOKIES

Mary E. Miller

- | | |
|---|------------------------------|
| 1 C. sugar | Pinch of salt |
| 1 C. lard (not too full) | 1 tsp. vanilla |
| 2 eggs | 2 C. flour |
| 1 C. cooked raisins | 2 C. oatmeal (quick-cooking) |
| 4 T. raisin juice, put 1 tsp.
soda in the juice (stir) | |

Mix in order given. Drop on greased cookie sheet. Bake 10 to 12 minutes at 350°. Nuts can be added.

CHOLESTEROL-FREE OATMEAL APPLESAUCE COOKIES

Jessie C. George

- | | |
|-------------------------|-----------------------------|
| 1 C. flour | 2 T. margarine |
| ¼ C. quick-cooking oats | ¼ C. sugar |
| ¼ tsp. baking soda | ½ C. unsweetened applesauce |
| ¼ tsp. ground cinnamon | 1 egg white |
| Dash of ground cloves | |

Cream margarine and sugar until creamy. Add egg whites and applesauce. Add flour, oats, baking soda, cinnamon, and cloves. Stir until well blended. Spray cookie sheet with nonstick cooking spray. Drop cookies from teaspoon. Bake at 375° for 6 to 8 minutes. Three cookies equals 125 calories.

100 COOKIES

Alice Swenka

- | | |
|------------------|------------------------|
| 1 C. margarine | 1 tsp. soda |
| 1 C. oil | 1 tsp. cream of tartar |
| 1 C. brown sugar | 1 tsp. vanilla |
| 1 C. white sugar | 1 C. coconut |
| 1 egg (beaten) | 1 C. oatmeal |
| 3½ C. flour | 1 C. Rice Krispies |
| 1½ tsp. salt | |

Mix margarine, oil, and sugar. Add egg, flour and rest of dry ingredients. Add vanilla; mix well and add coconut, oatmeal, and Rice Krispies and mix well again. Roll into balls and press flat with glass dipped in sugar. Bake at 350° for 10-12 minutes.

PEANUT BUTTER BALLS

Mary Jo Benson

- | | |
|----------------------------|----------------|
| 1 C. crunchy peanut butter | 1 egg |
| 1 C. sugar | 1 tsp. vanilla |

Mix all ingredients. Form into 1-inch balls. Bake on ungreased cookie sheet. Flatten balls with fork. Bake at 300° for 15-20 minutes.

PEANUT BLOSSOM COOKIES

Irene Shima

1 C. granulated sugar	2 tsp. vanilla
1 C. packed brown sugar	3½ C. flour
1 C. margarine	2 tsp. baking soda
1 C. creamy peanut butter	1 tsp. salt
2 eggs	2 (10 oz.) pkgs. milk chocolate stars
¼ C. milk	

Cream sugars, margarine, and peanut butter. Beat in eggs, milk, and vanilla. Sift together flour, soda, and salt; stir into egg mixture. Shape into balls and roll in granulated sugar. Place on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Immediately press a chocolate star on top. Press down so the cookie cracks around the edge. Return to oven and bake 2 to 5 minutes longer.

GRANDMA V'S PEANUT BUTTER COOKIES

Diana Brayton

(Great for dunking)

1 C. shortening	1 C. peanut butter
1 C. sugar	3 C. flour
1 C. brown sugar	2 tsp. soda
2 eggs	1 pinch of salt
1 tsp. vanilla	

Thoroughly cream shortening, sugar, eggs, and vanilla. Stir dry ingredients and add to creamed mixture. Drop by rounded tsp. on ungreased cookie sheet. Press with back of floured fork to make crisscross. Bake at 350° for 10 minutes. NOTE: For richer cookies you can use less flour.

PEANUT BUTTER CRISSCROSS COOKIES

Stacy Sedlacek

½ C. sugar	1¼ C. flour
½ C. brown sugar	¾ tsp. soda
½ C. butter	½ tsp. baking powder
½ C. peanut butter	¼ tsp. salt
1 egg	1 pkg. chocolate star candy

Mix sugars, butter, peanut butter, and egg. Stir in flour, soda, baking powder, and salt, cover and chill 3 hours. Heat oven to 370°. Shape dough into balls and place 3 inches apart on cookie sheet, flatten with fork in crisscross pattern on top (dip fork in flour). Place chocolate star candy on top in center. Bake 10-12 minutes.

PEFER KOGER PEPPER NUTS*Mrs. Ferdinand Jensen**(A Danish Cookie)*

½ C. butter	2 egg yolks
1 C. sugar	1 C. flour
1 C. of dark Karo corn syrup	½ tsp. salt
½ C. sour cream	1 tsp. ginger
½ C. buttermilk	1 tsp. soda

Cream butter; add sugar, cream well together. Add liquid including egg yolks. Sift the flour with soda and ginger and salt. Add more flour, if necessary, to make dough stiff enough to roll thin, the size of a pencil and cut into tiny rounds. Place them on a cookie sheet. Bake at 350° for 15 minutes.

POTATO MASHER COOKIES*Thor Johnson*

1 C. sugar	2 eggs
1 C. powdered sugar	1 tsp. baking soda
1 C. salad oil	1 tsp. cream of tartar
1 C. shortening	1 tsp. vanilla
4 C. flour (unsifted)	

Take shortening, both sugars, oil, and eggs; beat well and add vanilla. Sift flour, baking soda and cream of tartar together, add to sugar mixture; mix well. Put in refrigerator overnight or until chilled. Form into balls and press down with a potato masher or fork. Bake at 350° until just the edges turn brown, approximately 5-8 minutes depending on size of cookie.

RAINBOW CHIP COOKIES*Jolene Belknap*

½ C. Crisco shortening	1 T. water
2 eggs (beaten)	1 cake mix (Rainbow Chip) or any other desired cake mix
1 T. vanilla	

Mix all ingredients. Drop on a greased cookie sheet. Bake 7-8 minutes at 350°.

JUMBO RAISIN COOKIES

Marianne Colony

2 C. raisins	2 C. sugar
1½ C. water	3 eggs
1 C. shortening	4 to 4½ C. flour
1 tsp. cinnamon	1 tsp. baking powder
¼ tsp. nutmeg	1 tsp. salt
¼ tsp. allspice	1 tsp. soda
1 tsp. vanilla	Nuts (optional)

Cook raisins in water for 5 minutes. Drain and save ½ C. of the liquid. Blend shortening, spices, and vanilla. Add sugar and stir well. Beat in eggs, one at a time. Sift flour, baking powder, and salt. Add soda to the ½ C. of raisin liquid and then add it and flour alternating to other mixture. Add raisins and chill. Put onto cookie sheet with spoon and bake at 400°.

RAISIN FILLED COOKIES

Terry Kaeding

(Mom's Recipe of the Week, Muscatine, IA, 1964)

1 C. sugar	2 tsp. cream of tartar
½ C. shortening	1 tsp. soda
1 egg	1 tsp. vanilla
½ C. milk	3 C. flour

Cream shortening and sugar, add egg and stir. Sift dry ingredients together and add alternately with milk, mixing after each addition. Stir in vanilla. Chill at least 1 hour. Roll out dough and cut in circles. Using half of the circles put 1 tsp. filling in center. Use other half of circles to put over top of filling. Press the edges together with a fork. Bake at 350° for 8-10 minutes or until brown.

RAISIN FILLING:

2 C. raisins	2 T. flour
1 C. sugar	1 C. water

Mix in saucepan and cook over low heat until it thickens.

RICE KRISPIE COOKIES*Cindy Baumbach*

1 C. butter
 1 C. sugar
 1½ C. flour
 ½ tsp. soda

½ tsp. baking powder
 ¾ C. Rice Krispies
 ½ tsp. vanilla

Cream butter and sugar; add flour, soda, and baking powder. Blend together and add Rice Krispies and vanilla. Roll into small balls and roll in flour, flatten with glass. Bake at 325° for 15-20 minutes.

ROSETTES*Irene Shima*

2 eggs
 1 tsp. sugar
 ¼ tsp. salt

1 C. milk
 1 C. flour

Stir eggs well with fork and add sugar. Add the flour, salt, and milk alternately. A smooth batter is very essential and, if necessary, pour through sieve. This amount will make 40 rosettes. Fry in hot oil for about 20 seconds using a rosette iron. Place on paper towels to remove oil.

SNICKERDOODLES*Michael Hayworth (age 3)*

1 C. shortening
 1½ C. sugar
 2 eggs
 2¾ C. flour

2 tsp. cream of tartar
 1 tsp. soda
 ½ tsp. salt

Cream shortening and sugar. Add eggs. Mix in dry ingredients. Chill. Roll into balls and dip in cinnamon and sugar. Bake at 400° for 8-10 minutes. Makes about 6 dozen cookies.



SOUR CREAM COOKIES

Mrs. Lois Miller

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|----------------------|---|
| 4 C. white sugar | 6 well-beaten eggs |
| 2 C. sour cream | 4 tsp. soda |
| 1 tsp. vanilla | 7 C. flour, or enough to make soft
dough |
| 4 tsp. baking powder | |
| 1½ C. butter or oleo | |

Cream sugar and shortening. Add eggs and cream. Beat well. Add dry ingredients. Place in refrigerator overnight. Roll and cut out. Bake at 400° for 10-12 minutes.

SUGAR COOKIES

Carol Raymer

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|--------------------------|-----------------|
| 4 C. flour | 1½ C. sugar |
| 1 tsp. baking powder | 1 egg |
| ½ tsp. soda | ½ C. sour cream |
| ½ tsp. salt | 1 tsp. vanilla |
| 1 C. butter or margarine | |

Cream butter, sugar, and egg until light and fluffy. At low speed, beat sour cream and vanilla alternately with sifted dry ingredients. Divide dough into 4 balls and chill. Roll out on floured surface and cut with cookie cutters. Bake for 7 to 10 minutes at 375°.

MARIE'S SUGAR COOKIES

Gail Rogers

- | | |
|------------------------|------------------------|
| 2 C. butter (4 sticks) | 5 C. flour |
| 2 C. sugar | 1 tsp. soda |
| 2 eggs | 1 tsp. cream of tartar |
| 1 T. vanilla | 1 tsp. salt |

Cream butter and sugar. Beat eggs and vanilla. Add dry ingredients. Refrigerate 8 hours. Roll out dough and cut out cookies with cookie cutters. Bake at 375° for 6-8 minutes.

FROSTING:

- | | |
|-----------------------------|-------------|
| 1 box powdered sugar | ½ C. Crisco |
| ⅓ C. hot milk (not boiling) | Vanilla |

OLD-FASHIONED SUGAR COOKIES

Deanna Slocum

1 C. margarine	1/2 tsp. salt
1 1/4 C. sugar	3 eggs
2 tsp. cream of tartar	1 1/2 tsp. vanilla
1/2 tsp. baking soda	3 1/4 C. flour

Beat margarine with an electric mixer on medium to high speed for 30 seconds. Add sugar, cream of tartar, baking soda, and salt, and beat until combined. Beat in eggs and vanilla. Beat in as much flour as possible with mixer, and stir in remaining flour with wooden spoon. Cover and chill for at least 3 hours. Take out 1/3 of dough and roll to 1/4-inch thickness and cut out cookies. Place 1 inch apart on ungreased cookie sheets. Bake in 375° oven for 6 to 8 minutes, or until edges are firm. Cool on cookie sheet 1 minute. Remove cookies and cool. Frost and decorate as desired.

SOFT SUGAR COOKIES

Dianna Daub

2 sticks oleo	5 C. flour
2 C. sugar	2 tsp. soda
2 eggs	2 tsp. cream of tartar
1 C. oil	
1/4 tsp. salt	

Cream the left column. Then add and mix the second column with the first. Preheat oven to 400°. Use a 30 oz. ice cream dipper or roll into balls and press on ungreased cookie sheet with a glass dipped in sugar. Bake until light golden brown, 8-10 minutes. Watch carefully. Delicious. Yield: 5 dozen.

TRADITIONAL SUGAR COOKIES

Donna Arthur

3/4 C. shortening (or part butter)	2 1/2 C. Gold Medal Flour
1 C. sugar	1 tsp. baking powder
2 eggs	1 tsp. salt
1 tsp. vanilla (or lemon extract)	

Mix all together, cover and chill at least one hour. Heat oven to 400°. Roll dough 1/2-inch thick and cut into desired shapes. Place on ungreased baking sheets. Bake 6-8 minutes or until golden. Makes about 4 dozen 3-inch cookies.

TRADITIONAL ROLLED SUGAR COOKIES

Mary Beneke

3/4 C. (1 1/2 sticks) butter (softened)	1 tsp. vanilla
3/4 C. sugar	2 1/4 C. all-purpose flour
1 egg	1/8 tsp. salt
1 T. grated lemon peel	Water

Cream butter in large mixer bowl. Add sugar and beat until light and fluffy. Beat in egg, lemon peel and vanilla until well blended. Gradually mix in flour and salt until well blended. Beat in water, a few drops at a time only until dough starts to come away from sides of bowl. Form dough into a large flat disc. Wrap dough in plastic wrap and refrigerate 2 to 3 hours. Preheat oven to 350°. Roll dough on lightly floured surface to 1/8-inch thickness. Cut with cookie cutters dipped in flour. Place on buttered cookie sheets. Bake 10-12 minutes or until cookies begin to brown around edges. Cool completely on wire racks. Can be frozen for up to 3 months.

SUGAR COOKIE TRIANGLES

Mary Parden

3/4 C. sugar	1 tsp. vanilla extract
1/3 C. softened shortening (butter, oleo, Crisco)	1 egg
1/3 C. vegetable oil	1 1/2 C. all-purpose flour
1 T. milk	1 1/2 tsp. baking powder
2 tsp. almond extract	1/4 tsp. salt
	Sugar for sprinkling (about 1 1/2 T.)

Place sugar, shortening, oil, milk, extracts, and egg into food processor bowl. Cover and process until light and fluffy. On a sheet of wax paper, blend flour, baking powder and salt. Add to bowl. Cover and pulse off/on until flour is well blended. Do not over-process. Spread evenly in greased 15x10x2-inch pan (jelly roll pan). Sprinkle top with sugar. Bake at 375° in preheated oven for 10-12 minutes until set and very light brown. Cool 5 minutes. Cut in 24 squares, then cut each into a triangle for 48 cookies.

SWEDISH CREME WAFERS*Kristi Chambers***DOUGH:**

1 C. soft butter
 1/3 C. Pet milk

2 C. flour

FILLING:

1/4 C. soft butter
 3/4 C. sifted powdered sugar

1 egg yolk
 1 tsp. vanilla

DOUGH: Mix ingredients together and chill until dough is firm. Roll out to 1/8-inch thickness on floured board. Cut with a 1 1/2-inch round cookie cutter. Drop in granulated sugar. Poke top four times with a fork. Bake at 375° for 7-9 minutes until lightly browned. Let cool completely.

FILLING: Mix ingredients together and blend well. Tint red or green. Assemble cookies like sandwiches (like Oreo's).

SOUTHERN TEA CAKES*Verlee Lauderbaugh*

1 C. shortening
 1 3/4 C. sugar
 2 eggs (beaten)

1/2 C. milk
 1 tsp. vanilla
 3 C. self-rising flour

In a mixing bowl, cream together shortening and sugar. Add beaten eggs and mix with creamed mixture. Add milk and vanilla alternately with flour. Drop by tablespoonfuls on greased cookie sheet. Bake at 325° for 10-12 minutes. Frost with a powdered sugar frosting. Can sprinkle with colored sugar while frosting is still moist for a more festive-looking cookie.

VERY GOOD COOKIES*Irene Schooley*

1 C. sugar
 1/2 C. brown sugar
 1 C. margarine
 2 eggs
 1 tsp. vanilla

2 1/3 C. flour
 1 tsp. soda
 1 tsp. salt

Add whatever you like: chocolate chips, coconut, nuts, raisins, dates

Cream with mixer: sugars, margarine, eggs, and vanilla; beat until light. Add and mix in flour, soda, and salt. Then add whatever extra ingredients you want. Drop by teaspoon on greased cookie sheets. Bake in a 350° oven. Makes approximately 3 dozen.

WELSH CAKES

Frances Rowland

1 lb. plain flour	3 oz. Sultan's white raisins
1 tsp. baking powder	½ tsp. mixed spice (optional)
10 oz. butter	1 egg
6 oz. sugar	Little milk
3 oz. currants	

Mix together flour and baking powder, rub in the butter. Add the sugar, spice, and fruit. Mix in the beaten egg and just enough milk. Turn out on floured board, roll out and cut out. Bake on griddle, top of stove or electric skillet.

ZUCCHINI DROP COOKIES

Sue Dinsmore Clements

½ C. shortening or margarine	1 tsp. cinnamon
1 C. white sugar or brown sugar	½ tsp. cloves
1 beaten egg	½ tsp. nutmeg
1 tsp. vanilla	½ tsp. salt
1 C. peeled & grated zucchini	1 C. chopped nuts (optional)
2 C. flour	1 C. raisins

Cream the shortening and sugar. Add the beaten egg, vanilla, and grated zucchini to the first mixture; mix well. Then add the flour (which has the spices and salt added to it) to the wet mixture. Fold in the chopped nuts and raisins. Nuts are optional but add to the taste. Grease a cookie sheet and drop by teaspoons on sheet; bake at 375° for 12-15 minutes. Makes 3 dozen cookies.

- BARS -

ANYTHINGS

Joan Heitman

10 crushed graham crackers or 2 C. crumbs	1 C. chopped Plantation Pecans
1 (6 oz.) pkg. chocolate chips	1 can condensed milk

Mix all ingredients together. Bake in a well-greased 9x9-inch pan for about 30 minutes at 350°. Do not overbake! When cool may be drizzled with simple icing or melted chocolate chips.

APPLE BARS

Chris Worrell

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|--------------------|----------------------------|
| 1½ C. sugar | 2 tsp. baking soda |
| ½ C. vegetable oil | ½ tsp. salt |
| 2 large eggs | 2 C. flour |
| 2 tsp. cinnamon | 3 C. finely chopped apples |

TOPPING:

- | | |
|------------------|----------------------|
| 1 C. brown sugar | ¼ C. evaporated milk |
| ½ C. butter | |

To make bars, cream sugar and oil together in a large bowl. Add eggs and remaining ingredients in order given and mix well. Pour batter into a greased 15x11x1-inch pan. Bake 30-35 minutes at 350°. Let it cool for 15 minutes. Meanwhile, place topping ingredients in a small saucepan. Bring to a boil and boil for 2½ minutes, stirring occasionally. With a fork, poke holes in the top of bars and spread hot topping mixture all over and let it set before cutting bars.

APPLESAUCE BARS

Johanna Beers

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|----------------------|-----------------|
| 1 C. raisins | ½ tsp. cinnamon |
| 1 C. sugar | ½ tsp. cloves |
| ½ C. butter (Crisco) | 1 tsp. soda |
| 1 C. applesauce | Salt |
| ½ C. chopped nuts | Vanilla |
| 2 eggs | 2½ C. flour |

Pour hot water over raisins and let stand while preparing other ingredients, then drain. Cream together sugar and butter. Beat in eggs, one at a time. Add vanilla. Add dry ingredients, sifted together, alternately with applesauce. Stir in raisins and nuts. Spread evenly in greased and floured 10x15-inch jelly roll pan. Bake at 350° for 25-30 minutes (test with toothpick for doneness). When cool, frost with powdered sugar icing, using hot coffee as liquid.



COCOA APPLESAUCE BARS

Marge Lamansky

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|---|--------------------------|
| 1/2 C. cocoa | 1 tsp. cinnamon |
| 6 T. margarine | 1/2 tsp. salt |
| 3/4 C. slightly sweetened
applesauce | 2 C. flour |
| 1 tsp. vanilla | 3 eggs (slightly beaten) |
| 1 2/3 C. sugar | 1/2 C. sour milk |
| 1 tsp. soda | 1/2 C. water |

Heat to boiling cocoa, margarine, applesauce, and water. Cool. Add vanilla, eggs, milk, and dry ingredients; mix by hand. Bake in jelly roll pan (17 1/2 x 12 1/2-inch) at 350° for 25 minutes. Sprinkle and spread 3/4 C. chocolate chips over top while warm.

BANANA BARS

Margaret Morgan

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|----------------------------|---|
| 1/2 C. butter or margarine | 1 tsp. soda |
| 1 1/2 C. sugar | 1/4 tsp. salt |
| 2 eggs | 3/4 C. buttermilk (or 1 use 2 tsp.
vinegar & milk) |
| 1 tsp. vanilla | Powdered sugar |
| 2 or 3 bananas (mashed) | Chopped nuts |
| 2 C. flour | |

Cream the first 5 ingredients. Alternately add flour mixture (flour, soda, and salt) and buttermilk. Pour in jelly roll pan (15 1/2 x 10 1/2-inch). Bake at 350° for 20 to 25 minutes. Frost with white powdered sugar frosting and top with finely chopped nuts.

BEST BROWNIES IN TOWN

Laurie Goodrich

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|---------------------------|------------------|
| 2 C. sugar | 4 eggs |
| 5 T. cocoa | 1 1/2 C. flour |
| 2 sticks melted margarine | Vanilla (1 tsp.) |

Mix by hand in order given. Spread into a greased and floured 9x13-inch pan. Bake at 350° for 25-30 minutes.

BANANA BARS

Irene Shima

½ C. butter (oleo)
2 eggs
¾ C. sour cream or buttermilk
Dash of salt

1½ C. sugar
2 or 3 mashed bananas
2 C. flour
1 tsp. soda

FROSTING:

6 T. butter (oleo)
1 T. milk
3 oz. cream cheese

1 tsp. vanilla
3 C. powdered sugar

Cream shortening and sugar. Add eggs, beaten; add mashed bananas and the rest of the ingredients. Bake in greased jelly roll pan for 25 minutes at 350°. Cool and frost. Mix frosting with mixer in small bowl and add to cooled cake.

BROWNIES

Connie Jones

1 C. sugar
1 stick oleo
4 eggs
1 C. flour

1 (16 oz.) can Hershey's
chocolate syrup
¾ C. chopped nuts

Mix together. Grease and flour an 11x16-inch pan. Bake 25 to 30 minutes at 350°.

FROSTING:

1½ C. sugar
6 T. oleo

6 T. milk

Heat and stir until it starts to boil; let boil 30 seconds. Add ½ C. chocolate chips. Remove from heat and beat until creamy. Spread on cooled brownies.



BANANA CREAM BROWNIE SQUARES

Kayleen Gardner

- | | |
|---|---|
| ¾ C. dry roasted peanuts
(chopped, divided) | 1 (8 oz.) container frozen whipped
topping (thawed, divided) |
| 1 (15 oz.) pkg. brownie mix | 9 strawberries |
| 3 medium bananas | 1 sq. (1 oz.) unsweetened
baking chocolate |
| 1¼ C. cold milk | |
| 1 (5.1 oz.) pkg. instant vanilla
pudding & pie filling | |

Preheat oven to 350°. Chop peanuts using Food Chopper. Prepare brownie mix according to package directions; stir in ½ C. chopped peanuts. Pour into 9-inch Square Baker. Bake 24-27 minutes. Cool completely. Slice 2 bananas using Egg Slicer Plus. Layer over brownie. In Classic 2-Qt. Batter Bowl, whisk pudding mix into milk using 10-inch Whisk; beat until mixture just begins to thicken. Fold in 2½ C. whipped topping, using Super Scraper. Quickly spread pudding mixture over sliced bananas. Refrigerate 30 minutes. Sprinkle remaining ¼ C. peanuts over pudding mixture. Attach Open Star Tip to Easy Accent Decorator; fill with remaining whipped topping. To serve, cut into squares using Slice 'N' Serve; pipe with whipped topping. Using Cheese Grater, grate chocolate over dessert. Slice remaining banana and strawberries using Egg Slicer Plus. Top each square with banana and strawberry slices. Yield: 9 servings. Approximately 497 calories and 21 grams of fat per serving.

BLONDE BROWNIES

Dolores Kattchee

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|----------------------|----------------------|
| 1 C. flour | 1 C. brown sugar |
| ½ tsp. baking powder | 1 egg |
| 1/8 tsp. soda | 1 tsp. vanilla |
| ½ tsp. salt | ½ C. chopped nuts |
| ⅓ C. margarine | ½ C. chocolate chips |

Melt margarine in saucepan. Remove from heat and mix in brown sugar. Mix in egg and vanilla. Add dry ingredients a small amount at a time. Add nuts. Spread in greased 9x9-inch pan. Sprinkle chocolate chips on top. Bake at 350° for 30 to 40 minutes.

CHEWY BROWNIES

Margaret Morgan

½ C. margarine (1 stick)
6 T. cocoa (¼ C. + 2 T.)
2 C. sugar
4 eggs
¼ tsp. salt
1 tsp. vanilla
2 C. flour

Nuts (opt.) or use as topping
on glaze
1 C. powdered sugar
1 T. cocoa
1 T. margarine
2 T. cream

Melt together ½ C. margarine and cocoa. Cool. Add 2 C. sugar, eggs, salt, vanilla, and flour. Mix together and spread in 9x13-inch pan. Bake 20 minutes at 325°. Combine powdered sugar, 1 T. cocoa, 1 T. margarine and cream. Blend well to make glaze. Spread on warm brownies.

CHOCOLATE BROWNIES

Margaret Weaver

1 stick margarine
1 C. sugar
4 eggs
1 (16 oz.) can chocolate syrup

¼ tsp. baking powder
1 C. + 1 T. flour
½ C. chopped nuts (optional)

FROSTING:

1½ C. sugar
6 T. margarine

6 T. milk
½ C. chocolate chips

Cream margarine, sugar, and eggs. Stir in remaining ingredients and mix well. Pour into 11x15-inch greased baking pan. Bake at 350° for 30 minutes. Cool and frost.

FROSTING: Bring to boil (in 2 qt. pan): sugar, margarine and milk. Boil 30 seconds. Remove from heat and stir in the chocolate chips. Frost brownies immediately before mixture cools.



CHOCOLATE SYRUP BROWNIES

Jean Dalton

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|--|---|
| 1 stick (4 oz.) + 5 $\frac{1}{3}$ T. butter
or margarine (softened) | 1 C. flour |
| 2 $\frac{1}{3}$ C. sugar | 1 C. chopped walnuts |
| 4 eggs | 6 T. milk |
| 1 (16 oz.) can chocolate-flavored
syrup | $\frac{1}{2}$ C. semi-sweet chocolate chips |

Preheat oven to 350°. In a medium bowl, beat 1 stick butter and 1 C. sugar with an electric mixer on medium speed until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in chocolate syrup and flour until well blended, 3 to 4 minutes. Stir in nuts. Spread batter evenly in a greased 9x13-inch baking pan. Bake 30 to 35 minutes, or until set. Do not overbake. Meanwhile, prepare frosting. In a small saucepan, combine remaining 5 $\frac{1}{3}$ T. butter, remaining 1 $\frac{1}{3}$ C. sugar, and milk. Heat to boiling over medium heat, stirring often. Boil 1 minute. Remove from heat and add chocolate chips. Beat until frosting is smooth and of spreading consistency. Spread frosting evenly over hot brownies. Let cool to room temperature before cutting into 36 bars 2 1/8x1 $\frac{1}{2}$ -inches. Makes 36.

CREAM CHEESE SWIRL BROWNIES

Lois Huxford

- | | |
|---|----------------------------|
| 1 pkg. brownie mix or your own
recipe | $\frac{1}{4}$ C. sugar |
| 1 (3 oz.) pkg. cream cheese
(softened) | $\frac{1}{2}$ tsp. vanilla |
| 2 T. butter (softened) | 1 T. flour |
| | 1 egg |

Prepare brownies. Spread $\frac{2}{3}$ of the dough in pan. Beat cream cheese and butter on medium speed until fluffy. Beat in sugar gradually. Add remaining ingredients and beat until smooth. Spread over dough in pan. Drop remaining dough by tablespoon onto cream cheese mixture. Swirl lightly with spatula for marbled effect. Bake 35-40 minutes at 350° in a greased 9x13-inch pan.



EXCELLENT BROWNIES

Mary Jedlicka Humston

BROWNIE:

12 T. cocoa
2 sticks oleo or butter
+ 2 T. more
2 C. sugar
4 eggs

1 C. flour
2 tsp. vanilla
1 tsp. baking powder
½ C. chopped nuts (optional)

FROSTING:

¼ C. butter or oleo
½ C. cocoa
¼ tsp. salt

⅓ C. milk
1½ tsp. vanilla
3½ C. powdered sugar

BROWNIES: Melt cocoa and oleo or butter over low heat. Remove from heat. Stir (do not use electric mixer) together with remaining ingredients. Pour into a greased 9x13-inch pan and bake at 350° for 25-30 minutes.

FROSTING: Melt cocoa, oleo or butter and salt. Remove from heat. In a mixing bowl combine milk, vanilla, and powdered sugar. Add melted mixture. Use mixer to beat. Add more sugar to thicken or more milk to make less thick if needed. Makes a good amount of frosting for a 9x13-inch pan of brownies.

GALLYTROT BROWNIES

Leesa Johnson

1 C. (2 sticks) butter (melted)
2 C. sugar
7 T. cocoa
1 tsp. baking powder

4 eggs
1 C. flour
2 tsp. vanilla
½ C. coarsely chopped pecans or walnuts

Preheat oven to 350°. In a large bowl combine butter, sugar, and cocoa. Add the eggs, one at a time, blending well after each addition. Add remaining ingredients and mix until just combined. Pour into a sprayed 9x13-inch baking pan and bake 20-25 minutes or until top is firm to the touch (do not overbake). Let stand 15 minutes.

FUDGE BROWNIES

Joanne Zehr

1¼ C. butter or margarine
(softened)
4 C. sugar
8 eggs
2 C. all-purpose flour

1¼ C. baking cocoa
½ tsp. salt
2 tsp. vanilla
2 C. nuts (optional)

ICING:

½ C. butter or margarine
1½ sq. unsweetened chocolate
3 C. confectioners' sugar

5 T. milk
1 tsp. vanilla extract
Nuts

In a mixing bowl, cream butter and sugar. Add eggs. Combine flour, cocoa, and salt; add to creamed mixture and mix well. Stir in vanilla and walnuts. Spread into a greased 15x10x1-inch baking pan. Bake at 325° for 40-45 minutes or until brownies test done. Cool for 10 minutes. Meanwhile, for icing, melt the butter and chocolate. Place in a mixing bowl. Add half of the confectioners' sugar; mix well. Add milk, vanilla, and remaining sugar and beat until smooth. Spread immediately over warm brownies. Yield: 3 dozen.

REDUCED FAT BROWNIES

Jolene Belknap

2 T. butter (melted)
⅔ C. sugar
1 (6 oz.) carton chocolate nonfat
yogurt
1 tsp. vanilla extract
1 egg
2 egg whites

1 C. unprocessed bran or wheat
germ
½ C. flour
⅓ C. cocoa powder
¼ tsp. baking powder
¼ tsp. salt
¼ C. chocolate chips (reduced
fat)

FROSTING:

1 (8 oz.) pkg. Neufchatel cheese
(or reduced fat cream cheese)
⅓ C. confectioners' sugar

1 T. skim milk
½ tsp. vanilla extract
¼ C. cocoa powder

Preheat oven to 350°. Coat an 8x8-inch dish with nonstick spray. Combine butter, sugar, yogurt, and 1 tsp. vanilla. Add eggs. In another bowl combine bran (or wheat germ), flour, ⅓ C. cocoa powder, baking powder, and salt; gradually blend in. Then stir in chips. Pour into dish. Bake 20 minutes, cool 1 hour, then frost.

FROSTING: Combine all ingredients, beat 1 to 2 minutes.

ZUCCHINI BROWNIES

Kayleen Gardner

- | | |
|----------------------|-------------------------------------|
| 1½ C. sugar | 2 C. flour |
| 2 eggs | 1 tsp. soda |
| ½ tsp. cinnamon | 2 C. grated zucchini, seeds removed |
| 2 T. cocoa | 2 tsp. sugar |
| 1 C. chocolate chips | |
| ½ C. butter | |

Cream sugar, butter, and eggs together. Mix in flour, cinnamon, soda, cocoa, and zucchini until blended. Stir in chocolate chips. Put in 9x13-inch pan. Sprinkle 2 tsp. of sugar over the top. Bake at 350° for 45 minutes. Makes 25 brownies.

BUTTER BRICKLE BARS

Irene Shima

- | | |
|--------------------------------|--|
| 1 yellow cake mix | 1½ C. chopped nuts |
| ⅓ C. oleo | 1 (6 oz.) pkg. butter brickle chips (Heath Bits) |
| 1 egg (beaten) | |
| 1 can sweetened condensed milk | |

Mix together the cake mix, oleo, and egg in a fashion similar to making a pie crust. Pack the mixture in the bottom of an edged cookie sheet. Then mix together the sweetened condensed milk, chopped nuts and butter brickle chips. Spread this over the crust and bake at 350° for 25 minutes.

CHOCOLATE CARAMEL BARS

Shelly Grace

- | | |
|----------------------------------|--------------------------------|
| 1 pkg. German chocolate cake mix | ⅓ C. evaporated milk |
| ½ C. cooking oil | 1 (6 oz.) pkg. chocolate chips |
| 1 pkg. caramels | |

Mix cake mix and oil, put ½ of the mixture in the bottom of a 9x13-inch pan. Bake for six minutes at 350°. Melt caramels with evaporated milk. Sprinkle chocolate chips over baked mixture. Pour caramel mixture over chips. Crumble remaining cake mixture over all. Bake at 325° for 12-15 minutes.

CHOCOLATE CARAMEL BARS

Lori Bowers

1 pkg. German chocolate cake mix	½ C. evaporated milk
½ C. margarine (softened)	1 (14 oz.) pkg. caramels
1 egg	½ C. chopped nuts (optional)
½ C. margarine	Glaze (below)

Heat oven to 350°. Mix cake mix (dry), softened margarine and egg until crumbly; reserve 1½ C. Press remaining crumbly mixture in ungreased 13x9x2-inch pan. Bake until crust appears dry, 10 to 12 minutes; cool 10 minutes. Heat margarine, milk, and caramels over low heat, stirring occasionally, until caramels are melted. Pour over crust; sprinkle with nuts and reserved crumbly mixture. Bake until crumbly mixture appears dry and begins to brown, 25 to 30 minutes; cool. Drizzle with glaze. Loosen edges of bars with spatula; refrigerate until caramel mix becomes firm, about 1 hour. Cut into bars.

GLAZE: Mix ½ C. chocolate ready-to-spread frosting and 3 to 4 tsp. of water, 1 tsp. at a time, until desired consistency.

CHOCOLATE CHERRY BARS

Irene Shima

1 box dark chocolate cake mix	1 can cherry pie filling
2 beaten eggs	1 tsp. almond flavoring

TOPPING:

5 T. butter	1 C. chocolate chips
⅓ C. milk	1 tsp. vanilla
1 C. sugar	

Mix by hand; put into well-greased jelly roll pan. Bake 25 minutes at 350°.

TOPPING: Bring to boil for 1 minute, stirring constantly. Turn off heat and add 1 C. chocolate chips; stir until smooth and add 1 tsp. vanilla.

CHOCOLATE CHIP BARS

Emily Devine (age 4)

- | | |
|-----------------------------------|------------------------------------|
| 2¼ C. all-purpose flour | 1 tsp. vanilla extract |
| 1 tsp. baking soda | 2 eggs |
| 1 tsp. salt | 2 C. (12 oz. pkg.) chocolate chips |
| 1 C. (2 sticks) butter (softened) | 1 C. chopped nuts (optional) |
| ¾ C. granulated sugar | |
| ¾ C. packed brown sugar | |

Preheat oven to 375°. Beat butter, granulated sugar, brown sugar, and vanilla in large mixing bowl. Add eggs one at a time, beating well after each addition; gradually beat in flour, baking soda, and salt. Stir in chips and nuts (if desired). Spread into greased 15x10-inch baking sheet. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack.

DOUBLE CHOCOLATE CRUMBLE BARS

Anne Allen

- | | |
|----------------|--------------------------------|
| ½ C. margarine | ¼ tsp. baking powder |
| ¾ C. sugar | ½ C. nuts |
| 2 eggs | 2 C. mini marshmallows |
| 1 tsp. vanilla | 1 (6 oz.) pkg. chocolate chips |
| ¾ C. flour | 1 C. peanut butter |
| 2 T. cocoa | 1½ C. crispy rice cereal |

Cream together margarine and sugar. Add eggs and vanilla, mixing well. Add flour, cocoa, baking powder, and nuts. Spread on greased 9x13-inch pan; bake at 350° for 15 minutes. Remove from oven and sprinkle with marshmallows over top. Return to oven for 3 minutes. In large saucepan, melt chocolate chips with peanut butter (can be done in microwave). Add rice cereal and spread over top of baked mixture. Keep in cool place.

*I always like to hear a person talk about himself,
because then I never hear anything but good.*

CHOCOLATE PECAN CRUMB BARS

Susan Hollins

- | | |
|--|---|
| 1 C. butter (softened) | 1¼ C. (14 oz. can) sweetened condensed milk |
| 2 C. flour | 1 tsp. vanilla extract |
| ½ C. sugar | 1 C. chopped pecans |
| ¼ tsp. salt | |
| 2 C. (12 oz. pkg.) chocolate chips (divided) | |

Beat butter in large mixer bowl until creamy. Beat in flour, sugar, and salt until crumbly. With floured fingers, press 2 C. crumb mixture onto bottom of greased 13x9-inch baking pan; reserve remaining mixture. Bake in preheated 350° oven for 10 to 12 minutes or until edges are golden brown. Warm 1½ C. chocolate chips and condensed milk in small, heavy saucepan over low heat, stirring until smooth. Stir in vanilla. Spread over hot crust. Stir pecans and remaining chocolate chips into reserved crumb mixture; sprinkle over chocolate filling. Bake at 350° for 25 to 30 minutes or until center is set. Cool in pan on wire rack.

CHOCOLATE REVEL BARS

Linda Keiser

- | | |
|------------------|--------------------|
| 1 C. butter | 2½ C. flour |
| 2 C. brown sugar | 1 tsp. baking soda |
| 2 eggs | 1 tsp. salt |
| 2 tsp. vanilla | 3 C. quick oatmeal |

FILLING:

- | | |
|---|------------------------|
| 1 (12 oz.) pkg. chocolate chips | 1 tsp. salt |
| 1 (15 oz.) can sweetened condensed milk (Eagle Brand) | 2 tsp. vanilla |
| 2 tsp. butter | 1 C. nuts (if desired) |

Cream butter and sugar. Add eggs and vanilla, beat until light and fluffy. Combine flour, soda, salt, and oatmeal. Stir into creamed mixture; set aside.

FILLING: Combine chocolate chips, milk, butter, and salt in double boiler. Heat until mixture is melted. Stir in nuts and vanilla. Spread ⅔ of oatmeal batter in greased 15x10x1-inch pan. Cover with chocolate filling. Drop teaspoons of remaining oatmeal mixture evenly over chocolate layer. Spread as much as possible. Bake at 350° for 25-30 minutes, no longer.

CREAM CHEESE BARS

Diana Brayton

- | | |
|--|-------------------|
| 2 pkgs. crescent rolls (8 count) | 1 C. sugar |
| 2 (8 oz.) pkgs. cream cheese
(softened) | 1 egg (separated) |
| | 1 tsp. vanilla |

Mix cream cheese, sugar, vanilla, and egg yolk. Grease a 9x13-inch pan. Spread 1 pkg. of crescent rolls on bottom. Pinch together edges. Spread cream cheese mixture over rolls, then spread second pkg. of crescent rolls over top and pinch together as best as possible. Beat egg white until frothy and brush on top. Sprinkle with $\frac{1}{2}$ C. sugar and 1 tsp. cinnamon. Bake at 325° for 25 minutes.

FRUIT PUNCH BARS

Judy Smith (Blue Top Motel)

- | | |
|--|-----------------------------------|
| 2 eggs | 2 $\frac{1}{4}$ C. flour |
| 1 $\frac{1}{2}$ C. sugar | 1 $\frac{1}{2}$ tsp. soda |
| $\frac{1}{2}$ tsp. salt | 1 tsp. vanilla |
| 1 lb. 1 oz. can of fruit cocktail
(undrained) | 1 $\frac{1}{2}$ C. flaked coconut |
| | $\frac{1}{2}$ C. chopped nuts |

GLAZE:

- | | |
|----------------------------------|-------------------------------|
| $\frac{3}{4}$ C. sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ C. butter | $\frac{1}{2}$ C. chopped nuts |
| $\frac{1}{4}$ C. evaporated milk | |

Beat sugar and eggs at high speed. Add fruit, flour, soda, salt, and vanilla. Beat until well blended. Sprinkle with coconut and nuts. Bake for 30 minutes or until golden brown in 350° oven. Bake on cookie sheet size 15 $\frac{1}{2}$ x10 $\frac{1}{2}$ x1-inch. While hot, drizzle with glaze and cut. NOTE: The absolute favorite at the Blue Top Motel.

GLAZE: Melt and boil one mintue and pour over hot bars.



FUDGE OATMEAL BARS

Marilyn Meade

1 C. white sugar	½ tsp. salt
1 C. brown sugar	3 C. oatmeal
1 C. oleo	1 (6 oz.) pkg. chocolate chips
2 eggs	1 can Borden's Eagle Brand condensed milk
2 C. flour	½ C. oleo
1 tsp. soda	

Cream together sugar and oleo. Add eggs, flour, soda, salt, and oatmeal. Place $\frac{2}{3}$ of the mixture in 9x13-inch pan. Cover this mixture with chocolate chips, condensed milk and oleo which has been melted over low heat, stirring constantly. Spread chocolate mixture over base and put remaining batter here and there over top. Bake at 350° for 30 minutes.

KOOKIE BRITTLE

Diana Lundell

1 C. butter	1½ tsp. vanilla
1 C. sugar	1 tsp. salt
2 C. flour	1 (6 oz.) pkg. chocolate chips
½ C. finely chopped nuts	

Cream butter and sugar. Add flour, salt, and vanilla. Stir in chips. Pat down with hand until dough is evenly distributed in an ungreased 15x10x1-inch pan. Sprinkle with nuts and press them into dough. Bake at 375° for 25 minutes. When cool crack into pieces like peanut brittle.

LEMON BARS

Sheryl Jindrich

½ C. soft butter (oleo)	½ tsp. baking powder
1 C. + 2 T. flour	2 eggs (beaten)
¼ C. powdered sugar	2 T. lemon juice
1 C. granulated sugar	

Mix butter, 1 C. flour, and powdered sugar. Put in bottom of 8-inch pan. Bake at 350° for 15 minutes. Mix sugar, 2 T. flour and baking powder. Add eggs and lemon juice. Spread over crust. Bake 25 minutes longer. Frost with powdered sugar and lemon juice frosting (thin). Cut in small squares. Double batch for 9x13-inch or use 10x15-inch cookie sheet, (just not so thick).

LEMON BARS*Kayleen Gardner*

2 C. flour
1 C. margarine or butter

¾ C. powdered sugar

Mix and press into 10x15-inch pan. Bake at 350° for 17 to 20 minutes.

4 eggs (slightly beaten)
2 C. sugar
2 T. flour

1 tsp. baking powder
¼ C. fresh lemon juice
Optional: ½ C. coconut

Pour above on top of baked layer. Bake 25 minutes more at 350°. Shake powdered sugar on top after baking. Cool and cut into bars. Makes approximately 40 pieces.

LEMON ANGEL BARS*Johanna Beers*

1 pkg. 1-step angel food cake mix
(Betty Crocker)

1 can lemon pie filling

Turn pudding into a mixing bowl. Add angel food mix (dry, just as it comes from the package). Stir gently, until well mixed. Coat a jelly roll pan with vegetable pan spray. Turn mixture into prepared pan and spread evenly. Batter will be rather porous, just smooth it out. Bake at 350° until it just begins to brown (about 20 minutes). DO NOT OVERBAKE. When cool, frost with a powdered sugar icing, using Realemon for the liquid. Half cup coconut and/or 1 C. nuts may be added, if desired. Always mix by hand, not with mixer.

OATMEAL BARS*Lori Bowers*

2 sticks margarine
1 C. brown sugar
1 C. granulated sugar
2 eggs

1 tsp. vanilla
1½ C. flour
1 tsp. baking soda
3 C. oatmeal

Combine all ingredients and turn into large pan (12x18x1-inch). Bake at 350° for 30 minutes.

FROSTING: Brown 5 T. margarine and add 1½ C. powdered sugar, vanilla to taste and enough milk for spreading consistency. Frost while still warm. Cool and cut into bars.

ETHEL'S LEMON SQUARES

Thorsten J. Johnson

CRUST:

½ C. butter or margarine
1 C. flour

¼ C. powdered sugar

FILLING:

2 tsp. lemon juice
Grated rind of 1 lemon
2 beaten eggs

1 C. sugar
2 T. flour
1 tsp. baking powder

FROSTING:

¾ C. powdered sugar
½ tsp. vanilla

1 T. butter
1½ T. lemon juice

CRUST: Mix together butter or margarine, flour, and powdered sugar. Put into 9-inch square greased pan. Bake 15 minutes at 350°.

FILLING: Mix together lemon juice, grated rind, eggs, sugar, flour, and baking powder. Place on baked crust and return to 350° oven for 25 minutes.

FROSTING: Mix frosting ingredients and spread on cooled bars. Cut into squares.

OATMEAL CARAMEL BARS

Trudy Conklin

1 C. margarine
2½ C. all-purpose flour
2 C. packed brown sugar
2 eggs
2 tsp. vanilla
1 tsp. baking soda

3 C. quick oats
1 (6 oz.) pkg. chocolate chips
½ C. chopped walnuts
24 vanilla caramels
2 T. milk

In large bowl beat margarine with mixer. Add 1 C. flour, brown sugar, eggs, vanilla, and the baking soda. Beat mixture until combined. Add remaining flour. Stir in oats. Press ⅔ (about 3½ C.) of the dough into ungreased 15x10x1-inch pan. Sprinkle with chocolate chips and nuts. In medium saucepan combine caramels and milk. Cook over low heat until melted. Drizzle caramel mixture over chocolate and nuts. Drop remaining ⅓ of the dough by teaspoons over the top. Bake at 350° for 25 minutes or until top is light brown. Cool on wire rack. Cut into bars. Makes 60 bars. Freeze well.

LOW SQUARES

*Edie Campbell Lynch
(Submitted by Peggy Slaughter)*

**B
A
R
S**

FIRST LAYER:

½ C. butter
¼ C. sugar
5 T. cocoa
1 egg

Vanilla
2 C. crushed graham crackers
1 C. coconut
½ C. chopped nuts (pecans)

Boil butter, sugar, and cocoa for one minute. When a bit cool, add one egg, and some vanilla (to taste). Blend in graham crackers, coconut, and nuts. Press mixture into 9x13-inch pan. NOTE: Mixture is very stiff and dry, so do not be tempted to add moisture. Cool mixture in pan in the refrigerator for at least 10 minutes.

ICING:

¼ C. butter
3 T. milk

2 C. powdered sugar

Heat and melt mixture together. Pour over the first layer. Return to refrigerator for 10 more minutes.

TOP LAYER: Melt plain dark chocolate bar or semi-sweet morsels 4-8 oz. (can use up to 12 oz.) Pour over top to create third layer. Return to refrigerator to cool. Cut into squares. This recipe is a favorite of my mom's.

OATS AND JAM BARS

Frances Rowland

(Welsh)

1½ C. flour
1 tsp. baking powder
1 C. brown sugar

1½ C. oatmeal
¾ C. butter
1 C. jam

Mix dry ingredients together, then cut in the butter. Pat ½ of the crumbs in a 9x13-inch pan. Spread with jam and remaining crumbs. Bake at 350° for 35 minutes. Cool and cut into squares. May be served warm or cool, topped with ice cream or whipped cream.

PEANUT BUTTER FINGERS

Renee Beckler

CREAM:

½ C. butter

½ C. brown sugar (packed)

½ C. sugar

BLEND IN:

1 unbeaten egg

½ tsp. vanilla

⅓ C. peanut butter

STIR IN:

1 C. flour

½ tsp. salt

½ tsp. soda

1 C. quick-rolled oats

Spread above mixture in 9x13-inch greased pan. Bake at 350° for 10 to 15 minutes or until lightly browned. Sprinkle, while hot, with 1 C. chocolate chips. Let stand 5 minutes and then spread chocolate evenly like frosting.

COMBINE:

½ C. powdered sugar

2 to 4 T. cream

¼ C. peanut butter

Mix well and drizzle over chocolate layer. Cut into bars.

PECAN PIE BARS

Shirley Skay

CRUST:

2½ C. flour

1 C. butter (cold)

½ C. sugar

½ tsp. salt

FILLING:

4 eggs

3 T. butter

½ C. Karo light corn syrup

1½ tsp. vanilla

½ C. sugar

2½ C. pecans (chopped)

CRUST: On medium speed, beat first 4 ingredients until mixture resembles fine bread crumbs. Press firmly into greased 15x10-inch jelly roll pan. Bake 20-30 minutes or until golden brown in 350° oven.

FILLING: In large bowl beat eggs, Karo syrup, sugar, butter, and vanilla. Add nuts and pour over hot crust; spread evenly. Bake at 350° for 25 minutes or until firm around edges or slightly firm in center.

PUMPKIN BARS*Darlene Filloon and Toby Beneke*

4 eggs (beaten)
1 C. vegetable oil
2 C. sugar
2 C. pumpkin
¼ tsp. salt

2 tsp. cinnamon
1 tsp. baking soda
2 tsp. baking powder
2 C. flour

Combine all. Pour onto greased and floured cookie sheet. Bake at 350° for 20 to 25 minutes.

FROSTING:

1 (3 oz.) pkg. cream cheese
(softened)
1 stick margarine

3 C. powdered sugar
1 tsp. vanilla
3 T. milk

Mix together and spread on bars.

PUMPKIN BARS*Marianne Colony*

4 eggs
1 C. salad oil
1 C. pumpkin
2 C. sugar
2 C. flour

1 tsp. soda
½ tsp. salt
1 T. baking powder
1 T. cinnamon

FROSTING:

1 (3 oz.) pkg. cream cheese
¾ stick oleo

1 tsp. vanilla
1½ C. powdered sugar

Mix all ingredients in first group (except the frosting). Pour onto a greased jelly roll pan and bake for 20 minutes at 350°. After it has cooled, mix the frosting ingredients and spread over bars.

PUMPKIN BARS

Wilson L. Miller

2 C. sugar	½ tsp. salt
2 C. flour	1 tsp. vanilla
2 C. pumpkin	1 tsp. baking soda
1 C. salad oil	2 tsp. baking powder
4 eggs	1 tsp. cinnamon

Combine all ingredients and mix well. Pour in greased 15x10x1-inch pan. Bake at 350° for 20 to 25 minutes.

FROSTING:

2 C. powdered sugar	¾ stick soft margarine
1 (3 oz.) pkg. cream cheese	1 tsp. vanilla

Mix well and spread on bars.

MATTHEW'S RAISIN BARS

Leesa Johnson

BARS:

2 C. raisins	3½ C. flour
2 C. water	3 eggs
1 C. Crisco	1 tsp. baking soda
¾ C. brown sugar	¼ tsp. ground cloves
¾ C. white sugar	½ tsp. cinnamon
1 tsp. vanilla	

ICING:

2 T. butter flavored Crisco	1 lb. powdered sugar
⅓ C. water	¼ tsp. almond extract
½ tsp. vanilla	

Boil the raisins in the water 5 minutes. Cool and stir in the vanilla and soda. Cream together the Crisco and sugars in separate bowl and beat in eggs one at a time. In another bowl combine flour, cloves, and cinnamon. Add to creamed mixture alternately with cooked raisins; mix well. Line a jelly roll pan with foil and spray with nonstick pan spray. Spread batter onto foil and bake at 350° for 20-25 minutes. Frost while just warm with icing.

ICING: Bring water and Crisco to boil in pan. Remove from heat and add remaining ingredients. Beat to a soft, smooth spreading consistency.

SOUR CREAM RAISIN BARS

Irene Shima

1 C. brown sugar (packed)
1¾ C. oatmeal
1¾ C. flour

1 C. margarine
1 tsp. soda

FILLING:

4 egg yolks
1½ C. sugar
2 C. raisins

2 C. sour cream
1 tsp. vanilla

Mix crust ingredients until crumbly. Press half of the mixture into the bottom of a 9x13-inch pan. Reserve rest for top crust. Prepare filling by combining all of the ingredients and cook until thick. Pour over crust and sprinkle remaining crumbs over filling. Bake at 350° for 20 minutes.

RHUBARB BARS

Susan Bye

CRUST:

1½ C. flour
½ C. powdered sugar

¾ C. oleo (softened)

TOPPING:

2 eggs (beaten)
1½ to 1¾ C. sugar
¼ C. flour

¼ tsp. salt
2½ to 3 C. rhubarb

CRUST: Cut oleo into flour and sugar like one does for pie crust. Press into 9x13-inch pan with hand. Bake 15 minutes at 350°.

TOPPING: (Amount of sugar is your guess.) Beat eggs and add sugar, flour, and salt; beat again. Fold in rhubarb with a spatula, coating well. Pour over crust and bake 30 to 35 minutes more. Top should be golden brown.



SALTED NUT BARS

Denise Gannon

- | | |
|--|---------------------------------------|
| 1 (12 oz.) pkg. peanut butter chips | 1 (12 oz.) bag salted nuts |
| 2 T. margarine | 1 (10 oz.) bag miniature marshmallows |
| 1 can Eagle Brand sweetened condensed milk | |

Melt chips, margarine, and condensed milk in large bowl. Stir in nuts and marshmallows. Spread into a greased 9x13-inch pan. Chill.

SCOTCHAROOS

Cindy Baumbach

- | | |
|-----------------------|-------------------------------|
| 1 C. sugar | 6 C. Rice Krispies |
| 1 C. white corn syrup | 6 oz. pkg. chocolate chips |
| 1 C. peanut butter | 6 oz. pkg. butterscotch chips |

Bring sugar and white corn syrup to a boil. Add 1 C. peanut butter and Rice Krispies; mix well. Press into a 9x13-inch pan. Melt chocolate chips and butterscotch chips in microwave. Spread on top.

BUTTER SCOTCHIES

Bertha Olin

- | | |
|-----------------------|----------------------|
| ½ C. butter | 1 tsp. baking powder |
| 1 C. dark brown sugar | ½ tsp. salt |
| 2 C. rolled oats | |

Melt butter in saucepan and add brown sugar. Stir until well blended. Remove from heat and add rolled oats, baking powder, and salt. Spread into well-buttered 8-inch square pan. Bake at 350° for 15-20 minutes. Cut into bars.

In seeking happiness for others, you find it for yourself.

SPECIAL K BARS

Tanny Latuska

- | | |
|-------------------------|---------------------------------|
| 1 C. white sugar | 6 C. slightly crushed Special |
| 1 C. peanut butter | K cereal |
| 1 C. butterscotch chips | 1 C. semi-sweet chocolate chips |
| 1 C. white Karo syrup | |

Put sugar and syrup in a 2-3 qt. saucepan and bring to a boil. Boil one minute. Add the peanut butter and mix well. Pour over the Special K cereal and mix. (Do not use more than six cups or the bars will become dry.) Put the mixture into a greased 9x13-inch pan and frost with the chips that have been melted (2½ minutes in the microwave). Cool completely before cutting. (I dump them out of the pan onto a cutting board and use a very long knife to cut these bars.) SIDE NOTES: This was one of my childrens' favorite recipes and was always expected to be ready when visiting Granny and Grandpa. It was such a favorite that it is now expected to be prepared when the children visit our home (they are now grown and gone). EASY!

SPREAD-CUT COOKIES

Phyllis Stepp

- | | |
|--------------------------------|----------------------------|
| ½ C. butter or oleo | 1 tsp. baking powder |
| 1 C. brown or granulated sugar | 1 tsp. cinnamon |
| 1 T. molasses | ¼ tsp. soda |
| 1 egg | 1 C. quick-cooking oatmeal |
| 1 C. flour | ½ C. prepared mincemeat |
| 1 tsp. salt | 1 C. chopped walnuts |

Cream together shortening, sugar, molasses, and egg until light and fluffy. Add dry ingredients and stir into creamed mixture. Stir in mincemeat, oatmeal, and walnuts. Divide dough on 2 small cookie sheets or 1 large cookie sheet that are greased; spread dough on cookie sheet. Bake at 375° for 15 to 18 minutes. Cool and cut. Makes 3 dozen.



ZUCCHINI LAYER BARS

Miriam Canter

CRUST:

4 C. flour
2 C. sugar

1¼ C. margarine or real
butter

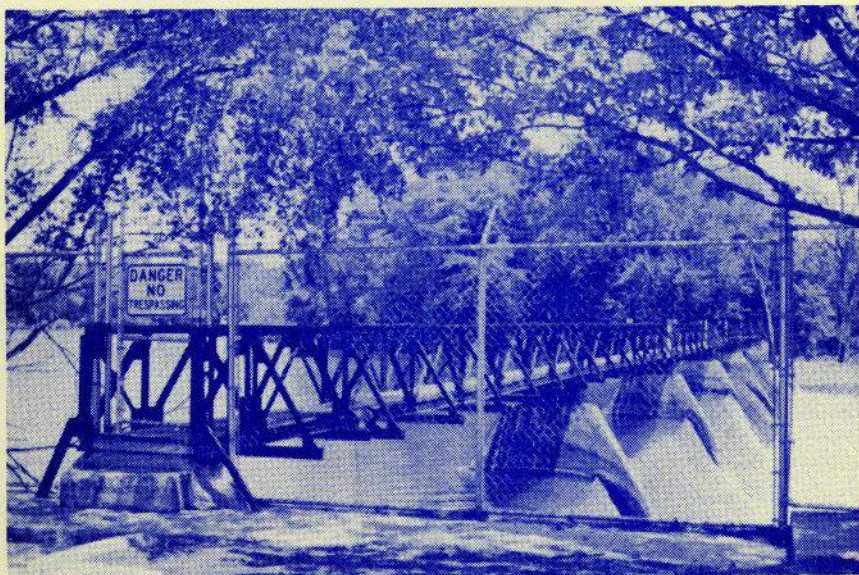
FILLING:

4 C. shredded zucchini
⅔ C. lemon juice
1 C. sugar

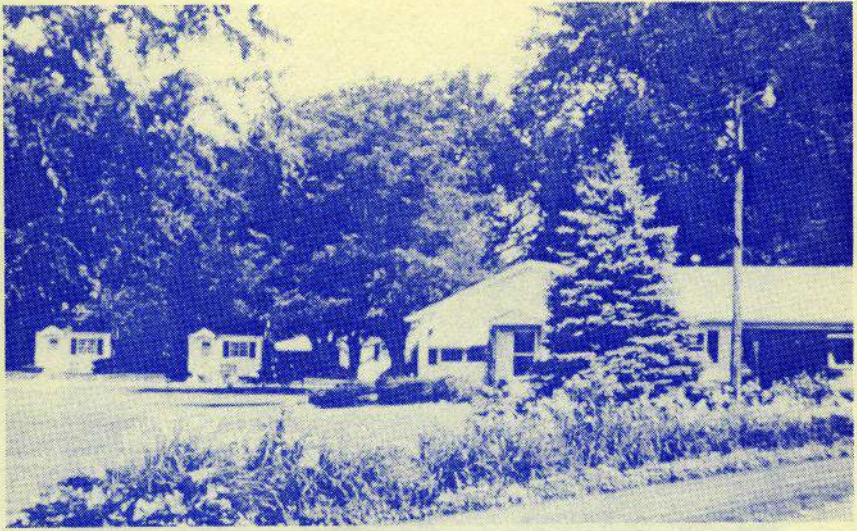
¼ tsp. nutmeg
1½ tsp. cinnamon (divided)
½ C. raisins

CRUST: Mix together until crumbly. Makes about 6 C. Press half (3 C.) in 15x10-inch pan, reserving remainder. Bake crust at 350° for 10 minutes.

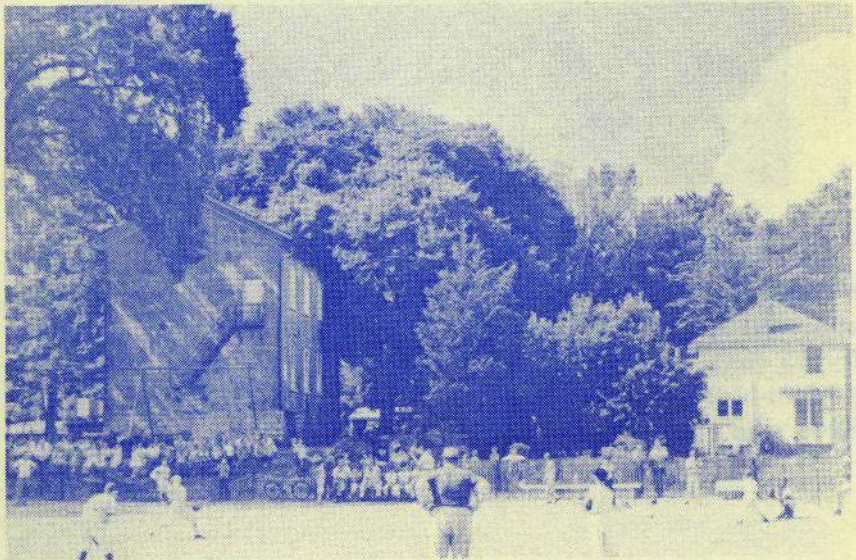
FILLING: Mix zucchini and lemon juice in saucepan and boil 1 minute. Add sugar, nutmeg, and ½ tsp. cinnamon, and boil for another minute. Add half the remaining crumb mixture (about 1½ C.); spread over baked crust. Add remaining cinnamon to remaining crust, and sprinkle over filling. Bake at 350° for 30 minutes. Cool and cut into 48 bars or cookies. **NOTE:** Can be cut into larger squares and served as dessert, topped with ice cream or whipped topping. (These taste much like apple bars.)



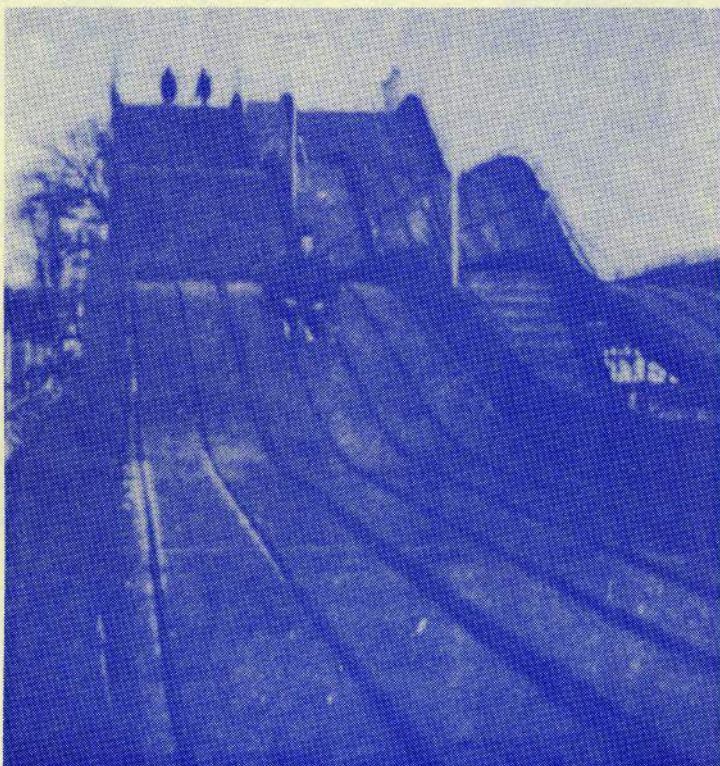
The Dam on Iowa River at Iowa River Power Company.



Laurence and Helen Smith opened the Blue Top Motel in 1952 and operated it until 1984 when their son Larry and wife Judy assumed management. The Smiths are no longer doing business as of January 1, 1997, due to the Town Centre improvements, but they remain proud and loyal Coralville citizens.



Little League Game near the Old School before park facilities were available. Picture from Rufine Anciaux's family.



Big Slide - In 1968 the big red slide was completed on Highway 6 West. The slide had 12 lanes divided by a wide, lighted 52-step stairwell that took 30 seconds to climb. You could ride the slide for 15 cents each or two for 25 cents or five for 50 cents. The 40-foot-high structure had speeds of up to 20-25 m.p.h. The Big Slide was owned by Reggie and Jean Eckhoff.

Desserts

**D
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My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Desserts

To make long "curled" chocolate shavings for cakes, pies or puddings, use the vegetable peeler to shave the chocolate. This also works well for frozen butter.

Grating a stick of butter softens it quickly. So will a few seconds in your microwave.

Save colored maraschino cherry juice and spiced apple juice for cooking rice or tapioca puddings to add color and flavor.

Save the liquids from canned fruits and thicken them with cornstarch; heat and serve as sauce over cake or pudding.

To prevent a skin from forming on the top of refrigerated puddings, place transparent plastic wrap tightly over the top of the dish. Don't let wrap touch the pudding.

To cream butter and sugar, put them in a warm bowl and beat as usual until mixture is like whipped cream.

When a recipe calls for a quantity of melted butter, measure it after melting, not before.

When baking a milk pudding, place the dish in a pan of water in the oven. This prevents the pudding from burning or boiling over.

Before returning an opened carton of ice cream to the freezer, press plastic wrap onto the surface of the ice cream to prevent ice crystals from forming.

Whipped cream can be made well in advance without separating. Sprinkle $\frac{1}{2}$ tsp. unflavored gelatin over 1 T. of cold water in a custard cup, then set the cup over simmering water to melt the gelatin. Whip 1 cup of heavy cream until almost stiff. Add the gelatin mixture and whip until stiff. Cover and refrigerate as long as 3 days.

If you like whipped cream sweetened, it will be fluffier and less likely to separate when made ahead if you use confectioners' sugar instead of granulated sugar.

Heavy cream will whip faster if you chill the bowl and the beaters in the freezer until they're very cold.

Avoid using the ultra pasteurized variety of heavy cream; it takes much longer to whip.

Evaporated milk has considerably less cholesterol than heavy cream and can be whipped like cream. Pour it into an ice-cube tray and freeze for about $\frac{1}{2}$ hour or until ice begins to form around the edges, remove the tray from the freezer, pour the milk into a chilled bowl and whip it with a chilled electric beater until it thickens.

- DESSERTS -

APPLE CRISP

Connie Friedl

4 C. cut apples
1 C. sugar
2 T. flour

1/8 tsp. salt
1/2 tsp. cinnamon

TOPPING:

1 C. brown sugar
1 C. oatmeal
3/4 C. flour

1/8 tsp. baking powder
1/8 tsp. soda
1/2 C. melted oleo

Mix apples, sugar, flour, salt, and cinnamon; put into greased 9x13-inch pan. Mix brown sugar, oatmeal, flour, baking powder, and soda with melted oleo and crumble over apples. Bake at 350° for 1 hour.

APPLE CRISP

Becky Louvar

3 C. sliced apples
1/3 C. sugar
1 C. oatmeal
1/4 C. flour

1/2 C. brown sugar
1/4 tsp. salt
2 tsp. cinnamon
4 T. butter

Put apples in 8x8-inch pan. Sprinkle with sugar. Mix all other ingredients and sprinkle over apples. Bake at 350° for 45 minutes.

APPLE SLICES

Sheryl Jindrich

2 1/2 C. flour
1 T. sugar
1 tsp. salt
1 C. lard (can use Crisco)
1 egg (separated)

Milk
2/3 C. cornflakes (crushed)
5 C. sliced apples
1 C. sugar
1 tsp. cinnamon

Sift flour, 1 T. sugar, and salt. Cut in lard. Put egg yolk in measuring cup and add milk to make 2/3 C. Add to lard mixture. Roll out half of dough to 15x11-inch rectangle and transfer to baking sheet. Cover with cornflakes. Then put on apples. Mix sugar and cinnamon. Sprinkle over. Roll out rest of dough. Put on top and pinch edges. Beat egg white until stiff. Brush over crust. Bake at 400° for 40 minutes. While still hot, drizzle over the top 1 C. powdered sugar and 2 T. milk.

APPLE DUMPLINGS

Alice Wade

SYRUP:

2 C. sugar	¼ tsp. nutmeg
2 C. water	¼ C. margarine
¼ tsp. cinnamon	

DOUGH:

2 C. flour	¾ C. shortening
1 tsp. salt	½ C. milk
2 tsp. baking powder	

Bring syrup to a boil to dissolve sugar and other ingredients; set aside. Make dough as if pie crust, mixing flour, salt, and baking powder with the shortening that has been softened. Mix in milk. Make into 6 balls. Dough will be soft and slightly sticky. May mix a little more flour onto ball of dough. Roll out dough ball on a floured waxed paper. Will be about 6-inch circle. Place ½ sliced baking apple and ¼ tsp. cinnamon and nutmeg on dough circle. Fold dough over apple mixture. Do that with all of dough balls. Place in 9x13-inch baking dish. Pour syrup over dumplings. Bake at 375° for 35 minutes or until apples are soft.

FROZEN APRICOT TORTE

Theresa Weihe

CRUST:

8 coconut cookies (smashed)	½ C. butter or margarine (melted)
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FILLING:

1 (1 lb. 14 oz.) can apricots (drained & chopped)	1 T. lemon juice
½ C. sugar	1 C. whipping cream (whipped)

CRUST: Combine coconut cookie crumbs with melted butter, pat in place in pie plate.

FILLING: Combine chopped apricots with sugar and lemon juice. Fold in whipped cream. Pour into crust. Freeze for at least 5 hours before serving. Cut individual pieces and let thaw slightly before eating.

APPLE CREAM CHEESE TART

*Elaine Wardenburg
(Emma's Tearoom)*

½ C. sweet butter	1 large egg
¼ C. sugar	1 T. vanilla
1 tsp. lemon juice	2 large apples
1 C. flour	½ C. sugar
1 lb. cream cheese	1 tsp. cinnamon
½ C. brown sugar	

Combine butter, ¼ C. sugar, and lemon juice. Stir in flour until blended. Press dough onto bottom and about 1½ inches up sides of a 9-inch springform pan. Refrigerate. Preheat oven to 425°. Place cream cheese and brown sugar in mixing bowl and beat until fluffy. Add egg and vanilla. Beat smooth. Peel, core, and slice apples in ¼-inch pieces. In large bowl, combine remaining ½ C. sugar and cinnamon. Add apples and toss. Pour cream cheese filling into prepared crust and cover with sugared apple slices. Bake 15 minutes at 425°, reduce heat to 350° and continue baking 40-45 minutes. Remove from oven and cool. Loosen sides with knife and lift sides from pan.

BANANA SPLIT DESSERT

Carol Fausett

MIX TOGETHER:

2 C. graham crackers (crushed)	1 stick oleo in a 9x13-inch pan
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Mix together the following and beat 20 minutes (no less).

2 C. powdered sugar	2 sticks oleo (soft)
2 eggs	1 tsp. vanilla

Pour on top of crumb crust. Cut 4 bananas on top of this and 2 C. drained crushed pineapple. On top of pineapple put 1 large bowl of Cool Whip and sprinkle with nuts. Best made a couple of hours before ready to serve.



BANANA SPLIT DESSERT

Roxie Bedford

- | | |
|----------------------------------|------------------------------|
| 1 pkg. graham crackers (crushed) | 1/2 gallon vanilla ice cream |
| 1/4 C. melted margarine | 1 (9 oz.) carton Cool Whip |
| 2-3 bananas | |

NOTE: Prepare and cool chocolate sauce first.

Layer in 9x14-inch pan in order 1 pkg. graham crackers with 1/4 C. melted margarine. Save 1/3 C. of total mixture for top of dessert. Cut bananas in circles. Spread over crackers. Slice vanilla ice cream in 1/2-inch slices. Place over crackers. Spread cooled chocolate sauce over ice cream. Spread Cool Whip over chocolate sauce. Top with remaining 1/3 C. crushed graham crackers (may add crushed nuts). Freeze overnight. Allow 15 minutes defrost time before serving. Serves 12.

CHOCOLATE SAUCE:

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|------------------------|----------------------------------|
| 1/2 C. chocolate chips | 1/4 C. margarine |
| 1 C. powdered sugar | 3/4 C. Carnation evaporated milk |

Stir ingredients with a spoon over medium low heat 15 minutes until thick.

BETTER THAN ANYTHING DESSERT

Carly Sieger

- | | |
|---|---|
| 1 (2-layer) pkg. devils food cake mix | 1 (6 oz.) jar caramel ice cream topping |
| 1 (14 oz.) can sweetened condensed milk | 1 (8 oz.) carton whipped topping |
| | 3 toffee candy bars (crushed) |

Prepare and bake cake using package directions for 9x13-inch cake pan. Pierce with fork. Pour condensed milk and caramel topping over cake. Chill, covered overnight. Top with whipped topping and candy.

A perfect wife is one who doesn't expect a perfect husband.

BUSTER BAR DESSERT

Jill Zehr

1 (15 oz.) pkg. Oreo cookies
½ C. oleo
1 jar Smuckers fudge or caramel
topping

½ pkg. Spanish peanuts or
walnuts
1 medium size Cool Whip
½ gallon vanilla ice cream

Crush Oreos in blender. Save 1 C. for topping. Melt ½ C. oleo and mix with crushed Oreos. Spread in 9x13-inch pan and freeze until firm. Soften ice cream and spread over Oreo crumbs. Then spread topping over ice cream. Add peanuts or walnuts and Cool Whip. Sprinkle 1 C. Oreos over top. Freeze.

CHEESE CAKE

Virginia Travis

1 (8 oz.) pkg. ⅓ less fat cream
cheese (at room temperature)
1 (8 oz.) container lite Cool Whip
1 C. powdered sugar

1 can of pie filling (your choice
for topping)
1 prepared graham cracker crust

Mix cream cheese, Cool Whip and powdered sugar together. Pour into prepared pie crust. Allow to set in refrigerator. Serve topped with your favorite pie filling.

CHEESE CAKE

Tom Ziskovsky

Whip up three eggs well. Whip in ½ C. sugar, 1½-2 tsp. vanilla and 3 pkgs. (8 oz.) cream cheese (room temperature for easy mixing). Beat/mix into a smooth batter-like consistency. May be baked in any type crust desired. I put into an empty Pyrex baking bowl. Bake in a preheated 350° oven for 20-25 minutes. I have tried it with cooked raisins (boil them in water for 15 minutes to avoid sinking). Pecan halves give it a good touch, taste too. Or you can top it with whatever you may wish (fruit?).

AMARETTO CHEESECAKE

Sherry Carpenter

CRUST:

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|--|---|
| 1½ C. finely ground vanilla wafer crumbs | 4 T. butter (melted) |
| 2 T. brown sugar | ¾ C. finely ground nuts (hazelnuts, pecans, or almonds) |

FILLING:

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|------------------------------|---------------------------------|
| 3 (8 oz.) pkgs. cream cheese | 4 eggs |
| 1 C. white sugar | 3 T. Amaretto, or any flavoring |

TOPPING:

- | | |
|------------------|------------|
| 1 pt. sour cream | 3 T. sugar |
| 2 T. Amaretto | |

In a bowl, combine crumbs, nuts, sugar, and butter. Put the mixture onto the bottom and sides of an 8-inch or 9-inch springform pan. Refrigerate. Heat oven to 350°. Have cream cheese at room temperature. In large mixing bowl beat cream cheese, sugar, and Amaretto with electric mixer on low speed just until combined and smooth. Add eggs all at once. Beat just until combined. Pour into crust and bake until set, about 35 to 45 minutes, or longer. The filling should be firm. Set aside to cool. Combine topping ingredients and spread evenly over cheesecake. Bake for another 5 minutes. Cool. Then refrigerate.

CHERRY CHEESE PIE

Sherri Shima

- | | |
|--|--------------------------|
| 1 (8 oz.) pkg. cream cheese | ¼ C. lemon juice |
| 1 can Eagle Brand sweetened condensed milk | Graham cracker crust |
| | 1 can cherry pie filling |

Mix first 3 ingredients together in medium bowl until smooth. Pour over crust. Refrigerate for about 1 hour. Top with cherry pie filling and serve.



CHERRY CHEESECAKE DESSERT

Kari Dirks

CRUST:

¼ C. melted margarine 15 graham cracker sq. (crushed)
½ C. sugar

Mix above ingredients. Spread in 9x13-inch pan.

FILLING:

2 eggs (well beaten) ½ C. sugar
1 (8 oz.) pkg. Philly cream cheese 1 tsp. vanilla

Beat above ingredients together.

Put the filling mixture over the crust and bake 15 minutes at 375°. When cool, pour cherry pie filling over top. (May use any flavor.) Serve with whipped cream.

CHOCOLATE MINI CHEESECAKE

Timothy W. Sheets

CHOCOLATE CRUMB CRUST: Stir together

1½ C. vanilla wafer crumbs 6 T. cocoa
6 T. melted margarine 6 T. powdered sugar

FILLING:

½ C. cocoa baking mix 1 (14 oz.) can sweetened
¼ C. margarine (melted) condensed milk
3 (8 oz.) pkgs. cream 3 eggs
cheese (softened) 2 tsp. vanilla

Heat oven to 300°. Paper-line or spray with cooking spray 24 muffin cups (2½-inch). Press 1 heaping tablespoonful crumbs onto bottom of each cup. Stir together cocoa and butter. Beat cream cheese until fluffy; add to cocoa mixture and beat well. Gradually beat in sweetened condensed milk. Beat in eggs and vanilla. Spoon into cups. Bake 35 minutes or until set. Cool. Spread chocolate glaze over top. Refrigerate.

CHOCOLATE GLAZE:

2 C. chocolate chips 1 tsp. vanilla
1 C. whipping cream

Melt chocolate chips with whipping cream and vanilla. Stir until smooth. Use immediately. If using spray, cool baked cupcakes, freeze for 15 minutes and remove with spatula. Makes 24 cupcakes.

FLUFFY 2-STEP CHEESECAKE

Chris Worrell

- | | |
|---|-----------------------------------|
| 1 (8 oz.) pkg. cream cheese
(softened) | 1 (8 oz.) tub of Cool Whip |
| 1/3 C. sugar | 1 prepared graham cracker crust |
| | 1 can of pie filling (any flavor) |

Beat cream cheese and sugar in a large bowl with wire whisk or electric mixer until smooth. Gently stir in Cool Whip until well mixed. Spoon into pie crust. Refrigerate for 3 hours or until set. Spread pie filling evenly over the top. Keep refrigerated.

GERMAN CHOCOLATE CHEESECAKE

Gerry Lackender

- | | |
|--|---|
| 1 1/2 C. graham cracker crumbs | 3 eggs |
| 1/3 C. melted butter | 2 T. sugar |
| 3 (8 oz.) pkgs. cream cheese
(softened) | 4 oz. semi-sweet chocolate
(chopped) |
| 3/4 C. sugar | 1/2 C. dairy sour cream |
| 2 tsp. vanilla | 2 T. flour |

In a mixing bowl, combine the graham cracker crumbs, sugar, and melted butter. Press into bottom and 1/2 inch up sides of a springform pan. Bake in a 350° oven 8 to 10 minutes. Cool slightly. In a saucepan, melt chocolate over low heat. Remove from heat, cool. For filling, in a mixing bowl, beat together the cream cheese, sugar, sour cream, and vanilla. Add the flour and beat well. Add eggs and cooled chocolate, beat until combined. Turn filling into the cooled crust. Bake in a 375° oven for 45 to 50 minutes or until center appears set. Let cool. Spread topping over cheesecake. Cover and refrigerate.

COCONUT-PECAN TOPPING: In a small saucepan, melt 1/2 cup butter, stir in 1/4 C. brown sugar, 2 T. light cream and 2 T. light corn syrup. Cook and stir over medium heat until bubbly. Stir in 1 C. flaked coconut, 1/2 C. chopped pecans and 1 T. vanilla. Remove from heat; cool for 5 minutes. Spread over cooled cheesecake. Simple elegant dessert. Refrigerate until serving time.

LEMON CHEESECAKE

Margaret Morgan

35 graham crackers	1 lg. can Milnot milk (chilled)
2 T. powdered sugar	1 (8 oz.) pkg. cream cheese
¼ lb. butter or margarine	2 T. lemon juice
1 (3 oz.) pkg. lemon gelatin	1 C. sugar
1 C. hot water	2 tsp. vanilla

Roll out graham crackers, then add to powdered sugar and melted butter. Reserving 1 C. crumbs for topping, press into a 9x13x2-inch pan. Dissolve gelatin in hot water. Cool, don't chill. Cream the cheese, add sugar, lemon juice, and vanilla, using a large bowl. Beat Milnot until stiff. Add gelatin to cheese. Mix and then fold in Milnot. Top with reserved crumbs and chill overnight. May also be made in a springform pan.

DESSERTS

PECAN CHEESECAKE PIE

Alice Wade

BLEND IN MEDIUM BOWL:

1 (8 oz.) pkg. cream cheese (softened)	1 tsp. vanilla
⅓ C. sugar	1 egg

BLEND IN ANOTHER BOWL:

3 eggs	1 tsp. vanilla
1 C. corn syrup	½ C. sugar

Pour cream cheese mixture into a graham cracker crust. Sprinkle with 1¼ C. pecans and 1 (6 oz.) pkg. chocolate chips. Gently pour corn syrup mixture over pecans and chocolate chips. Bake at 350° for 50 to 60 minutes until center is set.

*Sooner or later a man reaches the "B" stage
(baldness, bridgework, bifocals, and bulge).*

NO BAKE PUMPKIN CHEESECAKE

Darlene Nelson

- | | |
|--|--|
| 4 oz. reduced fat cream
cheese (½ of an 8 oz. pkg.) | 1 C. cold skim milk |
| 1 T. skim milk | 2 (3 oz.) pkgs. vanilla instant
pudding |
| 1 T. sugar | 1 (16 oz.) can solid pack pumpkin |
| 1½ C. reduced fat whipped
topping | 1 tsp. cinnamon |
| 1 (9-inch) graham cracker crust | ½ tsp. ground ginger |
| | ¼ tsp. nutmeg |

Mix softened cream cheese, 1 T. milk, and sugar in a large bowl. Gently stir in whipped topping. Spread on bottom of prepared crust. Pour 1 C. of milk into a bowl. Add pudding mixes and beat for 1 minute. Stir in pumpkin and spices and spread over cream cheese layer. Refrigerate for at least 3 hours or until set.

FRENCH CHERRY DESSERT

Margaret Morgan

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|--------------------------------------|-----------------------------|
| 20 sq. graham crackers (crushed) | 1 (8 oz.) pkg. cream cheese |
| ½ stick margarine (¼ C.)
(melted) | ½ C. powdered sugar |
| ¼ C. sugar | ½ pt. whipped cream |
| | 2 cans cherry pie filling |

Mix together graham crackers, margarine and ¼ C. sugar. Press into 9x13-inch pan and bake 8 minutes at 375°. Cool completely. Beat together cream cheese, powdered sugar, and whipped cream. Spread over graham cracker crust. Top with cherry pie filling. Chill. Cut in squares and serve.

DEATH BY CHOCOLATE

Arlys Hannam

- | | |
|--|-----------------------------|
| 1 recipe of chocolate brownies | 1 large container Cool Whip |
| ¼ C. Kahlua (optional) | 8 Heath bars (crushed) |
| 2 pkgs. chocolate mousse
(prepared) | 1 C. pecans (chopped) |

Prepare brownies in a 9x13-inch pan and bake. Cool and poke holes. Pour Kahlua over brownies. Crumble and place ½ in large bowl. Prepare the chocolate mousse according to directions and divide into 2 portions. Spread ½ of the mousse over the crumbled brownies. Spread ½ of the container of Cool Whip over mousse. Crush the Heath bars and the nuts and sprinkle ½ over Cool Whip. Repeat all steps. Refrigerate and allow to set for several hours or overnight for flavors to mingle. Will serve 12-15 people.

CHERRIES ON THE SNOW

Tanny Latuska

- | | |
|-------------------------|-------------------------------------|
| 6 egg whites | 1 tsp. vanilla |
| 1 tsp. vanilla | 1 can cherry pie filling |
| ½ C. sugar | ¼ tsp. salt |
| 2 C. small marshmallows | 1 (8 oz.) pkg. cream cheese |
| 1 tsp. almond extract | 1 pt. whipping cream |
| ½ tsp. cream of tartar | 1 (10 oz.) pkg. frozen strawberries |
| 1 C. sugar | |

Preheat oven to 400°. Beat until stiff: the egg whites, ½ tsp. cream of tartar, ¼ tsp. salt, and 1 tsp. of vanilla, gradually adding the 1 C. of sugar. Put into a lightly greased (on bottom only) pan and place in the preheated oven. Turn oven off, leave overnight and do not peek! Next a.m. cream the cream cheese, the ½ C. sugar, and 1 tsp. of vanilla and set aside. Whip the whipping cream, add the 2 C. miniature marshmallows and combine with the cream cheese mixture. Spread this over the baked meringue and chill. When serving, top each piece with 2 T. of the cherry pie filling, almond extract and the strawberries which have been stirred together. This is a lovely Christmas dessert or a light, elegant ending to a dinner party.

CHOCOLATE-MINT HOLIDAY DESSERT

Mildred Bidlack

- | | |
|---------------------------------------|--|
| 2 C. vanilla cookie crumbs | ¼ C. melted butter or margarine |
| 1½ C. whipped cream (whipped) | 1½ C. powdered sugar |
| 1 (8 oz.) pkg. miniature marshmallows | 3 eggs, slightly beaten (egg substitute may be used) |
| ½ C. crushed candy canes | 3 sq. unsweetened chocolate (melted) |
| ½ C. butter | |

Blend cookie crumbs and melted butter. Press into bottom of 8-inch square pan. Cream butter and powdered sugar well. Add eggs and melted chocolate, beat until light and fluffy. Spoon over crumbs, and freeze. Whip cream, add marshmallows. Spread over chocolate layer; sprinkle with crushed candy canes. Freeze until needed. Makes 12 small servings. NOTE: In 1959, while living on 11th Ave., I found this recipe in a magazine. For the past 38 years, someone in the family has made it for Christmas.

CHOCOLATE DELIGHT

Becky Lienemann

- | | |
|---|---|
| 1½ sticks margarine | 1½ C. powdered sugar |
| 1 C. flour | 1 large tub & 1 medium-size tub
Cool Whip |
| 1 C. graham cracker crumbs | 2 small boxes Jell-O instant
chocolate pudding |
| 1 C. pecans (chopped) | 3 C. milk |
| 1 (8 oz.) & 1 (3 oz.) pkg. cream
cheese (softened) | |

Melt margarine and mix with flour, graham cracker crumbs, and pecans. Press into bottom of cookie sheet and bake for 20 minutes at 350°. Cool and crumble into bottom of a Tupperware or deep glass casserole dish. Press down well with fingers. Reserve a small amount of this crust mixture to sprinkle on top when finished. Cream together cream cheese and powdered sugar. Fold in the medium-size tub of Cool Whip. Spread over the cooled crust mixture. Mix well: both boxes chocolate pudding mix and milk. Pour over the cheese layer. Chill until set. Spread large tub Cool Whip over all. Sprinkle with the reserved crust. Chill. Variation: Banana Split Dessert: Use vanilla instead of chocolate pudding mix. Add 1 can crushed pineapple and two sliced bananas to cheese/sugar/Cool Whip mixture.

CHOCOLATE ROLL

Thor Johnson

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|----------------------|-------------|
| 6 eggs (separated) | ¼ C. cocoa |
| 1 C. sugar | ¼ tsp. salt |
| ¾ tsp. baking powder | Vanilla |
| ⅓ C. flour | |

Beat yolks and sugar. Mix dry ingredients and add to yolk mixture. Then add vanilla. Fold in stiffly beaten egg whites. Place mixture in a jelly roll pan that has been greased and floured. Bake in hot oven at 375° for 25 minutes or until it is done (loosens from sides of pan). Turn out of pan onto a towel that has been floured with powdered sugar. Roll and let cool. Beat ½ pint or a little more of whipping cream. Sweeten and flavor. Unroll the roll. Spread with cream and reroll. Frost with chocolate frosting.

THE NEXT BEST THING TO ROBERT REDFORD

Darlene Filloon

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|--|--|
| ½ C. margarine (melted) | 1 large pkg. instant chocolate pudding |
| 1 C. sifted flour | 1 large pkg. instant vanilla pudding |
| 1 C. chopped pecans (reserve some for top) | ¼ tsp. almond extract |
| 1 (8 oz.) pkg. cream cheese (softened) | 3 C. cold milk |
| 1 C. powdered sugar | 2 T. grated semi-sweet chocolate |
| ¼ tsp. maple flavoring | 1 (12 oz.) carton Cool Whip (thawed) |

Mix margarine, flour, and nuts and press into a greased 9x13-inch pan. Bake at 350° for 20 minutes or until lightly browned. Cool thoroughly. Mix cream cheese, powdered sugar, and maple flavoring until smooth. Fold in half the Cool Whip and spread over the cooled crust. Cool. Using an electric mixer, beat the puddings, almond extract and milk until smooth and thick. Spread over cream cheese layer. Top with remaining nuts, remaining whipped topping and grated chocolate. Serves 10.

MOM'S CHOCOLATE ROLL

*Colleen Meng
(In Memory of Irene Konz)*

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|----------------------|------------------------|
| 6 T. sifted flour | 4 eggs (separated) |
| 6 T. sifted cocoa | ¾ C. sugar |
| 1 tsp. baking powder | 2 T. water |
| ½ tsp. salt | Cool Whip or ice cream |

Sift together flour, cocoa, baking powder, and salt. Beat egg whites until stiff. Add half the sugar, gradually, beating until very stiff; set aside. Add water to egg yolks and beat until light in color. Gradually beat in remaining sugar. Fold in dry ingredients to egg yolk mixture. Fold in beaten egg whites. Line shallow 10x15-inch pan with waxed paper having it 1 inch longer than pan. Bake at 375°-400° for 12 to 15 minutes. Turn out on towel. Roll with towel inside. Cool. Then fill and freeze.

CHOCOLATE SCOTCHEROOS

Manette Speers

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|---------------------------|--|
| 1 C. corn syrup | 1 (6 oz.) pkg. semi-sweet
chocolate morsels |
| 1 C. sugar | |
| 1 C. peanut butter | 1 (6 oz.) pkg. butterscotch
morsels |
| 6 C. Rice Krispies cereal | |

Cook corn syrup and sugar over medium heat, stirring frequently, until sugar dissolves and mixture begins to boil. Remove from heat, and stir in peanut butter. Mix well. Add Rice Krispies cereal. Stir until well coated. Press mixture into buttered 9x13x2-inch pan; set aside. Melt chocolate chips and butterscotch chips together in small pan over low heat until melted. Spread evenly over cereal mixture. Let stand until firm. Cut into bars. Makes 48 bars.

CHOCOLATE WALNUT BISCOTTI

Kelly Fackel

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|------------------------------------|---|
| ½ C. margarine or butter (1 stick) | 1½ tsp. baking powder |
| ¾ C. sugar | ¼ tsp. salt |
| 2 eggs | 4 sq. Baker's semi-sweet
chocolate (chopped) |
| 1 tsp. vanilla | |
| 2 C. flour | 1 C. chopped walnuts |

Heat oven to 325°. Beat margarine and sugar until light and fluffy. Beat in eggs and vanilla. Mix in flour, baking powder, and salt. Stir in chocolate and walnuts. Shape dough into 2 (14x1½-inch) slightly flattened logs. Place 2 inches apart on greased and floured cookie sheets. Bake 25 minutes or until lightly browned. Place on cutting board; cool 5 minutes. Using a serrated knife, cut each log into diagonal slices about ¾-inch thick. Place slices upright on cookie sheet ½ inch apart. Bake 10 minutes or until slightly dry. Cool on wire racks. Serve with coffee, drinks or hot chocolate.

*Behind every successful man there's a proud
wife and a surprised mother-in-law.*

CHOCOLATE WALNUT STRUDEL

Theresa Weihe

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|---|----------------------------------|
| ½ pkg. frozen puff pastry sheets | 2 T. milk |
| 1 egg (beaten) | 1 T. butter or margarine |
| 1 T. water | ½ C. chopped walnuts (or pecans) |
| 4 sq. semi-sweet chocolate or ½ bag chocolate chips | |

Thaw pastry sheet 30 minutes at room temperature. Heat oven to 375°. Mix egg and water in a small bowl. Microwave chocolate, milk, and butter in a large bowl on high for 1½ to 2 minutes or until chocolate is almost melted, stir until chocolate is completely melted. Unfold pastry on lightly floured surface, roll into 16x12-inch rectangle, spread with chocolate, sprinkle with nuts, roll up from shortside, place seamside down. Tuck ends in, brush surface with egg mixture. Bake 35 minutes, cool 30 minutes, slice and serve warm.

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CINNAMON ROLL UPS

Anne Scheetz

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|--|-----------------------------------|
| 2 (12 oz.) pkgs. cream cheese | Melted butter |
| ½ C. sugar | Cinnamon & sugar (mixed together) |
| 2 eggs | |
| 1 loaf very thin sliced white bread (Pepperidge Farm works best) | |

Remove crust from bread and save for another use. Roll slices flat with a rolling pin. Mix cream cheese, ½ C. sugar, and eggs. Beat until very well mixed. Place some of the filling on each slice of bread. Roll up. Dip in melted butter (or margarine) and dip in cinnamon-sugar mixture. Place on a cookie sheet. Freeze for at least 2 hours, or longer. To bake: Place cookie sheet in a 325° oven. Bake 15-20 minutes. Serve for brunch or a sweet snack anytime.



DO NOT STIR COBLER

Phyllis Stepp

½ C. butter or oleo (melted)	2 tsp. baking powder
1 C. sugar	⅔ C. milk
1 C. flour	2 C. fruit
Sprinkle of salt	½ C. sugar

Melt butter and pour into a 2 qt. casserole. Make a batter of 1 C. sugar, flour, salt, baking powder, and milk. Pour batter over melted butter (DO NOT STIR). Pour 2 C. of your favorite fruit with juice, over batter (BUT DO NOT STIR). Sprinkle ½ C. of sugar over fruit. Bake 45 minutes at 375°. Serves 6-8.

DATE-COCOA-NUT TORTE

Karen Struthers Albertus

1 C. chopped dates	2 eggs
1½ C. hot water	1¾ C. flour
1 tsp. soda	2 tsp. cocoa
¾ C. butter or margarine	1 tsp. vanilla
1 C. white sugar	

TOPPING:

½ C. chocolate chips	½ C. brown sugar
½ C. chopped nuts	

Mix dates, water, and soda; set aside to cool. Cream shortening and sugar. Add eggs, flour, cocoa, and vanilla. Add to cooled date mixture. Put in 8x12-inch pan. Sprinkle with topping. Bake at 350° for 30-40 minutes, no need to frost. (Better to make 2-3 days ahead of time; gets more moist.)

EGG CUSTARD

Tom Ziskovsky

6 eggs (whipped or mixed well)	2 T. vanilla
2 cans sweetened condensed milk (fill one of the cans with milk)	A handful or so of pecan halves
¼ tsp. almond extract	Dust with nutmeg or cinnamon

Bake in a preheated 350° oven for 35 minutes until it raises and cracks a bit when taken out of the oven. Cover and allow to cool, then refrigerate.

FAIRHAVEN DESSERT

Margaret Morgan

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|---|------------------------------------|
| 1 yellow Jiffy cake mix | 1 (8 oz.) pkg. Philly cream cheese |
| 1 large can crushed pineapple (drained) | 2 C. cold milk |
| 1 large container Cool Whip | 1 pkg. instant vanilla pudding |

Prepare cake mix according to package directions; bake in 9x13-inch pan. Beat cream cheese, adding milk a little at a time. When smooth, add pudding, mixing or stirring until thickened. Spread the mixture over cooled cake, then spread a layer of crushed pineapple which has been drained well. Spread large carton of Cool Whip over all. Refrigerate five hours or overnight. I like to sprinkle flaked coconut over the Cool Whip as a finishing touch. NOTE: Any flavor of instant pudding may be used. Dessert is a good "keeper" and can be prepared and frozen until time of use. Allow to thaw at room temperature.

FRUIT PIZZA

Renda Greene

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|---|-----------------------------|
| Sugar cookie or chocolate chip cookie dough | 1 small container Cool Whip |
| | Choice of fruit |

Spread dough on pizza pan, bake as directed. When cool, spread Cool Whip on baked cookie dough. Place fruit of your choice on top: Grapes, strawberries, bananas (dipped in lemon juice to prevent browning), kiwi, pineapple, mandarin oranges, etc. work well.

DESSERT PIZZA

Margaret Morgan

- | | |
|---|-----------------------------|
| 1 (20 oz.) pkg. refrigerated cookie dough | 2 C. assorted fruit* |
| 3 C. thawed whipped topping | 1 (8 oz.) pkg. cream cheese |
| | Powdered sugar (to taste) |

*Sliced bananas or kiwi, sliced strawberries, halved grapes, drained canned peaches, sliced or crushed pineapple or tidbits, or any kind desired. Heat oven to 350°. Press dough evenly into a 12-inch pizza pan. Bake 15 to 20 minutes, or until golden brown. Cool in pan on wire rack. Place cookie crust on serving plate. Mix cream cheese, powdered sugar, and topping. Spread on crust. Decorate with fruit. Serve immediately or refrigerate until ready to serve. Makes 12 servings.

NORWEGIAN FRUIT SOUP

Joan Heitman

2 qts. water	2 T. lemon juice
½ C. pearl tapioca	2 cinnamon sticks
1 C. raisins	1 T. vinegar
1 C. pitted prunes	1 C. sugar
1 C. dried apricots	

Combine tapioca, raisins, prunes, and apricots and soak in water overnight. Add remaining ingredients and simmer until fruit and tapioca are done. Some recipes call for 1½ C. grape juice; soup should simmer an additional 15 minutes. Serve hot or cold, with orange slice floating on top. Other fruit may be added. I have omitted raisins and used dried figs. Delicious.

FRUIT TAPIOCA PUDDING

*Naomi Dvorsky
and Ada Simmons (Sister)*

6 C. water	⅔ C. sugar
Pinch of salt	1 small carton whipped cream
1 C. pearl tapioca	Any fruit desired
4 T. jello (any flavor)	

Bring water and salt to a boil, add tapioca and bring back to a boil. Bring tapioca to full boil, remove from heat and let set until balls are clear. Add jello and sugar, stir well. Chill. When ready to serve, fold in whipped cream and fruit.

HOMEMADE ICE CREAM

State Senator Bob Dvorsky

4 eggs	4 C. cream
2¼ C. sugar	4½ tsp. vanilla
2 C. milk	

Beat eggs. Gradually add sugar; continue beating until mixture is very thick. Add remaining ingredients and mix. Makes 1 gallon of ice cream.

FUDGE SUNDAE PIE

Beth Svenson

(One of Fire Chief Gary Kinsinger's favorites)

- | | |
|--------------------------|------------------------------|
| 1/2 C. corn syrup | 1/2 C. peanut butter |
| 4 T. packed brown sugar | 1/2 C. hot fudge sauce |
| 6 T. margarine or butter | 6 T. corn syrup |
| 5 C. Rice Krispies | 1/2 gallon vanilla ice cream |

Combine 1/2 C. corn syrup, brown sugar, and margarine (butter) in saucepan. Cook over low heat and bring to a boil. Stir occasionally. (May bring to a boil in microwave, approximately 4 to 5 minutes on high power.) Remove from heat, add to Rice Krispies, stir until well coated. Press evenly into 13x9x2-inch pan or 2 (9-inch) pie pans to make crust. If using 9-inch pie pans, press half mixture in each pan. Combine peanut butter, fudge, and remaining corn syrup. Heat over low heat until mixture is easy to stir. (May heat in microwave on high for 1 or 2 minutes.) Pour half of sauce into crust, set remaining sauce aside. Freeze crust until firm (minimum 15 minutes). Soften ice cream or use soft serve ice cream. (I use vanilla softserve ice cream from D&B Dairy Bar.) Spoon ice cream into frozen crust; spread evenly. Heat remaining sauce and drizzle over top of pie. Freeze until firm.

DESSERTS

GRAHAM CRACKER FLUFF

Mrs. Lois Miller

- | | |
|-------------------|---------------------|
| 2 egg yolks | 1 C. whipping cream |
| 1/2 C. sugar | 1 tsp. vanilla |
| 2/3 C. milk | 3 T. melted butter |
| 1 pkg. gelatin | 3 T. sugar |
| 1/2 C. cold water | 12 graham crackers |
| 2 egg whites | |

Beat egg yolks and add sugar and milk. Cook until slightly thickened. Soak gelatin in cold water. Pour hot mixture over softened gelatin and stir until smooth. Chill until slightly thickened. Add stiffly beaten egg whites, vanilla, and whipped cream to chilled mixture. Combine melted butter, cracker crumbs, and sugar to make crumb mixture. Sprinkle half of crumbs in bottom of dish. Then put in pudding mixture and put rest of crumbs on top. Let chill until set.

HERSHEY BAR DESSERT

E. Jean Schwab

½ C. milk	1 Hershey's almond bar (7 oz.), chipped
30 large marshmallows	
1½ C. Cool Whip	2 C. crushed graham crackers
1 tsp. vanilla	2 T. melted margarine
	2 T. sugar

Scald milk in double boiler, add marshmallows and stir until melted. Let cool and fold in Cool Whip, vanilla, and chipped almond chocolate bar. Combine crushed graham crackers, melted margarine and sugar. Press into a 6x10-inch glass dish, reserving ½ C. of crumb mixture. Pour chocolate bar mixture over graham cracker crumbs and sprinkle reserved crumbs over top. Chill several hours before serving.

LURETTA KINSINGER'S ICE CREAM

Beth Svenson

Need ice cream maker, rock salt, crushed ice or snow.

1 gallon whole milk (will not use all of it)	1½ C. sugar
3 pts. half & half	1 to 3 tsp. vanilla extract
	4 eggs

Pour milk into ice cream container up to the second line of the dasher, then add half & half. Beat eggs well, then mix in sugar. Add egg mixture to milk mixture. Add vanilla extract. Put container into ice cream maker. Follow manufacturer's instructions for adding rock salt and ice around container. Turn until mixture begins to solidify. May need to add more ice and rock salt if it begins to melt. Ice and rock salt mixture should be above the line of liquid. Makes just over a gallon.

VANILLA ICE CREAM

Debra Schreiber

(Philadelphia Style)

1 qt. half & half	¾ C. sugar
1 T. vanilla	1/8 tsp. salt

Thoroughly mix all ingredients, then freeze in ice cream freezer. Nutrition (per serving): 158 calories. Serves 12.

ICE CREAM DESSERT*Margaret Morgan*

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|----------------------------------|--------------------------------------|
| 2½ C. Rice Krispies or Rice Chex | 1 C. chopped nuts (slivered almonds) |
| 1 C. Angel Flake coconut | ½ C. melted butter |

Mix together and put on cookie sheet and toast for 35 minutes in 300° oven. Stir occasionally. Put into large bowl and add ¾ C. brown sugar; mix well. When cool, put ½ of mixture into a 9x12-inch pan. Spread ½ gallon vanilla ice cream over top. Put on remaining topping and put into freezer. Cut in squares to serve.

ICE CREAM DELIGHT*Marilyn Sexton*

- | | |
|------------------------|----------------------------|
| 2 C. crushed Rice Chex | ⅔ C. brown sugar |
| 1 C. shredded coconut | ⅓ C. melted butter |
| ½ C. chopped peanuts | ½ gallon vanilla ice cream |

Mix together all except ice cream and put ⅔ in the bottom of a 9x13-inch pan. Spread one half gallon of vanilla ice cream over this and then sprinkle the rest over the top. Freeze and keep this in the freezer. Chocolate syrup can be put on the top of each piece if desired.

FROZEN ICE CREAM DESSERT*Dolores Kattchee*

- | | |
|------------------------------------|--------------------------------|
| 12 graham crackers | ¼ C. English walnuts (chopped) |
| ¼ C. maraschino cherries (chopped) | 2 heaping T. peanut butter |
| | 1 qt. vanilla ice cream |

Roll crackers into coarse crumbs. Work the cherries, nuts, and peanut butter into the graham cracker crumbs with fingers. Line freezing trays with wax paper and sprinkle half of mixture into them. Add softened ice cream and put the rest of the crumbs on top. Freeze. This makes a tasty, quick summer dessert.

CHOCOLATE ICE CREAM ROLL

Hailey Beneke

¾ C. sifted flour	1 C. sugar
⅓ C. cocoa	1 T. lemon juice
¼ tsp. salt	2 T. cocoa
5 eggs (separated)	1 qt. vanilla ice cream (softened)

Butter a 15x10½x1-inch jelly roll pan; line with waxed paper. Butter paper lightly; set aside. Sift flour, ⅓ C. cocoa and salt together twice; set aside. Beat egg whites just until frothy; gradually add sugar, continuing to beat until stiff. Beat yolks with lemon juice until thick and lemon-colored; fold into egg whites. Fold in dry ingredients; pour into pan. Bake in 350° oven 15 to 18 minutes. Sift 2 T. cocoa over a fresh towel. Loosen cake from sides of pan; invert on towel. Remove waxed paper; trim away crust. Roll up in towel, starting at narrow end; cool on rack. Unroll gently and remove towel. Spread with softened ice cream; re-roll. Wrap in freezer wrap; freeze. Slice and serve with Chocolate Cream Sauce. Serves 10.

CHOCOLATE CREAM SAUCE: In saucepan over low heat, melt 1 C. (6 oz.) semi-sweet chocolate pieces in ½ C. whipping cream; stir until blended. Remove from heat; stir in ½ tsp. vanilla. Serve warm or cold.

KRINGLA

John Lundell

1 C. sugar	3 C. flour
½ C. margarine	1 tsp. baking soda
½ C. sour cream	1 tsp. baking powder
½ C. milk	Pinch of salt
1 egg	1 tsp. vanilla

Blend first five ingredients with rest and chill one hour or more. Pinch off small amount and roll like a pencil on lightly dusted board. Form into figure-eight. Bake at 400° for 6-7 minutes on top shelf of oven.



LORRAINE'S DESSERT

Mary Frey

1 graham cracker crust
2½ C. powdered sugar
1 stick margarine
2 eggs
1 tsp. vanilla
4 bananas

1 medium-sized can pineapple
(drain)
Dream Whip
Nuts
Cherries

Beat with mixer for about 10 minutes the powdered sugar, margarine, eggs, and vanilla until light and fluffy. Pour into graham cracker crust. Slice 4 bananas and place over pudding. Drain 1 medium-sized can pineapple and put over bananas. Cover with Dream Whip. Sprinkle nuts and cherries on top and refrigerate.

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OREO DELIGHT

Darcie Sweeney

1 (12 oz.) bag crushed Oreos
1 (9 oz.) carton Cool Whip

½ gallon soft ice cream

Mix and put in 9x13-inch pan; freeze overnight.

FROSTING:

3 sq. unsweetened chocolate
1 stick margarine

1 (6 oz.) can evaporated milk
1⅓ C. sugar

Melt chocolate and margarine together. Add milk and sugar; boil one minute. Let frosting cool. Add 1 tsp. vanilla. Spread over ice cream and freeze.

QUICK PEACH DESSERT

Kayleen Gardner

1 can or pt. sliced peaches
1 box butter brickle cake mix
½ C. butter or oleo (melted)

½ C. brown sugar
½ C. nuts

Put the peaches and juice in the bottom of a 9x13-inch cake pan. Sprinkle the cake mix on top. Mix the brown sugar and melted butter together. Sprinkle this mixture on top of the cake mix and add the nuts. Bake 30 minutes at 350°. Serve warm or cold. This is good with ice cream or Cool Whip.

OREO-ICE CREAM DESSERT

Pam Bullers

- 1 large pkg. Oreos (crushed) 1 stick margarine or butter
(melted)

Mix together and put in bottom of 9x13-inch pan, reserving $\frac{1}{2}$ C. Cover with $\frac{1}{2}$ gallon ice cream. Refrigerate or freeze while making topping.

TOPPING:

- 1 large can evaporated milk 1 stick butter
1 small pkg. chocolate chips 2 C. powdered sugar
1 tsp. vanilla

Mix topping ingredients and boil for 3 minutes. Let cool; spread on top of ice cream. Sprinkle reserved $\frac{1}{2}$ C. of Oreo mixture on top and freeze. You can use any flavor of ice cream you like; mint and strawberry are both tasty. HINT: It helps if you let the ice cream melt a little before putting it into the pan so that it is somewhat soft.

PINEAPPLE SURPRISE

Kathy Lee

- 2 eggs 1 (20 oz.) can crushed pineapple
2 tsp. soda (juice & all)
2 C. flour 1 tsp. vanilla
2 C. sugar $\frac{1}{4}$ tsp. salt

Mix all ingredients together and bake in an ungreased 9x12-inch dish at 350° for 25 to 35 minutes. Bottom and edges will brown faster than top. Ice while warm.

ICING:

- 1 (8 oz.) pkg. cream cheese $\frac{3}{4}$ C. powdered sugar
 $\frac{1}{2}$ stick butter 1 tsp. vanilla



PINK LADY

Bill and Velva Potter

1 pkg. red Jell-O
½ C. strawberry juice

1 C. boiling water
½ C. sugar

Mix together and cool like syrup.

4½ C. fresh strawberries
1½ C. cream (whipped)
1 C. sugar

Angel food cake (cut or torn in
bite-size pieces)

Fold cooled syrup into rest of ingredients, except cake. Place cake cubes in a 9x13-inch cake pan, press down. Pour the mixture over cake. Let stand in refrigerator 8 to 10 hours. Cut into squares. Serve with whipped cream. Any fruit (fresh) may be used or cut-up marshmallows may be added.

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LAYERED PISTACHIO DESSERT

Debra Schreiber

CRUST:

1¼ C. Bisquick
1 T. brown sugar

3 T. margarine
½ C. walnuts (chopped)

FILLING:

1 C. powdered sugar
1 (8 oz.) pkg. cream cheese
(softened)
1 C. Cool Whip

2 pkgs. (¾ oz. each) pistachio
instant pudding
2½ C. milk

TOPPING:

1 T. powdered sugar

1 C. Cool Whip

CRUST: Mix together crust ingredients, press into a 9x13-inch pan and bake at 350° for 10 minutes. Cool.

FILLING: Beat powdered sugar and cream cheese until smooth. Add Cool Whip, spread over crust. Mix pudding and milk until thick, about 2 minutes. Pour over cream cheese layer. Cover and refrigerate until firm.

TOPPING: Fold powdered sugar into Cool Whip. Spread on top.

PRETZEL DESSERT

Angie Aubrecht

1 large cream cheese	Choice of fruit
1 large Cool Whip	3 C. hot water
1 large jello	Pretzels
½ stick butter	2 tsp. sugar

In a 9x13-inch pan put in finely crushed pretzels, a little sugar and butter. Form a crust on bottom and bake for 10 minutes at 350°. Soften cream cheese and Cool Whip and mix together. In separate bowl mix jello and 3 C. hot water, add fruit (match your fruit and jello). Let jello and fruit set in fridge until it thickens. Put cream cheese mixture on top of pretzels. After jello and fruit set, put on top of cream cheese mixture. Refrigerate for two hours.

GLORIFIED PUDDING OR PIE FILLING

Tom Ziskovsky

1 can sweetened condensed milk	1 (8 oz.) carton frozen whipped
1 large box instant/no cook pudding & pie filling	topping
1 (16 oz.) carton sour cream	Fresh fruits of your choice

Allow the sour cream, cream cheese, and frozen whipped topping to get room temperature. Pour the condensed milk into a large bowl. Stir in the pudding and the sour cream; mix well. (For cheesecake add an 8 oz. carton of cream cheese.) Add the whipped topping; mix well. Then add your choice, depending upon the dessert desired: strawberries, raspberries, blueberries, peaches, apricots, pineapple, pecan pieces, sliced almonds, any nut, coconut, chocolate morsels or other candy items. Any flavor of pudding may be used. When adding fruit, it will not set up as firm. Can be made with any type of crust or no crust.

*Bear in mind that children of all ages have one thing in common—
they close their ears to advice and open their eyes to example.*

LAYERED PUDDING DESSERT

Karen Dinsmore

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|-----------------------------|-------------------------------|
| 1 C. flour | 1 C. Cool Whip |
| 1 stick oleo (melted) | 2 pkgs. instant lemon pudding |
| ¼ C. pecans (chopped fine) | 3 C. milk |
| 1 (8 oz.) pkg. cream cheese | 3 C. Cool Whip |
| 1 C. powdered sugar | |

Mix flour, oleo, and nuts. Press in bottom of 9x13-inch pan. Bake at 300° for 20 minutes. Cool. Mix cream cheese, powdered sugar, and 1 C. Cool Whip. Spread on crust. Mix pudding with milk as directed on package. Let set slightly and pour over previous layer. Spread remainder of Cool Whip over top. Refrigerate. Serves 12-18. May substitute other puddings.

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PUMPKIN DELIGHT

Tom Ziskovsky

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| 1 (16 oz.) container vanilla flavored yogurt | 1 can (2 C.) solid pack pumpkin |
| 1 (8 oz.) container frozen whipped topping | ¾ tsp. nutmeg |
| | ¼ tsp. ground cloves |

Mix well and store in the refrigerator.

RASPBERRY DESSERT

Thor Johnson

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|----------------------------------|---|
| ½ C. butter | 1 (10 oz.) pkg. frozen raspberries (thawed) |
| 1½ C. powdered sugar | ¾ C. chopped pecans |
| 2 eggs | 1 C. whipping cream (whipped) |
| 1½ C. fine vanilla wafer crumbs | ½ tsp. vanilla |
| 1 (3 oz.) pkg. raspberry gelatin | |
| ½ C. boiling water | |

Cream butter and sugar until light and fluffy. Add eggs and 1 C. vanilla wafer crumbs, beat thoroughly. Spread mixture in bottom of 13x9x2-inch pan. Chill pan while preparing raspberry mixture. Dissolve gelatin in water and add raspberries and juice. Chill until partially set. Fold in pecans, whipped cream, and vanilla. Spoon over crumb layer and sprinkle remaining crumbs on top. Chill at least 6 hours or overnight.

RHUBARB COBLER

Marianne Colony

1/2 C. sugar	1 tsp. baking powder
3 T. butter	1/8 tsp. salt
1 C. sour milk (3/4 milk & 1/4 vinegar)	3 C. rhubarb
1 C. flour	1 C. sugar
1 tsp. soda	1 tsp. nutmeg
	1 C. boiling water

Cream butter and sugar. Add milk, flour, soda, baking powder, and salt, mix to smooth batter. Pour into 9-inch square cake pan (2 inches deep). In another bowl, combine rhubarb, sugar, and nutmeg. Pour over batter. Then add 1 C. boiling water over mixture. Bake at 350° until cake part comes to the top and is well browned.

RHUBARB DELIGHT

Betty Soukup

3 C. rhubarb (finely cut)	3/4 C. milk
1 C. sugar	1 C. sugar
2 C. flour	1 C. boiling water
2 tsp. (heaping) baking powder	1 tsp. vanilla
2 T. melted butter	

Place rhubarb in 9x13-inch pan. Mix dough: The first cup of sugar, flour, baking powder, butter, milk, and vanilla. Pour over the top of the rhubarb. Sprinkle the other cup of sugar over the top of the dough. Then pour the boiling water over the top. Heat oven to 375°. Bake 30 to 35 minutes. This is good without a topping, and it is also good with ice cream or whipped topping.

RHUBARB PUDDING

Eleanor Vavricek

4 C. chopped rhubarb	1 1/4 C. sugar
Marshmallows	1 3/4 C. flour
1 C. sugar	1/2 C. margarine
2 eggs	1/2 C. milk
2 tsp. baking powder	1 tsp. vanilla

Put rhubarb in 9-inch square pan. Over this pour the 1 1/4 C. sugar. Place a few marshmallows over this. Cream butter, sugar, and eggs. Sift the dry ingredients together and add alternately with milk. Add vanilla. Bake in 350° oven for 35-40 minutes. Fills pan but shrinks as it cools. Real juicy.

RHUBARB DESSERT

Mona Robbins

CRUST:

1 C. flour

½ C. butter (softened)

5 T. powdered sugar

FILLING:

2 eggs

1½ C. sugar

⅓ C. flour

½ tsp. salt

½ tsp. baking powder

2 C. diced rhubarb

CRUST: Mix 1 C. flour, ½ C. butter, and 5 T. powdered sugar. Pat into 9x9-inch cake pan. Bake 15 minutes at 350°.

FILLING: Combine well-beaten eggs, sugar, flour, salt, baking powder and diced rhubarb. Pour over crust. Bake 30 minutes. Will keep in refrigerator overnight.

RHUBARB TORTE

Norma Baughman

CRUST:

1½ C. flour

¾ C. margarine

7½ T. powdered sugar

FILLING:

3 eggs (beaten)

2 C. sugar

½ C. flour

¾ tsp. baking powder

½ tsp. salt

1½ tsp. vanilla

4 C. rhubarb (cut up)

CRUST: Mix and press into ungreased 9x13-inch pan. Bake 15 minutes at 350°.

FILLING: Mix filling and pour onto baked crust. Bake 35 minutes at 350°. Serve with whipped cream or ice cream.

RHUBARB TORTE

Nancy Hayworth

CRUST:

2 C. flour
1/2 C. butter
1/2 C. margarine
2 T. sugar

FILLING:

6 egg yolks
2 1/4 C. sugar
1/2 tsp. salt
1 C. cream
5 C. chopped rhubarb

MERINGUE:

6 egg whites
8 T. sugar
3 tsp. vanilla

CRUST: Mix ingredients together and pat into 9x13-inch pan. Bake at 350° for 10 minutes. No need to cool.

FILLING: Mix yolks, sugar, salt, and cream together. Stir in rhubarb. Put on top of crust and bake at 350° for 40-45 minutes.

MERINGUE: Beat egg whites until dry. Add sugar and vanilla; beat well. (HINT: Pinch meringue – if you can't feel sugar, it's done.) Add meringue when filling is done and bake at 350° for 10 minutes. NOTE: Always better the next day.

RICE PUDDING

Shirley Sterner

3 C. milk
1 C. instant rice
1/4 tsp. salt
1 (3 1/4 oz.) pkg. vanilla pudding
1/2 C. raisins

Mix everything together in 8x8x2-inch glass dish. Cook covered in radar range for 10 minutes. Stir 3 times during cooking. Let stand 10 minutes before serving.

BAKED RICE PUDDING

Thor Johnson

1 C. rice
1 C. water
½ tsp. salt

1¾ qt. (7 C.) milk
4 eggs (slightly beaten)
¾ C. sugar

Wash rice. Start cooking rice in water; then add half of the milk (3½ C.). Cook until rice is soft. Add sugar and salt; add eggs, mixing well. Add other half of milk. Turn into a buttered casserole, sprinkle with cinnamon and bake at 350° until browned, or until knife comes out clean when inserted in center of pudding.

STRAWBERRY DESSERT

Wilson (Bill) Miller

2 pkgs. Dream Whip
1 large pkg. cream cheese
1 box strawberry jello
1½ C. water

1 can strawberry pie filling
12 graham crackers (crumbled)
3 T. sugar
3 T. butter

Mix together cracker crumbs, sugar, and butter; line bottom and sides of pan. Prepare Dream Whip according to directions. Fold in cream cheese which has been softened with a little milk. Pour over crumbs and chill until firm. Dissolve jello in hot water. Cool until partially congealed; add pie filling and spread over cheese mixture.

WHIPPED DELIGHT

Michele Brandstatter

1 (3 oz.) pkg. vanilla instant
pudding mix
1 C. buttermilk
1 (11 oz.) can mandarin oranges
(drained)

1 (8 oz.) container Cool Whip
1 (20 oz.) can crushed pineapple
(drained)
½ pkg. chocolate-covered graham
cookies

Combine pudding mix, buttermilk, and Cool Whip; mix well. Fold in oranges and pineapple. Add crushed cookies and mix just until blended. Chill.

TORTE

Carol Fausett

3 egg whites
3/4 C. cream of tartar

1 tsp. vanilla

Beat until stiff.

ADD:

1 C. sugar (slowly)
16 soda crackers (crushed)

1/2 C. nuts

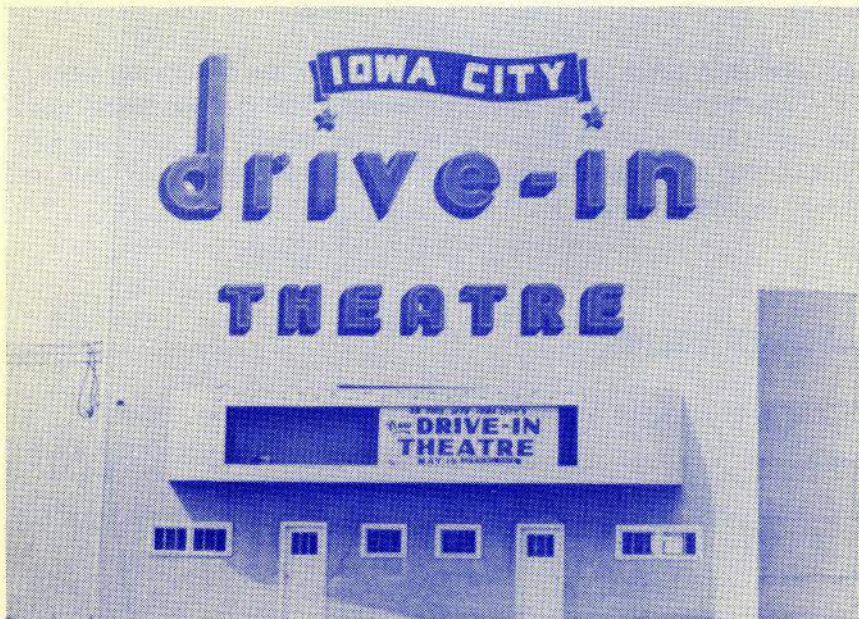
Bake in 9x13-inch pan for 35 minutes at 325°.

MIX:

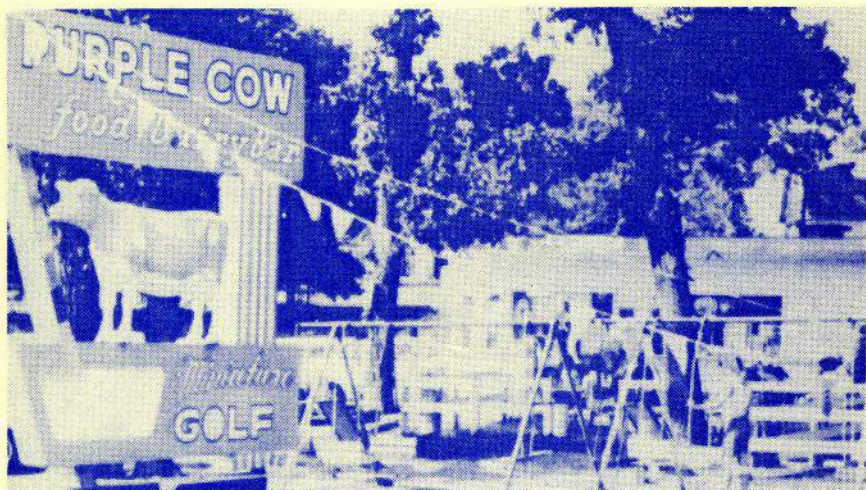
1 large container Cool Whip

1 (8 oz.) pkg. cream cheese

Layer 1/2 of cream mixture over meringue. Add 1 can lemon pie filling (cherry or whatever; I like lemon Jell-O cooked pudding), then rest of cream and toasted coconut.



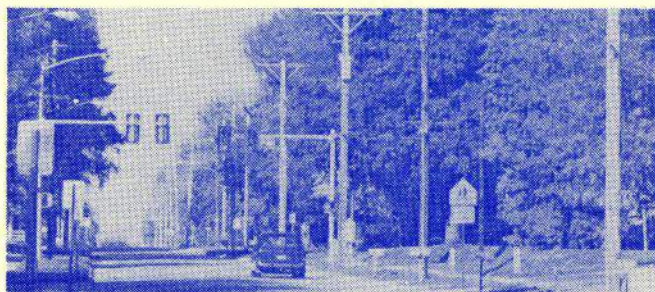
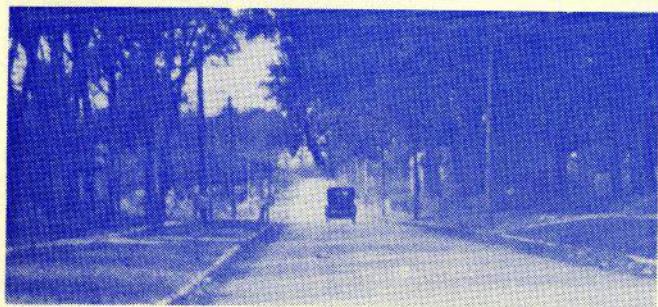
The "Iowa City" Drive-In Theatre was located along 5th Street in Coralville, Iowa.



One of Coralville's hottest '60s spots was the Purple Cow Dairy Store. The Purple Cow was opened in April of 1960 by Lloyd and Norma Meyers and was located directly east of Coral Fruit Market on Highway 6 West. The Purple Cow featured sandwiches, miniature golf and, of course, ice cream. In 1972, The Purple Cow moved to North Liberty on the site where Hills Bank is located today. The Purple Cow was a great place to visit with family and friends.



Ermal and Margaret Loghry operated their restaurant, carhop, drive-in cafe for 35 years on the corner of Second Street (Hwy. 6 West) and First Avenue.



5th Street construction "then and now"

Pies

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Pies and Pastries

Dust your pie pans with flour before lining them with dough. This will prevent the pie from sticking after it has been baked.

When separating the yolk from the white of an egg, break it into a funnel over a glass. The white will pass through and the yolk will remain in the funnel.

Add a tablespoon of cornstarch to the sugar when making meringue; it will not weep.

Egg whites will whip more easily if a pinch of salt is added to them. Placing the eggs in cold water for a time before whipping will also help.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

If the oven is turned off just when the meringue is brown and the door is left slightly open, the pie cools slowly and prevents the meringue from spitting.

To prevent soggy pie crust in an unbaked pie shell, brush with a thin coating of egg white. Especially good for fruit pies.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.

A pie crust will be more easily made and better if all the ingredients are cool.

If the juice from your apple pie runs over in the oven, shake some salt on it. This causes the juice to burn to a crisp so it can be removed.

Brushing frozen pies with melted butter before baking can eliminate dryness.

To cut a pie into five equal pieces, first cut a Y in the pie and then the two large pieces can be cut in half.

When making fruit pies, stick a few pieces of macaroni (drinking straws cut into short lengths can also be used) through the slits in the crust. This will prevent the juices from boiling over and permits the steam to escape.

When baking fruit pies, cut holes in the upper crust with a thimble and place crust on the pie. The holes will become larger; then place the little round circles back in place. This makes the pie look very decorative and allows the juices and steam to escape.

- PIES -

NEVER FAIL MERINGUE

Kayleen Gardner

2 T. sugar	1/8 tsp. salt
1 tsp. cornstarch	6 T. sugar
1/3 C. cold water	1 tsp. vanilla
3 egg whites	

Combine the 2 T. sugar, cornstarch, and water in a saucepan. Bring to a boil, stirring constantly. Take off heat. Beat egg whites with the salt added until soft mounds form. Add the 6 T. sugar slowly, beating after each addition. Add cooked cornstarch, incorporating the mixture slowly so as not to cook the egg white. Add vanilla and mix. Mound on pie. Bake at 375° for 12 minutes or until golden brown.

HOMEMADE PIE CRUST

Ellen Bigelow

4 C. flour	1 1/2 tsp. salt
1 egg (beaten)	1/2 C. water
1 T. sugar	1 1/2 C. lard
1 T. vinegar	

In a large bowl, sift together flour, sugar, and salt. With a pastry blender or two knives, cut in the lard until mixture resembles coarse crumbs. Mix together egg, vinegar, and water. Add to the flour mixture. Mix until dough is moistened enough so it holds together when formed into a ball. Wrap in plastic wrap and refrigerate for at least 30 minutes or until well chilled. On a lightly floured surface, roll the dough into a 12-inch circle. Fit dough into pie plate. Crimp dough to form a decorative border. Prick the pastry with a fork. Makes 2 double-crust pies.

The best way to get ahead is to have one.

NEVER FAIL PIE CRUST

Marianne Colony

3 C. flour
1 tsp. salt

1 C. shortening

Mix this all together with pie blender.

1 whole egg
1 tsp. vinegar

4 T. water

Mix into separate bowl and add to flour mixture.

Cut in half and roll out onto flour and put into pie plate. Makes two pies.

NEVER FAIL PIE CRUST

Sandra Sweeney

2 C. flour
1 C. shortening

Dash of salt
½ C. water

Measure dry ingredients and cut shortening in lightly. Add cold water slowly. Roll on floured board. Makes 2 perfect pie crusts.

CRANBERRY APPLE PIE

Karen Palumbo

1 C. sugar
⅓ C. all-purpose flour
1 tsp. apple pie spice

4 C. pared, sliced tart apples
2 C. fresh whole cranberries
2 T. butter or margarine

Prepare pastry for 9-inch two-crust pie. Preheat oven to 425°. In a large bowl, stir together sugar, flour, and spice. Add apples and cranberries; mix to coat well. Turn into pastry-lined pie pan. Dot with butter. Cover with top crust. Cut slits in crust, and seal and flute edges or prepare lattice crust. Bake 40 to 50 minutes. Cool.



MOM'S NO SUGAR APPLE PIE

Angie Aubrecht

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|-------------------------------------|------------------------------|
| 1 C. frozen unsweetened apple juice | 1 tsp. cinnamon |
| 2 T. corn oil | ½ tsp. lemon juice |
| 1 T. Minute tapioca | 4 C. Golden Delicious apples |
| | 2 pie crusts |

Peel and slice apples into large saucepan. Stir in tapioca, cinnamon, and oil. Add lemon juice and stir. Cover and simmer on low heat at least 10 minutes. Then let it cool. Put in pastry shell; dot with butter or margarine. Put top crust on. Bake at 350° until done, or a nice golden brown.

QUICK APPLE PIE

Donna Epley

- | | |
|--------------------------|-------------------------------|
| 3 C. apples (sliced) | ½ tsp. baking powder |
| 1 T. butter or margarine | ¼ tsp. salt |
| ½ C. sugar | ½ C. sugar |
| 1 egg | 1 tsp. cinnamon |
| ½ C. flour | ⅓ C. pecans or walnuts (opt.) |

Grease an 8-inch pie plate. Place sliced apples in pie plate. Sprinkle over the apples a mixture of ½ C. sugar and 1 tsp. cinnamon. Mix well remaining ingredients (add ⅓ C. nuts if desired). Spread over apples. Bake at 375° for 30 to 40 minutes.

SOUR CREAM APPLE PIE

Sherry Carpenter

- | | |
|--------------------------------|--------------------------------------|
| 3 T. flour | 1 C. sour cream |
| ½ tsp. salt | ½ tsp. vanilla |
| ¾ C. sugar (depends on apples) | 3 C. apples, diced (use slaw cutter) |
| 1 egg | |

Put in 9-inch pie crust.

MIX:

- | | |
|------------|-----------------|
| ⅓ C. sugar | ¼ C. margarine |
| ⅔ C. flour | 1 tsp. cinnamon |

Crumble and put on top of pie. Bake at 400° for 15 minutes, 350° for 40 minutes.

SOUR CREAM APPLE PIE

Timothy W. Sheets

- | | |
|---|--------------------------|
| 1 unbaked deep-dish pie crust
(9-inch) | 1/3 C. flour |
| 6 apples, peeled (cut into
eighths) | 1 tsp. cinnamon |
| 3/4 C. sugar | 1/2 tsp. nutmeg |
| | 4 T. butter or margarine |
| | 1/2 C. sour cream |

Put apples into pie plate. Mix sugar, flour, cinnamon, nutmeg, and butter; sprinkle over apples. Spread sour cream over pie. Bake at 400° for 30 minutes, then reduce heat to 300° for 25 more minutes. Makes 8 servings.

BANANA CREAM PIE

Beverly Gardner

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|----------------------|----------------------|
| 2 egg yolks (beaten) | 2 T. flour (heaping) |
| 2 C. milk | Butter (small) |
| 1/2 C. sugar | Salt (pinch) |
| Bananas | 1 tsp. vanilla |

Mix sugar and flour. Add other ingredients, except butter, and cook. Remove from stove. Add vanilla. Slice bananas in bottom of baked pie shell. Amount of sliced bananas is your choice. Pour pudding mixture over bananas. Top with meringue or whipped topping.

CHERRY CHEESE PIE

Ellen Bigelow

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|---|--|
| 1 (9-inch) graham cracker crumb
crust | 1 (14 oz.) can sweetened
condensed milk |
| 1 (8 oz.) pkg. cream cheese
(softened) | 1/3 C. lemon juice from concentrate |
| | 1 tsp. vanilla extract |
| | 1 (21 oz.) can cherry pie filling |

In a large mixer bowl, beat cheese until fluffy. Gradually beat in milk until smooth. Stir in lemon juice and vanilla. Pour into prepared crust. Chill 3 hours. Top with pie filling before serving. Refrigerate.

BERRY CRUMB PIE

Anne Allen

CRUST/TOPPING:

1 C. almonds

2 C. all-purpose flour

½ C. sugar

¾ C. chilled butter (cut into small pieces)

FILLING:

½ C. sugar

1½ T. cornstarch

2 pts. fresh berries (blueberries, raspberries, strawberries)

Preheat oven to 350°. Spread nuts in a medium baking pan. Roast the nuts, stirring occasionally, until toasted, about 10 minutes. Remove nuts from the oven and turn out onto a cloth towel. Rub off excess papery skins and discard skins. Increase oven temperature to 450°. In a food processor fitted with a metal blade, process nuts until finely ground, about 10 minutes. In a large bowl mix together nuts, flour, and sugar. Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Using fingers press ½ of the mixture into the bottom and sides of an 8- or 9-inch tart pan. In a medium bowl, mix sugar and cornstarch. Gently fold in berries. Spoon onto crust. Sprinkle with remaining crumb mixture. Bake until topping is golden, 30 minutes. Transfer the pan to a wire rack, cool for 10 minutes. Serve warm.

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BISHOP'S CHOCOLATE PIE

Jocelyn Dalton

1 (3 oz.) pkg. chocolate instant pudding

1 (3 oz.) pkg. vanilla instant pudding

2 C. milk

2 C. vanilla ice cream

1 (8 oz.) carton whipping cream

1 Hershey's candy bar (shaved)

Mix milk and pudding mixes together. Add vanilla ice cream. Mix until well blended. Pour into graham cracker pie shell. Whip cream and spread on top. Sprinkle candy bar shavings on top.

KXIC CHOCOLATE PIE (1950s)

Marilyn Jensen

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|---|---|
| 1 chocolate instant pudding (3 oz. pkg., all they had then) | 2 pkgs. Dream Whip (prepared as directed on pkg.) |
| 1/3 C. milk | |
| 1 1/2 C. softened ice cream (chocolate, vanilla, chocolate chip, or any other flavor) | |

Beat pudding, milk, and ice cream. Fold in 1 pkg. Dream Whip, which has been made according to directions on package. Pour into graham pie shell and freeze. Just before serving, top with the other package of Dream Whip which has been made according to package directions.

CHOCOLATE CHIP PIE

Becky Lienemann

- | | |
|--------------------------------|-----------------------------|
| 1 (12 oz.) bag chocolate chips | 1/2 C. brown sugar |
| 1 (10-inch) pie crust | 1/2 C. flour |
| 2 eggs | 1 C. melted & cooled butter |
| 1/2 C. sugar | |

Beat eggs until bubbly. Add the rest of the ingredients except the chips. Mix well by hand. Add chips last and stir in. Pour into pie shell and bake at 350° for 1 hour.

VELVETY CUSTARD PIE

Betty Shima

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|--------------------------|---------------------------------|
| 4 eggs (slightly beaten) | 2 1/2 C. scalded milk |
| 1/2 C. sugar | 1 (9-inch) unbaked pastry shell |
| 1/4 tsp. salt | Nutmeg |
| 1 tsp. vanilla | |

Thoroughly mix eggs, sugar, salt, and vanilla. Slowly stir in hot milk. Pour into unbaked pie shell and sprinkle with nutmeg. Bake at 475° for 5 minutes. Then reduce heat to 425° and bake 10 minutes longer, or until inserted knife comes out clean. Let pie cool.

DOUBLE COCONUT CREAM PIE

Judy Batterson Rotenburger

1 C. sugar	1 tsp. vanilla
¼ C. cornstarch	¼ C. sugar
¾ C. coconut	5 egg whites
5 eggs (separated)	¼ C. coconut
2 C. milk	1 (9-inch) baked pie shell
1 T. butter	

Mix sugar and cornstarch. Gradually add the milk. Cook until thick on medium heat. Remove from heat. Beat egg yolks with fork and add to 1 C. of hot filling. Return all to pan and bring to boil gently. Cook and stir over medium heat for 2 minutes. Remove from heat. Stir in ¾ C. of coconut, butter, and vanilla. Add all of filling to crust.

TOPPING: Beat 5 egg whites on high until stiff peaks form. Then slowly add ¼ c. sugar. Put on top of cooled filling. Sprinkle with ¼ C. coconut on top. Bake at 350° for 10-15 minutes until golden.

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FUDGE PIE

Melody and Travis Strub

1 stick of butter	2 eggs
2 sq. semi-sweet chocolate	1 tsp. vanilla
1 C. sugar	½ C. flour

Preheat oven to 325°. Grease and flour pie pan. Melt butter and chocolate squares. Add 1 C. of sugar and beat together. Add eggs and vanilla; mix well. Add flour and mix completely. Pour into prepared pie pan and bake at 325° for 25-30 minutes. Refrigerate and serve cold.

IMPOSSIBLE PIE

Betty Shima

4 eggs	½ stick butter (melted)
¼ tsp. salt	½ tsp. baking powder
½ C. flour	2 C. milk
½ tsp. vanilla	1¼ C. coconut
1 C. sugar	

Put in blender, or mix by hand in order given, and pour into a glass pie plate. Bake about 50 minutes at 325°.

KENTUCKY BLUEGRASS FUDGE PIE

Helen Tompkins

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|--|-------------------------|
| $\frac{2}{3}$ C. sifted flour | 1 C. sugar |
| $\frac{1}{2}$ C. unsweetened cocoa powder | 2 eggs |
| $\frac{1}{4}$ tsp. salt | 3 tsp. vanilla |
| $1\frac{1}{2}$ C. coarsely chopped walnuts | 1 pt. vanilla ice cream |
| $\frac{1}{2}$ C. (1 stick) butter (softened) | |

Grease an 8x8x1½-inch cake pan. Preheat oven to 350°. Combine flour, cocoa, and salt in a bowl. Spread walnuts in a shallow pan. Toast in a moderate oven, stirring often, for 10 minutes; cool, reserve. Beat butter, sugar, eggs, and vanilla in a medium-size bowl until light and fluffy. Stir in flour mixture until well blended. Stir in toasted walnuts. Turn into prepared pan. Bake for 30 minutes or until a wooden pick inserted in the center comes out with moist crumbs. DO NOT OVERBAKE. Cool on wire rack. Remove from pan. Spoon ice cream onto center of pie; cut into pie-shaped wedges.

CONCORD GRAPE PIE

Mildred Bidlack

- | | |
|----------------------------------|---------------------------------------|
| $3\frac{1}{2}$ C. concord grapes | 1 T. lemon juice |
| 1 C. sugar | $1\frac{1}{2}$ T. butter or margarine |
| $\frac{1}{4}$ C. flour | 1 (9-inch) unbaked pie shell |
| $\frac{1}{4}$ tsp. salt | |

TOPPING:

- | | |
|------------------------|--------------------------------------|
| $\frac{3}{4}$ C. flour | $\frac{1}{3}$ C. butter or margarine |
| $\frac{1}{2}$ C. sugar | |

Slip skins from grapes, set skins aside. Bring pulp to boil; put through sieve or food mill to remove seeds. Add skins and remaining ingredients. Pour into shell. Combine 3 topping ingredients until crumbly. Put on grape mixture. Bake at 400° for 40-50 minutes. Great topped with ice cream. NOTE: In 1963 I bought a house on 10th Ave. and lived there 26 years. Since there were grape vines, during grape season I would slip skins, cook, sieve, then freeze the skins/pulp in pint jars. One pint, plus other ingredients, makes one pie.

KEY LIME PIE

Kayleen Gardner

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|--|-------------------------------|
| 1/3 to 1/2 C. lime juice (Key lime if you have some) | 1 (14 oz.) can condensed milk |
| 4 eggs (separated) | 1 (9-inch) pie shell |

Combine milk and egg yolks. Beat with electric mixer on low speed. Slowly add the lime juice and continue beating until well blended. Pour into pie shell (graham cracker or regular). May top with meringue or whipped cream. Refrigerate overnight.

FAT FREE LEMON PIE

Kathy Lee

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|---|---|
| 1 (8 oz.) pkg. fat free cream cheese | 1 small pkg. sugar free instant vanilla pudding |
| 2 (6 oz.) cartons lemon chiffon yogurt (fat free) | 1 graham cracker crust |

Mix ingredients together (mixture will be thick). Scoop into graham cracker crust. Chill. Frost with yogurt or Cool Whip.

LEMON FROST PIE

E. Jean Schwab

- | | |
|-------------------------------|-------------------------|
| 3/4 C. crushed vanilla wafers | 3 T. margarine |
| 3/4 T. melted margarine | 2 T. lemon juice |
| 2 T. sugar | 1/2 tsp. grated rind |
| Vanilla ice cream | 1 egg (slightly beaten) |
| 1/2 C. sugar | |

Combine vanilla wafers, 3/4 T. melted margarine, and 2 T. sugar. Press into a pie plate and chill. Fill shell with ice cream, softened just enough to press into shell, and freeze.

LEMON TOPPING FOR PIE: Combine next four ingredients in saucepan and cook over low heat until margarine has melted and sugar has dissolved. Remove from heat and add the slightly beaten egg, stirring vigorously. Return to heat and cook until the custard coats a metal spoon. Remove from heat and chill. When cold, spread the mixture over top of ice cream. Put in freezer until ready to serve.

LEMON MERINGUE PIE

Gloria Holderness

1 baked cooled pie crust

LEMON FILLING:

1 C. sugar	¼ C. cornstarch
1/8 tsp. salt	1¼ C. warm water
1 T. grated lemon rind	¼ C. lemon juice
3 egg yolks (slightly beaten)	1 T. butter

FLUFFY MERINGUE:

3 egg whites (room temp.)	¼ tsp. cream of tartar
¼ tsp. salt	6 T. sugar

To make filling combine sugar, cornstarch, and salt in top of double boiler. Slowly stir in warm water. Add grated lemon rind, lemon juice, and egg yolks. Cook over boiling water until thickened (about 10 minutes), stirring constantly. Add butter; cool. Spoon filling into a baked, cooled pie shell.

To make meringue beat egg whites, cream of tartar, and salt at high speed until frothy. Add sugar gradually, beating well after each addition until meringue holds peaks when beater is raised. Place meringue over filling in fluffy mounds. Seal completely to edge of crust. Bake at 350° for 12-15 minutes.

LEMON PIE

Sandra Sweeney

5 T. lemon juice	6 T. flour
1 tsp. grated lemon rind	1 T. butter
1 C. sugar	1½ C. water
¼ tsp. salt	2 eggs

Mix sugar, salt, and flour together. Add water and cook until clear. Add lemon juice, grated rind, and butter. Add beaten egg yolks, cook 2 minutes and pour into baked pie shell. Make meringue of egg whites and add 2 T. sugar and pinch of cream of tartar. Cover pie with meringue. Bake at 300° for 15 minutes.

MULBERRY PIE

Mary E. Miller

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|--|---------------|
| 2 C. mulberries (clean & cut off
green stems) | 1¼ C. sugar |
| 1½ C. rhubarb (cut fine) | 3 T. flour |
| | Pinch of salt |

Mix mulberries and rhubarb. Mix dry ingredients together. Mix dry with fruit, put in pie crust. Dot top with butter and 1 T. raspberry jello. Put top crust on. Bake at 450° for 10-12 minutes, then at 350° for 30-35 minutes, maybe a little longer.

PEACH PIE

Brian Lamansky

- | | |
|---------------------------------------|----------------------------------|
| 9 fresh peaches (skinned &
sliced) | 1 T. lemon juice |
| 1/8 tsp. cinnamon | 2 T. cornstarch |
| 1/8 tsp. nutmeg | ¾ C. sugar |
| | Pastry for 2-crust (10-inch) pie |

Mix ingredients together in large bowl. Stir gently until mixed. Pour into pie shell. Cover with second pie crust. Bake at 375° for 45-50 minutes. Optional: Brush crust before baking with milk and sprinkle with sugar. NOTE: To make a really great pie you could use a variety of peaches called suncrest that can be found in Grand Junction, Colorado, usually the last two weeks of July and the first week of August.

PEACH GLAZE PIE

Betty Schutter

- | | |
|---------------------------|-------------------|
| 4 C. sliced fresh peaches | 1 T. butter |
| ¾ C. water | Pinch of salt |
| ½ C. sugar | 1 baked pie shell |
| 3 T. cornstarch | Whipped cream |
| 1 T. fresh lemon juice | |

Take 1 C. of the cut-up peaches and cook 3 or 4 minutes in ¾ C. water. Mix sugar with cornstarch and add to cooked peaches. Cook until thick and clear. Add lemon juice, butter, and salt. Cool. Place uncooked peaches in baked pie shell. Pour cooked mixture over them. Chill several hours. Serve topped with whipped cream. NOTE: This method can be used for strawberry or blueberry glaze pie also.

NO ROLL PIE CRUST AND PEACH PIE

Naomi Dvorsky

CRUST:

1½ C. flour
½ C. vegetable oil

2 T. milk
2 T. sugar

PEACH PIE:

⅔ C. sugar
3½ T. cornstarch
2 T. white Karo

1 C. water
3 T. peach jello
4-6 sliced fresh peaches

CRUST: Pat down in 9-inch pie pan 1½ C. flour, ½ C. vegetable oil, 2 T. milk, and 2 T. sugar. Bake at 350° until light brown, approximately 40 minutes.

PEACH PIE: Boil until thick ⅔ C. sugar, 3½ T. cornstarch, 2 T. Karo and 1 C. water. Add 3 T. peach jello. Cool. Add the peaches and pour into above prepared crust. Top with whipped cream.

PEACHY PRALINE PIE

Joni Callen

1 (9-inch) unbaked pie shell
¾ C. sugar
3 T. flour
4 C. sliced, peeled peaches
1½ tsp. lemon juice

⅓ C. brown sugar (firmly packed)
¼ C. flour
½ C. chopped pecans or walnuts
3 T. oleo

Combine sugar and 3 T. flour. Add peaches and lemon juice. Combine brown sugar, ¼ C. flour, and nuts in small bowl. Mix in oleo until crumbly. Sprinkle ⅓ of nut mixture over bottom of pie shell. Cover with peach mixture and sprinkle remaining nut mixture over peaches. Bake at 400° for 40 minutes.

Happiness may be thought, sought, and caught - but not bought.

STREUSEL PEAR PIE

Mike Corso

1 (9-inch) unbaked pastry shell
with high fluted pan

5 to 6 Bartlett pears
1/3 C. sugar
1 T. lemon juice

1 T. butter
1/2 tsp. salt
2 T. flour

Pare, halve, and core the pears, slice the pears, there should be 6 C. In a large skillet (about 10 inches) turn the pears, sugar, lemon juice, butter, and salt. Cover and cook over moderate heat for 8 minutes. Remove from heat. With a slotted or perforated spoon, remove the pear slices, allowing the syrup to drain back into the skillet. Reserve the pears. Stir a little of the pear syrup from the skillet into the flour. Return this to the remaining pear syrup in skillet; cook over low heat and stir constantly until thickened and bubbly. Place reserved pears in unbaked pastry shell. Pour the thickened pear syrup over the pears. Bake in a hot (425°) oven for 15 minutes. Sprinkle the top with the coconut streusel. Continue baking in a 425° oven for 10 minutes. Cool somewhat but serve warm.

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COCONUT STREUSEL:

1/3 C. sugar
1/3 C. unsifted flour

3 T. butter
2/3 C. coconut

In a small bowl, stir together sugar and flour; with fork, cut in the butter.

GEORGIA PECAN PIE

Verlee Lauderbaugh

1 C. dark or light corn syrup
1 C. sugar
3 eggs (slightly beaten)
4 T. melted butter

1 tsp. vanilla
1 C. pecans (coarsely broken)
1 pie shell

Boil sugar and syrup together for 2 minutes. Pour slowly over beaten eggs, stirring. Add melted butter and vanilla. Pour into the pie shell. Sprinkle nuts over top. Bake at 350° for 15 minutes. Turn oven down to 300° and bake for 20 minutes more. Good!

SOUTHERN PECAN PIE

Paula Nugent

- | | |
|--------------------------|------------------------|
| 1 unbaked pie crust | 3 eggs |
| 2 C. pecans (whole) | 3/4 C. dark corn syrup |
| 2 T. butter or margarine | 1/2 C. applesauce |
| 1 C. brown sugar | 1/8 tsp. cinnamon |
| 1 tsp. vanilla | |

Preheat oven to 350°. Cream butter and sugar. Add eggs one at a time, beating after each. Add syrup, applesauce and flavorings; mix well. Stir in pecans by hand. Pour into pie shell, bake 1 hour.

PINEAPPLE PIE

Dorothy Samuel

- | | |
|------------------|---|
| 1 1/2 C. sugar | 1 tsp. vanilla |
| 1/2 C. margarine | 1 (8 oz.) can crushed pineapple
(in its own juice) |
| 2 eggs | 1/2 C. nuts |
| 3 T. flour | |

Cream sugar and margarine well. Add eggs (one at a time), flour, and vanilla. Fold in undrained pineapple and nuts. Pour into crust and bake at 325° for 1 hour or until knife comes out clean. May use frozen crust.

CRUST:

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|------------------|----------------|
| 1 1/2 C. flour | 1/2 C. oil |
| 1 1/2 tsp. sugar | 2 T. cold milk |
| 1/2 tsp. salt | |

Mix and press into a deep 9-inch pie pan.

FRESH RICH PUMPKIN PIE

Paula Nugent

- | | |
|--|------------------------------|
| 3/4 C. pumpkin (fresh or canned) | 1/2 tsp. cinnamon |
| 1 (14 oz.) can sweetened
condensed milk | 1/4 tsp. ginger |
| 1 large egg | 1 C. hot water |
| 1/2 tsp. salt | 1/2 tsp. vanilla |
| 1/4 tsp. nutmeg | 1 (9-inch) unbaked pie crust |

Beat all ingredients together with rotary mixer. Pour into pie crust. Bake at 375° for 50-60 minutes. Mixture will be extremely runny, but will set when baking. If using smaller pan, reduce water slightly.

DOUBLE LAYER PUMPKIN PIE

Chris Worrell

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|--|--|
| 4 oz. softened cream cheese
($\frac{1}{2}$ of an 8 oz. pkg.) | 1 (16 oz.) can of pumpkin |
| 1 T. milk | 2 pkgs. vanilla instant pudding
and pie filling |
| 1 T. sugar | 1 tsp. cinnamon |
| $\frac{1}{2}$ C. thawed Cool Whip | $\frac{1}{2}$ tsp. ginger |
| 1 graham cracker pie crust | $\frac{1}{4}$ tsp. cloves |
| 1 C. cold milk | |

Mix cream cheese, 1 T. milk, and sugar in large bowl with whisk until smooth. Gently stir in Cool Whip until well mixed. Spread on bottom of pie crust. Pour 1 C. of cold milk into another large bowl and add pumpkin, pudding mixes, and spices and beat with whisk until well blended. Spread this mixture over the cream cheese layer. Refrigerate for 4 hours or until set.

PARADISE PUMPKIN PIE

Joni Callen

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|----------------------------------|--|
| 1 (8 oz.) pkg. cream cheese | $\frac{1}{2}$ C. sugar |
| $\frac{1}{4}$ C. sugar | 2 eggs (slightly beaten) |
| 1 egg | 1 tsp. cinnamon |
| $\frac{1}{2}$ tsp. vanilla | $\frac{1}{4}$ tsp. ginger |
| 1 (9-inch) unbaked pie shell | $\frac{1}{4}$ tsp. nutmeg |
| $1\frac{1}{4}$ C. canned pumpkin | Pinch of salt (less than $\frac{1}{8}$ tsp.) |
| 1 C. evaporated milk | |

Combine cream cheese and $\frac{1}{4}$ C. sugar; beat well. Add egg and vanilla; blend until smooth. Spread on bottom of pie shell. Combine pumpkin, evaporated milk, $\frac{1}{2}$ C. sugar, 2 eggs, cinnamon, ginger, nutmeg, and salt; mix well. Carefully pour over cream cheese mixture. Bake at 350° for 1 hour and 5 minutes. Cool. Brush with maple syrup and garnish with pecan halves, if desired.

*A sense of humor is like a needle and thread—
it will patch up so many things.*

GRANDMA SHILLING'S PUMPKIN PIE

Kristi Chambers

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|-----------------|---------------------------|
| 1 C. sugar | ½ C. dark Karo syrup |
| 4 T. flour | 1½ C. evaporated milk |
| 2 tsp. cinnamon | 1½ C. milk |
| ½ tsp. nutmeg | 4 eggs (well beaten) |
| ½ tsp. ginger | 3 C. pumpkin (can packed) |
| 1 tsp. salt | |

Preheat oven to 425°. Heat pumpkin on stove top for 10 minutes, stirring often. Combine dry ingredients and stir into heated pumpkin. Mix well. Add wet ingredients. Beat with egg beater until smooth. Fill 2 unbaked pie crusts and bake for 40 minutes.

RAISIN CREAM PIE

Beverly Gardner

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|-----------------------------|----------------|
| 1 C. cream (or half & half) | 2 T. flour |
| 1 C. raisins | 1 tsp. vanilla |
| ¾ C. sugar | |

Beat cream, sugar, and flour together and cook until thick. Cook raisins in ½ C. water for 5 minutes. Mix together and pour into a baked pie shell.

RAISIN CREAM PIE

Anna Powers

- | | |
|------------------|---------------------|
| 1 C. raisins | 1 tsp. vanilla |
| 1 C. half & half | 1 egg yolk (beaten) |
| ½ C. sugar | 1 baked pie shell |
| 1½ T. flour | |

Cook raisins for about 30 minutes in as little water as possible or microwave for about 2 minutes; watch closely. Add water if necessary. Pour cream over raisins. Mix sugar and flour together and stir into raisin mixture. Add yolk and vanilla and cook carefully until thick. Pour into prepared pie shell. Top with your favorite meringue or Cool Whip.

SOUR CREAM RAISIN PIE

Mrs. Evelyn Fesler

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|-----------------|-----------------|
| 1 C. raisins | ½ T. sugar |
| 1 C. sour cream | 1 T. cornstarch |
| 2 eggs (yolks) | 1 tsp. vanilla |

Cook raisins until tender in 2 C. of water. When almost done remove cover and cool until all of the water disappears. Put the cream, cornstarch, and sugar in double boiler and cook until it begins to thicken. Then add beaten egg yolks and cook five minutes longer. Remove from fire and add vanilla. Cool and put in baked pie shell. Cover with meringue and set in oven to brown. Bake at 400° for 8-10 minutes.

SOUR CREAM RAISIN PIE

Lora Irlbeck

- | | |
|---------------------|-----------------|
| 2 C. cooked raisins | ¼ tsp. cinnamon |
| 1 C. sour cream | 3 egg yolks |
| 1 C. sugar | |

Slow cook raisins in pot of water, starting with water being ½ inch above level of raisins. Cook down to less than 1/8 inch water. Do not pour off juice. Mix other ingredients thoroughly and add to cooked raisins. Cook until mixture thickens a little and then pour into cool baked 9-inch crust. Top with meringue and brown in oven.

CREAM CHEESE RHUBARB PIE

Timothy W. Sheets

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|-----------------|---|
| ¼ C. cornstarch | 3 C. sliced fresh or frozen
rhubarb, ½-inch pieces |
| 1 C. sugar | 1 unbaked pie shell (9-inch) |
| ½ C. water | |

TOPPING:

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|-----------------------------|------------|
| 1 (8 oz.) pkg. cream cheese | ½ C. sugar |
| 2 eggs | |

In a saucepan, combine cornstarch and sugar. Add water; stir until thoroughly combined. Add rhubarb. Cook, stirring often until mixture boils and thickens. Pour into pie shell; bake at 425° for 10 minutes. Meanwhile, for topping, beat cream cheese, eggs, and sugar until smooth. Pour over pie. Return to oven; reduce heat to 325°. Bake for 35 minutes or until set. Cool. Chill several hours or overnight. Makes 8 servings.

LOWFAT YOGURT RAISIN PIE

Clarence Haverkamp
(Haverkamps Linn St. Homestay B&B)

- | | |
|----------------------------|----------------------------|
| 1 (9-inch) baked pie shell | 3 egg yolks |
| 1½ C. raisins | ½ C. skim milk |
| 1½ C. water | ½ C. lowfat vanilla yogurt |
| ¾ C. sugar | 3 egg whites |
| ¼ tsp. salt | 6 T. sugar |
| 2 T. flour | |

Simmer raisins and water until raisins are tender. Combine sugar, salt, and flour. Beat egg yolks slightly with milk. Stir egg mixture into sugar mixture. Add to raisins, stirring constantly. Cook and stir over medium heat until mixture is very thick (5-10 minutes). Remove from heat. Add lowfat vanilla yogurt, blending thoroughly. Pour into pie shell.

MERINGUE: Beat egg whites until soft peaks form. Gradually add sugar while beating. Pile evenly over filling. Bake in 400° oven until brown (about 5 minutes). HINT: When serving, dip your cutting knife in water before cutting into pie each time.

RASPBERRY PIE

Debra Schreiber

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|--|-----------------------|
| 2 C. cookie crumbs (I use Vienna Finger Cookies) | ⅓ C. butter (melted) |
| 1 (3 oz.) pkg. cream cheese (softened) | 1 C. Cool Whip |
| ½ C. powdered sugar | 1 tsp. vanilla |
| 1 (10 oz.) pkg. raspberries (frozen) | ¼ C. sugar |
| 3 pkgs. jello (raspberry) | 1¼ C. water (boiling) |
| | 1 tsp. lemon juice |

Mix together cookie crumbs and butter. Press into 9-inch pie pan or 9x11-inch glass baking dish. Bake at 350° for 10-15 minutes. Cool. Mix together cream cheese, powdered sugar, Cool Whip, and vanilla. Pour over cooled crust. Mix jello, sugar, and water. Add raspberries and lemon juice. Chill until partially set, then pour over cream cheese filling. Top with any leftover Cool Whip. Nutrition (per serving): 308 calories. Serves 8.

EARLENE'S HONEY-LEMON RHUBARB PIE

Karen Palumbo

- | | |
|---------------------------------------|---------------------------------|
| 4 C. rhubarb (cut in 1/2-inch pieces) | 2 tsp. grated lemon rind |
| 1 1/4 C. sugar | 1/3 C. strained honey |
| 6 T. flour | 4 to 5 drops red food coloring |
| 1/4 tsp. salt | Pastry for 2-crust (9-inch) pie |
| | 2 T. butter or margarine |

Combine rhubarb, sugar, flour, salt, and lemon rind; mix well. Blend in honey and food coloring. Let stand while making pastry. Line a 9-inch pie pan with pastry. Fill with rhubarb mixture; dot with butter. Adjust top crust and seal edge. (For sparkling top, brush with milk and sprinkle with sugar.) Bake in very hot oven (450°) for 10 minutes; reduce heat to moderate (350°) and bake 35 to 45 minutes more. Variation: Use pastry for unbaked pie shell. Sprinkle filling top with crumbly crust, made by blending together 1/2 C. brown sugar, 1/3 C. flour, 1/4 tsp. cinnamon; cut in 1/4 C. butter or margarine. Cover top with foil until last 20 minutes.

IMPOSSIBLE RHUBARB PIE

Diana Brayton

Put 3 C. rhubarb into a greased 10-inch pan.

MIX:

- | | |
|-----------------|--------------------|
| 4 eggs | 1 tsp. cinnamon |
| 1 1/2 C. sugar | 1 tsp. vanilla |
| 1/2 C. Bisquick | 1 C. milk |
| Pinch of salt | 3 T. oleo (melted) |

Add ingredients to rhubarb and bake at 350° for 45-50 minutes.

LORRAINE'S RHUBARB PIE

Dan Ramsey

- | | |
|-----------------|-------------------------------|
| 3 large eggs | 2 tsp. vanilla |
| 2 2/3 T. milk | 4 1/2-5 C. rhubarb (cut fine) |
| 2 C. sugar | 2 T. butter |
| 1/4 tsp. nutmeg | |

Beat eggs and milk together. Combine with other ingredients (except butter). Pour into a 9-inch unbaked pie shell. Melt butter and pour over top. Bake at 375° for 50-60 minutes.

PINK LADY RHUBARB CHIFFON PIE

Margaret Morgan

- | | |
|--------------------------|---------------------------------|
| 1 C. flour | 1 C. sugar |
| ½ C. margarine (1 stick) | 1 (3 oz.) pkg. raspberry Jell-O |
| 3 T. powdered sugar | 1 T. lemon juice |
| 2 C. rhubarb | 2 C. prepared whipped topping |

Combine flour, margarine, and powdered sugar to make crumb crust, pressing into pie pan. Cook rhubarb and sugar about 10 minutes, or until tender. Immediately add package of Jell-O and lemon juice. Cool to room temperature. Fold in whipped topping and pour into prepared crust. May also use a store-bought vanilla wafer crust.

RHUBARB CREAM PIE

Margaret Hiscock

- | | |
|---------------|---------------------|
| 1½ C. sugar | 1 T. butter or oleo |
| 3 T. flour | 2 beaten eggs |
| ½ tsp. nutmeg | 3 C. cut-up rhubarb |

Recipe for plain pastry

Blend sugar, flour, nutmeg, and butter. Add eggs; beat smooth. Pour over rhubarb in 9-inch pastry-lined pan. Top with pastry cut in fancy shapes or lattice cut in strips. Bake in hot oven at 450° for 10 minutes, then in moderate oven at 350° for 30 minutes.

RHUBARB CREAM PIE

Joyce L. Joslyn

- | | |
|--|---------------------|
| 1 unbaked (9-inch) deep dish pie shell | 3 T. flour |
| 2 eggs | 1¾ C. sugar |
| ⅓ C. half & half | ½ tsp. nutmeg |
| ¼ C. butter or margarine | 3 C. cut-up rhubarb |

TOPPING:

- | | |
|--------------------------|------------|
| ½ C. sugar | ½ C. flour |
| ¼ C. butter or margarine | |

Beat eggs well. Add softened butter, sugar, flour, nutmeg and half & half; beat well. Add cut-up rhubarb and pour into an unbaked pie shell.

TOPPING: Combine and mix until crumbly. Sprinkle on top of filling. Place pie on cookie sheet. Bake 1 hour and 20 minutes at 350°.

RHUBARB CREAM PIE

Debra Schreiber

CRUST:

1½ C. sifted flour
½ tsp. salt

½ C. shortening or lard
4-5 T. water (cold)

FILLING:

1½ C. sugar
3 T. flour
½ tsp. nutmeg

1 T. margarine
2 eggs (well beaten)
3 C. cut rhubarb

CRUST: Mix flour and salt. Cut in shortening with pastry blender (½ at a time) until size of small peas. Sprinkle water (1 T. at a time) over flour mixture. Gently mix with pastry blender until moistened. Divide into 2 balls and roll into circles. Place one circle in pie pan (9-inch pan).

FILLING: Put rhubarb on crust in pie pan. Pour remaining ingredients over top of rhubarb after mixing until smooth. Top with remaining pastry. Flute edges. Bake at 450° for 10 minutes, then 350° for 30 minutes.

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RHUBARB CUSTARD PIE

Karen Wassen

3 C. rhubarb (cut up)
1 C. sugar

3 T. flour
1 beaten egg

Stir beaten egg into sugar and flour. Mix in the rhubarb. May add strawberries or raspberries to vary. Use prepared pie crust or make your own from your favorite recipe. Bake at 425° for 15 minutes, then 325° for 40 to 45 minutes until done.

RHUBARB CUSTARD PIE

Joanne Hora

1 unbaked pie shell
3-3½ C. rhubarb
1½ C. sugar

3 eggs
¼ C. half & half

Mix ingredients together. Sprinkle 1 T. flour on bottom of pie shell. Pour rhubarb mixture into pie shell. Bake at 375° for 1 hour or until set.

SAWDUST PIE

Gerry Lackender

7 egg whites (unbeaten)	1½ C. shredded coconut
1½ C. white sugar	1 (9-inch) pie shell (unbaked)
1½ C. vanilla wafer crumbs	1 tsp. vanilla
1½ C. pecan pieces	

Preheat oven to 325°. Place all ingredients in a bowl, and blend with a spoon or spatula. Pour into unbaked pie shell. Bake 25-30 minutes. Do not over-bake. Serve warm with whipped cream and bananas.

SHOE-FLY PIE

Sharon Ginty

CRUST: (single crust)

1⅓ C. flour	½ tsp. salt
½ C. shortening	5 T. cold water

FILLING: (warm together)

1 C. molasses	¾ tsp. baking soda
1 C. water	

CRUMBS: (topping)

1½ C. flour	3 to 4 T. shortening or butter
½ C. sugar	(to crumb)

MAKE CRUST: Mix flour and salt. Cut shortening into flour mixture until pea like. Add water 1 T. at a time tossing with fork until moist pastry results. Gather pastry in a ball. Roll on floured surface. Place in 8- to 9-inch pie pan.

FILLING: Boil a generous cup of water. Place 1 C. of molasses in a glass mixing bowl. Measure boiled water in a glass Pyrex measuring cup. Add the baking soda to the water. Stir to dissolve. Add water mixture to the molasses in the bowl. Combine well until molasses and water are uniform. Pour into prepared pie crust.

MAKE CRUMBS: Mix flour and sugar. Add shortening or butter bit by bit using a knife and fork to create crumbs. Gently place crumbs on top of molasses mixture. Bake at 350° for 35 to 40 minutes.

STRAWBERRY PIE

Deanna Ireland

CRUST:

1½ C. flour
2 T. sugar

2 T. milk
½ C. vegetable oil

FILLING:

1 C. sugar
4 T. cornstarch
1½ C. water

4 T. strawberry jello
1 qt. sliced strawberries
Cool Whip or whipped cream

CRUST: Mix flour and sugar. Add milk and vegetable oil and mix well. Press in pie plate. Bake at 350° for 20 to 25 minutes.

FILLING: Mix sugar and cornstarch. Add water and cook until thick. Remove from heat and add jello. Let cool. Slice strawberries into cooled pie shell and pour sauce over berries. Top with whipped cream or Cool Whip.

FRESH STRAWBERRY PIE

Ruth Ruhland

1 C. water
1 C. sugar
2 T. cornstarch
2 T. white syrup

3 T. (½ box) strawberry gelatin
1 qt. fresh whole strawberries
1 baked pie shell

Combine sugar, water, cornstarch, and syrup and cook until clear. Add the gelatin and let cool to room temperature. When cool, but not set, add the strawberries and pour into cooled baked pie shell. Chill. Serve with whipped cream.

STRAWBERRY YOGURT PIE

Phyllis Bradley

2 containers (8 oz. each)
strawberry yogurt

1 (8 oz.) tub Cool Whip (thawed)
1 prepared graham cracker crust
(6 oz.)

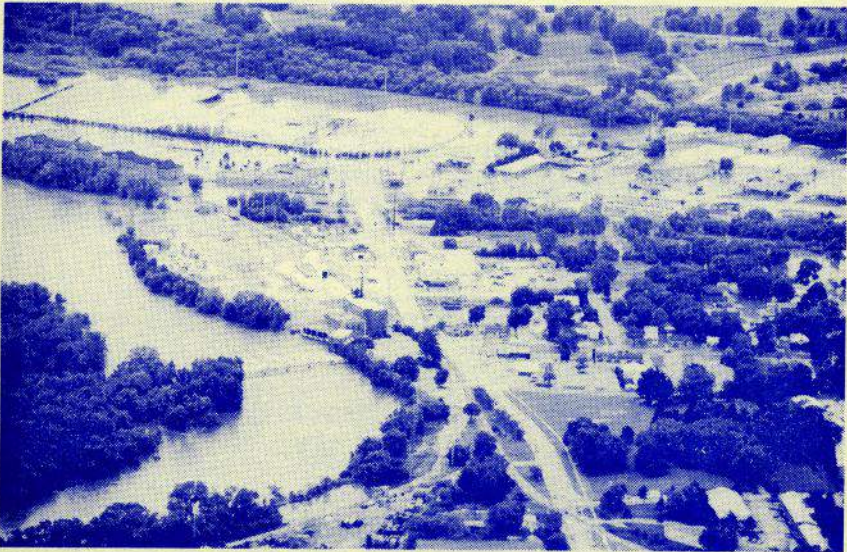
Stir yogurt gently into whipped topping in large bowl until well blended. Spoon into crust. Freeze 4 hours or overnight until firm. Let stand at room temperature 15 minutes or until pie can be cut easily. Garnish with additional whipped topping and fruit if desired. Store leftover pie in freezer. Makes 8 servings.

TROLLOP PIE

Regina Hayworth

2 C. Baker's semi-sweet chocolate 1 C. sugar
1 C. margarine 2 (12 oz.) containers Cool Whip
½ C. brown sugar ½ T. cinnamon
3 eggs 1 graham cracker crust pie pan
½ C. raisins Baker's squares or
¼ tsp. baking powder Hershey's bar for shaving
⅓ C. salt

Melt semi-sweet chocolate with margarine over low heat. Combine raisins, eggs, brown sugar, salt, and baking powder into large bowl and beat on medium for 5 minutes. After chocolate/margarine has melted, stir in ½ C. of sugar until combined with chocolate. Pour slowly into large bowl while mixing on low. Once combined, mix on high for 2 minutes. Stir in remaining ½ C. of sugar and cinnamon, sprinkling a small layer on the bottom of the graham cracker crust. Now whip in one (12 oz.) container Cool Whip and pour into the graham cracker crust. Refrigerate for ½ hour. Shave chocolate into a bowl. Remove cool pie and top with Cool Whip and chocolate shavings. Delicious!



The Flood of 1993, Coralville, Iowa

Meats and Main Dishes

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Meats

Heat the frying pan before adding oil or butter to prevent sticking.

Sprinkle salt in the bottom of a frying pan to prevent food sticking.

Try basting meat loaf with $\frac{1}{2}$ C. brown sugar, 1 T. dry mustard, $\frac{1}{2}$ C. tomato juice, $1\frac{1}{2}$ C. chili sauce, and $\frac{1}{2}$ C. pineapple juice for a delicious flavor.

Grate an apple into hamburger to add moistness and shape into patties.

A large roast or turkey can be carved easily if it stands 30 minutes.

To remove the wild flavor, soak game birds 3 hours in 1 T. baking soda and 1 T. salt to 1 gallon of water. Basting in 7-Up helps take away the game taste.

Add leftover coffee to ham, beef or pork gravy for a beautiful color.

Use a small amount of baking powder in gravy if it seems greasy. The grease will disappear.

Use an ice cream dipper to make meatballs.

When making hamburgers, mix a little flour with the meat and they will stay together better.

For smooth brown gravy, brown the flour well in meat drippings before adding the liquid. Another way to brown flour is by placing it in a custard cup beside meat in oven. When meat is done, the flour will be brown and ready to make a nice, brown gravy.

To prevent splashing with frying meat, sprinkle a little salt into the pan before putting the fat in.

Sausages will shrink less and not break at all if they are boiled about 8 minutes before being fried. Or, you can roll them lightly in flour before frying.

Bacon will lie flat in pan if you prick thoroughly with a fork as it fries.

Bacon dipped in flour won't shrink. To help prevent curling, pinch a fold in the middle of bacon slice. Soaking in ice water a few minutes also works.

A quick way to separate frozen bacon: heat a spatula over the stove burner, then slide it under each slice to separate it from the others.

For golden-brown fried chicken, roll it in powdered milk instead of flour.

Try using crushed cornflakes or cornbread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.

- BEEF -

DROP DUMPLINGS

Connie Keeling

1½ C. flour
1 tsp. salt

½ C. milk
1 egg

Mix salt, milk, and egg, then add the flour. Drop by teaspoon in sauerkraut, meat and boiling water. Cover, reduce heat, simmer and cook until done (10 minutes). Test for desired doneness the way you test cake.

BEEF AND BISCUITS

Sue Dinsmore Clements

1 lb. hamburger
1 tsp. minced onion
½ tsp. garlic salt
½ tsp. chili powder
1 (15 oz.) can tomato sauce

2 tubes of buttermilk or regular
biscuits
1 (8 oz.) container sour cream
1 (2 C.) pkg. shredded cheddar
cheese
1 beaten egg

Brown the hamburger, onion, salt, and chili powder in a skillet. Add the can of tomato sauce; simmer for a short time. Grease a 9x13-inch pan; press biscuits in the bottom of the pan. A few biscuits left will be placed on top of the meat mixture. Then mix the sour cream, beaten egg, 1 C. cheddar cheese and fold into the hamburger mixture. Pour over the biscuits that are in the bottom of the pan, top with the rest of the cheddar cheese and the rest of the biscuits. Bake at 375° for 30 minutes, but since every oven varies, check the meat mixture to be sure it is good and hot and the biscuits are brown on the top.

To communicate is the beginning of understanding.

REGULAR BEEF BRISKET

Wendy Ford

MARINADE:

- | | |
|---|--|
| 1 medium regular beef brisket (as opposed to corned beef brisket) | Garlic & celery salt (liberally sprinkled) |
| 1 small bottle Liquid Smoke | ¼ tsp. each sage, basil, savory, & thyme |
| ½ bottle Worcestershire sauce | |

SAUCE:

- | | |
|-----------------------|-------------------------|
| 1 C. mayonnaise | 1 T. horseradish |
| ¼ C. prepared mustard | 1 tsp. oregano |
| ¼ C. chopped onions | 1/8 tsp. cayenne pepper |
| ⅓ C. chili sauce | ⅓ C. sour cream |

Marinate beef brisket overnight. Bake covered at 275° for 5 hours. Slice cross-grain. Prepare sauce and let stand to mellow before serving. Works well to prepare at time of marinade, then refrigerate until use.

BEEF EGGPLANT PIE

Norma Rarick

- | | |
|---------------------------|------------------------------|
| 1 pie crust (large) | 1 T. chopped parsley |
| 1 eggplant | ¼ C. chopped celery tops |
| 6 T. oleo | 1 tsp. Worcestershire sauce |
| ½ C. finely chopped onion | 1 tsp. salt & dash of pepper |
| Garlic powder (to taste) | 1/8 tsp. nutmeg |
| ¾ lb. ground beef | 1 (8 oz.) can tomato sauce |

Make pie crust and refrigerate until ready to use. Cut washed, unpeeled eggplant into ½-inch cubes (2 C.). In 4 T. hot oleo cook eggplant covered 5 minutes. Melt rest of oleo. Saute onion and garlic 5 minutes. Add meat and rest of ingredients. Mix. Cook another 5 minutes. Add eggplant to meat mixture. Turn into pie shell. Bake at 375° for 45 minutes.



BEEF RICE CASSEROLE

Scott Coberly

- | | |
|--|----------------------------------|
| 1 lb. hamburger | 1½ cans of water |
| Onion (desired amount) | ⅔ C. Minute rice |
| 1 C. celery | ½ can chow mein noodles |
| 1 (10½ oz.) can cream of mushroom soup | Shredded cheese (we use Co-Jack) |
| 1 (10½ oz.) can cream of chicken soup | |

Brown hamburger in skillet. In 3 qt. casserole dish mix meat, soups, celery, onion, water, and rice. Stir until well blended. Bake at 350° for 30 minutes, covered. Remove lid, sprinkle with desired amount of cheese and chow mein noodles. Continue baking for 30 minutes more, uncovered.

MOM'S SHREDDED BEEF SANDWICHES

*Colleen Meng
(In Memory of Irene Konz)*

3-4 lbs. beef

Bake 1 hour at 325° in oven without lid (turn over if crusty).

ADD:

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|------------------------------|-----------------------|
| 1 pkg. Lipton Onion Soup Mix | 4 beef bouillon cubes |
| 4 C. water | |

Bake 3 hours at 275° with lid on. Shred with two forks (cut first, then shred). Leave in juice. Bake 1 hour at 275° uncovered. Stir occasionally.

BEEF STROGANOFF

John Lundell

- | | |
|----------------------------|------------------------------|
| 1½ lbs. stew beef (cut up) | 1 C. red wine |
| ½ green pepper (cut up) | ¾ C. water |
| 1-3 bay leaves | 1 can cream of mushroom soup |
| ½ pkg. of dry onion soup | Noodles (cooked) |

Brown meat and add all ingredients (except mushroom soup and noodles). Cook at 350° for 3 hours. A half hour before done add mushroom soup. Serve with noodles.

BEEF STROGANOFF

Ellen Bigelow

- | | |
|--|-----------------------------|
| 2 lbs. sirloin | 1/3 C. instant minced onion |
| 1/4 C. butter or margarine | 1/4 C. ketchup |
| 2 (4 oz.) cans sliced mushrooms | 1 1/2 tsp. garlic salt |
| 2 (10 1/2 oz.) cans condensed beef broth | 1/3 C. flour |
| | 2 C. sour cream |

Cut meat into thin slices. Melt butter in large skillet. Cook mushrooms in butter for about 5 minutes, then remove. In same skillet brown meat. Reserve 2/3 C. broth. Stir in remaining broth, onion, ketchup, and garlic salt. Cover and simmer 15 minutes. Blend reserved broth and flour. Stir into meat. Add mushrooms. Heat to boiling, stirring constantly. Add sour cream. Boil and stir 1 minute. Serve over noodles.

BEEF STROGANOFF

Becky Lienemann

- | | |
|--|---|
| 1 lb. boneless beef top round steak (about 3/4-inch thick) | 1 1/2 C. fresh mushrooms (washed & sliced) |
| 2 T. margarine (divided) | 1/2 tsp. paprika |
| 1/2 C. chopped onion | 1/2 C. sour cream (or 1/2 C. lowfat plain yogurt to reduce fat) |
| 1 can Campbell's cream of mushroom soup | 2 T. ketchup |

In skillet on medium-high heat, cook 1/2 the beef, 1/2 the onion and 1/2 the mushrooms in 1 T. of hot margarine. Cook until meat is no longer pink and onion is tender; set aside. Repeat with remaining margarine, meat, onion, and mushrooms. Return everything to skillet and add soup, paprika, and ketchup. Heat through, stirring occasionally. Remove from heat and stir in sour cream or yogurt. I always serve with hot egg noodles.

UNSTUFFED CABBAGE ROLLS CASSEROLE

Marilyn Jensen

- | | |
|----------------------|-------------------------------|
| 1 small head cabbage | 1/4 C. rice (raw not instant) |
| 1 small onion | 1 can tomato soup |
| 1 lb. hamburger | 1 C. water |

Brown hamburger and onion; drain. Cut cabbage and place in bottom of 2 qt. casserole dish. Mix soup and water. Place ground beef in small pieces over cabbage. Sprinkle rice on top. Pour soup mixture over all, cover. Bake at 350° for 1 hour.

NOT-ROLLED "ROLLED" CABBAGE

Tom Ziskovsky

- | | |
|---|--|
| 1 ¼ lbs. ground beef | 1 (16 oz.) can jellied or whole
berry cranberry sauce |
| ½ C. dry bread crumbs | 1 (26 oz.) jar spaghetti sauce |
| 1 egg | 1 T. lemon juice |
| 1 tsp. salt | 5 gingersnap cookies, crumbled
(about ¼ C. crumbs) |
| ¼ tsp. pepper | |
| 1 medium-sized head of cabbage,
shredded (12 to 14 C.) | |

In a medium-sized bowl, combine the ground beef, bread crumbs, egg, salt, and pepper. Form the mixture into 1-inch meatballs (about 1 tablespoon each). Place half the shredded cabbage in a large pot, then add the meatballs. Spread the cranberry sauce over the meatballs, then add the remaining cabbage. Pour the spaghetti sauce over the mixture and **DO NOT STIR**. Bring to a boil, then reduce the heat to low and simmer (uncovered) for 20 minutes. Stir gently, being careful not to break up the meatballs. Simmer for another 25 minutes. Add the lemon juice and cookie crumbs, mix well, and simmer for 15 more minutes. Yield: 8 servings.

CALICO BEANS

MaryBelle Brandstatter

- | | |
|--------------------------|------------------|
| 1 large can pork & beans | 1 medium onion |
| 1 can kidney beans | ½ C. brown sugar |
| 1 can butter beans | ½ C. ketchup |
| ¼ lb. bacon (cut up) | 2 T. vinegar |
| 1 lb. ground beef | ½ tsp. salt |

Drain beans. In a skillet brown the bacon, ground beef, and onion. Drain. Combine beans and add to meat mixture and rest of ingredients. Stir and pour into baking dish. Bake at 350° for 1 hour.

Home should be more than a filling station.

CASHEW-BEEF BAKE

Chris Worrell

- | | |
|---------------------------------------|--|
| 1 (8 oz.) pkg. extra wide noodles | 1 (10¾ oz.) can cream of mushroom soup |
| 1 lb. hamburger | 1 C. milk |
| 1 C. chopped onion | 1 tsp. salt |
| 1 C. chopped celery | ¼ tsp. pepper |
| 3 T. butter | Buttered bread crumbs |
| 1 C. cashew nuts | |
| 1 (10¾ oz.) can cream of chicken soup | |

Cook noodles according to package. In a skillet cook hamburger, onion, and celery in butter. Combine noodles, meat mixture and cashews and place in a 2½ qt. greased casserole. Combine soups, milk, salt, and pepper and pour over noodles. Cover and bake at 350° for 30 minutes. Uncover and sprinkle buttered bread crumbs over the top. Continue baking 30 minutes longer.

CHEESEBURGER CASSEROLE

Joy Campbell

- | | |
|-----------------------------|-----------------------------------|
| 1 lb. ground beef | ¼ C. ketchup |
| ¼ C. green pepper (chopped) | Dash of pepper |
| ¼ C. onion (chopped) | ½ lb. sliced American cheese |
| 1 (8 oz.) can tomato sauce | 1 small can refrigerated biscuits |

Brown ground beef with onion and green pepper. Add tomato sauce, ketchup, and pepper. Heat until boiling. Alternate meat mixture and cheese slices in ungreased 1½ qt. casserole. Arrange biscuits around edge of casserole. Bake at 400° for 20 to 25 minutes or until biscuits are golden brown.

DUTCH CASSEROLE

Marcia Reece

- | | |
|-------------------------------|--------------------------|
| 1 lb. ground beef (uncooked) | 1 C. sliced carrots |
| 3 medium potatoes (sliced) | Onion (as desired) |
| 1 can tomato soup (undiluted) | Salt & pepper (to taste) |

Arrange ground beef in bottom of casserole with tight-fitting cover. Sprinkle with salt and pepper. Add carrots, potatoes, and onion (all uncooked). Add can of soup and cover. Bake at 350° for 2 hours.

COMPANY CASSEROLE

C. S. Richers

- | | |
|---------------------------------|-----------------------------------|
| 1 lb. hamburger | 1 (8 oz.) pkg. cream cheese |
| 2 T. butter or margarine | ¼ C. thick sour cream |
| 2 (8 oz.) cans tomato sauce | ⅓ C. chopped green onions |
| 1 (8 oz.) pkg. noodles (cooked) | 1 T. chopped green pepper |
| 1 C. cottage cheese | 2 T. butter or margarine (melted) |

Brown the hamburger in the butter in a heavy skillet. Stir in tomato sauce. Remove from heat. Boil noodles in salted water 10 minutes; drain. Combine cottage cheese, cream cheese, sour cream, onions, and green pepper. In a buttered 2 qt. casserole, spread half the noodles. Pour the melted butter over the noodles. Put the hamburger sauce (half of it) on top, then cheese mixture, noodles, cheese mixture, and remaining sauce. Bake in a moderate oven at 350° for 20-30 minutes.

GOULASH

Lori Bowers

- | | |
|---|----------------------|
| 1 lb. ground beef | 1½ tsp. sugar |
| 1 C. chopped onion | 1 tsp. salt |
| 1 C. chopped green pepper | ¼ tsp. pepper |
| 2 C. (8 oz.) macaroni | ½ tsp. garlic powder |
| 1 (1 lb. 12 oz.) can tomatoes (chopped) | 1 T. chili powder |

Brown ground beef and drain. Add tomatoes, onion, green pepper, sugar, and seasonings to ground beef. Mix thoroughly. Simmer over low heat 45 minutes to 1 hour. Meanwhile cook macaroni, drain, and add to tomato and ground beef mix. Heat thoroughly.

GOULASH FROM AUNT CAROLYNN

Zachary Devine (age 2)

- | | |
|--------------------------|--|
| 1 lb. ground beef | 1 (3 oz.) can sliced mushrooms (drained) |
| 1½ C. macaroni | 2 C. tomato juice |
| 1 medium onion (chopped) | 2 T. soy sauce |
| 1 stalk celery (chopped) | 2 T. ketchup |

Brown and drain ground beef. Cook and drain macaroni. Saute onion and celery in 2 T. butter; when almost done, add mushrooms. Mix all together in large saucepan. Salt and pepper to taste.

GOULASH

Betty Soukup

- | | |
|---------------------------------------|---|
| 1½ lbs. ground beef | 1 beef bouillon cube |
| 1 medium onion (diced) | 1½ C. water |
| 1 (10¾ oz.) can condensed tomato soup | Dash of pepper |
| 1 (8 oz.) can tomato sauce | 1 (8 oz.) pkg. corkscrew noodles (cooked & drained) |
| 1 (15 oz.) can kidney beans (drained) | |

In a skillet, brown beef, drain. Add onion, cook until tender for 5 minutes and set aside. In a large saucepan, combine soup, tomato sauce, beans, bouillon, water, and pepper. Add cooked noodles and beef, heat through. If desired, sprinkle cheese on top.

HAMBURGER CASSEROLE

Ruth Ruhland

- | | |
|-----------------------------|------------------------|
| 2 lbs. ground beef | 1 can mixed vegetables |
| 1 pkg. onion soup mix | 1 can peas & carrots |
| 1 can mushroom soup | 1 (8 oz.) pkg. noodles |
| 1 can cream of chicken soup | ¼ tsp. celery salt |

Brown the beef and onion soup mix, adding no salt. Do not drain vegetables. Mix all together and bake 1 hour at 350°. This freezes well.

JACKPOT HAMBURGER

Shirley Sterner

- | | |
|------------------------------------|------------------------|
| 1 lb. hamburger | 1½ tsp. salt |
| ½ C. chopped onion | ¼ tsp. pepper |
| 3½ C. tomatoes (or more) | 1½ C. water |
| 1½ tsp. Worcestershire sauce | 1 (6 oz.) pkg. noodles |
| 1 small can mushrooms (if desired) | |

Brown meat and onion in large skillet. Stir in remaining ingredients and bring to boil. Sprinkle noodles over top, cover tightly and cook until noodles are tender and liquid is absorbed.

CHEESE 'N' HOT DOG

Nicholas Brayton (age 8)

1 hot dog

2 slices of American cheese

Place hot dog on microwavable dish (not on paper plate). Place cheese on whole hot dog. Microwave for 25 seconds on high. If you do 2, microwave for 35 seconds.

LONDON BROIL

C. S. Richers

¼ C. soy sauce

3 T. honey

2 T. wine vinegar

Blend above ingredients several minutes.

ADD:

1½ tsp. garlic powder

1 onion chopped or 1 T. instant
onion flakes

1½ tsp. ground ginger

¾ C. salad oil

1- to 1½-inch cut of top round

Blend all ingredients except meat for at least 3 minutes. Marinate meat at least 10 hours, preferably overnight. Turn often. Pierce meat with fork in several places. Sear over charcoal on both sides, then cover grill and cook about 15 minutes on each side for rare (20-25 minutes for medium).

MOM'S IDEA OF MAIDRITES

*Colleen Meng
(In Memory of Irene Konz)*

2 lbs. hamburger (browned &
drained)

Pepper (to taste)

1 can tomato soup

¼ to ½ C. ketchup (approx.)

Mustard (to taste)

1 T. chili powder (or to desired
taste)

Salt (to taste)

¼ C. chopped onion

My mother cooked this recipe using no measuring spoons or cups. It was a favorite of her eleven children.

MEATBALLS

Sheryl Jindrich

2 lbs. hamburger
2 eggs

1 pkg. dry onion soup
1 pkg. Waverly wafers

Mix and shape into balls with cookie dipper. Brown. Simmer with 1 bottle of Hoffman House Seafood Sauce.

KELLY'S MEATBALLS

Ron Wenman

1½ lb. ground beef
¾ C. quick cooking oats
1 tsp. garlic salt
1/8 tsp. MSG
1/8 tsp. pepper
2 eggs

1½ C. milk
2 T. margarine
2 cans cream of mushroom
soup
Serve with mashed potatoes or
cooked rice

In a bowl mix beef, oats, spices, eggs, and ½ C. of milk. Shape into balls. Melt margarine in large skillet and brown the meatballs, several at a time. Remove browned meatballs and place in a baking dish (12x8x2-inch). Add 1 C. of milk and soup to the drippings in the skillet. Cook and stir just until it starts to boil. Pour over meatballs, cover and bake at 350° for 1 hour. Serve over mashed potatoes or cooked rice.

MEATLOAF

Debra Schreiber

⅔ C. bread crumbs (dried)
1 C. milk
1½ lbs. lean ground beef
2 eggs (beaten)

¼ C. onion (finely chopped)
1 tsp. salt
½ tsp. sage
1 dash of pepper

PIQUANT SAUCE:

3 T. brown sugar
¼ C. ketchup

¼ tsp. nutmeg
1 tsp. dry mustard

Soak bread crumbs in milk; add meat, eggs, onion, and seasonings. Mix well. Form into greased loaf pan. Cover with Piquant Sauce. Bake at 350° for 1 hour. Nutrition (per serving): 275 calories. Serves 8.

MEATLOAF

Ron Whittaker

1½ lbs. hamburger
2 eggs
2 tsp. onion flakes
1 C. cracker crumbs (crumbled
fine)

¼ tsp. pepper
1½ tsp. salt
¾ C. milk combined with
⅓ C. ketchup

GLAZE:

2 T. brown sugar
⅓ C. ketchup

½ tsp. hot mustard

Beat eggs well. Add beef, onion flakes, salt and pepper, and crumbs; mix well. Stir in milk mixture. Shape into a loaf. Place in greased pan. Pour water around loaf. Bake at 375° for 1 hour uncovered. Pour off water. Pour glaze over. Bake 20 minutes more uncovered.

ANN LANDERS'S MEATLOAF

Karen Dinsmore

2 lbs. ground round
2 eggs
1½ C. bread crumbs
¾ C. ketchup

½ C. warm water
1 pkg. onion soup mix
1 tsp. Accent
1 (8 oz.) can tomato sauce

Mix all thoroughly. Place in loaf pan. Cover with tomato sauce. Bake at 350° for 1 hour. Serves 6.

ZESTY MEAT LOAF TOPPING

Karen Palumbo

¼ C. ketchup
2 T. prepared mustard

4 T. brown sugar

Blend and spread topping over meatloaf before baking.

MORGAN FAMILY FAVORITE CASSEROLE *Margaret Morgan*

- | | |
|---|------------------------------|
| 1 lb. ground beef (browned) | 1 can cream of chicken soup |
| 1 large onion (cut up) | 1 can cream of mushroom soup |
| 1 C. chopped celery | 1½ soup cans water |
| 1 small can water chestnuts
(cut up) | 1½ C. Minute rice |
| | 2-4 tsp. soy sauce |

Mix well. Put in baking dish. Oven: bake for 1½ hours, or microwave: on high for 20 minutes or ¾ power for 15 minutes. Last 10 minutes top with Chinese noodles and finish baking. NOTE: This is Owen Morgan's family favorite. His mother, Pauline, shared this with Margaret, his wife. Owen's father, Owen Morgan, was the mayor of Coralville.

MESSY NOODLE STUFF *Carol Gardner*

- | | |
|--------------------------------|---|
| 1 lb. hamburger | 1 (28 oz.) jar Prego spaghetti
sauce |
| 1 (8 oz.) pkg. medley macaroni | 3 C. shredded mozzarella cheese |

Brown hamburger and drain. Add jar of Prego. Boil macaroni per instructions. Mix hamburger, sauce, and macaroni; pour into 9x13-inch greased dish. Sprinkle top with cheese. Bake in 350° oven for 20-30 minutes or until hot. NOTE: Kids love to eat it with their fingers!

OPEN-FACE SANDWICHES *Joni Callen*

- | | |
|---------------------------|------------------------------------|
| 1 lb. hamburger | 1 tsp. garlic salt |
| 1 lb. ground pork sausage | 1 tsp. pepper |
| 1 lb. Velveeta cheese | 1 medium onion (if desired), diced |
| 1 tsp. oregano | |

Cook hamburger, ground pork sausage, and onion until brown; drain. Melt Velveeta cheese, add oregano, garlic salt, and pepper; mix well. Add hamburger and sausage; mix well. Keep warm in crockpot. Spread on rye or pumpernickel "party" bread.

PORCUPINES

Chris Burnett

- | | |
|--------------------------------|-----------------------------|
| 1 lb. ground beef or turkey | 1/8 tsp. garlic powder |
| 1/2 C. uncooked regular rice | 1/8 tsp. pepper |
| 1/2 C. water | 1 (15 oz.) can tomato sauce |
| 1/3 C. chopped or minced onion | 1 C. water |
| 1 tsp. salt (omit if desired) | 2 tsp. Worcestershire sauce |
| 1/2 tsp. celery salt | |

Heat oven to 350°. Mix meat, rice, 1/2 C. water, onion, salt(s), garlic powder, and pepper. Shape mixture by rounded tablespoonfuls into balls. Place meatballs in ungreased baking dish at least 8x8x2-inches (glass works well). Stir together remaining ingredients; pour over the meatballs. For a crust on meatballs, spoon ketchup over top of each one as a final step. Cover with aluminum foil or lid and bake 45 minutes. Uncover and bake 15 minutes more. Serves 4 to 6.

PORCUPINE BALLS

Tyler Devine (age 6)

- | | |
|----------------------|-------------------------------|
| 1 lb. ground beef | 1/2 tsp. salt |
| 1/2 C. uncooked rice | 1 can tomato soup, plus 1 can |
| 1 tsp. minced onion | water |

Mix rice, meat, and seasonings. Make into balls and put into Dutch oven (large, deep pan). Combine tomato soup and water and pour over meatballs. Bring to a boil, cover and cook on low heat for 30-40 minutes. Turn balls once.

PORCUPINE MEATBALLS

Joni Callen

- | | |
|---------------------------------------|-------------------------------|
| 1 (10 3/4 oz.) can tomato soup | 1 tsp. salt |
| 1 lb. ground beef | Dash of pepper (1/8 tsp.) |
| 1 C. quick-cooking rice
(uncooked) | 3/4 C. water |
| 1 egg | 1 tsp. prepared mustard |
| 1/4 C. chopped onion | 1 small garlic clove (minced) |

Mix thoroughly 1/4 C. soup, beef, rice, egg, onion, salt, and pepper. Shape firmly into 16 meatballs. In skillet brown meatballs; pour off fat. Blend in remaining soup, water, mustard, and garlic. Cover; cook over low heat for 20 minutes or until done. Stir occasionally.

REUBEN CASSEROLE

Gerry Lackender

- | | |
|--|---------------------------------------|
| 1 (16 oz.) can sauerkraut (well drained) | 1 (12 oz.) can corned beef (crumbled) |
| 2 C. shredded Swiss cheese | ½ C. mayonnaise |
| ¼ C. Thousand Island dressing | 2 fresh tomatoes (sliced) |
| 2 T. butter (melted) | ½ C. rye (or any) bread crumbs |

Place sauerkraut in 1½ qt. baking dish. Top with a layer of beef, then cheese. Combine both dressings and spread over cheese. Top with tomato slices and set aside. Combine melted butter and bread crumbs; sprinkle over tomato slices. Bake at 350° for 45 minutes. Let stand for 5 minutes before serving. Yield: 6-8 servings.

BBQ RIBS

Bill and Velva Potter

- | | |
|---------------------------|---------------------|
| 3-4 lbs. spareribs | ½ tsp. paprika |
| 1 medium onion (chopped) | ½ tsp. chili powder |
| 2 T. vinegar | ¾ C. ketchup |
| 2 T. Worcestershire sauce | ¾ C. water |
| 1 tsp. salt | |

Place spareribs in a flat pan and put in oven at 350°. Salt and pepper some. While ribs start to cook, combine remaining ingredients; mix well. Pour sauce over ribs and continue to cook 1½ hours.

POT ROAST

Gloria Lawrence

- | | |
|--|---|
| 1 (3-4 lb.) arm roast | 1 pkg. dry onion soup mix |
| 1 can cream of mushroom or celery soup | 1 (12 oz.) can Pepsi or Coke (can use diet) |

Put roast in baking dish. Cover with soup. Sprinkle soup mix over; cover with Pepsi or Coke. Cover tightly. Cook at 325° for 3-4 hours. Makes own gravy. Can also cook in crockpot 10-12 hours on low.

BARBECUED SPARERIBS

Norma Rarick

3 lbs. country style spareribs ½ C. chopped onion
Lemon juice

Put in shallow pan 3 lbs. spareribs cut in servings. Sprinkle lemon juice on each piece. Do not cover and do not add water. Sprinkle over all the chopped onion. Bake at 450° about 30 minutes. Pour sauce over ribs. Continue baking at 350° for 1½ to 2 hours. Baste with sauce every 15 minutes. If sauce thickens, add hot water. To prevent ribs from browning too much, cover last 30 minutes of baking.

SAUCE:

2 T. brown sugar	2 T. Worcestershire sauce
1 T. paprika	¼ C. vinegar
1 tsp. salt	1 C. tomato juice
1 tsp. dry mustard	¼ C. ketchup
¼ tsp. chili powder	½ C. water

Mix sauce in pan and simmer 15 minutes until slightly thickened.

BRAISED SHORT RIBS WITH ROOT VEGETABLES

Leesa Johnson

5 T. olive oil	2 bay leaves
1½ large onions (chopped)	1½ T. marjoram
4 cloves minced garlic	3 turnips (peeled & cut to 1½-inch pieces)
Flour to coat	3 large russet potatoes (peeled & cut to 1½-inch pieces)
4 lbs. beef short ribs	4 large carrots (peeled & cut to 2-inch pieces)
1½ C. dry red wine	
¼ C. tomato paste	
3 C. beef broth	

Heat 2 T. oil in heavy Dutch oven over medium high heat. Add onions and garlic and saute until tender, about 10 minutes. Season flour with salt and pepper and combine with ribs in Ziploc bag – shake to coat. Transfer onions and garlic to plate; set aside. Add 3 more T. oil to Dutch oven, heat and brown short ribs on all sides. Transfer ribs to plate and pour off fat from pan. Return onions to pan along with wine and boil until thick, scraping up any browned bits, about 8 minutes. Stir in tomato paste, broth, bay leaves, and half the marjoram. Return ribs to pan and bring to boil. Cover, reduce heat and simmer 1½ hours. Add turnips, potatoes, and carrots. Cover and simmer until meat and veggies are tender, about 50 minutes. Uncover and simmer until sauce thickens, about 10 more minutes.

GARLIC SEASONED ROLLED BONELESS ROAST

Roxie Bedford

Rump boneless roast beef
(3½-4 lbs.)
3 C. water
2 beef bouillon cubes

1½ tsp. garlic salt
Pepper to taste (optional)
Meat thermometer (insert for
desired doneness)

Place roast in 9x13-inch glass pan. Add water and bouillon cubes. Sprinkle top of beef with 1½ tsp. garlic salt. (Fat side of roast is the bottom of the roast.) Bake at 300° (20 minutes per lb.) approximately 1½-1¾ hours. Remove string, slice thin. Serve with baked potatoes. Makes own gravy. NOTE: Add salad and fruit on the side and you have a simple, complete, easy, balanced meal with little effort.

SKILLET DINNER

Donna Young

1½ lbs. hamburger
1 onion (chopped)
3 to 4 carrots (sliced)

3 to 4 potatoes (sliced)
1 can sliced mushrooms (optional)
1½ tsp. garlic & herb seasoning

Brown hamburger with garlic salt and pepper; drain. Add onion, carrots, mushrooms, and potatoes. Add water to cover. Sprinkle with 1½ tsp. garlic and herb spices. Cover, simmer until water is gone. NOTE: This is a quick dinner.

QUICK SKILLET PASTA DINNER

Chris Worrell

1 lb. hamburger
1 envelope Lipton beefy onion
soup mix
1 can (14 to 16 oz.) whole peeled
tomatoes (undrained)

1 (8 oz.) container of sour cream
1 (8 oz.) pkg. medium pasta
shells (cooked & drained)

In a 12-inch skillet cook hamburger and drain. Stir in beefy onion soup mix blended with tomatoes. Bring to a boil stirring with a spoon to crush tomatoes. Reduce heat to low and simmer uncovered for 15 minutes. Remove from heat and whisk in sour cream. Stir in pasta and serve.

SKILLET SUPPER

Joanne Hora

- | | |
|------------------------------|--|
| 1 C. macaroni (cooked) | 1 lb. lean ground beef |
| ½ C. onion (chopped) | 2 C. green pepper (chopped) |
| 1 C. sliced celery | ½ C. ketchup |
| 1 small can sliced mushrooms | 1 large can tomatoes or 2 C.
fresh tomatoes (chopped) |
| ¼ tsp. pepper | |
| Dash of Worcestershire sauce | |

Cook meat and onions; add all ingredients together except macaroni, and simmer until peppers and celery are tender. Add macaroni and stir. This is a great, easy one-dish meal. Serve with garlic bread and a salad.

SLOPPY JOE

Norma Rarick

- | | |
|--------------------------|-----------------------------|
| 5 lbs. hamburger | ½ tsp. chili powder |
| 1 green pepper (chopped) | ½ tsp. garlic powder |
| ½ C. diced celery | 1½ tsp. salt |
| 3 C. ketchup | ¼ tsp. pepper |
| ½ C. barbecue sauce | 1 tsp. Worcestershire sauce |

Cook hamburger and drain well. Add rest of ingredients to hamburger and simmer until heated thoroughly.

KIM'S SLOPPY JOES

Ron Wenman

- | | |
|--------------------------|--------------------------|
| 2 lbs. lean ground beef | 1 can chicken gumbo soup |
| 1 medium onion (chopped) | ¼ C. ketchup |
| 1 tsp. salt | 1 T. prepared mustard |
| ¼ tsp. pepper | |

Brown ground beef, drain grease. Add all ingredients into crockpot. Stir well. Cover and cook on low setting 6 to 9 hours or on high setting 2 to 3 hours, stirring occasionally.

SLOPPY JOHNS

Kelli Slocum

12 hamburger buns
1 lb. ground beef
1 small jar Cheese Whiz
1/8 C. mustard

1/3 C. salad dressing (Miracle Whip)
3 T. pickled relish

Brown ground beef, drain off grease. Add other ingredients. Simmer for a while. Put on buns.

SPAGHETTI BAKE

Pam Bullers

1 1/2 lbs. ground beef
1/2 C. chopped onion
1 clove garlic (minced)
1 (28 oz.) can tomatoes (cut up)
1 (15 oz.) can tomato sauce
1 (4 oz.) can mushrooms (pieces /stems) drained

2 tsp. sugar
1 1/2 tsp. oregano (crushed)
1 tsp. salt
1 tsp. dried basil
1 (8 oz.) pkg. spaghetti (broken, cooked, & drained)

TOPPING:

4-8 oz. shredded mozzarella cheese

1/2 C. grated Parmesan cheese

In heavy skillet or Dutch oven, cook hamburger, onion, and garlic. Drain fat, and stir in tomatoes, tomato sauce, mushrooms, sugar, oregano, salt, and basil. Bring meat mixture to a boil; then simmer 20 minutes. Remove from heat and stir in drained spaghetti. Put half of mixture in 9x13-inch pan, sprinkle with mozzarella cheese, top with remaining spaghetti and sprinkle with Parmesan. Bake for 30 minutes at 375°. This dish can be made ahead of time and frozen. It **MUST** be thoroughly thawed before baking or bake time must be longer. Serves 12.



SPAGHETTI CASSEROLE

Nancy Hayworth

- | | |
|----------------------------------|-------------------|
| 1 lb. hamburger | 2 C. tomato juice |
| 1 medium onion (chopped) | ½ C. ketchup |
| 1 C. broken spaghetti (uncooked) | 1 tsp. salt |

Brown the meat and onion at medium setting until the meat loses the red color. Drain fat. Place spaghetti over meat and onions. Add remaining ingredients. Stir just enough to blend. Place cover on skillet. When steam escapes freely, turn to low setting and cook for about 1 hour, stirring occasionally.

CHEESY SPAGHETTI

Pam Kacmarynski

- | | |
|--------------------------|---|
| 1 lb. ground beef | 1 T. olive oil |
| ½ medium onion (chopped) | 1 medium jar Ragu sauce |
| ½ tsp. salt | 1 small pkg. spaghetti (cooked) |
| ¼ tsp. pepper | 1 (8 oz.) pkg. mozzarella cheese (grated) |

Saute ground beef with onions, salt, and pepper in oil in skillet until brown; drain. Add Ragu sauce, simmering for 10-15 minutes. Layer ½ of the spaghetti, ground beef sauce and cheese into any 2 qt. casserole dish repeating layers. Bake at 350° for 20 minutes or until cheese melts.

SPAGHETTI DISH

Marge Richardson

- | | |
|-------------------------------|------------------------------|
| 1 lb. ground beef | 2 tsp. chili powder |
| 1 onion (brown in fat) | 2 T. Worcestershire sauce |
| 1 tsp. salt (can use up to 4) | 3½ C. (2½ cans) tomatoes |
| Dash of pepper | 1 can kidney beans |
| ½ tsp. paprika | Spaghetti (½ of 10 oz. pkg.) |

Brown onions and hamburger in skillet. Drain excess fat off. Add all ingredients (I break the spaghetti in fourths). Cover and boil 1 minute. Then simmer for 30 minutes. Let stand covered for 10-15 minutes with heat off. (I add the beans after this boils or some beans become mushy.)

SPAGHETTI PIE

Becky Louvar

- | | |
|--------------------------|--|
| 6 oz. spaghetti (cooked) | 1 (16 oz.) carton cottage cheese
(rinsed & drained) |
| 1 egg | 1 jar favorite spaghetti sauce |
| ½ C. Parmesan cheese | Mozzarella cheese |

Mix cooked spaghetti, egg, and Parmesan cheese. Put in bottom of 9x13-inch pan, cover with cottage cheese. Cover with sauce. Sprinkle with mozzarella cheese. Cover with foil. Bake at 375° for 45 minutes.

SPAGHETTI PIE

Karen Palumbo

- | | |
|-----------------------------|--|
| 6 oz. spaghetti | 1 recipe meat filling |
| 2 T. butter or margarine | 1 C. cream style cottage cheese |
| ⅓ C. grated Parmesan cheese | ½ C. shredded mozzarella
cheese (2 oz.) |
| 2 well-beaten eggs | |

Cook spaghetti according to package directions; drain. Combine spaghetti, butter or margarine, Parmesan cheese, and eggs. Press into buttered 10-inch pie plate. Prepare meat filling. Spread cottage cheese over spaghetti crust. Fill crust with meat filling. Bake, uncovered, in a 350° oven for 20 to 25 minutes or until hot. Sprinkle with mozzarella cheese. Bake for 5 minutes more or until cheese melts. Let stand 5 minutes. Serves 6. (Freezes well.)

MEAT FILLING: Cook 1 lb. ground beef, ½ C. chopped onion, and ¼ C. chopped green pepper until meat is brown. Drain. Stir in 1 (8 oz.) can undrained tomatoes (cut up), 1 (6 oz.) can tomato paste, 1 tsp. sugar, 1 tsp. dried oregano (crushed), and ½ tsp. garlic salt; heat through.

SPAGHETTI PIE

Patty Schnoebelen

- | | |
|--|--------------------------------|
| 1 (12 oz.) pkg. spaghetti | 1 (26 oz.) jar spaghetti sauce |
| 1 (8 oz.) carton sour cream | 1 lb. ground beef |
| 1 (8 oz.) pkg. mozzarella cheese
(shredded or sliced) | 1 egg |

Cook and cool spaghetti; beat egg and mix with sour cream and spaghetti and spread in 9x13-inch pan. Top with browned ground beef, spaghetti sauce, and top with mozzarella cheese. Bake at 350° about ½ hour until cheese is golden. Serves 8-12 people.

STEAK IN A BAG

Gwen Sheeley

- | | |
|--|----------------------------------|
| 1 C. egg bread crumbs
(3-4 slices egg bread) | 4 T. vegetable oil |
| 1 (2-3 lb.) top sirloin steak
(2½ inches thick) | 1 tsp. crushed garlic |
| 4 T. butter (softened) | 2 tsp. seasoned salt |
| | 2 tsp. seasoned pepper |
| | 1 C. grated sharp cheddar cheese |

Preheat oven to 375°. Prepare bread crumbs in food processor; set aside. Remove excess fat from steak. Mix butter, oil, garlic, salt, and pepper until blended. Spread on all sides of steak. Mix bread crumbs and cheese; press into butter mixture on steak, coating well. Place steak in brown bag, securing end with staples or paper clips. At this point, steak may be refrigerated several hours. Before cooking, bring steak back to room temperature. Place bag on baking sheet and bake for 30 minutes; steak will be rare. For medium-rare steak adjust oven to 425° and bake 15 minutes longer. For medium-well steak, adjust heat to 375° and bake 5 minutes longer for a total of 50 minutes. Serves 6. NOTE: Easy but elegant.

POOR MAN'S STEAK FROM OPEN LINE

Marilyn Jensen

- | | |
|--|------------------------------|
| 3 lbs. ground beef | 3 tsp. salt |
| 1 C. cold water or milk (depend-
ing on how poor you are) | Pepper (to taste) |
| 1 C. cracker crumbs | 1 can cream of mushroom soup |
| | Flour to coat |

Mix ground beef, liquid, cracker crumbs, and seasonings well with hands; flatten on cookie sheet or jelly roll pan with sides. Leave overnight. Cut into squares, probably 20 (4 crosswise, 5 lengthwise). Flour and brown each square. Place in roaster or baking pan. Spread on 1 can cream of mushroom soup. Bake at 350° for 1 hour covered.

The family tree is worth bragging about if it has produced good timber and not just a lot of nuts.

WORLD'S GREATEST STEAK MARINADE

Lori Filloon

- | | |
|---------------------------|--|
| 3/4 C. olive oil | 1/4 C. wine vinegar |
| 1/2 C. soy sauce | 1 tsp. dried parsley flakes |
| 2 T. Worcestershire sauce | 1/4 C. lemon juice |
| 1 T. dry mustard | Crushed garlic to taste (garlic
can be omitted) |
| 1 tsp. salt | |
| 1 tsp. pepper | |

Mix all above together well. Good for any piece of meat. Turn often. (Marinade chuck longer.)

GRANDMA'S PASTY

Jill Gray

- | | |
|------------------------|----------------------|
| 1 1/2 lbs. round steak | Salt |
| 4 or 5 white potatoes | Pepper |
| 1 onion (peeled) | Beef suet (optional) |
| 1 complete pie crust | |

Peel and thinly slice 4 or 5 potatoes; cube 1 1/2 lbs. of round steak. Peel one onion and chop. Put a layer of raw sliced potatoes in bottom of unbaked pie shell; salt and pepper. Cover with round steak, then put some chopped onion on top of this, and chopped suet if you have some. Put another layer of sliced potatoes and round steak, suet and onion on top of this; salt lightly. Cover with one layer of sliced potatoes; season with salt and pepper. Add a couple pats of butter and cover tightly with pie crust. Bake at 350° for 30 minutes. Reduce heat to 300° and bake another 45 minutes to an hour.

TATER TOT CASSEROLE

Kathy Lee

- | | |
|---------------------|-------------------------|
| 1 lb. hamburger | 1 pkg. mixed vegetables |
| 1 can mushroom soup | Tater tots |

Put hamburger on bottom of pan. Spread mushroom soup over hamburger. Add vegetables on top of soup. Place tater tots on top. Bake in 9x13-inch pan at 375° for 45 minutes.

WINE-SAUCEED ROUND STEAK

Pam Devine

1½ lbs. beef round steak
2 T. all purpose flour
¼ tsp. salt
Dash of pepper
2 T. cooking oil
½ C. dry red wine
¼ C. water

1 (3 oz.) can sliced mushrooms
¼ C. chopped onion
1 T. snipped parsley
¼ tsp. salt
¼ tsp. dried basil
1 T. cornstarch
¼ C. water

Cut meat into serving-size portions. Combine flour, the first ¼ tsp. salt and the pepper. Combine steak with flour mixture. In skillet, brown meat in hot oil. Drain off excess fat. Add wine and first ¼ C. water, the undrained mushrooms, onion, parsley, remaining salt, and basil. Cover and simmer for 1¼ hours or until meat is tender. Remove meat to a warm platter. Measure pan juices including mushrooms; add enough additional water to make 1¼ C. liquid and return to skillet. Blend cornstarch and remaining ¼ C. water; add to skillet. Cook and stir until mixture thickens and bubbles. Pass sauce with meat. Makes 4 to 5 servings.

FIREMAN'S SPECIAL

Kayleen Gardner

(Tater Tot Casserole)

FIRST LAYER: 2 to 2½ lbs. ground beef, browned and spread over large pan.

SECOND LAYER: Top meat with chopped onion.

THIRD LAYER: 1 lb. bag of mixed frozen vegetables.

FOURTH LAYER: 2 cans cream of celery or mushroom soup.

FIFTH LAYER: 1 bag frozen tater tots.

Bake at 350° for 1½ hours. This can also be topped with cheese in last 15 minutes of baking. Serves 8.

TATER TOT CASSEROLE

Beth Svenson

2 lbs. ground beef	Salt & pepper (as needed)
1 (10 ³ / ₄ oz.) can cream of mushroom soup	1 C. corn (cooked or frozen)
³ / ₄ C. milk or water	1 C. peas (cooked or frozen)
	1 (16 oz.) pkg. tater tot potatoes

Brown ground beef, salt and pepper to taste; place in glass 13x9x2-inch pan. Mix corn and peas, pour over beef. Mix soup and milk, pour over beef and vegetables. Place tater tots on top, sprinkle cheese over potatoes. Microwave on high for 20 minutes or bake at 350° for 1 hour. Serves 8 people.

TERIYAKI KABOBS

Ken Schweitzer

¹ / ₂ C. soy sauce	2 tsp. dry mustard
¹ / ₄ C. salad oil	6 cloves garlic (minced)
2 T. molasses	1 ¹ / ₂ lbs. chuck or round steak
2 tsp. ground ginger	Instant unseasoned meat tenderizer

For marinade, combine first six ingredients and mix well. Cut steaks into long ¹/₂-inch strips and cover with marinade in a bowl. Let stand for ¹/₂ hour at room temperature. Lace meat strips accordion-style on skewers. Cook over hot coals for 5-7 minutes. Turn frequently and baste with marinade. You can add raw pineapple chunks and raw vegetables like onion, tomato wedges, green peppers, squash, etc. between the meat pieces.

TERIYAKI STEAK

Tammy Parshall

MARINADE:

¹ / ₂ C. soy sauce	¹ / ₂ tsp. MSG
¹ / ₄ C. brown sugar	¹ / ₄ tsp. cracked pepper
2 T. olive oil	2 cloves garlic (minced)
1 T. grated ginger root or	¹ / ₂ -1 C. papaya juice (or nectar)
1 tsp. ground ginger	2-3 lbs. round steak

Cut round steak into 1-inch strips. Add to marinade mixture; let marinate 2-4 hours. Cook on charcoal grill. Baste with marinade while cooking.

- PORK -

HAM BALLS

Nancy J. Beuter

BALLS:

2½ lbs. ground smoked ham

3 eggs

1½ lbs. ground lean pork

2 C. milk

1½ lbs. ground beef

3 C. crushed graham crackers

SAUCE:

2 cans tomato soup

2 tsp. dry mustard

2½ C. brown sugar

½ C. vinegar

HAM BALLS: Mix all ingredients together and form balls. Place in shallow pan and cover with sauce. Bake at 350° for 1 hour. NOTE: This is a large recipe – you may freeze ham balls on cookie sheet, then store in freezer bag for later.

HAM BALLS

Karen Dinsmore

2 lbs. ham loaf

1 C. brown sugar

2 C. graham cracker crumbs

½ C. water

1 C. milk

¼ C. vinegar

2 eggs

1 tsp. dry mustard

Pinch of salt

Mix meat, crumbs, milk, eggs, and salt. Make into walnut-sized balls and place in flat 9x13-inch pan. Mix brown sugar, water, vinegar, and mustard; pour over meat. Bake at 325° for 1½ hours.

HAM BALLS

Teresa Swenson

1 lb. ground ham loaf

½ tsp. dry mustard

½ lb. ground pork

½ C. milk

½ C. cracker crumbs

2 eggs

½ C. chopped onions

SAUCE:

⅓ C. brown sugar

¼ tsp. cloves

1½ T. cornstarch

1½ C. orange juice

Mix ingredients and make meatballs. Cook sauce until warm. Pour over meatballs. Bake at 350° for 30 minutes.

HOLIDAY HAM BALLS

Dorothy Johnson

2½ lbs. ground smoked ham	3 eggs
2 lbs. ground lean pork sausage	3 C. crushed graham crackers
1 lb. ground beef	2 C. milk

Combine ingredients and mix well. Form into 25 balls using a ½ C. measure. Place in a shallow baking pan and cover with sauce. Bake 1 hour at 350°. Can be frozen cooked or raw.

SAUCE:

2 cans tomato soup (not diluted)	2¼ C. brown sugar
¾ C. vinegar	2 tsp. dry mustard

Combine all ingredients. Don't cook. Pour over ham balls and baste 3 times during cooking.

SWEDISH HAM BALLS IN BROWN SAUCE

Shirley Rummelhart

1 lb. ground ham	1 C. brown sugar
1½ lbs. ground pork	1 tsp. dry mustard
2 C. bread crumbs	½ C. vinegar
2 well-beaten eggs	½ C. water
1 C. milk	

Combine meats, crumbs, eggs, and milk; mix thoroughly. Form in small balls, place in baking dish with sides. Combine remaining ingredients. Stir until sugar dissolves. Pour over meatballs. Bake in slow oven (325°) for 1 hour, basting often.

HAM GLAZE

Melody and Travis Strub

1 C. Karo syrup (light)	½ tsp. ground ginger
½ C. brown sugar	Dash ground cloves
3 T. mustard	

In medium saucepan combine all ingredients. Bring to a boil over medium heat; boil 5 minutes stirring continually. Brush on ham frequently during last 30 minutes of baking.

GRANDMA'S SWEDISH MEATBALLS

Thor Johnson

1 lb. ground pork	½ medium to large onion (minced)
¼ lb. ground beef	Salt (to taste)
3-4 Jacobson's Rusks (broken) or 1 C. of dried bread crumbs	Pepper (to taste)
1 C. water	1 X-large Grade A egg
	½ tsp. of sugar

Before mixing soak broken rusks in the cup of water until soft and mince the onion. Mix all ingredients together thoroughly by hand. Form into balls about 1½ inches in diameter and brown them in a skillet. Add 1 C. of water and simmer for one hour, covered. Enjoy.

HAM LOAF, BALLS OR MINI LOAVES

Jane Dinsmore

2 lbs. ground cured ham	2 beaten eggs
2 lbs. ground fresh pork	1½ C. milk
2 C. graham cracker crumbs	

Mix the above ingredients together and form into whatever type you desire, loaf pan for loaf, 1½-inch meatballs, or any size mini loaves. Bake at 300° for 2 hour. When they have baked 1 hour, put sauce on and finish baking.

SAUCE:

1 can tomato soup	1½ C. brown sugar
½ C. white vinegar	1 T. dry mustard

Mix together and heat until boiling. Put over the meat (whatever form it is in) and bake the last 1 hour. NOTE: Recipe fills 2 ham loaf pans. I use a 9x13-inch pan for the ham balls or mini loaves.

*The dandelion is a thing which, if
given an inch, will take a yard.*

HAM LOAF

Margaret Morgan

For 50 people.

4 lbs. ground cured ham	12 eggs (beaten)
4 lb. ground veal or beef	1 tsp. pepper
4 lb. ground pork	1 lb. bread crumbs
1 qt. milk	

Combine all ingredients. Mix (low speed) only until ingredients are blended. Do not overmix. Press into 5 loaf pans about 3 lbs. per pan. Cover top of loaves with glaze during last 30 minutes of cooking, if desired. Bake at 350° for 1 to 1½ hours.

GLAZE HAM LOAF: Cover top of loaves with a mixture of 1½ lbs. brown sugar, 1 C. vinegar, and 1½ T. dry mustard.

BARBECUED HAM SANDWICHES

Terry Kaeding

3 lbs. shaved ham	1 C. brown sugar
2 C. ketchup	2 tsp. dry mustard
½ C. water	¼ tsp. Liquid Smoke
½ C. vinegar	

Stir sauce mix in crockpot or covered casserole. Add shaved ham and cook 2-3 hours in crockpot or 1 hour in oven.

PICKLED HAM

Norma Rarick

1 qt. ham, boiled, cut in pieces	1 C. vinegar
2 C. water	1 large onion (finely chopped)

Let stand overnight in bowl.

QUICK CURRIED HAM

Quinta Bontrager

- | | |
|--|---|
| 1 T. finely chopped onion | 1/3 C. no-fat or reduced-fat mayonnaise |
| 1 T. chopped green pepper | 2 C. cubed lean cooked ham |
| 2 T. chicken broth or water | 1 (3 oz.) can mushrooms (drained) |
| 1 can reduced-fat cream of celery soup | 1/4 to 1/2 tsp. curry powder |
| 3/4 C. skim milk | |

Saute onions and green peppers in 2 T. chicken broth. Cook until tender but not brown. Stir in soup, milk, and mayonnaise. Add ham, mushrooms, and curry powder. Cook, stirring until heated through. Serve over cooked rice or English muffins.

LIMA BEANS AND HAM

Bill Searls

- | | |
|---|----------------|
| 1 lb. dry lima beans (large - not baby limas) | 1 stalk celery |
| 1/2 medium size onion (white) | Salt |
| | Ham |

Put lima beans in 2-3 inches water over beans in kettle. Boil slowly (low heat) for about an hour. Cut up onion and celery and add. Salt to taste and let cook for 15-20 minutes. Cut up ham in small pieces. Add to kettle until beans are consistency you like.

PORK BALLS

Vicki Siefers

- | | |
|------------------------------|---------------------------|
| 1 lb. ground pork | 1 C. water |
| 1 egg | 4 T. brown sugar |
| 1/2 C. crushed soda crackers | 2 T. vinegar |
| 1 small minced onion | Dash Worcestershire sauce |
| 1 C. ketchup | Dash of mustard |

Mix together pork, egg, onion, and soda crackers. Form into balls and brown. Drain off grease. In another bowl mix together ketchup, water, brown sugar, vinegar, Worcestershire sauce, and mustard. Pour over meatballs and simmer 40 minutes.

NOODLE ROLL

Donna Epley

PART I: Noodle sheet

2 C. flour

1 tsp. salt

3 whole eggs (beaten)

PART II: Filling

1½-2 lbs. ground pork or half
ground beef

1 egg (beaten)

⅔ C. quick-cooking oatmeal

½ C. finely chopped onion

½ tsp. salt

½ tsp. pepper

6 C. hot tomato juice

PART I: Mix well; knead dough until smooth. Roll out on lightly floured board; make rectangular shape (7x15-inches).

PART II: Mix well except tomato juice. Spread raw ground pork/beef mixture over noodle sheet leaving 1-inch edge uncovered along the long side of rectangle. Roll up starting at filling-covered end. Slice roll in 1½- to 2-inch pieces. Place slices on end in greased 4 qt. casserole. Pour hot tomato juice over noodle rolls. (You can also use chopped whole tomatoes with the juice.) Bake uncovered at 350° for 1 hour or until centers of rolls are firm. Optional: While hot, sprinkle 1 T. grated mozzarella cheese in center of each roll or sprinkle 1 tsp. grated Parmesan cheese on each roll.

BAKED PORK CHOPS

Char Larson

3 or 4 pork chops

Dijon mustard or mustard with
horseradish

1 can of chicken gumbo soup

Brown pork chops in skillet. Place them in an oven baking dish. Season with salt and pepper. Then brush them with mustard. Pour 1 can of chicken gumbo soup over them and bake in 350° oven until tender (about an hour, depending upon the thickness of the chops.)



PORK CHOPS AND CREAMY GRAVY

Joni Callen

4 to 6 (1/2-inch thick) pork chops	1/4 tsp. salt
Salt & pepper (to taste)	1/8 tsp. pepper
1/4 C. vegetable oil	1/2 tsp. Kitchen Bouquet
2 T. flour	Browning and Seasoning Sauce
1 1/2 C. milk	

Sprinkle pork chops with salt and pepper; brown on both sides in hot oil. Drain chops on paper towels. Reserve 2 T. drippings in skillet. Add flour to skillet, stirring until smooth. Cook 1 minute; stir constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in 1/4 tsp. salt and 1/8 tsp. pepper and browning sauce. Add pork chops to gravy; cover and simmer 45 minutes. Yield: 4 to 6 servings.

SAUERKRAUT CASSEROLE

Alice M. Wieneke

1 large can sauerkraut (drained)	1 small onion (diced)
1/4 C. ketchup	1 or 2 polish sausages
1 C. raw rice	1/4 C. brown sugar
1 C. water	

Mix ingredients all together. Put in 2 qt. casserole. Bake covered for one hour at 350°. Can also be made in electric skillet.

UNCLE BEN'S WILD RICE CASSEROLE

Del Hartvigsen

1 pkg. Uncle Ben's Wild Rice (original) – prepare according to directions using 1/2 C. less water.

COMBINE:

1 lb. fried sausage (drained)	1/2 C. chopped green pepper
1/2 C. chopped onion	1 can mushroom soup
1/2 C. chopped celery	1 C. mushrooms

Mix rice with sausage mixture. Bake at 325° for 20 minutes.

- POULTRY -

APRICOT CHICKEN DIVINE

Arlys Hannam

- | | |
|---------------------------|------------------------|
| 4 skinned chicken breasts | ½ C. apricot preserves |
| ¼ C. flour | 1 T. Dijon mustard |
| ½ tsp. salt | ½ C. nonfat yogurt |
| 2 T. oleo | 2 T. slivered almonds |
| 2 T. oil | |

Melt oleo and oil in shallow baking pan. Shake chicken with flour and salt. Place chicken in a single layer in baking pan and bake 25 minutes at 375°. Combine preserves, mustard, and yogurt. Spread on chicken and sprinkle with almonds. Bake 30 minutes more or until done.

BALTIMORE CHICKEN

Christine Ney

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|---|--|
| 1 whole chicken (cooked, cut into small pieces) | 2 cans cream of chicken soup |
| 1 pkg. Stove Top stuffing (chicken) | 1 C. grated Co-Jack cheese or cheddar cheese |
| 1 C. of milk | 1 box manicotti noodles (cooked) |
| 2 C. chicken broth | |

Cook manicotti noodles according to directions on package. Mix dry Stove Top stuffing (both packages), milk, chicken broth, and 1 can cream of chicken soup. Fold in cut-up chicken. Spoon chicken mixture into cooked noodles and place in a greased 9x13-inch pan. Mix 1 can cream of chicken soup and 1 C. chicken broth; pour over stuffed noodles. Cover and bake at 350° for 30 minutes; uncover pan. Sprinkle with cheese and cook until cheese melts and starts to bubble. Great with salad and rolls. Easy meal for company.

The man who rolls up his sleeves seldom loses his shirt.

CHICKEN 'N' BISCUITS

Becky Lienemann

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|--|--|
| 2-3 lb. pkg. skinless, boneless chicken breast | 1 can (use empty Campbell's can) of milk |
| 1 (16 oz.) pkg. frozen mixed vegetables | 1 can (7.5 oz.) ready-to-bake biscuits |
| 5 peeled, chopped, & cooked potatoes | 1 T. melted margarine |
| 2 cans Campbell's cream of chicken soup | ¼ tsp. crushed thyme leaves |

Boil chicken and potatoes (separately) until done. Cut chicken into bite-size pieces. Mix both cans of soup with one can milk and the package of frozen vegetables and warm on stove, but do not let it boil. Mix chicken and potatoes with soup/vegetable mixture, and pour into a 3 qt. casserole. Add thyme, salt and pepper to taste. Section biscuits into quarters, but do not cut all the way through (leave biscuit whole). Place biscuits randomly on top of casserole and brush the tops with margarine. Bake in 400° oven until mixture boils and biscuits are brown on top (about 17 minutes). One of Cpt. Lienemann's favorites!

BROCCOLI CHICKEN CASSEROLE

Rose Allman

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|---|--------------------------------|
| 7 to 9 chicken breasts | 2 C. Hellmann's mayonnaise |
| 2 bunches broccoli or 4 pkgs. frozen broccoli | 2 tsp. lemon juice |
| 2 cans celery soup | 1 can water chestnuts (sliced) |
| 2 cans cream of chicken soup | Cheese |

Cook and bone out chicken. Cook broccoli and place on bottom of 9x13-inch baking pan. Add chicken cut into bite-size pieces. Mix together cream of chicken soup, celery soup, mayonnaise, and lemon juice. Cover chicken with soup mix. Top with water chestnuts and cover with cheese. Bake 40 to 45 minutes at 350°.

CHICKEN BROCCOLI DIVAN

Timothy W. Sheets

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|---|-------------------------------|
| 1 lb. broccoli, cut spears | 1/8 tsp. pepper |
| 1 C. cubed cooked chicken | 4 crackers (coarsely crushed) |
| 1 (10 ³ / ₄ oz.) can cream of broccoli soup | 1 T. grated Parmesan cheese |
| 1/2 C. milk | 1/2 tsp. paprika |

Place broccoli in 2 qt. shallow casserole. Top with chicken. Combine soup, milk, and pepper; pour over chicken. Combine crushed crackers, cheese, and paprika; sprinkle over chicken. Bake at 450° for 20 minutes or until hot and bubbly. Makes 4 servings.

CHICKEN AND CABBAGE PANADA

Ron Whittaker

- | | |
|---|---|
| 1/4 C. margarine or butter | 12 (1/2-inch) slices French bread (toasted) |
| 4 C. (1/2 small head) coarsely shredded cabbage | 3 T. grated Parmesan cheese |
| 1 C. thinly sliced carrots | 2 (14 ¹ / ₂ oz.) cans chicken broth (not condensed) |
| 1 C. chopped onion | 4 oz. (1 C.) shredded Swiss cheese |
| 1 whole chicken breast (skinned, boned, cut into thin strips) | |

Heat oven to 350°. Melt margarine in large skillet. Add cabbage, carrots, onion, and chicken. Cook until chicken is no longer pink and vegetables are tender, stirring occasionally. Place 4 slices of bread in bottom of ungreased 2¹/₂-3 qt. casserole. Spoon half of cabbage mixture over bread; sprinkle with 1 T. of Parmesan cheese. Repeat with 4 more bread slices, cabbage, and cheese. Top with 4 slices bread. Pour chicken broth over all. Bake uncovered at 350° for 20 minutes. Sprinkle with Swiss cheese and rest of Parmesan cheese. Bake 20 to 25 minutes more or until edges are bubbly. Serve in soup bowls. Makes 4-6 servings.

The recipe for a good speech includes some shortening.

CHICKEN CACCIATORE

Becky Lienemann

2½ to 3 lb. broiler/fryer (cut up)	2 bay leaves
¼ C. oil	1 tsp. oregano
1 large onion (sliced)	½ tsp. celery seed
2 cloves garlic (minced)	½ tsp. black pepper
1 large can tomatoes	1 tsp. salt
1 small can tomato sauce	¼ C. dry white wine
1 C. fresh mushrooms, or one small can	White rice

In a large Dutch oven brown chicken pieces in oil (you may not be able to do it all at once) over medium heat. Remove chicken from pan, and in remaining oil saute onion and garlic until tender but not brown. Add chicken back to the Dutch oven with the onion and garlic. In a separate bowl, combine tomatoes, tomato sauce, and all the spices, mixing well. Add to chicken and onion. Add the mushrooms. Bring to a boil and reduce heat to low and cover. Simmer for 45 minutes, turning chicken occasionally to keep it from sticking to bottom of pan. Remove lid and skim off extra oil on top. Add wine and simmer uncovered for an additional 15 minutes. Serve over a bed of hot white rice.

CADILLAC CHICKEN

Janie Schmidt

(Crowd Pleaser)

3 lbs. chicken parts (skinned)	1 lb. bacon
½ lb. dried beef	1 T. caraway seeds
Cream of mushroom soup	Parsley garlic salt (to taste)

Layer dried beef in large roaster. Place chicken parts in single layer on top of beef. Place uncooked bacon on top of chicken. Sprinkle caraway seeds and parsley garlic salt. Dot with teaspoons of the mushroom soup. Bake at 375° for 45 minutes or until desired doneness. Serve with rice, baked or scalloped potatoes.



CHICKEN CAESAR PIZZA

Ann Iglehart

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|---------------------------------|--|
| 1 refrigerated pizza crust | 1 (8 oz.) pkg. shredded Monterey Jack cheese |
| Creamy Caesar salad dressing | Romaine lettuce |
| 1 (8 oz.) cooked chicken breast | Green onions or scallions (chopped) |
| 2 cloves garlic | 2 roma tomatoes |
| 1 small block Parmesan cheese | |

Preheat oven to 375°. Roll out crust on cookie sheet or pizza pan. Press or crush 2 cloves of garlic; then spread on crust. With brush, lightly coat the crust with salad dressing. Grate the Parmesan cheese over the crust using only $\frac{1}{3}$ of the block. Sprinkle $\frac{1}{2}$ of the jack cheese and the diced chicken over the crust. Repeat the cheeses. Bake for 15-20 minutes or until golden brown. Cut lettuce into bite-size pieces, slice 2 tomatoes and chop the green onions. Mix all the salad ingredients and toss with 2 T. of salad dressing. Spread salad over partially cooled pizza. Top with additional grated Parmesan cheese and small amount of ground pepper.

CALIFORNIA CASSEROLE

Laurie Goodrich

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|------------------------------------|---|
| 2 C. cubed chicken, turkey, or ham | 1 C. mayonnaise |
| 1 can cream of mushroom soup | $\frac{1}{2}$ soup can of milk |
| 2 C. grated cheddar cheese | 1 can drained, sliced mushrooms |
| | 1 (16 oz.) pkg. California blend vegetables |

Mix all ingredients; place in covered casserole. Bake at 350° for 45 minutes or in crockpot 4-5 hours.

CHICKEN CAN CAN

Darlene Filloon

- | | |
|-----------------------------|--------------------------------|
| 1 can boned chicken | 1 can chicken broth or water |
| 1 can cream of celery soup | 1 can Minute rice |
| 1 can cream of chicken soup | 1 can French fried onion rings |

Put in greased casserole dish and bake for 30 to 45 minutes.

CHICKEN CASSEROLE

Michele Brandstatter

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|-------------------------------|-------------------------------|
| 1 small can chow mein noodles | 1 can chicken noodle O's soup |
| 4 C. cooked chicken (cut up) | 1 can evaporated milk |
| 1 can cream of chicken soup | Croutons |
| 1 can cream of celery soup | |

Mix all ingredients except croutons. Place in 9x13-inch pan and sprinkle croutons over the top. Heat through at 350°, about 1 hour.

CHICKEN CASSEROLE

Lois Huxford

- | | |
|-----------------------------|----------------------------|
| 2 C. diced chicken | ¼ C. chopped onion |
| 4 C. egg noodles | 4 T. Parmesan cheese |
| 1 pkg. or 1 can green beans | 1¼ C. milk |
| 1 can cream of celery soup | 1 (3 oz.) can of mushrooms |
| ¼ C. chopped celery | |

Cook noodles, rinse and drain. Cook green beans; drain. In 2 qt. casserole, add onions, celery, green beans, mushrooms, chicken, noodles, cream of celery soup, and milk; mix lightly. Bake at 425° for 30 to 40 minutes. Top with Parmesan cheese.

CHICKEN CASSEROLE

Becky Lienemann

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|---|--|
| 2 lb. pkg. boneless, skinless chicken breast | 1 can Campbell's cream of chicken soup |
| 3 C. pkg. medium cheddar cheese | 1 small can of mushrooms (opt.) |
| 1 pkg. of 8 Pillsbury crescent rolls (croissants) | |

Boil chicken until done (about 20 minutes). Cut chicken into bite-size chunks and mix with 2 C. of the cheese. Form chicken/cheese mixture into 8 even balls. Wrap the chicken balls with a croissant starting with the big end, rolling to finish with the small point. Place croissants in a casserole dish. Mix soup with ¾ can of water. Pour the soup over the chicken croissants and add mushrooms if desired. Finish by sprinkling the remaining cheese (1 C.) over top. Bake at 350° for 45 minutes to 1 hour, or until the croissants are brown on top.

CHICKEN BREAST CASSEROLE

Kayleen Gardner

6 to 8 boneless chicken breasts	1½ T. garlic powder
12 slices processed Swiss cheese	½ tsp. pepper
1 can cream of chicken soup	1 box dry dressing mix
½ C. dry white wine	½ C. melted margarine

Place chicken breasts in 13x9-inch pan and top with cheese slices. Combine soup, wine, garlic powder, and pepper and pour over chicken breasts. Sprinkle dressing mix over soup mixture and drizzle melted margarine on top. Bake at 350° for 50 to 55 minutes.

CHICKEN-NOODLE CASSEROLE

Millie Jepson

2 cans chicken noodle soup	1 can refrigerated biscuits
2 cans cream of chicken soup	Diced, cooked chicken

Using a 4x6-inch square casserole, mix soup and chicken. Heat in 400° oven until bubbling. Place individual biscuits on top. Return to oven and heat until biscuits are brown.

OVERNIGHT CHICKEN CASSEROLE

Norma Baughman

3 T. butter	2 C. cooked chicken (diced)
2 T. flour	1 C. uncooked macaroni
1½ C. milk	1 T. (or more) onion flakes
½ C. chopped green pepper	½ C. slivered almonds
1 can cream of chicken soup	½ C. water chestnuts
1 can mushroom soup	Chinese noodles
1 small can mushroom pieces	

Melt butter in saucepan over low heat. Blend in flour. Add milk, stirring constantly until mixture thickens. Remove from heat and add remaining ingredients. Place in 9x13-inch baking dish. Refrigerate overnight. Bake uncovered 1 hour at 350°. Serve with Chinese noodles sprinkled on top.

CHICKEN HOT DISH

Shelly Grace

- | | |
|------------------------------|------------------------------|
| 4 C. diced, cooked chicken | ¾ C. mayonnaise |
| 1 can cream of chicken soup | ½ C. sliced ripe olives |
| 1 can cream of mushroom soup | 1 can sliced water chestnuts |
| 2 C. sliced celery | 2 T. minced onion |
| 1 small can pimiento | 2 T. real lemon juice |
| 1 box Triscuits | |

Crush Triscuits, put ¾ of this on bottom of a 9x13-inch pan. Cover with the rest of the ingredients and sprinkle with remaining crushed Triscuits. Be sure to have a cover on the pan. Bake 1 hour at 350°. Uncover and bake another 15 minutes. Serves 10-12.

CHICKEN CHIFFON

Margaret Weaver

- | | |
|--|-----------------------------|
| 4 chicken breasts (boned & skinned) - 8 pieces | 1 C. hot water |
| Salt & pepper | 1 C. oleo |
| Mozzarella cheese | 2 cans cream of celery soup |
| 1 large pkg. Pepperidge Farm cube dressing | 1½ C. milk |
| | 1 T. parsley flakes |

Use a 9x13-inch pan. Heat oven to 325°. Place chicken pieces in pan. Salt and pepper. Place 1 piece of mozzarella cheese on each piece. Mix and put on top of the cheese: the dressing cubes, hot water, and oleo. Then mix the soup, milk, and parsley flakes. Pour over the dressing mix. Bake 1 hour and 45 minutes. Put foil over if it gets too crisp.

CHICKEN AND DRESSING

Denise Gannon

- | | |
|--|-----------------------------|
| 6 boneless chicken breasts | 1 can cream of chicken soup |
| 6 slices Swiss cheese | 1 stick butter |
| 1 (16 oz.) pkg. herb seasoned dressing | |

Place chicken in an oblong greased casserole dish. Place one slice of Swiss cheese on each piece of chicken. Spoon soup over cheese. Sprinkle dressing over cheese. Melt butter and drizzle over the top. Bake for 2 hours at 300°, uncovered.

JULENE'S COMPANY CHICKEN

Sue Dvorak

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|--------------------------------|--------------------------------|
| 1 pkg. Ritz crackers (crushed) | 1 tsp. poppy seeds (optional) |
| 1 stick margarine (melted) | 6-8 boneless, skinless chicken |
| 1 can cream of mushroom soup | breasts (uncooked) |
| ½ C. sour cream | |

Mix the crackers and butter together. Mix the mushroom soup with the sour cream. (Stir in poppy seeds, if desired.) In a 9x13-inch pan place ½ of the soup mixture. Next sprinkle on ½ of the crumb mixture. Place the chicken breasts on top of this. Then add the rest of the soup mixture and top with the remaining cracker crumb mixture. Bake at 350° for about 1 hour and 15 minutes or until done.

CHICKEN CORDON BLEU

Becky Lienemann

- | | |
|--|---|
| 4 skinless, boneless chicken
breasts | 4 slices Swiss cheese |
| 4 pieces of honey-baked or
boiled ham | 1 C. fine bread crumbs,
homemade or store bought |

Dry chicken pieces and place between 2 pieces of wax paper and beat until flat (should be about ½-inch thick). Lay out chicken pieces, rough side up. Layer each breast with one piece of ham and one piece of cheese. Roll each from small side to large side and secure with a toothpick. Spray a casserole dish with non-stick cooking spray before placing the chicken rolls in it. Sprinkle with bread crumbs until each roll is well-coated (even if it takes more than 1 C.). Bake in preheated 350° oven for 40 minutes. Remove toothpicks before serving. HINT: If the cheese starts to burn before the chicken is done, place a piece of aluminum foil over the casserole.

*A smile is a light in the window of your face
to show your heart is at home.*

CHICKEN DIANE

Char Larson

- | | |
|---|---------------------------------|
| 4 large boneless, skinned chicken breasts or 8 small ones | Juice of ½ fresh lime or lemon |
| ½ tsp. salt | 2 T. dry vermouth or white wine |
| ½ tsp. pepper | 3 T. chopped parsley |
| 2 T. olive oil | 3 T. chopped cilantro |
| 2 T. butter | 2 tsp. Dijon mustard |
| 3 T. chopped fresh chives or green onions | ¼ C. chicken broth |

Place chicken breasts between sheets of waxed paper and pound slightly. Sprinkle with salt and pepper. Heat 1 T. each of oil and butter in large skillet. Cook chicken over high heat for 4 minutes on each side. Do not cook longer or they will be overcooked and dry. Transfer to platter and keep warm in 250° oven. Add chives or green onion, lime juice, vermouth, parsley, cilantro and mustard to pan. Cook 15 seconds, whisking constantly. Whisk in chicken broth. Stir until sauce is smooth. Whisk in remaining butter and oil. Pour sauce over chicken. Serve immediately. Good with fresh broccoli and green salad. Can be doubled for serving eight.

ESCALLOPED CHICKEN

Michele Brandstatter

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|--------------------------------|----------------------|
| 4 C. chicken (cooked & cut up) | 2 T. chopped onion |
| 8 C. bread cubes | 4 T. flour |
| ½ C. melted butter | 4 T. evaporated milk |
| 1¼ tsp. powdered sage | 4 C. broth |
| ¼ C. evaporated milk | ½ tsp. salt |

Put chicken in 9x13-inch baking pan. Make dressing with bread, melted butter, sage, onion, and evaporated milk. Toss lightly and put over chicken. Make gravy with flour, evaporated milk, broth, and salt. Pour over ingredients in pan. Bake at 350° for 45 minutes or until brown on top.



ESCALLOPED CHICKEN

Char Larson

- 4 to 5 C. cooked & cut up chicken
- 1 C. celery
- 1 T. chopped onion
- 1 can sliced water chestnuts
- 4 hard-boiled eggs (cut up)
- 1 small can sliced black olives (2¼ oz.)
- 2 T. coarsely chopped fresh cilantro
- ½ C. light mayo (Hellmann's preferred)
- 2 T. lemon juice
- Salt & pepper
- 1 can cream of mushroom soup
- 1½ C. crushed cornflakes or Pepperidge Farm dressing (not the cube type)

Mix first 10 ingredients and then add mushroom soup and mix well. Put into 2 small or 1 large casserole dish. Cover with crushed cornflakes or Pepperidge Farm dressing. Bake at 350° for 40 to 45 minutes. This can be made a day ahead or it can be frozen. Adjust cooking time to temperature of casserole.

CHICKEN FAJITA PIZZA

Jenan Ellis

- 2 whole chicken breasts (skinned/boned cut into 2x½-inch strips)
- 1 T. olive oil or oil
- 1-2 tsp. chili powder
- ½-1 tsp. salt
- ½ tsp. garlic powder
- 1 C. thinly sliced onions
- 1 C. (2x¼-inch) green or red bell peppers
- 1 (10 oz.) can Pillsbury refrigerated pizza crust
- ½ C. prepared mild salsa
- 1 (8 oz.) pkg. (2 C.) shredded Monterey Jack cheese

In large skillet, stir fry chicken over medium heat in oil for 5 minutes or until lightly browned. Stir in chili powder, salt, and garlic powder. Add onions and green pepper; stir fry an additional one minute or until vegetables are crisp-tender. Grease a 9x13-inch pan. Unroll pizza dough in pan. Bake dough at 425° until light golden brown. Spoon chicken/vegetable mixture over crust. Spoon salsa over chicken; sprinkle with cheese. Bake 14-18 minutes until golden brown.

BUTTERMILK RANCH FRIED CHICKEN

Kim Moeller

2½ to 3 lbs. frying chicken pieces	1½ tsp. salt
Vegetable oil	¾ tsp. pepper
2¼ C. all-purpose flour	2½ C. buttermilk
1¼ T. dry dillweed	

Rinse chicken and pat dry; set aside. Fill large deep-fry pot or electric skillet to no more than half its depth with Wesson Oil. Heat oil to 325°. In a bowl, combine flour, dill, salt, and pepper. Fill another bowl with buttermilk. Place chicken, one piece at a time, in buttermilk; shake excess liquid. Roll in flour mixture; shake excess flour. Dip again in buttermilk and flour mixtures. Fry chicken in small batches, skin side down, for 10 to 14 minutes. Rotate and fry 12 to 15 minutes longer or until juices run clear; drain on paper towels. Let stand 7 minutes before serving. Makes 4 to 6 servings.

HONEY-BAKED CHICKEN

Carly Sieger

4 chicken breasts (skinned)	2 T. mustard
⅓ C. melted margarine	1 tsp. salt
⅓ C. honey	1 tsp. curry powder

Rinse chicken and pat dry. Arrange in baking pan sprayed with nonstick cooking spray. Spoon mixture of margarine, honey, mustard, salt, and curry powder over chicken. Bake at 350° for 1¼ hours, basting every 15 minutes.

MUSTARD AND HONEY CHICKEN

Pam Kacmarynski

Nonstick spray coating	Salt
4 medium chicken breast halves (boned, skinless)	2 tsp. prepared mustard
	2 tsp. honey

Spray the unheated rack of a broiler pan with nonstick spray coating. Sprinkle chicken lightly with salt. Arrange chicken on broiler rack. Broil 4 to 5 inches from heat for 6 minutes. Meanwhile, in a small bowl stir together mustard and honey. Brush over chicken. Broil 1-2 minutes more or until chicken is tender and no longer pink. Makes 4 servings.

KING RANCH CHICKEN

Anne Allen

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|---|--|
| 1 (10¾ oz.) can cream of chicken soup | 12 corn tortillas (cut into pieces) |
| 1 (10¾ oz.) can cream of mushroom soup | 1 (3-4 lbs.) chicken (cooked & cut into bite-sized pieces) |
| 2 C. chicken broth | 1 large onion (chopped) |
| 1 (10 oz.) can Rotel tomatoes & green chilies | 2 C. grated cheddar cheese |

Combine soups, chicken broth, and tomatoes and set aside. Oil a 3-quart casserole. Layer half of the tortilla pieces, half of chicken, half of onion, and half of cheese. Pour half of chicken broth mixture over layers. Repeat layers of tortillas, chicken, and onion, then pour remaining chicken broth over and top with remaining cheese. Bake at 350° for 45-60 minutes. Serves 8.

LEMON CHICKEN

RECIPT 7311A Bob Patton

This is a recipe that I picked up back in college, and over the years adjusted here and there to fit my tastes or mood I happened to be in at the time I was cooking. As a result, some of these steps do not have hard-and-fast measurements of time, temperature or amounts. Therefore you may need to rely on your own experience, instincts, lessons from Mom or Grandma or just whatever seems right.

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|---|--|
| 4 boneless chicken breast halves | 1 T. Worcestershire sauce |
| ½ stick of butter | 1½ T. soy sauce |
| Juice from 1 fresh lemon or 3 T. of lemon juice | You will also need a container of lemon peel |

Thoroughly rinse and pat dry the chicken pieces. Place the chicken in an aluminum foil baking pan so the pieces are touching. Set it aside. Mix the remaining ingredients in a small pot over medium-low heat. Sprinkle in some lemon peel. (For a little extra zing, throw in a dash or two of oregano.) Once the butter has completely melted, take the pot off the heater. Pour contents over the chicken. Broil the chicken in a stove (I usually prefer a 425° setting), turning over occasionally and basting several times with the sauce. Do so until the surface is crispy, brown and bubbly-looking. Do not allow to get charred (the chicken, I mean).

LEMON TERIYAKI GLAZED CHICKEN

Marie Ware

1/2 C. lemon juice	2 T. water
1/4 C. soy sauce	4 cloves garlic (finely chopped)
1/4 C. sugar	3/4 tsp. ground ginger
3 T. brown sugar	8 chicken thighs

In skillet, combine all ingredients except chicken. Cook over medium heat 3-4 minutes. Add chicken. Simmer 30 minutes or until tender. Serve chicken over rice.

CHICKEN MARSALA

Becky Lienemann

6 boneless chicken breasts	1/2 C. chicken bouillon
1/2 C. flour	1/2 C. mozzarella cheese
1 C. butter	(shredded)
1 1/2 C. fresh mushrooms (sliced)	1/2 C. Parmesan cheese (grated)
3/4 C. Marsala wine	

Place chicken pieces between wax paper and flatten to 1/8-inch thickness. Dredge in flour. Cook 4 pieces in 2 T. butter for 3 or 4 minutes on each side until golden brown. Put chicken in greased 13x9x2-inch pan and sprinkle with salt and pepper. Repeat with remaining chicken, adding 2 more T. butter. Reserve skillet drippings. In a separate skillet, saute mushrooms in 1/4 C. butter and drain. Sprinkle over chicken in casserole dish. Stir wine and chicken bouillon in skillet with reserved butter. Simmer 10 minutes, stirring occasionally. Stir in 1/2 tsp. salt and 1/8 tsp. pepper. Spoon over chicken. Combine cheeses and sprinkle over chicken. Bake at 450° for 10 to 12 minutes or until cheese is lightly browned.

CREAMY CHICKEN MUSHROOM CASSEROLE *Deanna Slocum*

2-4 skinless, boneless chicken breasts	1 can creamy chicken mushroom soup
--	------------------------------------

Grease casserole dish. Place chicken on bottom of dish. Add soup and bake, covered, at 300° for 1 hour. Serve with rice and fresh asparagus.

CHICKEN MARSALA

Becky Louvar

- | | |
|--|------------------------------|
| 4 T. butter | ½ lb. mushrooms (sliced) |
| 4 skinless, boneless chicken breast halves (pounded to ¼-inch thick) | ¼ C. dry Marsala |
| 4 shallots (finely chopped) | ½ C. heavy cream |
| | 1 tsp. lemon juice |
| | Salt & freshly ground pepper |

In a large fry pan melt 2 T. of butter over medium heat. Add chicken and saute, turning once, until lightly browned, about 2 minutes on each side. Remove and set aside. Melt remaining butter in pan. Add shallots and mushrooms. Cook until mushrooms are lightly browned (3 to 5 minutes). Add Marsala and bring to boil, scraping up any browned bits from bottom of pan. Add cream and lemon juice and return to a boil. Season with salt and pepper to taste. Return chicken to pan and cook, turning in sauce, for about 3 minutes to reheat and finish cooking. Serve with garlic mashed potatoes or pasta. I like it with angel hair pasta.

CHICKEN WITH MUSHROOMS AND CHEESE

Gloria Holderness

- | | |
|-------------------------|---------------------------------|
| 3 lbs. chicken breasts | 1 C. shredded mozzarella cheese |
| ½ C. margarine | ½ C. milk |
| 1 small onion (chopped) | 1 can cream of mushroom soup |
| ¼ tsp. garlic salt | 8 oz. fresh mushrooms (sliced) |
| 1½ C. hot chicken broth | |

Melt margarine in heavy skillet. Saute chicken, onion, and garlic salt until chicken is lightly browned. Place chicken mixture in a glass 9x13-inch baking dish. Pour hot chicken broth over it. Bake at 350° for 1 hour, turning chicken every 15 minutes. Remove from oven and drain excess broth. Combine shredded cheese, milk, soup, and mushrooms. Pour over chicken, making sure the skin is not exposed. Bake 20 minutes longer at 350°.



"NO PEEK" CHICKEN

Anna Marie Urban

1 box Uncle Ben's long grain &
wild rice with herbs
1 can cream of mushroom soup
1 can cream of celery soup
1 can of cold water

1 tsp. parsley
Dash of curry powder
6-8 pieces of chicken (skinned
breasts work the best)
1 pkg. onion soup mix

Lightly grease casserole (9x13-inch). Mix first six ingredients and place chicken on top. Sprinkle chicken with onion soup. Seal with foil and bake at 350° for 2½ hours. Don't peek! This is wonderful for a group. When it is done just turn off the oven and it will stay warm until you are ready to eat.

CHICKEN BREAST PARMESAN

Sarah Hoffman

½ C. pancake mix
¼ tsp. salt
1/8 tsp. pepper
4 whole chicken breasts (split)
1 can mushroom soup

⅓ C. dry onion soup mix
(½ of 1 3/8 oz. pkg.)
⅓ C. milk
½ C. grated Parmesan cheese
Parsley

Combine pancake mix, salt, and pepper. Roll chicken breasts in mixture, coat well. Place chicken breasts in 3 qt. baking dish, overlapping if necessary. Combine soup, soup mix, and milk. Blend until smooth. Pour over chicken. Cover dish with foil. Refrigerate overnight or bake. Bake 1 hour. Remove foil and sprinkle cheese on top. Bake uncovered for 15 minutes. Garnish with parsley and serve. Bake at 375°.

PARMESAN CHICKEN

Timothy W. Sheets

½ C. margarine (melted)
2 tsp. Dijon mustard
1 tsp. Worcestershire sauce
½ tsp. salt

1 C. dry bread crumbs
½ C. grated Parmesan cheese
6 to 8 boneless, skinless chicken
breast halves

In a pie plate or shallow bowl, combine butter, mustard, Worcestershire sauce and salt. In a plastic bag, combine crumbs and Parmesan cheese. Dip chicken in butter mixture, then shake in crumb mixture. Place in an ungreased 9x13-inch baking pan. Drizzle with remaining butter mixture. Bake at 350° for 40-45 minutes or until chicken is no longer pink and juice runs clear. Makes 6-8 servings.

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WINNIE'S TRACK TEAM POTLUCK CHICKEN

Trudy Conklin

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|------------------------------|---|
| 1 can cream of mushroom soup | ¼ C. chopped onion |
| 1 (8 oz.) carton sour cream | 1 can mushrooms |
| ¾ C. mayonnaise | 1 small can of water chestnuts
(drained) |
| ½ C. chopped celery | 3-4 C. chicken or turkey pieces |

Mix and bring all ingredients to a boil until heated through. Spread into lightly greased 9x13-inch pan. Cover with one tube of crescent rolls to make a flat crust. Sprinkle with grated cheddar cheese. Bake at 350° for 25-30 minutes until bubbly and crust is lightly browned. Let it set up for 5-10 minutes while it cools slightly.

CHICKEN AND RICE

Amber Freeman

- | | |
|-------------------------------|------------------------------|
| 1 can cream of chicken soup | 1½ C. rice |
| 1 can cream of celery soup | ⅔ C. milk |
| 2 cans cream of mushroom soup | 6-8 pieces chicken (browned) |

Preheat oven to 350°. Brown chicken. Grease a 9x13-inch or a little larger pan. Mix soups, rice, and milk; pour into pan. Top with chicken. Cover with foil, bake for 1 hour. Uncover and bake 45 minutes longer or until chicken and rice are golden brown. Let set for 5 minutes before serving.

CHICKEN AND RICE

Jan Vrban and Penny Carlson

- | | |
|------------------------------|--------------------------------|
| 2 C. uncooked rice | 1 can sweetened condensed milk |
| 6 chicken breasts | ½ C. milk |
| 1 can cream of chicken soup | 1 pkg. Lipton onion soup mix |
| 1 can cream of mushroom soup | |

Mix together soups, rice, milks, and soup mix. Pour into baking dish. Put chicken on top. Bake at 350° for 2 hours. (I usually cover my dish for the first hour or so.)

CHICKEN AND RICE CASSEROLE

Bill Searls

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|------------------------------|---------------------------------|
| 1¼ C. uncooked rice | 2 C. chicken (cut in pieces) or |
| ½ C. butter | 3 chicken breasts (split) |
| 1 can cream of mushroom soup | 2 T. melted butter |
| 1 can cream of chicken soup | Paprika |
| 1 can cream of celery soup | |

Melt butter; add soups. Heat and stir until smooth; add rice. Spread in shallow 9x13-inch baking dish. Lay chicken on top, skin side up. Brush with butter. Sprinkle lightly with paprika. Bake at 275° for approximately 2½ hours.

CHICKEN AND RICE CASSEROLE

Alice Wade

- | | |
|-----------------------------|----------------|
| 4 chicken breasts | 2 C. water |
| 1 C. rice (dry) | Paprika |
| 1 can mushroom soup | Dry onion soup |
| 1 can cream of chicken soup | |

Place dry rice in a glass or Pyrex 9x9-inch baking dish. Place chicken breasts over rice. Mix 1 C. of water with can of mushroom soup and pour over chicken. Mix cream of chicken soup with remaining cup of water and pour that over chicken. Sprinkle with paprika and dry onion soup. Cover with foil and bake 2 hours at 350°.

TASTY CHICKEN AND RICE

Joan Heitman

(Lowfat)

- | | |
|--|--|
| 2 C. large chunks skinned &
boned chicken or individual
pieces chicken (raw) | |
| 1 C. uncooked rice | 2 T. + 1 tsp. chicken bouillon
granules |
| 2½ C. boiling water | |

Season with a few shakes ground thyme and ground rosemary or as desired. Combine all in 9x13-inch baking dish. Cover, bake in 400° oven for 1 hour.

HOT CHICKEN SALAD

Sue Dvorak

- | | |
|---|--------------------------------|
| 5 skinless, boneless chicken breasts (cooked & chopped) | 1 can cream of chicken soup |
| 1 small jar chopped pimientos | 2 C. chopped celery |
| 1 pkg. slivered almonds | ¼ C. onion (chopped) |
| 3 T. lemon juice | 1 C. mayonnaise |
| 2 chicken bouillon cubes dissolved in small amount of hot water | 1 tsp. salt |
| 1 can cream of mushroom soup | 1 can chopped mushrooms (opt.) |
| | 1 can French fried onion rings |

Mix all of the ingredients together (except for the onion rings). Pour into 9x13-inch pan. Bake for 15 minutes at 375°. Pour on onion rings. Bake for 15 minutes more at 350° or until hot and bubbly.

HOT CHICKEN SALAD

Del Hartvigsen

- | | |
|------------------------------|-------------------------------------|
| 4 C. cooked, deboned chicken | 1 can cream of chicken soup |
| 2 C. celery | 1 C. mayonnaise |
| 4 T. onion | 2 C. sharp cheddar cheese (grated) |
| 1 C. slivered almonds | 1 medium bag potato chips (crushed) |
| 4 T. pimientos | |
| 4 T. lemon juice | |

Mix all ingredients except cheese and chips. Place in greased casserole; then cover with cheese and chips. Bake at 350° for 25 to 30 minutes.

CHICKEN STIR FRY/BAKE

Donna Young

- | | |
|--------------------------------|---------------------------|
| 2 C. chicken (cut up & cooked) | 1 can water chestnuts |
| 2 C. chicken broth | Optional: bean sprouts, |
| 2 C. broccoli | pea pods |
| 2 C. cauliflower | Fresh or canned mushrooms |

Stir fry chicken (cubed); add chopped-up vegetables. Then put in a 9x13-inch casserole dish. Add chicken broth, stir all together. Top with bread crumbs. Bake at 350° for 1 hour. Serve over rice or noodles.

HOT CHICKEN SALAD

Mardell Tinkey and Gerry Lackender

- | | |
|--|-----------------------------|
| 2 C. diced, cooked chicken or turkey | 1 can cream of chicken soup |
| 1 C. chopped celery | ¾ C. mayonnaise |
| 1 C. cooked rice | 1 T. lemon juice |
| 1 can water chestnuts (sliced & drained) | ¼ C. diced onion |

TOPPING:

- | | |
|-----------------------------------|-----------------------|
| 1 C. crushed cornflakes | ½ C. slivered almonds |
| 3 T. margarine or butter (melted) | |

In a large bowl, combine soup, mayonnaise, onion, water chestnuts, celery, and lemon juice. Fold in chicken and rice. Turn into greased, 2 qt. baking pan. To make topping, melt butter in microwave, add cornflakes and almonds. Sprinkle on top of casserole. Bake at 350° for 30 minutes. If desired, ripe olives and grated cheese may be added to the ingredients.

CHICKEN SUPREME

Debbie Sorosky

- 3 whole skinless, boneless chicken breasts (split)

SAUCE:

- | | |
|-----------------------------------|---|
| 1 (16 oz.) bottle French dressing | 1 pkg. California Dip Lipton onion soup mix |
| 1 (16 oz.) pkg. whole cranberries | |

Preheat oven to 300°. Mix sauce ingredients. Place chicken in a 9x13-inch baking dish. Pour sauce over chicken. Bake uncovered 1¼ hours. Stir occasionally while baking.

Gossip is like a balloon—it grows bigger with every puff.

EASY SPANISH PAELLA

Becky Lienemann

Make a paste of the following:

2 cloves garlic (minced)

4 T. olive oil

1 tsp. lime juice

Salt & pepper

½ tsp. oregano

Use a 2½-3 lb. broiler/fryer chicken. Dry chicken and rub with paste. You can double the paste ingredients if it looks like you won't have enough to coat the chicken well. In large Dutch oven, brown chicken over medium heat. Remove from pan, and in the chicken drippings saute ¾ C. chopped onions and 2 cloves of minced garlic. When onions and garlic are tender, not brown, return chicken back to Dutch oven. Cover with water, approximately 4 C. and add one chopped tomato. Cover and boil for 45 minutes or until the meat falls off the bone. Remove the bones (and I remove the skins too to reduce the fat). Add 1 C. green peas. Cook 5 minutes. Add one package Mahatma yellow saffron rice and cook 20 more minutes. Add seafood last. You can add whatever you like. I always add shrimp, scallops, and mussels (about 1 lb. each, depending on how much paella you can eat!). Cook until seafood is just done (do not overcook) and serve. I like to serve mine with a loaf of home-baked bread. HINT: You can partially prepare this the night before you want to serve it. Just prepare up until you remove the bones and refrigerate overnight. Then you can add the other ingredients the next night. I also like to prepare mine the night before because you can easily skim any extra fat off the top after refrigeration. This lowers the fat and calories.

SWEET AND SOUR CHICKEN

Marilyn Jensen

1 chicken fryer

½ tsp. ginger

1 C. Bar B Q Sauce

1 T. cornstarch

1 C. crushed pineapple
(undrained)

Brown chicken in oil. Mix all ingredients and pour over chicken. Works well in electric skillet. Or after browning place chicken in 9x13-inch dish, pour on sauce and bake at 350° for 1 hour.

CHICKEN STIR-FRY

Margaret Thompson

- | | |
|---|---|
| ¼ C. orange juice | 1½ C. snow peas or green beans |
| 1½ T. cornstarch | 1 medium red bell pepper (cut into thin strips) |
| ¼ C. reduced-sodium chicken broth | ¾ C. sliced green onions |
| 1½ T. reduced-sodium soy sauce | 1 C. frozen broccoli (thawed) |
| 2½ tsp. vegetable oil | 1 medium carrot (thinly sliced) |
| 1 clove garlic | 2 C. cooked white rice |
| 1 T. minced fresh ginger or 1½ tsp. ground ginger | |

In a shallow glass bowl, combine orange juice and cornstarch; mix well. Stir in chicken. Cover and chill for 2 hours. Drain chicken, discard juice mixture. In a small bowl combine broth and soy sauce; set aside. In a wok or large nonstick skillet, heat oil over medium heat, add garlic and ginger, stir-fry for 30 seconds, add chicken, stir-fry for 3 minutes. Add vegetables; stir-fry until crisp-tender, about 5 minutes. Stir in broth mixture. Place ½ C. of rice on each serving plate. Top with the chicken mixture, dividing evenly. Serves 4.

SHORT CUT: Use precut vegetables from produce or salad bar section of supermarket.

HEALTH CHECK: Snow peas provide vitamins A and C. Reduced-sodium soy and broth lower salt content. Skinless chicken is low-fat protein. Per serving: Calories 317 (14% from fat), carbohydrate 35 g., protein 32 g., sodium 376 mg., fat 5 g., cholesterol 66 mg.

TOM'S SWEET AND SOUR CHICKEN

Juanita Ridenour

- | | |
|-------------------------------|-----------------------------|
| 1 chicken (cut in pieces) | 1 pkg. dried onion soup mix |
| 1 jar jelly (grape or cherry) | Salt & pepper (to taste) |
| 1 jar Russian dressing | |

Preheat oven to 350°. Line a 9x12-inch pan with aluminum foil. Place pieces of chicken in pan, salt and pepper, bake chicken for 15 minutes. In saucepan heat jelly, dressing and onion soup mix until jelly is dissolved. Remove chicken from oven, pour off excess fat and add sauce. Bake for 45 minutes more or until chicken is done.

STIR-FRY CHICKEN

Tanny Latuska

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|--|---|
| 1 boneless chicken breast | 2 T. cornstarch |
| 1 C. chicken broth | 1 (8 oz.) can bamboo shoots
(rinsed & drained) |
| 2 T. cooking oil | ½ C. carrots (cut into julienne
strips) |
| 1 (8 oz.) can water chestnuts
(drained) | 2 C. cabbage (coarsely sliced) |
| 1 C. celery (sliced) | |
| 4 T. soy sauce | |

Skin and bone, then thinly slice chicken into 1-inch pieces. Stir soy sauce and chicken broth into the cornstarch. Place chicken pieces into this mixture. Set aside. Heat Dutch oven, skillet or wok over high heat; add oil. Stir-fry bamboo shoots 1 minute. Add water chestnuts, carrots, celery, and cabbage, one at a time, stir frying for 1 minute after each addition. Remove vegetables from cooking vessel. Add more oil if needed. Remove chicken from broth mixture and stir-fry for 2 to 3 minutes or until it turns white. Stir broth; pour into cooking vessel with chicken and stir. Return all vegetables to cooking vessel; cover and cook for 2 minutes or until broth thickens. Makes four servings. Serve over hot cooked rice or chow mein noodles (rice is best). Very low in calories, uses ingredients most of us have on hand and is a very tasty heart-conscious recipe.

CHICKEN TERIYAKI

Patrick McCoy

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|----------------------------|--------------------------------|
| 4 boneless chicken breasts | 6 cloves garlic (minced) |
| ½ C. brown sugar (packed) | 1 T. crushed red pepper |
| ½ C. soy sauce | ¾ tsp. curry powder |
| 2 T. lime juice | Chopped green onion (optional) |

Combine all ingredients in a Ziploc bag. Marinate at least 4 hours. Pull chicken out, put marinade in saucepan and bring to boil. Cook chicken at 325°, adding marinade periodically. Cook chicken for about 20-25 minutes. When chicken is done, pour leftover marinade over chicken and rice.

CHICKEN TETRAZZINI

Roxie Bedford

4 whole chicken breasts (cooked, deboned, & sliced thin, no skin)
½ lb. thin cooked noodles
(store bought works best)
Salt

Mushrooms (½ to 1 lb. fresh, sauteed in 2 T. margarine, pepper, garlic salt, & 1 tsp. white cooking wine 10 minutes)

SAUCE:

½ C. melted margarine
⅔ C. flour
4 C. milk product (1 pt. half & half; 1 pt. 1% milk)

1 (2 C.) can chicken broth
4 T. white wine

TOPPING:

Parmesan cheese

Prepare casserole in a 9x13-inch pan. Glass is preferable. Prepare cooked chicken either by boiling, steaming, or microwaving chicken according to favorite recipe in cookbook. Do not bake chicken. Will be too dry. Prepare noodles according to package. Prepare mushrooms as stated above.

SAUCE: Melt margarine with flour until thick like paste (lumps may happen). Next add milk and chicken broth, stirring until smooth over medium heat. Be sure not to scorch sauce (approximately 20 minutes). At end of time add wine. Cook 5 minutes. Layer: Noodles, chicken, sauce, mushrooms, and Parmesan cheese. Bake at 350° for 30 minutes.

TORTILLA CHICKEN

Nolan Bogaard

3 chicken breasts (boned, skinned, & halved)
1 pkg. corn or flour tortillas (8)
1 can cream of chicken soup

1 small can diced Ortega chilies
1 small can sliced black olives
1 C. sour cream
1 (8 oz.) pkg. grated Jack cheese

Cut chicken into bite-size pieces. Cut each tortilla into 8 pieces. Combine the soup, sour cream, chilies, olives, and cheese in bowl. Layer half tortilla pieces on bottom of casserole. Next, layer half of the chicken pieces. Next layer half soup mixture. Repeat layers, using remaining ingredients. Bake at 350° for one hour.

CHICKEN TETRAZZINI

Gloria Holderness

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|---|---|
| 1 T. margarine | ¼ C. sherry |
| 3 C. sliced fresh mushrooms | ½ tsp. salt |
| ⅓ C. minced onion | ½ tsp. garlic powder |
| ½ C. flour | ¼ tsp. pepper |
| 2⅓ C. canned, no-salt-added chicken broth | 1 (2 oz.) jar diced pimiento (drained) |
| 2 C. skim milk | 1 (7 oz.) pkg. spaghetti |
| ¼ C. light cream cheese | 2 C. chopped, cooked chicken breast (approximately ¾ lb.) |
| ¼ C. grated Parmesan cheese (divided) | |

Saute mushrooms and onions for 7 minutes in margarine over medium heat. Stir in flour. Gradually add chicken broth, skim milk, and cream cheese. Bring to a boil and cook 5 minutes, stirring constantly. Remove from heat; stir in 2 T. Parmesan cheese and next 5 ingredients; set aside. Break spaghetti into 4-inch pieces. Cook according to package directions, omitting oil and salt; drain well. Stir spaghetti and chicken into mushroom mixture. Spray 3 qt. casserole with cooking spray and spoon in mixture, topping with remaining Parmesan cheese. Cover casserole and bake at 350° for 20 minutes. Uncover and bake 10 minutes more. Let stand 5 minutes before serving. Makes 6 servings. 339 calories per 1⅓ C. serving, 7 grams of fat.

TUSCAN CHICKEN WITH SPINACH FETTUCINE

Bill and Velva Potter

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|-----------------------------|---|
| 1 lb. skinless chicken legs | 1 (14½ oz.) can diced tomatoes with juice |
| 1 tsp. garlic powder | ¼ tsp. dried oregano |
| ½ tsp. black pepper | ¼ tsp. dried basil |
| 2 tsp. olive oil | 4 C. hot cooked spinach fettucine |

Rinse chicken legs and pat dry with paper towels. Lightly sprinkle the chicken with the garlic powder and pepper. Add oil to a nonstick skillet and heat over medium heat. Add the chicken, cook for 2 to 3 minutes until lightly brown on all sides. Stir in the tomatoes (with juice), oregano, and basil. Bring to a boil, then reduce the heat. Cover and simmer about 20 minutes or until chicken is no longer pink. Serve with (or over) the fettucine. Makes 4 servings.

BACON-WRAPPED STUFFED TENDERLOINS

Nadine Kahler

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|---|--|
| 1 pkg. (about 1½ lb.) fresh turkey breast tenderloins | 2 T. each onion & green or red peppers (chopped) |
| 1½ C. seasoned dry bread cubes | Chicken broth (to moisten) |
| | 4 strips bacon |

Heat oven to 350°. Cut pocket lengthwise along thickest side of tenderloins. Mix bread cubes, onion, and pepper with broth to moisten; stuff into pocket. Wrap 2 slices bacon around each tenderloin; fasten with wooden toothpick. Place in greased baking pan. Salt and pepper to taste. Bake uncovered, 1 hour, until meat is no longer pink and stuffing is hot. Remove wooden toothpicks, cut each tenderloin in half. Serves 4.

IOWA'S GRILLED TURKEY TENDERLOIN

Gloria Lawrence

(State Fair Recipe)

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|---|-----------------------|
| 1 lb. turkey tenderloins (¾-1-inch thick) | 2 T. lemon juice |
| ¼ C. soy sauce | 2 T. dehydrated onion |
| ¼ C. vegetable oil | ¼ tsp. ginger |
| ¼ C. dry sherry (or water) | Dash of black pepper |
| | Dash of garlic salt |

Blend all ingredients in shallow pan. Add turkey, turning to coat both sides. Cover and marinate in refrigerator several hours, turning occasionally. Grill steaks over hot coals, 6-8 minutes per side. Turkey steaks are done when there is no pink in center. Serve on buns with Bar B Que Sauce and desired condiments. Serves 3-4.

*The best thing about telling the truth is
that you don't have to remember what you said.*

- SEAFOOD -

MARTHA STEWART'S CRAB CAKES

Kim Moeller

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|--|--|
| 1 C. dried bread crumbs | 1 yellow bell pepper (seeded & diced) |
| 2 large eggs (lightly beaten) | $\frac{2}{3}$ C. mayonnaise |
| 2 lbs. crabmeat | Coarse kosher salt & freshly ground pepper |
| $\frac{1}{2}$ C. fresh cilantro leaves (chopped) | 1 C. vegetable oil for frying |
| 4 scallions (chopped) | |
| 1 red bell pepper (seeded & diced) | |

In large bowl, gently mix together the bread crumbs, eggs, crabmeat, cilantro, scallions, peppers, mayonnaise, and salt and pepper to taste. Form the crabmeat mixture into 24 small, thick cakes, about 2 inches in diameter. Heat the vegetable oil in a large skillet over medium-high heat until hot, not smoking. Cook the crab cakes for 2 to 3 minutes per side, until golden brown, turning them with a spatula. Drain them on a plate lined with a paper towel before serving. Serve hot.

CRAB ENCHILADAS

Bonnie Brown

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|---------------------------------------|-------------------------------------|
| 1 C. chopped onion | 1 C. sour cream |
| $\frac{1}{2}$ C. chopped green pepper | 2 (6 oz.) cans crabmeat |
| 6 T. butter or margarine | 2 C. Monterey Jack cheese (divided) |
| $\frac{1}{2}$ C. flour | 8 (10-inch) tortillas |
| 2 (4 oz.) cans green chilies | |
| 1 can chicken broth | |

In a large skillet, saute chopped onions and green peppers in butter until tender. Add $\frac{1}{2}$ C. flour and stir until smooth. Add green chilies and chicken broth. Cook and stir until thick. Remove from heat. Add sour cream, crabmeat, and 1 C. Monterey Jack cheese; mix well. Spoon 1-2 T. crab mixture into each tortilla, reserving some of the mix to use as topping. Roll each tortilla tightly and place seamside down in a greased casserole dish. Spread reserved crab mixture over tortillas. Top with remaining 1 C. Monterey Jack cheese. Bake at 350° for 30 minutes.

POOR MAN'S LOBSTER

Millicent I. Jepson

1 pkg. frozen white fish
1 gallon water
Bay leaves (about 5)

1/2 C. vinegar
1/2 C. salt

Fish should be cut into 2-inch-square pieces. Fish to use is pollock or some other like it. Put all ingredients together, including fish, and boil for 45 minutes. Take out of water and eat buttered.

CHOLESTEROL-FREE BAKED SALMON LOAF

Jessie George

1 lb. can salmon
1/2 C. chopped celery
1/4 C. chopped onion
1/4 lb. chopped, fresh mushrooms
1/4 C. evaporated skim milk

2 egg whites
1 1/2 T. dillweed
1 C. bread crumbs or oat bran
cereal

Combine all ingredients well in a bowl. Place in baking pan sprayed with PAM. Bake at 375° for 45 minutes. Cut into slices and serve.

SALMON PUFF

Dan Ramsey

4 eggs
1/2 C. milk
1 can mushroom soup
1 large can salmon
2 C. soft bread crumbs

1 T. minced parsley
2 T. soft butter
Dash of salt & pepper
Dash of dill (to liking)

Beat eggs and combine with milk and soup. Blend in remaining ingredients and pour into oiled casserole dish. Bake at 375° for 45-50 minutes.



SALMON STEAKS WITH GREEN BEANS ALMONDINE

Karen Struthers Albertus

½ C. slivered almonds
2 T. butter
8 salmon steaks (1-inch thick each)

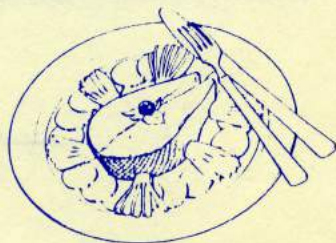
2 pkgs. (10 oz. each) frozen French-style cut green beans

SEASONED BUTTER:

½ C. butter (softened)
1 tsp. dried parsley flakes (crushed)
1 tsp. instant minced onion

1 tsp. seasoned salt
1 tsp. lemon juice
1/8 tsp. pepper
1/8 tsp. salt

In 9-inch glass pie plate, place almonds and butter. Microwave at 100% power for 4-5 minutes or until almonds are lightly browned, stirring after 2 minutes; set aside. Prepare seasoned butter: In small mixer bowl at medium speed, beat butter, parsley, onion, seasoned salt, lemon juice, pepper, and sugar until creamy and well blended. In 12x8x2-inch glass baking dish, arrange salmon with the thickest part of the salmon to the outside edges of the dish. Place ½ of the seasoned butter over the salmon. Cover tightly with plastic wrap, piercing to allow steam to escape. Microwave at 100% power for 4 minutes. Rearrange salmon, moving center steaks to the ends; re-cover. Microwave again at 100% power for 4-5 minutes, or until fish flakes easily. Cover with foil and let stand for 10 minutes. In 2-qt. glass casserole, place frozen beans and remaining seasoned butter. Cover with plastic wrap, piercing to allow steam to escape. Microwave at 100% power for 8-9 minutes or until beans are hot. To serve, place salmon on a warm platter and surround with beans. Pour buttered bean liquid over beans and sprinkle salmon with toasted almonds. Microwave at 100% power for 1-2 minutes to reheat. Makes 8 servings. Definitely a company dish and a special treat for most people. Fish steaks are one of the best foods to cook in the microwave. **ADDED TIP:** I have also used salmon filets which are excellent and don't seem to require quite as much cooking time. Watch closely so they don't overcook.



BASIL-SCALLOP LINGUINE

Mary Henry-Osman

- | | |
|----------------------------------|---|
| 1 T. olive oil | ½ C. white cooking wine |
| 2 medium garlic cloves (crushed) | 2 T. tomato paste |
| 2 shallots (minced) | 1 T. vegetable oil |
| 2 T. minced fresh basil | 1 (8 oz.) pkg. linguine or spaghetti |
| 2 T. minced Italian parsley | 1 lb. rinsed & drained scallops |
| Salt | 1 (9 oz.) pkg. frozen artichoke hearts (thawed) |
| ¼ tsp. crushed red pepper flakes | 2 T. pine nuts |
| 1/8 tsp. black pepper | |
| 1 (16 oz.) can diced tomatoes | |

Saute garlic and shallots in olive oil until tender. Add basil, parsley, 1 tsp. salt, red pepper flakes, black pepper, tomatoes, wine, and tomato paste. Bring mixture to boiling, cover, reduce heat and simmer for 20 minutes. Add scallops and artichokes and cook 5 minutes or until scallops are tender; set aside. Cook pasta until tender in water with salt and vegetable oil added; drain well. Cook pine nuts in small skillet until golden brown, stirring continually (no oil necessary). Place pasta on a serving platter. Top with tomato/scallop sauce. Sprinkle with toasted pine nuts and serve. Serves 6.

IMPOSSIBLE SEAFOOD PIE

Juanita Ridenour

- | | |
|---------------------------------|----------------|
| 1 (6 oz.) can of crab or shrimp | 2 C. milk |
| 1 C. shredded cheese (cheddar) | 1 C. Bisquick |
| 1 (3 oz.) pkg. cream cheese | 4 eggs |
| (cut into ¼-inch cubes) | ¾ tsp. salt |
| ¼ C. thinly sliced green onions | Dash of nutmeg |

Preheat oven to 400°. Lightly grease 10-inch pie plate. Mix crab meat (or shrimp), cheeses and onions in pie plate. Beat remaining ingredients until smooth, 15 seconds on high speed or 1 minute with hand beater. Pour into pie plate and bake until knife comes out clean, 35-40 minutes.

SHRIMP SCAMPI

Margaret Rios

- | | |
|--------------------------|----------------------------|
| 20-24 jumbo shrimp | 1 T. Worcestershire sauce |
| ¾ C. butter | Dash cayenne pepper |
| 2 cloves garlic (minced) | 1 T. fresh chopped parsley |
| ½ C. sliced green onions | ¼ C. dry white wine |
| 1 T. lemon juice | 1 box brown rice |

Peel and devein shrimp. Melt butter. Add garlic and onion. Stir in lemon juice, Worcestershire sauce, pepper, parsley, and wine. Place shrimp in shallow dish. Pour ½ of butter mixture over the shrimp and broil 5 inches from the heat for 3 minutes. Turn the shrimp over and add rest of butter mixture. Broil 3 minutes. Marinate for 2 minutes, then pour over the cooked rice.

SCAMPI

Jan Lawler

- | | |
|-------------------------------|------------------|
| 1 C. butter or margarine | 1 T. steak sauce |
| 3 T. chopped parsley | Paprika |
| 1½ lbs. fresh shrimp, cleaned | 3 T. sherry |
| 1 T. Worcestershire sauce | Salt & pepper |
| 12 cloves garlic | |

Combine butter, garlic, parsley, and steak sauce in saucepan. Add Worcestershire, dash of paprika, and sherry. Heat until melted. Arrange shrimp in baking dish and pour butter mixture over shrimp. Bake at 400° for 20 minutes, salt and pepper to taste. Do not overbake. Serve over rice.

SHRIMP AND SHELLS

Caitie McFadden

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|--|--|
| 1¼ C. small seashell pasta
(uncooked) | 1 clove garlic (minced) |
| ¼ lb. fresh snow peas | 1-2 tsp. fresh dill (minced) |
| ½ lb. cooked medium shrimp | ⅓ C. Parmesan cheese
(freshly grated) |
| 2-3 T. olive oil | |

Cook pasta, rinse with cool water and drain. Steam peas until crisp-tender. Combine shrimp, oil, garlic, and fresh dill in small skillet and cook until hot. Add pasta, peas, cheese, and toss to coat. Serves 2.

SWEET AND SOUR SHRIMP

Florence Johnson

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|-------------------------|----------------------|
| 2 T. oil | 1/8 C. white vinegar |
| 1 lb. medium shrimp | Salt |
| 1 clove garlic (minced) | 1 tsp. cornstarch |
| 1 tsp. ginger, julienne | 2 T. water |
| 1/4 C. ketchup | Parsley |
| 1/8 C. sugar | |

Heat oil in pan until very hot. Stir fry ginger for 30 seconds. Add garlic and toss until light brown and fragrant. Stir in shrimp and cook until light pink. Add ketchup, sugar, vinegar, and salt; mix well. Mix cornstarch and water, pour into pan. When sauce thickens, transfer shrimp onto serving plate and garnish with parsley. Serve hot.

SESAME NOODLES AND THAI SHRIMP

Susan Collins (for Paul Newman)

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|--|--|
| 1 lb. medium size shrimp (shelled & deveined) | 1 (8 oz.) pkg. capellini or angel hair pasta |
| 1 (8 oz.) bottle Newman's Light Italian Dressing | 2 T. chopped cilantro |
| 2 T. chunky peanut butter | 1 medium carrot (shredded) |
| 1 T. honey | 1 C. chopped green onions (2 bunches) |
| 1 T. soy sauce | 2 T. salad oil |
| 1 tsp. grated peeled gingerroot | 1 T. sesame oil |
| 1/2 tsp. crushed red pepper | |

One hour before serving: Pour 1/3 C. light Italian dressing over shrimp. Cover and refrigerate. In small bowl, mix peanut butter, soy sauce, honey, gingerroot, red pepper and remaining salad dressing; set aside. After shrimp has marinated 1 hour, prepare capellini as label directs; drain. Heat 4 qt. saucepan over high heat. Heat salad oil and sesame oil until very hot. Cook carrot 1 minute. Drain salad dressing from shrimp. Add shrimp and green onions to carrots and cook, stirring constantly, about 3 minutes or until shrimp are opaque. In large bowl toss hot capellini with shrimp and peanut butter mixtures and chopped cilantro. Garnish with cilantro sprig. Calories 510, fat 18 gm.

- ITALIAN -

CAVATINI

Beverly Gardner

- | | |
|--------------------------------|--------------------------------|
| 1½ lbs. ground beef | 1 (32 oz.) jar spaghetti sauce |
| ½ lb. ground sausage | 1 (8 oz.) jar taco sauce |
| 1 (10 oz.) pkg. shell macaroni | 2 C. mozzarella cheese |
| 1 small can mushrooms | |

Brown meat. Mix all other ingredients except cheese and add to meat. Put into a 9x12-inch dish and let set in refrigerator overnight. Put cheese on top and bake at 350° for 30-45 minutes. If you want to cook macaroni, that is up to you. Not necessary.

FETTUCCINI ALFREDO

Cindy Baumbach

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|---|--------------------------------------|
| 1 (8 oz.) pkg. fettuccini noodles
(cooked) | ½ tsp. garlic salt |
| 5 T. melted butter | 1/8 tsp. white pepper |
| ½ tsp. sage | ½ pt. heavy cream (half & half) |
| ½ tsp. basil | ¾ C. grated fresh Parmesan
cheese |
| | ½ C. grated Swiss cheese |

Mix seasonings and pepper with melted butter. Toss with noodles. Mix in cream and cheeses. Stir gently until cheese is melted and noodles are coated. Serve immediately on warm platter.

EASY LASAGNA

Marilyn Jensen

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|--|--|
| 1½ lbs. ground beef | 1 C. water |
| 3 (8 oz.) cans tomato sauce | 1 pkg. onion soup mix |
| 1 (8 oz.) pkg. lasagna noodles
(probably 9) | 1 (8 oz.) pkg. mozzarella cheese
slices |

Preheat oven to 400°. Brown ground meat. Stir in soup mix, sauce, and water. Cover and simmer 15 minutes. In 2 qt. oblong dish alternate layers of noodles, meat sauce, and cheese, ending with cheese. Bake 15 minutes or until bubbling. Serves 6-8.

LASAGNA

Dan Holderness

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|-----------------------------|------------------------------|
| 1 lb. ground beef | ½ tsp. fennel seeds |
| ½ lb. Italian sausage | ¼ tsp. basil leaves |
| 3½ C. tomatoes (cut up) | 1 tsp. sugar |
| 1 (16 oz.) can tomato sauce | 8 oz. fresh sliced mushrooms |
| 2 small fresh onions | ½ lb. lasagna noodles |
| 1/8 tsp. garlic powder | 1 lb. ricotta cheese |
| 1½ tsp. oregano leaves | 1 lb. mozzarella cheese |
| ¼ tsp. rosemary leaves | ½ C. grated Parmesan cheese |

Saute meat in 2 T. olive oil until it loses its pink color. Add tomatoes, tomato sauce, seasonings, and mushrooms. Mix well and cook slowly, about 2 hours or until sauce thickens. Cook noodles following directions on package; drain, rinse in cold water and separate. In a buttered 3 qt. baking dish, make two layers of noodles, meat sauce, ricotta, mozzarella cheese and Parmesan cheese in this order. Use about ½ the sauce for each layer. Bake in 350° oven for 30 minutes or until bubbly like champagne.

LASAGNA

Marie Ware

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|---------------------------------|-----------------------------|
| 1 (8 oz.) box lasagna noodles | 1 (15 oz.) can tomato sauce |
| 1 lb. ground beef | 1 pkg. spaghetti sauce mix |
| 2 tsp. garlic powder | 1 tsp. oregano |
| ¼ tsp. pepper | 1 tsp. basil |
| 1 (15 oz.) can tomatoes (whole) | ½ lb. mozzarella cheese |

Cook lasagna noodles and rinse in cold water. Brown ground beef. Add garlic powder and pepper and cook 10 minutes. Add tomatoes, tomato sauce, spaghetti mix and spices. Cover and simmer 30 minutes. In a 9x13-inch pan, layer meat, noodles, and cheese. Repeat layers ending with meat. Bake at 350° for 20-30 minutes or until bubbly. Let stand 15 minutes. Serve.



LASAGNA CASSEROLE

Alice Pidgeon

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|---------------------------------------|---------------------------------|
| 1 (8 oz.) pkg. extra wide egg noodles | 1¾ C. (15½ oz.) spaghetti sauce |
| 1 lb. ground beef | 1 C. ricotta or cottage cheese |
| ½ C. chopped onion | 1 T. chopped fresh parsley |
| 1 clove garlic (minced) | 2 C. shredded mozzarella cheese |
| Parmesan cheese (optional) | |

Cook noodles as per pkg. directions for 3 minutes. Brown ground beef, onion, and garlic; drain. Stir in spaghetti sauce and simmer 10 minutes. Remove 1 C. meat sauce and set aside. Stir cooked noodles into remaining sauce. Place ½ of noodle mixture into 2 qt. casserole. Combine ricotta cheese with parsley, spread on top of noodle mixture. Sprinkle with 1 C. mozzarella cheese. Place remaining noodle mixture on top of cheese. Cover with reserved sauce and remaining mozzarella cheese. Bake covered at 350° for 25-30 minutes or until hot and bubbly. Serves 4-6.

CHICKEN LASAGNA

Verlee Lauderbaugh

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|---|--------------------------------------|
| 1 (8 oz.) pkg. lasagna noodles | ½ C. chopped onion |
| 10 oz. chopped cooked chicken or turkey | ½ C. chopped green pepper |
| 1 can cream of chicken soup | ½ tsp. basil |
| 1 (4 oz.) jar sliced mushrooms | 12-16 oz. mozzarella cheese (grated) |
| 1½ C. cottage cheese | |

Cook noodles. Mix together soup, chicken, onion, green pepper, mushrooms, and basil. In a greased pan, layer the noodles, chicken mixture, cottage cheese, and grated cheese. Make three layers. Bake, covered for 45 minutes at 350°.

A diet is the penalty we pay for exceeding the feed limit.

ONE-STEP LASAGNA

Linda Keiser

- | | |
|--|-----------------------------------|
| 1 lb. ground beef | 1 egg (beaten) |
| 1 (32 oz.) jar spaghetti sauce | 9 pieces lasagna (uncooked) |
| ¾ C. water | 1 (12 oz.) pkg. mozzarella cheese |
| 1 tsp. basil leaves | slices or 3 C. shredded |
| 1 tsp. oregano leaves | mozzarella cheese |
| 1 (12 oz.) carton creamed cottage cheese | ⅓ C. grated Parmesan cheese |

Heat oven to 350°. In large skillet, brown ground beef; drain. Stir in spaghetti sauce, water, basil, and oregano. Simmer 5 to 10 minutes, stirring occasionally. In small bowl, combine cottage cheese and egg. In ungreased 13x9-inch pan, layer ⅓ of noodles, ⅓ of meat sauce, ⅓ of cottage cheese mixture and ⅓ of mozzarella cheese. Repeat layers ending with mozzarella on top. Sprinkle with Parmesan cheese. Cover with foil and bake at 350° for 30 minutes. Remove foil and bake an additional 25 to 30 minutes. Let stand 10 to 15 minutes before serving. Makes 8 servings. NOTE: The lasagna noodles will fill up the pan when done cooking. Everyone thinks they need to add more, but you don't.

HEARTY BAKED MACARONI

Marge Lamansky

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|---|--|
| *1 (16 oz.) can tomato puree | ½ tsp. onion powder |
| *1 C. water | 1 (8 oz.) pkg. macaroni (cooked and drained) |
| 2 tsp. Italian seasoning | 1 (4 oz.) pkg. mozzarella cheese |
| 1 tsp. garlic powder | (sliced) |
| 1 (24 oz.) carton cottage cheese (lowfat) | |

*Can use spaghetti sauce for puree and water (use less Italian seasoning). Combine puree and water, Italian seasoning and ½ tsp. garlic powder in one bowl. In another combine cottage cheese, onion powder, and remaining garlic powder. Spray a 9x9x2-inch pan with cooking spray. Layer as follows: ⅓ tomato mixture, ½ macaroni, all cheese mixture, ⅓ tomato mixture, remaining macaroni and rest of tomato mixture. Cover and bake at 350°, 1 hour. Uncover, top with mozzarella cheese. Bake uncovered until cheese melts. (I make 1½ recipe and put in a 9x13-inch pan.)

LOWFAT SPINACH LASAGNA

Becky Lienemann

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|---|---|
| ½ lb. lasagna noodles (cooked by directions) | 2 egg whites (beaten) |
| 1 medium onion (chopped) | ¼ tsp. pepper |
| 2 cloves garlic (minced) | 2 to 3 T. fresh parsley (chopped) |
| 1 lb. part-skim ricotta | Nonstick cooking spray |
| ¼ C. grated Parmesan | 6 C. tomato or meatless spaghetti sauce |
| 1 (10 oz.) pkg. frozen chopped spinach (thawed & drained) | 6 oz. part-skim mozzarella (grated) |

Cook lasagna noodles. While they are cooking, saute onion and garlic in the olive oil (you may add 1-2 T. of water if it looks like it's sticking). In a separate bowl, combine ricotta, Parmesan, spinach, egg whites, pepper, parsley, and sauteed onion and garlic, mixing well. Spray a 9x13x2-inch casserole with cooking spray. Spread ¼ of spaghetti sauce on bottom, then arrange a layer of noodles, top with ½ ricotta-spinach mixture, sprinkle with ½ mozzarella, and top with tomato sauce. Repeat layers twice more ending with spaghetti sauce. Cover tightly with foil, bake at 350° for 40 minutes. Remove foil and bake 10-15 minutes more.

MOSTACCIOLI BAKE

Shirley Skay

- | | |
|--------------------------------|--|
| 1 lb. ground beef | ¾ C. (3 oz.) Parmesan cheese (divided) |
| 4 C. mostaccioli | 1 (8 oz.) pkg. mozzarella cheese |
| 1 (30 oz.) jar spaghetti sauce | |

Cook and drain mostaccioli. Brown ground beef and drain. Stir in mostaccioli, spaghetti sauce, and ½ C. of Parmesan cheese. Spoon into 9x13-inch baking pan. Top with mozzarella cheese and remaining Parmesan cheese. Bake at 375° for 20 minutes. Makes 6 servings.



CHICKEN HOT DISH

Shelly Grace

- | | |
|------------------------------|------------------------------|
| 4 C. diced, cooked chicken | ¾ C. mayonnaise |
| 1 can cream of chicken soup | ½ C. sliced ripe olives |
| 1 can cream of mushroom soup | 1 can sliced water chestnuts |
| 2 C. sliced celery | 2 T. minced onion |
| 1 small can pimiento | 2 T. real lemon juice |
| 1 box Triscuits | |

Crush Triscuits, put ¾ of this on bottom of a 9x13-inch pan. Cover with the rest of the ingredients and sprinkle with remaining crushed Triscuits. Be sure to have a cover on the pan. Bake 1 hour at 350°. Uncover and bake another 15 minutes. Serves 10-12.

CHICKEN CHIFFON

Margaret Weaver

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|--|-----------------------------|
| 4 chicken breasts (boned & skinned) - 8 pieces | 1 C. hot water |
| Salt & pepper | 1 C. oleo |
| Mozzarella cheese | 2 cans cream of celery soup |
| 1 large pkg. Pepperidge Farm cube dressing | 1½ C. milk |
| | 1 T. parsley flakes |

Use a 9x13-inch pan. Heat oven to 325°. Place chicken pieces in pan. Salt and pepper. Place 1 piece of mozzarella cheese on each piece. Mix and put on top of the cheese: the dressing cubes, hot water, and oleo. Then mix the soup, milk, and parsley flakes. Pour over the dressing mix. Bake 1 hour and 45 minutes. Put foil over if it gets too crisp.

CHICKEN AND DRESSING

Denise Gannon

- | | |
|--|-----------------------------|
| 6 boneless chicken breasts | 1 can cream of chicken soup |
| 6 slices Swiss cheese | 1 stick butter |
| 1 (16 oz.) pkg. herb seasoned dressing | |

Place chicken in an oblong greased casserole dish. Place one slice of Swiss cheese on each piece of chicken. Spoon soup over cheese. Sprinkle dressing over cheese. Melt butter and drizzle over the top. Bake for 2 hours at 300°, uncovered.

JULENE'S COMPANY CHICKEN

Sue Dvorak

- | | |
|--------------------------------|--------------------------------|
| 1 pkg. Ritz crackers (crushed) | 1 tsp. poppy seeds (optional) |
| 1 stick margarine (melted) | 6-8 boneless, skinless chicken |
| 1 can cream of mushroom soup | breasts (uncooked) |
| ½ C. sour cream | |

Mix the crackers and butter together. Mix the mushroom soup with the sour cream. (Stir in poppy seeds, if desired.) In a 9x13-inch pan place ½ of the soup mixture. Next sprinkle on ½ of the crumb mixture. Place the chicken breasts on top of this. Then add the rest of the soup mixture and top with the remaining cracker crumb mixture. Bake at 350° for about 1 hour and 15 minutes or until done.

CHICKEN CORDON BLEU

Becky Lienemann

- | | |
|--|---|
| 4 skinless, boneless chicken
breasts | 4 slices Swiss cheese |
| 4 pieces of honey-baked or
boiled ham | 1 C. fine bread crumbs,
homemade or store bought |

Dry chicken pieces and place between 2 pieces of wax paper and beat until flat (should be about ½-inch thick). Lay out chicken pieces, rough side up. Layer each breast with one piece of ham and one piece of cheese. Roll each from small side to large side and secure with a toothpick. Spray a casserole dish with non-stick cooking spray before placing the chicken rolls in it. Sprinkle with bread crumbs until each roll is well-coated (even if it takes more than 1 C.). Bake in preheated 350° oven for 40 minutes. Remove toothpicks before serving. HINT: If the cheese starts to burn before the chicken is done, place a piece of aluminum foil over the casserole.

*A smile is a light in the window of your face
to show your heart is at home.*

CHICKEN DIANE

Char Larson

- | | |
|---|---------------------------------|
| 4 large boneless, skinned chicken breasts or 8 small ones | Juice of ½ fresh lime or lemon |
| ½ tsp. salt | 2 T. dry vermouth or white wine |
| ½ tsp. pepper | 3 T. chopped parsley |
| 2 T. olive oil | 3 T. chopped cilantro |
| 2 T. butter | 2 tsp. Dijon mustard |
| 3 T. chopped fresh chives or green onions | ¼ C. chicken broth |

Place chicken breasts between sheets of waxed paper and pound slightly. Sprinkle with salt and pepper. Heat 1 T. each of oil and butter in large skillet. Cook chicken over high heat for 4 minutes on each side. Do not cook longer or they will be overcooked and dry. Transfer to platter and keep warm in 250° oven. Add chives or green onion, lime juice, vermouth, parsley, cilantro and mustard to pan. Cook 15 seconds, whisking constantly. Whisk in chicken broth. Stir until sauce is smooth. Whisk in remaining butter and oil. Pour sauce over chicken. Serve immediately. Good with fresh broccoli and green salad. Can be doubled for serving eight.

ESCALLOPED CHICKEN

Michele Brandstatter

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|--------------------------------|----------------------|
| 4 C. chicken (cooked & cut up) | 2 T. chopped onion |
| 8 C. bread cubes | 4 T. flour |
| ½ C. melted butter | 4 T. evaporated milk |
| 1¼ tsp. powdered sage | 4 C. broth |
| ¼ C. evaporated milk | ½ tsp. salt |

Put chicken in 9x13-inch baking pan. Make dressing with bread, melted butter, sage, onion, and evaporated milk. Toss lightly and put over chicken. Make gravy with flour, evaporated milk, broth, and salt. Pour over ingredients in pan. Bake at 350° for 45 minutes or until brown on top.



ESCALLOPED CHICKEN

Char Larson

- 4 to 5 C. cooked & cut up chicken
- 1 C. celery
- 1 T. chopped onion
- 1 can sliced water chestnuts
- 4 hard-boiled eggs (cut up)
- 1 small can sliced black olives (2¼ oz.)
- 2 T. coarsely chopped fresh cilantro
- ½ C. light mayo (Hellmann's preferred)
- 2 T. lemon juice
- Salt & pepper
- 1 can cream of mushroom soup
- 1½ C. crushed cornflakes or Pepperidge Farm dressing (not the cube type)

Mix first 10 ingredients and then add mushroom soup and mix well. Put into 2 small or 1 large casserole dish. Cover with crushed cornflakes or Pepperidge Farm dressing. Bake at 350° for 40 to 45 minutes. This can be made a day ahead or it can be frozen. Adjust cooking time to temperature of casserole.

CHICKEN FAJITA PIZZA

Jenan Ellis

- 2 whole chicken breasts (skinned/boned cut into 2x½-inch strips)
- 1 T. olive oil or oil
- 1-2 tsp. chili powder
- ½-1 tsp. salt
- ½ tsp. garlic powder
- 1 C. thinly sliced onions
- 1 C. (2x¼-inch) green or red bell peppers
- 1 (10 oz.) can Pillsbury refrigerated pizza crust
- ½ C. prepared mild salsa
- 1 (8 oz.) pkg. (2 C.) shredded Monterey Jack cheese

In large skillet, stir fry chicken over medium heat in oil for 5 minutes or until lightly browned. Stir in chili powder, salt, and garlic powder. Add onions and green pepper; stir fry an additional one minute or until vegetables are crisp-tender. Grease a 9x13-inch pan. Unroll pizza dough in pan. Bake dough at 425° until light golden brown. Spoon chicken/vegetable mixture over crust. Spoon salsa over chicken; sprinkle with cheese. Bake 14-18 minutes until golden brown.

BUTTERMILK RANCH FRIED CHICKEN

Kim Moeller

2½ to 3 lbs. frying chicken pieces	1½ tsp. salt
Vegetable oil	¾ tsp. pepper
2¼ C. all-purpose flour	2½ C. buttermilk
1¼ T. dry dillweed	

Rinse chicken and pat dry; set aside. Fill large deep-fry pot or electric skillet to no more than half its depth with Wesson Oil. Heat oil to 325°. In a bowl, combine flour, dill, salt, and pepper. Fill another bowl with buttermilk. Place chicken, one piece at a time, in buttermilk; shake excess liquid. Roll in flour mixture; shake excess flour. Dip again in buttermilk and flour mixtures. Fry chicken in small batches, skin side down, for 10 to 14 minutes. Rotate and fry 12 to 15 minutes longer or until juices run clear; drain on paper towels. Let stand 7 minutes before serving. Makes 4 to 6 servings.

HONEY-BAKED CHICKEN

Carly Sieger

4 chicken breasts (skinned)	2 T. mustard
⅓ C. melted margarine	1 tsp. salt
⅓ C. honey	1 tsp. curry powder

Rinse chicken and pat dry. Arrange in baking pan sprayed with nonstick cooking spray. Spoon mixture of margarine, honey, mustard, salt, and curry powder over chicken. Bake at 350° for 1¼ hours, basting every 15 minutes.

MUSTARD AND HONEY CHICKEN

Pam Kacmarynski

Nonstick spray coating	Salt
4 medium chicken breast halves (boned, skinless)	2 tsp. prepared mustard
	2 tsp. honey

Spray the unheated rack of a broiler pan with nonstick spray coating. Sprinkle chicken lightly with salt. Arrange chicken on broiler rack. Broil 4 to 5 inches from heat for 6 minutes. Meanwhile, in a small bowl stir together mustard and honey. Brush over chicken. Broil 1-2 minutes more or until chicken is tender and no longer pink. Makes 4 servings.

KING RANCH CHICKEN

Anne Allen

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|---|--|
| 1 (10¾ oz.) can cream of chicken soup | 12 corn tortillas (cut into pieces) |
| 1 (10¾ oz.) can cream of mushroom soup | 1 (3-4 lbs.) chicken (cooked & cut into bite-sized pieces) |
| 2 C. chicken broth | 1 large onion (chopped) |
| 1 (10 oz.) can Rotel tomatoes & green chilies | 2 C. grated cheddar cheese |

Combine soups, chicken broth, and tomatoes and set aside. Oil a 3-quart casserole. Layer half of the tortilla pieces, half of chicken, half of onion, and half of cheese. Pour half of chicken broth mixture over layers. Repeat layers of tortillas, chicken, and onion, then pour remaining chicken broth over and top with remaining cheese. Bake at 350° for 45-60 minutes. Serves 8.

LEMON CHICKEN

RECIPT 7311A Bob Patton

This is a recipe that I picked up back in college, and over the years adjusted here and there to fit my tastes or mood I happened to be in at the time I was cooking. As a result, some of these steps do not have hard-and-fast measurements of time, temperature or amounts. Therefore you may need to rely on your own experience, instincts, lessons from Mom or Grandma or just whatever seems right.

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|---|--|
| 4 boneless chicken breast halves | 1 T. Worcestershire sauce |
| ½ stick of butter | 1½ T. soy sauce |
| Juice from 1 fresh lemon or 3 T. of lemon juice | You will also need a container of lemon peel |

Thoroughly rinse and pat dry the chicken pieces. Place the chicken in an aluminum foil baking pan so the pieces are touching. Set it aside. Mix the remaining ingredients in a small pot over medium-low heat. Sprinkle in some lemon peel. (For a little extra zing, throw in a dash or two of oregano.) Once the butter has completely melted, take the pot off the heater. Pour contents over the chicken. Broil the chicken in a stove (I usually prefer a 425° setting), turning over occasionally and basting several times with the sauce. Do so until the surface is crispy, brown and bubbly-looking. Do not allow to get charred (the chicken, I mean).

LEMON TERIYAKI GLAZED CHICKEN

Marie Ware

1/2 C. lemon juice
1/4 C. soy sauce
1/4 C. sugar
3 T. brown sugar

2 T. water
4 cloves garlic (finely chopped)
3/4 tsp. ground ginger
8 chicken thighs

In skillet, combine all ingredients except chicken. Cook over medium heat 3-4 minutes. Add chicken. Simmer 30 minutes or until tender. Serve chicken over rice.

CHICKEN MARSALA

Becky Lienemann

6 boneless chicken breasts
1/2 C. flour
1 C. butter
1 1/2 C. fresh mushrooms (sliced)
3/4 C. Marsala wine

1/2 C. chicken bouillon
1/2 C. mozzarella cheese
(shredded)
1/2 C. Parmesan cheese (grated)

Place chicken pieces between wax paper and flatten to 1/8-inch thickness. Dredge in flour. Cook 4 pieces in 2 T. butter for 3 or 4 minutes on each side until golden brown. Put chicken in greased 13x9x2-inch pan and sprinkle with salt and pepper. Repeat with remaining chicken, adding 2 more T. butter. Reserve skillet drippings. In a separate skillet, saute mushrooms in 1/4 C. butter and drain. Sprinkle over chicken in casserole dish. Stir wine and chicken bouillon in skillet with reserved butter. Simmer 10 minutes, stirring occasionally. Stir in 1/2 tsp. salt and 1/8 tsp. pepper. Spoon over chicken. Combine cheeses and sprinkle over chicken. Bake at 450° for 10 to 12 minutes or until cheese is lightly browned.

CREAMY CHICKEN MUSHROOM CASSEROLE *Deanna Slocum*

2-4 skinless, boneless chicken
breasts

1 can creamy chicken mushroom
soup

Grease casserole dish. Place chicken on bottom of dish. Add soup and bake, covered, at 300° for 1 hour. Serve with rice and fresh asparagus.

CHICKEN MARSALA

Becky Louvar

- | | |
|--|------------------------------|
| 4 T. butter | ½ lb. mushrooms (sliced) |
| 4 skinless, boneless chicken breast halves (pounded to ¼-inch thick) | ¼ C. dry Marsala |
| 4 shallots (finely chopped) | ½ C. heavy cream |
| | 1 tsp. lemon juice |
| | Salt & freshly ground pepper |

In a large fry pan melt 2 T. of butter over medium heat. Add chicken and saute, turning once, until lightly browned, about 2 minutes on each side. Remove and set aside. Melt remaining butter in pan. Add shallots and mushrooms. Cook until mushrooms are lightly browned (3 to 5 minutes). Add Marsala and bring to boil, scraping up any browned bits from bottom of pan. Add cream and lemon juice and return to a boil. Season with salt and pepper to taste. Return chicken to pan and cook, turning in sauce, for about 3 minutes to reheat and finish cooking. Serve with garlic mashed potatoes or pasta. I like it with angel hair pasta.

CHICKEN WITH MUSHROOMS AND CHEESE

Gloria Holderness

- | | |
|-------------------------|---------------------------------|
| 3 lbs. chicken breasts | 1 C. shredded mozzarella cheese |
| ½ C. margarine | ½ C. milk |
| 1 small onion (chopped) | 1 can cream of mushroom soup |
| ¼ tsp. garlic salt | 8 oz. fresh mushrooms (sliced) |
| 1½ C. hot chicken broth | |

Melt margarine in heavy skillet. Saute chicken, onion, and garlic salt until chicken is lightly browned. Place chicken mixture in a glass 9x13-inch baking dish. Pour hot chicken broth over it. Bake at 350° for 1 hour, turning chicken every 15 minutes. Remove from oven and drain excess broth. Combine shredded cheese, milk, soup, and mushrooms. Pour over chicken, making sure the skin is not exposed. Bake 20 minutes longer at 350°.



"NO PEEK" CHICKEN

Anna Marie Urban

1 box Uncle Ben's long grain &
wild rice with herbs
1 can cream of mushroom soup
1 can cream of celery soup
1 can of cold water

1 tsp. parsley
Dash of curry powder
6-8 pieces of chicken (skinned
breasts work the best)
1 pkg. onion soup mix

Lightly grease casserole (9x13-inch). Mix first six ingredients and place chicken on top. Sprinkle chicken with onion soup. Seal with foil and bake at 350° for 2½ hours. Don't peek! This is wonderful for a group. When it is done just turn off the oven and it will stay warm until you are ready to eat.

CHICKEN BREAST PARMESAN

Sarah Hoffman

½ C. pancake mix
¼ tsp. salt
1/8 tsp. pepper
4 whole chicken breasts (split)
1 can mushroom soup

⅓ C. dry onion soup mix
(½ of 1 3/8 oz. pkg.)
⅓ C. milk
½ C. grated Parmesan cheese
Parsley

Combine pancake mix, salt, and pepper. Roll chicken breasts in mixture, coat well. Place chicken breasts in 3 qt. baking dish, overlapping if necessary. Combine soup, soup mix, and milk. Blend until smooth. Pour over chicken. Cover dish with foil. Refrigerate overnight or bake. Bake 1 hour. Remove foil and sprinkle cheese on top. Bake uncovered for 15 minutes. Garnish with parsley and serve. Bake at 375°.

PARMESAN CHICKEN

Timothy W. Sheets

½ C. margarine (melted)
2 tsp. Dijon mustard
1 tsp. Worcestershire sauce
½ tsp. salt

1 C. dry bread crumbs
½ C. grated Parmesan cheese
6 to 8 boneless, skinless chicken
breast halves

In a pie plate or shallow bowl, combine butter, mustard, Worcestershire sauce and salt. In a plastic bag, combine crumbs and Parmesan cheese. Dip chicken in butter mixture, then shake in crumb mixture. Place in an ungreased 9x13-inch baking pan. Drizzle with remaining butter mixture. Bake at 350° for 40-45 minutes or until chicken is no longer pink and juice runs clear. Makes 6-8 servings.

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WINNIE'S TRACK TEAM POTLUCK CHICKEN

Trudy Conklin

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|------------------------------|---|
| 1 can cream of mushroom soup | ¼ C. chopped onion |
| 1 (8 oz.) carton sour cream | 1 can mushrooms |
| ¾ C. mayonnaise | 1 small can of water chestnuts
(drained) |
| ½ C. chopped celery | 3-4 C. chicken or turkey pieces |

Mix and bring all ingredients to a boil until heated through. Spread into lightly greased 9x13-inch pan. Cover with one tube of crescent rolls to make a flat crust. Sprinkle with grated cheddar cheese. Bake at 350° for 25-30 minutes until bubbly and crust is lightly browned. Let it set up for 5-10 minutes while it cools slightly.

CHICKEN AND RICE

Amber Freeman

- | | |
|-------------------------------|------------------------------|
| 1 can cream of chicken soup | 1½ C. rice |
| 1 can cream of celery soup | ⅔ C. milk |
| 2 cans cream of mushroom soup | 6-8 pieces chicken (browned) |

Preheat oven to 350°. Brown chicken. Grease a 9x13-inch or a little larger pan. Mix soups, rice, and milk; pour into pan. Top with chicken. Cover with foil, bake for 1 hour. Uncover and bake 45 minutes longer or until chicken and rice are golden brown. Let set for 5 minutes before serving.

CHICKEN AND RICE

Jan Vrban and Penny Carlson

- | | |
|------------------------------|--------------------------------|
| 2 C. uncooked rice | 1 can sweetened condensed milk |
| 6 chicken breasts | ½ C. milk |
| 1 can cream of chicken soup | 1 pkg. Lipton onion soup mix |
| 1 can cream of mushroom soup | |

Mix together soups, rice, milks, and soup mix. Pour into baking dish. Put chicken on top. Bake at 350° for 2 hours. (I usually cover my dish for the first hour or so.)

CHICKEN AND RICE CASSEROLE

Bill Searls

- | | |
|------------------------------|---------------------------------|
| 1¼ C. uncooked rice | 2 C. chicken (cut in pieces) or |
| ½ C. butter | 3 chicken breasts (split) |
| 1 can cream of mushroom soup | 2 T. melted butter |
| 1 can cream of chicken soup | Paprika |
| 1 can cream of celery soup | |

Melt butter; add soups. Heat and stir until smooth; add rice. Spread in shallow 9x13-inch baking dish. Lay chicken on top, skin side up. Brush with butter. Sprinkle lightly with paprika. Bake at 275° for approximately 2½ hours.

CHICKEN AND RICE CASSEROLE

Alice Wade

- | | |
|-----------------------------|----------------|
| 4 chicken breasts | 2 C. water |
| 1 C. rice (dry) | Paprika |
| 1 can mushroom soup | Dry onion soup |
| 1 can cream of chicken soup | |

Place dry rice in a glass or Pyrex 9x9-inch baking dish. Place chicken breasts over rice. Mix 1 C. of water with can of mushroom soup and pour over chicken. Mix cream of chicken soup with remaining cup of water and pour that over chicken. Sprinkle with paprika and dry onion soup. Cover with foil and bake 2 hours at 350°.

TASTY CHICKEN AND RICE

Joan Heitman

(Lowfat)

- | | |
|--|--|
| 2 C. large chunks skinned &
boned chicken or individual
pieces chicken (raw) | |
| 1 C. uncooked rice | 2 T. + 1 tsp. chicken bouillon
granules |
| 2½ C. boiling water | |

Season with a few shakes ground thyme and ground rosemary or as desired. Combine all in 9x13-inch baking dish. Cover, bake in 400° oven for 1 hour.

HOT CHICKEN SALAD

Sue Dvorak

- | | |
|---|--------------------------------|
| 5 skinless, boneless chicken breasts (cooked & chopped) | 1 can cream of chicken soup |
| 1 small jar chopped pimientos | 2 C. chopped celery |
| 1 pkg. slivered almonds | ¼ C. onion (chopped) |
| 3 T. lemon juice | 1 C. mayonnaise |
| 2 chicken bouillon cubes dissolved in small amount of hot water | 1 tsp. salt |
| 1 can cream of mushroom soup | 1 can chopped mushrooms (opt.) |
| | 1 can French fried onion rings |

Mix all of the ingredients together (except for the onion rings). Pour into 9x13-inch pan. Bake for 15 minutes at 375°. Pour on onion rings. Bake for 15 minutes more at 350° or until hot and bubbly.

HOT CHICKEN SALAD

Del Hartvigsen

- | | |
|------------------------------|-------------------------------------|
| 4 C. cooked, deboned chicken | 1 can cream of chicken soup |
| 2 C. celery | 1 C. mayonnaise |
| 4 T. onion | 2 C. sharp cheddar cheese (grated) |
| 1 C. slivered almonds | 1 medium bag potato chips (crushed) |
| 4 T. pimientos | |
| 4 T. lemon juice | |

Mix all ingredients except cheese and chips. Place in greased casserole; then cover with cheese and chips. Bake at 350° for 25 to 30 minutes.

CHICKEN STIR FRY/BAKE

Donna Young

- | | |
|--------------------------------|---------------------------|
| 2 C. chicken (cut up & cooked) | 1 can water chestnuts |
| 2 C. chicken broth | Optional: bean sprouts, |
| 2 C. broccoli | pea pods |
| 2 C. cauliflower | Fresh or canned mushrooms |

Stir fry chicken (cubed); add chopped-up vegetables. Then put in a 9x13-inch casserole dish. Add chicken broth, stir all together. Top with bread crumbs. Bake at 350° for 1 hour. Serve over rice or noodles.

HOT CHICKEN SALAD

Mardell Tinkey and Gerry Lackender

- | | |
|--|-----------------------------|
| 2 C. diced, cooked chicken or turkey | 1 can cream of chicken soup |
| 1 C. chopped celery | ¾ C. mayonnaise |
| 1 C. cooked rice | 1 T. lemon juice |
| 1 can water chestnuts (sliced & drained) | ¼ C. diced onion |

TOPPING:

- | | |
|-----------------------------------|-----------------------|
| 1 C. crushed cornflakes | ½ C. slivered almonds |
| 3 T. margarine or butter (melted) | |

In a large bowl, combine soup, mayonnaise, onion, water chestnuts, celery, and lemon juice. Fold in chicken and rice. Turn into greased, 2 qt. baking pan. To make topping, melt butter in microwave, add cornflakes and almonds. Sprinkle on top of casserole. Bake at 350° for 30 minutes. If desired, ripe olives and grated cheese may be added to the ingredients.

CHICKEN SUPREME

Debbie Sorosky

- 3 whole skinless, boneless chicken breasts (split)

SAUCE:

- | | |
|-----------------------------------|---|
| 1 (16 oz.) bottle French dressing | 1 pkg. California Dip Lipton onion soup mix |
| 1 (16 oz.) pkg. whole cranberries | |

Preheat oven to 300°. Mix sauce ingredients. Place chicken in a 9x13-inch baking dish. Pour sauce over chicken. Bake uncovered 1¼ hours. Stir occasionally while baking.

Gossip is like a balloon—it grows bigger with every puff.

EASY SPANISH PAELLA

Becky Lienemann

Make a paste of the following:

2 cloves garlic (minced)

1 tsp. lime juice

½ tsp. oregano

4 T. olive oil

Salt & pepper

Use a 2½-3 lb. broiler/fryer chicken. Dry chicken and rub with paste. You can double the paste ingredients if it looks like you won't have enough to coat the chicken well. In large Dutch oven, brown chicken over medium heat. Remove from pan, and in the chicken drippings saute ¾ C. chopped onions and 2 cloves of minced garlic. When onions and garlic are tender, not brown, return chicken back to Dutch oven. Cover with water, approximately 4 C. and add one chopped tomato. Cover and boil for 45 minutes or until the meat falls off the bone. Remove the bones (and I remove the skins too to reduce the fat). Add 1 C. green peas. Cook 5 minutes. Add one package Mahatma yellow saffron rice and cook 20 more minutes. Add seafood last. You can add whatever you like. I always add shrimp, scallops, and mussels (about 1 lb. each, depending on how much paella you can eat!). Cook until seafood is just done (do not overcook) and serve. I like to serve mine with a loaf of home-baked bread. HINT: You can partially prepare this the night before you want to serve it. Just prepare up until you remove the bones and refrigerate overnight. Then you can add the other ingredients the next night. I also like to prepare mine the night before because you can easily skim any extra fat off the top after refrigeration. This lowers the fat and calories.

SWEET AND SOUR CHICKEN

Marilyn Jensen

1 chicken fryer

1 C. Bar B Q Sauce

1 C. crushed pineapple
(undrained)

½ tsp. ginger

1 T. cornstarch

Brown chicken in oil. Mix all ingredients and pour over chicken. Works well in electric skillet. Or after browning place chicken in 9x13-inch dish, pour on sauce and bake at 350° for 1 hour.

CHICKEN STIR-FRY

Margaret Thompson

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|---|---|
| ¼ C. orange juice | 1½ C. snow peas or green beans |
| 1½ T. cornstarch | 1 medium red bell pepper (cut into thin strips) |
| ¼ C. reduced-sodium chicken broth | ¾ C. sliced green onions |
| 1½ T. reduced-sodium soy sauce | 1 C. frozen broccoli (thawed) |
| 2½ tsp. vegetable oil | 1 medium carrot (thinly sliced) |
| 1 clove garlic | 2 C. cooked white rice |
| 1 T. minced fresh ginger or 1½ tsp. ground ginger | |

In a shallow glass bowl, combine orange juice and cornstarch; mix well. Stir in chicken. Cover and chill for 2 hours. Drain chicken, discard juice mixture. In a small bowl combine broth and soy sauce; set aside. In a wok or large nonstick skillet, heat oil over medium heat, add garlic and ginger, stir-fry for 30 seconds, add chicken, stir-fry for 3 minutes. Add vegetables; stir-fry until crisp-tender, about 5 minutes. Stir in broth mixture. Place ½ C. of rice on each serving plate. Top with the chicken mixture, dividing evenly. Serves 4.

SHORT CUT: Use precut vegetables from produce or salad bar section of supermarket.

HEALTH CHECK: Snow peas provide vitamins A and C. Reduced-sodium soy and broth lower salt content. Skinless chicken is low-fat protein. Per serving: Calories 317 (14% from fat), carbohydrate 35 g., protein 32 g., sodium 376 mg., fat 5 g., cholesterol 66 mg.

TOM'S SWEET AND SOUR CHICKEN

Juanita Ridenour

- | | |
|-------------------------------|-----------------------------|
| 1 chicken (cut in pieces) | 1 pkg. dried onion soup mix |
| 1 jar jelly (grape or cherry) | Salt & pepper (to taste) |
| 1 jar Russian dressing | |

Preheat oven to 350°. Line a 9x12-inch pan with aluminum foil. Place pieces of chicken in pan, salt and pepper, bake chicken for 15 minutes. In saucepan heat jelly, dressing and onion soup mix until jelly is dissolved. Remove chicken from oven, pour off excess fat and add sauce. Bake for 45 minutes more or until chicken is done.

STIR-FRY CHICKEN

Tanny Latuska

- | | |
|--|---|
| 1 boneless chicken breast | 2 T. cornstarch |
| 1 C. chicken broth | 1 (8 oz.) can bamboo shoots
(rinsed & drained) |
| 2 T. cooking oil | ½ C. carrots (cut into julienne
strips) |
| 1 (8 oz.) can water chestnuts
(drained) | 2 C. cabbage (coarsely sliced) |
| 1 C. celery (sliced) | |
| 4 T. soy sauce | |

Skin and bone, then thinly slice chicken into 1-inch pieces. Stir soy sauce and chicken broth into the cornstarch. Place chicken pieces into this mixture. Set aside. Heat Dutch oven, skillet or wok over high heat; add oil. Stir-fry bamboo shoots 1 minute. Add water chestnuts, carrots, celery, and cabbage, one at a time, stir frying for 1 minute after each addition. Remove vegetables from cooking vessel. Add more oil if needed. Remove chicken from broth mixture and stir-fry for 2 to 3 minutes or until it turns white. Stir broth; pour into cooking vessel with chicken and stir. Return all vegetables to cooking vessel; cover and cook for 2 minutes or until broth thickens. Makes four servings. Serve over hot cooked rice or chow mein noodles (rice is best). Very low in calories, uses ingredients most of us have on hand and is a very tasty heart-conscious recipe.

CHICKEN TERIYAKI

Patrick McCoy

- | | |
|----------------------------|--------------------------------|
| 4 boneless chicken breasts | 6 cloves garlic (minced) |
| ½ C. brown sugar (packed) | 1 T. crushed red pepper |
| ½ C. soy sauce | ¾ tsp. curry powder |
| 2 T. lime juice | Chopped green onion (optional) |

Combine all ingredients in a Ziploc bag. Marinate at least 4 hours. Pull chicken out, put marinade in saucepan and bring to boil. Cook chicken at 325°, adding marinade periodically. Cook chicken for about 20-25 minutes. When chicken is done, pour leftover marinade over chicken and rice.

CHICKEN TETRAZZINI

Roxie Bedford

4 whole chicken breasts (cooked, deboned, & sliced thin, no skin)
½ lb. thin cooked noodles
(store bought works best)
Salt

Mushrooms (½ to 1 lb. fresh, sauteed in 2 T. margarine, pepper, garlic salt, & 1 tsp. white cooking wine 10 minutes)

SAUCE:

½ C. melted margarine
⅔ C. flour
4 C. milk product (1 pt. half & half; 1 pt. 1% milk)

1 (2 C.) can chicken broth
4 T. white wine

TOPPING:

Parmesan cheese

Prepare casserole in a 9x13-inch pan. Glass is preferable. Prepare cooked chicken either by boiling, steaming, or microwaving chicken according to favorite recipe in cookbook. Do not bake chicken. Will be too dry. Prepare noodles according to package. Prepare mushrooms as stated above.

SAUCE: Melt margarine with flour until thick like paste (lumps may happen). Next add milk and chicken broth, stirring until smooth over medium heat. Be sure not to scorch sauce (approximately 20 minutes). At end of time add wine. Cook 5 minutes. Layer: Noodles, chicken, sauce, mushrooms, and Parmesan cheese. Bake at 350° for 30 minutes.

TORTILLA CHICKEN

Nolan Bogaard

3 chicken breasts (boned, skinned, & halved)
1 pkg. corn or flour tortillas (8)
1 can cream of chicken soup

1 small can diced Ortega chilies
1 small can sliced black olives
1 C. sour cream
1 (8 oz.) pkg. grated Jack cheese

Cut chicken into bite-size pieces. Cut each tortilla into 8 pieces. Combine the soup, sour cream, chilies, olives, and cheese in bowl. Layer half tortilla pieces on bottom of casserole. Next, layer half of the chicken pieces. Next layer half soup mixture. Repeat layers, using remaining ingredients. Bake at 350° for one hour.

CHICKEN TETRAZZINI

Gloria Holderness

- | | |
|--|--|
| 1 T. margarine | ¼ C. sherry |
| 3 C. sliced fresh mushrooms | ½ tsp. salt |
| ⅓ C. minced onion | ½ tsp. garlic powder |
| ½ C. flour | ¼ tsp. pepper |
| 2⅓ C. canned, no-salt-added
chicken broth | 1 (2 oz.) jar diced pimiento
(drained) |
| 2 C. skim milk | 1 (7 oz.) pkg. spaghetti |
| ¼ C. light cream cheese | 2 C. chopped, cooked chicken
breast (approximately ¾ lb.) |
| ¼ C. grated Parmesan cheese
(divided) | |

Saute mushrooms and onions for 7 minutes in margarine over medium heat. Stir in flour. Gradually add chicken broth, skim milk, and cream cheese. Bring to a boil and cook 5 minutes, stirring constantly. Remove from heat; stir in 2 T. Parmesan cheese and next 5 ingredients; set aside. Break spaghetti into 4-inch pieces. Cook according to package directions, omitting oil and salt; drain well. Stir spaghetti and chicken into mushroom mixture. Spray 3 qt. casserole with cooking spray and spoon in mixture, topping with remaining Parmesan cheese. Cover casserole and bake at 350° for 20 minutes. Uncover and bake 10 minutes more. Let stand 5 minutes before serving. Makes 6 servings. 339 calories per 1⅓ C. serving, 7 grams of fat.

TUSCAN CHICKEN WITH SPINACH FETTUCINE

Bill and Velva Potter

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|-----------------------------|--|
| 1 lb. skinless chicken legs | 1 (14½ oz.) can diced tomatoes
with juice |
| 1 tsp. garlic powder | ¼ tsp. dried oregano |
| ½ tsp. black pepper | ¼ tsp. dried basil |
| 2 tsp. olive oil | 4 C. hot cooked spinach fettucine |

Rinse chicken legs and pat dry with paper towels. Lightly sprinkle the chicken with the garlic powder and pepper. Add oil to a nonstick skillet and heat over medium heat. Add the chicken, cook for 2 to 3 minutes until lightly brown on all sides. Stir in the tomatoes (with juice), oregano, and basil. Bring to a boil, then reduce the heat. Cover and simmer about 20 minutes or until chicken is no longer pink. Serve with (or over) the fettucine. Makes 4 servings.

BACON-WRAPPED STUFFED TENDERLOINS

Nadine Kahler

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|---|--|
| 1 pkg. (about 1½ lb.) fresh turkey breast tenderloins | 2 T. each onion & green or red peppers (chopped) |
| 1½ C. seasoned dry bread cubes | Chicken broth (to moisten) |
| | 4 strips bacon |

Heat oven to 350°. Cut pocket lengthwise along thickest side of tenderloins. Mix bread cubes, onion, and pepper with broth to moisten; stuff into pocket. Wrap 2 slices bacon around each tenderloin; fasten with wooden toothpick. Place in greased baking pan. Salt and pepper to taste. Bake uncovered, 1 hour, until meat is no longer pink and stuffing is hot. Remove wooden toothpicks, cut each tenderloin in half. Serves 4.

IOWA'S GRILLED TURKEY TENDERLOIN

Gloria Lawrence

(State Fair Recipe)

- | | |
|---|-----------------------|
| 1 lb. turkey tenderloins (¾-1-inch thick) | 2 T. lemon juice |
| ¼ C. soy sauce | 2 T. dehydrated onion |
| ¼ C. vegetable oil | ¼ tsp. ginger |
| ¼ C. dry sherry (or water) | Dash of black pepper |
| | Dash of garlic salt |

Blend all ingredients in shallow pan. Add turkey, turning to coat both sides. Cover and marinate in refrigerator several hours, turning occasionally. Grill steaks over hot coals, 6-8 minutes per side. Turkey steaks are done when there is no pink in center. Serve on buns with Bar B Que Sauce and desired condiments. Serves 3-4.

*The best thing about telling the truth is
that you don't have to remember what you said.*

- SEAFOOD -

MARTHA STEWART'S CRAB CAKES

Kim Moeller

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|--|--|
| 1 C. dried bread crumbs | 1 yellow bell pepper (seeded & diced) |
| 2 large eggs (lightly beaten) | $\frac{2}{3}$ C. mayonnaise |
| 2 lbs. crabmeat | Coarse kosher salt & freshly ground pepper |
| $\frac{1}{2}$ C. fresh cilantro leaves (chopped) | 1 C. vegetable oil for frying |
| 4 scallions (chopped) | |
| 1 red bell pepper (seeded & diced) | |

In large bowl, gently mix together the bread crumbs, eggs, crabmeat, cilantro, scallions, peppers, mayonnaise, and salt and pepper to taste. Form the crabmeat mixture into 24 small, thick cakes, about 2 inches in diameter. Heat the vegetable oil in a large skillet over medium-high heat until hot, not smoking. Cook the crab cakes for 2 to 3 minutes per side, until golden brown, turning them with a spatula. Drain them on a plate lined with a paper towel before serving. Serve hot.

CRAB ENCHILADAS

Bonnie Brown

- | | |
|---------------------------------------|-------------------------------------|
| 1 C. chopped onion | 1 C. sour cream |
| $\frac{1}{2}$ C. chopped green pepper | 2 (6 oz.) cans crabmeat |
| 6 T. butter or margarine | 2 C. Monterey Jack cheese (divided) |
| $\frac{1}{2}$ C. flour | 8 (10-inch) tortillas |
| 2 (4 oz.) cans green chilies | |
| 1 can chicken broth | |

In a large skillet, saute chopped onions and green peppers in butter until tender. Add $\frac{1}{2}$ C. flour and stir until smooth. Add green chilies and chicken broth. Cook and stir until thick. Remove from heat. Add sour cream, crabmeat, and 1 C. Monterey Jack cheese; mix well. Spoon 1-2 T. crab mixture into each tortilla, reserving some of the mix to use as topping. Roll each tortilla tightly and place seamside down in a greased casserole dish. Spread reserved crab mixture over tortillas. Top with remaining 1 C. Monterey Jack cheese. Bake at 350° for 30 minutes.

POOR MAN'S LOBSTER

Millicent I. Jepson

1 pkg. frozen white fish
1 gallon water
Bay leaves (about 5)

1/2 C. vinegar
1/2 C. salt

Fish should be cut into 2-inch-square pieces. Fish to use is pollock or some other like it. Put all ingredients together, including fish, and boil for 45 minutes. Take out of water and eat buttered.

CHOLESTEROL-FREE BAKED SALMON LOAF

Jessie George

1 lb. can salmon
1/2 C. chopped celery
1/4 C. chopped onion
1/4 lb. chopped, fresh mushrooms
1/4 C. evaporated skim milk

2 egg whites
1 1/2 T. dillweed
1 C. bread crumbs or oat bran
cereal

Combine all ingredients well in a bowl. Place in baking pan sprayed with PAM. Bake at 375° for 45 minutes. Cut into slices and serve.

SALMON PUFF

Dan Ramsey

4 eggs
1/2 C. milk
1 can mushroom soup
1 large can salmon
2 C. soft bread crumbs

1 T. minced parsley
2 T. soft butter
Dash of salt & pepper
Dash of dill (to liking)

Beat eggs and combine with milk and soup. Blend in remaining ingredients and pour into oiled casserole dish. Bake at 375° for 45-50 minutes.



SALMON STEAKS WITH GREEN BEANS ALMONDINE

Karen Struthers Albertus

½ C. slivered almonds
2 T. butter
8 salmon steaks (1-inch thick each)

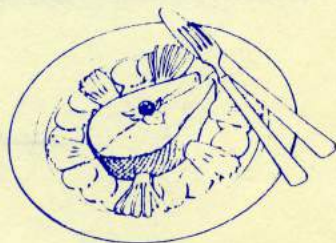
2 pkgs. (10 oz. each) frozen French-style cut green beans

SEASONED BUTTER:

½ C. butter (softened)
1 tsp. dried parsley flakes (crushed)
1 tsp. instant minced onion

1 tsp. seasoned salt
1 tsp. lemon juice
1/8 tsp. pepper
1/8 tsp. salt

In 9-inch glass pie plate, place almonds and butter. Microwave at 100% power for 4-5 minutes or until almonds are lightly browned, stirring after 2 minutes; set aside. Prepare seasoned butter: In small mixer bowl at medium speed, beat butter, parsley, onion, seasoned salt, lemon juice, pepper, and sugar until creamy and well blended. In 12x8x2-inch glass baking dish, arrange salmon with the thickest part of the salmon to the outside edges of the dish. Place ½ of the seasoned butter over the salmon. Cover tightly with plastic wrap, piercing to allow steam to escape. Microwave at 100% power for 4 minutes. Rearrange salmon, moving center steaks to the ends; re-cover. Microwave again at 100% power for 4-5 minutes, or until fish flakes easily. Cover with foil and let stand for 10 minutes. In 2-qt. glass casserole, place frozen beans and remaining seasoned butter. Cover with plastic wrap, piercing to allow steam to escape. Microwave at 100% power for 8-9 minutes or until beans are hot. To serve, place salmon on a warm platter and surround with beans. Pour buttered bean liquid over beans and sprinkle salmon with toasted almonds. Microwave at 100% power for 1-2 minutes to reheat. Makes 8 servings. Definitely a company dish and a special treat for most people. Fish steaks are one of the best foods to cook in the microwave. **ADDED TIP:** I have also used salmon filets which are excellent and don't seem to require quite as much cooking time. Watch closely so they don't overcook.



BASIL-SCALLOP LINGUINE

Mary Henry-Osman

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|----------------------------------|---|
| 1 T. olive oil | ½ C. white cooking wine |
| 2 medium garlic cloves (crushed) | 2 T. tomato paste |
| 2 shallots (minced) | 1 T. vegetable oil |
| 2 T. minced fresh basil | 1 (8 oz.) pkg. linguine or spaghetti |
| 2 T. minced Italian parsley | 1 lb. rinsed & drained scallops |
| Salt | 1 (9 oz.) pkg. frozen artichoke hearts (thawed) |
| ¼ tsp. crushed red pepper flakes | 2 T. pine nuts |
| 1/8 tsp. black pepper | |
| 1 (16 oz.) can diced tomatoes | |

Saute garlic and shallots in olive oil until tender. Add basil, parsley, 1 tsp. salt, red pepper flakes, black pepper, tomatoes, wine, and tomato paste. Bring mixture to boiling, cover, reduce heat and simmer for 20 minutes. Add scallops and artichokes and cook 5 minutes or until scallops are tender; set aside. Cook pasta until tender in water with salt and vegetable oil added; drain well. Cook pine nuts in small skillet until golden brown, stirring continually (no oil necessary). Place pasta on a serving platter. Top with tomato/scallop sauce. Sprinkle with toasted pine nuts and serve. Serves 6.

IMPOSSIBLE SEAFOOD PIE

Juanita Ridenour

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|---------------------------------|----------------|
| 1 (6 oz.) can of crab or shrimp | 2 C. milk |
| 1 C. shredded cheese (cheddar) | 1 C. Bisquick |
| 1 (3 oz.) pkg. cream cheese | 4 eggs |
| (cut into ¼-inch cubes) | ¾ tsp. salt |
| ¼ C. thinly sliced green onions | Dash of nutmeg |

Preheat oven to 400°. Lightly grease 10-inch pie plate. Mix crab meat (or shrimp), cheeses and onions in pie plate. Beat remaining ingredients until smooth, 15 seconds on high speed or 1 minute with hand beater. Pour into pie plate and bake until knife comes out clean, 35-40 minutes.

SHRIMP SCAMPI

Margaret Rios

20-24 jumbo shrimp	1 T. Worcestershire sauce
¾ C. butter	Dash cayenne pepper
2 cloves garlic (minced)	1 T. fresh chopped parsley
½ C. sliced green onions	¼ C. dry white wine
1 T. lemon juice	1 box brown rice

Peel and devein shrimp. Melt butter. Add garlic and onion. Stir in lemon juice, Worcestershire sauce, pepper, parsley, and wine. Place shrimp in shallow dish. Pour ½ of butter mixture over the shrimp and broil 5 inches from the heat for 3 minutes. Turn the shrimp over and add rest of butter mixture. Broil 3 minutes. Marinate for 2 minutes, then pour over the cooked rice.

SCAMPI

Jan Lawler

1 C. butter or margarine	1 T. steak sauce
3 T. chopped parsley	Paprika
1½ lbs. fresh shrimp, cleaned	3 T. sherry
1 T. Worcestershire sauce	Salt & pepper
12 cloves garlic	

Combine butter, garlic, parsley, and steak sauce in saucepan. Add Worcestershire, dash of paprika, and sherry. Heat until melted. Arrange shrimp in baking dish and pour butter mixture over shrimp. Bake at 400° for 20 minutes, salt and pepper to taste. Do not overbake. Serve over rice.

SHRIMP AND SHELLS

Caitie McFadden

1¼ C. small seashell pasta (uncooked)	1 clove garlic (minced)
¼ lb. fresh snow peas	1-2 tsp. fresh dill (minced)
½ lb. cooked medium shrimp	⅓ C. Parmesan cheese (freshly grated)
2-3 T. olive oil	

Cook pasta, rinse with cool water and drain. Steam peas until crisp-tender. Combine shrimp, oil, garlic, and fresh dill in small skillet and cook until hot. Add pasta, peas, cheese, and toss to coat. Serves 2.

SWEET AND SOUR SHRIMP

Florence Johnson

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|-------------------------|----------------------|
| 2 T. oil | 1/8 C. white vinegar |
| 1 lb. medium shrimp | Salt |
| 1 clove garlic (minced) | 1 tsp. cornstarch |
| 1 tsp. ginger, julienne | 2 T. water |
| 1/4 C. ketchup | Parsley |
| 1/8 C. sugar | |

Heat oil in pan until very hot. Stir fry ginger for 30 seconds. Add garlic and toss until light brown and fragrant. Stir in shrimp and cook until light pink. Add ketchup, sugar, vinegar, and salt; mix well. Mix cornstarch and water, pour into pan. When sauce thickens, transfer shrimp onto serving plate and garnish with parsley. Serve hot.

SESAME NOODLES AND THAI SHRIMP

Susan Collins (for Paul Newman)

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|--|--|
| 1 lb. medium size shrimp (shelled & deveined) | 1 (8 oz.) pkg. capellini or angel hair pasta |
| 1 (8 oz.) bottle Newman's Light Italian Dressing | 2 T. chopped cilantro |
| 2 T. chunky peanut butter | 1 medium carrot (shredded) |
| 1 T. honey | 1 C. chopped green onions (2 bunches) |
| 1 T. soy sauce | 2 T. salad oil |
| 1 tsp. grated peeled gingerroot | 1 T. sesame oil |
| 1/2 tsp. crushed red pepper | |

One hour before serving: Pour 1/3 C. light Italian dressing over shrimp. Cover and refrigerate. In small bowl, mix peanut butter, soy sauce, honey, gingerroot, red pepper and remaining salad dressing; set aside. After shrimp has marinated 1 hour, prepare capellini as label directs; drain. Heat 4 qt. saucepan over high heat. Heat salad oil and sesame oil until very hot. Cook carrot 1 minute. Drain salad dressing from shrimp. Add shrimp and green onions to carrots and cook, stirring constantly, about 3 minutes or until shrimp are opaque. In large bowl toss hot capellini with shrimp and peanut butter mixtures and chopped cilantro. Garnish with cilantro sprig. Calories 510, fat 18 gm.

- ITALIAN -

CAVATINI

Beverly Gardner

- | | |
|--------------------------------|--------------------------------|
| 1½ lbs. ground beef | 1 (32 oz.) jar spaghetti sauce |
| ½ lb. ground sausage | 1 (8 oz.) jar taco sauce |
| 1 (10 oz.) pkg. shell macaroni | 2 C. mozzarella cheese |
| 1 small can mushrooms | |

Brown meat. Mix all other ingredients except cheese and add to meat. Put into a 9x12-inch dish and let set in refrigerator overnight. Put cheese on top and bake at 350° for 30-45 minutes. If you want to cook macaroni, that is up to you. Not necessary.

FETTUCCINI ALFREDO

Cindy Baumbach

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|---|--------------------------------------|
| 1 (8 oz.) pkg. fettuccini noodles
(cooked) | ½ tsp. garlic salt |
| 5 T. melted butter | 1/8 tsp. white pepper |
| ½ tsp. sage | ½ pt. heavy cream (half & half) |
| ½ tsp. basil | ¾ C. grated fresh Parmesan
cheese |
| | ½ C. grated Swiss cheese |

Mix seasonings and pepper with melted butter. Toss with noodles. Mix in cream and cheeses. Stir gently until cheese is melted and noodles are coated. Serve immediately on warm platter.

EASY LASAGNA

Marilyn Jensen

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|--|--|
| 1½ lbs. ground beef | 1 C. water |
| 3 (8 oz.) cans tomato sauce | 1 pkg. onion soup mix |
| 1 (8 oz.) pkg. lasagna noodles
(probably 9) | 1 (8 oz.) pkg. mozzarella cheese
slices |

Preheat oven to 400°. Brown ground meat. Stir in soup mix, sauce, and water. Cover and simmer 15 minutes. In 2 qt. oblong dish alternate layers of noodles, meat sauce, and cheese, ending with cheese. Bake 15 minutes or until bubbling. Serves 6-8.

LASAGNA

Dan Holderness

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|-----------------------------|------------------------------|
| 1 lb. ground beef | ½ tsp. fennel seeds |
| ½ lb. Italian sausage | ¼ tsp. basil leaves |
| 3½ C. tomatoes (cut up) | 1 tsp. sugar |
| 1 (16 oz.) can tomato sauce | 8 oz. fresh sliced mushrooms |
| 2 small fresh onions | ½ lb. lasagna noodles |
| 1/8 tsp. garlic powder | 1 lb. ricotta cheese |
| 1½ tsp. oregano leaves | 1 lb. mozzarella cheese |
| ¼ tsp. rosemary leaves | ½ C. grated Parmesan cheese |

Saute meat in 2 T. olive oil until it loses its pink color. Add tomatoes, tomato sauce, seasonings, and mushrooms. Mix well and cook slowly, about 2 hours or until sauce thickens. Cook noodles following directions on package; drain, rinse in cold water and separate. In a buttered 3 qt. baking dish, make two layers of noodles, meat sauce, ricotta, mozzarella cheese and Parmesan cheese in this order. Use about ½ the sauce for each layer. Bake in 350° oven for 30 minutes or until bubbly like champagne.

LASAGNA

Marie Ware

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|---------------------------------|-----------------------------|
| 1 (8 oz.) box lasagna noodles | 1 (15 oz.) can tomato sauce |
| 1 lb. ground beef | 1 pkg. spaghetti sauce mix |
| 2 tsp. garlic powder | 1 tsp. oregano |
| ¼ tsp. pepper | 1 tsp. basil |
| 1 (15 oz.) can tomatoes (whole) | ½ lb. mozzarella cheese |

Cook lasagna noodles and rinse in cold water. Brown ground beef. Add garlic powder and pepper and cook 10 minutes. Add tomatoes, tomato sauce, spaghetti mix and spices. Cover and simmer 30 minutes. In a 9x13-inch pan, layer meat, noodles, and cheese. Repeat layers ending with meat. Bake at 350° for 20-30 minutes or until bubbly. Let stand 15 minutes. Serve.



LASAGNA CASSEROLE

Alice Pidgeon

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|---------------------------------------|---------------------------------|
| 1 (8 oz.) pkg. extra wide egg noodles | 1¾ C. (15½ oz.) spaghetti sauce |
| 1 lb. ground beef | 1 C. ricotta or cottage cheese |
| ½ C. chopped onion | 1 T. chopped fresh parsley |
| 1 clove garlic (minced) | 2 C. shredded mozzarella cheese |
| Parmesan cheese (optional) | |

Cook noodles as per pkg. directions for 3 minutes. Brown ground beef, onion, and garlic; drain. Stir in spaghetti sauce and simmer 10 minutes. Remove 1 C. meat sauce and set aside. Stir cooked noodles into remaining sauce. Place ½ of noodle mixture into 2 qt. casserole. Combine ricotta cheese with parsley, spread on top of noodle mixture. Sprinkle with 1 C. mozzarella cheese. Place remaining noodle mixture on top of cheese. Cover with reserved sauce and remaining mozzarella cheese. Bake covered at 350° for 25-30 minutes or until hot and bubbly. Serves 4-6.

CHICKEN LASAGNA

Verlee Lauderbaugh

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|---|--------------------------------------|
| 1 (8 oz.) pkg. lasagna noodles | ½ C. chopped onion |
| 10 oz. chopped cooked chicken or turkey | ½ C. chopped green pepper |
| 1 can cream of chicken soup | ½ tsp. basil |
| 1 (4 oz.) jar sliced mushrooms | 12-16 oz. mozzarella cheese (grated) |
| 1½ C. cottage cheese | |

Cook noodles. Mix together soup, chicken, onion, green pepper, mushrooms, and basil. In a greased pan, layer the noodles, chicken mixture, cottage cheese, and grated cheese. Make three layers. Bake, covered for 45 minutes at 350°.

A diet is the penalty we pay for exceeding the feed limit.

ONE-STEP LASAGNA

Linda Keiser

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|--|-----------------------------------|
| 1 lb. ground beef | 1 egg (beaten) |
| 1 (32 oz.) jar spaghetti sauce | 9 pieces lasagna (uncooked) |
| ¾ C. water | 1 (12 oz.) pkg. mozzarella cheese |
| 1 tsp. basil leaves | slices or 3 C. shredded |
| 1 tsp. oregano leaves | mozzarella cheese |
| 1 (12 oz.) carton creamed cottage cheese | ⅓ C. grated Parmesan cheese |

Heat oven to 350°. In large skillet, brown ground beef; drain. Stir in spaghetti sauce, water, basil, and oregano. Simmer 5 to 10 minutes, stirring occasionally. In small bowl, combine cottage cheese and egg. In ungreased 13x9-inch pan, layer ⅓ of noodles, ⅓ of meat sauce, ⅓ of cottage cheese mixture and ⅓ of mozzarella cheese. Repeat layers ending with mozzarella on top. Sprinkle with Parmesan cheese. Cover with foil and bake at 350° for 30 minutes. Remove foil and bake an additional 25 to 30 minutes. Let stand 10 to 15 minutes before serving. Makes 8 servings. NOTE: The lasagna noodles will fill up the pan when done cooking. Everyone thinks they need to add more, but you don't.

HEARTY BAKED MACARONI

Marge Lamansky

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|---|--|
| *1 (16 oz.) can tomato puree | ½ tsp. onion powder |
| *1 C. water | 1 (8 oz.) pkg. macaroni (cooked and drained) |
| 2 tsp. Italian seasoning | 1 (4 oz.) pkg. mozzarella cheese |
| 1 tsp. garlic powder | (sliced) |
| 1 (24 oz.) carton cottage cheese (lowfat) | |

*Can use spaghetti sauce for puree and water (use less Italian seasoning). Combine puree and water, Italian seasoning and ½ tsp. garlic powder in one bowl. In another combine cottage cheese, onion powder, and remaining garlic powder. Spray a 9x9x2-inch pan with cooking spray. Layer as follows: ⅓ tomato mixture, ½ macaroni, all cheese mixture, ⅓ tomato mixture, remaining macaroni and rest of tomato mixture. Cover and bake at 350°, 1 hour. Uncover, top with mozzarella cheese. Bake uncovered until cheese melts. (I make 1½ recipe and put in a 9x13-inch pan.)

LOWFAT SPINACH LASAGNA

Becky Lienemann

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|---|---|
| ½ lb. lasagna noodles (cooked by directions) | 2 egg whites (beaten) |
| 1 medium onion (chopped) | ¼ tsp. pepper |
| 2 cloves garlic (minced) | 2 to 3 T. fresh parsley (chopped) |
| 1 lb. part-skim ricotta | Nonstick cooking spray |
| ¼ C. grated Parmesan | 6 C. tomato or meatless spaghetti sauce |
| 1 (10 oz.) pkg. frozen chopped spinach (thawed & drained) | 6 oz. part-skim mozzarella (grated) |

Cook lasagna noodles. While they are cooking, saute onion and garlic in the olive oil (you may add 1-2 T. of water if it looks like it's sticking). In a separate bowl, combine ricotta, Parmesan, spinach, egg whites, pepper, parsley, and sauteed onion and garlic, mixing well. Spray a 9x13x2-inch casserole with cooking spray. Spread ¼ of spaghetti sauce on bottom, then arrange a layer of noodles, top with ½ ricotta-spinach mixture, sprinkle with ½ mozzarella, and top with tomato sauce. Repeat layers twice more ending with spaghetti sauce. Cover tightly with foil, bake at 350° for 40 minutes. Remove foil and bake 10-15 minutes more.

MOSTACCIOLI BAKE

Shirley Skay

- | | |
|--------------------------------|--|
| 1 lb. ground beef | ¾ C. (3 oz.) Parmesan cheese (divided) |
| 4 C. mostaccioli | 1 (8 oz.) pkg. mozzarella cheese |
| 1 (30 oz.) jar spaghetti sauce | |

Cook and drain mostaccioli. Brown ground beef and drain. Stir in mostaccioli, spaghetti sauce, and ½ C. of Parmesan cheese. Spoon into 9x13-inch baking pan. Top with mozzarella cheese and remaining Parmesan cheese. Bake at 375° for 20 minutes. Makes 6 servings.



MOSTACCIOLI-N-SAUSAGE OVEN DINNER

Chris Worrell

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|----------------------------------|---------------------------------|
| 1 (8 oz.) pkg. mostaccioli pasta | 1 (15½ oz.) jar spaghetti sauce |
| 2 T. olive oil | Salt & pepper (to taste) |
| 1 lb. sausage or Italian sausage | ¾ C. sharp cheddar cheese |
| ⅓ C. chopped onion | (grated) |

Cook mostaccioli as directed on package. In a skillet heat olive oil on medium heat. Saute sausage and onion until cooked. Add spaghetti sauce and salt and pepper and heat through. Place pasta in a 2 qt. greased casserole dish and pour sausage mixture over pasta. Bake at 375° for 20-25 minutes. Remove from oven and sprinkle cheese on top. Return to oven until cheese is melted.

MOREL MUSHROOM SAUCE FOR PASTA

Carol Bream

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|---|--|
| 1 green pepper (diced) | ½ C. white wine (or just use more broth) |
| 4 green onions (sliced into thin, round slices) | ½ lb. morel mushrooms or 12 medium-sized mushrooms |
| 1 small red onion (diced) | 3 T. butter |
| Sour cream (nonfat, lowfat, or regular) | 3 T. olive oil or vegetable oil |
| 1 bunch spinach (sliced or shredded) | ¼ C. grated Romano or Parmesan cheese |
| 3 T. chopped chives | Garnish: chive tops (6 inches long), lemon slices (thin), tomato slices (thin) |
| 1 pt. chicken broth | |

In large skillet, melt butter and oil. Saute green pepper, red onion, and ½ of the sliced green onions until tender. Remove onions and pepper from skillet. Brown mushrooms in skillet (may need to add more butter), then set aside. Place onions, pepper, and ¾ of mushrooms back into skillet and heat until sizzling. Add broth, wine, spinach, and 2 T. of chives. Simmer until thickened and flavors blended. To serve: Spoon sauce over hot pasta (I prefer linguine). Sprinkle with remaining green onions and mushrooms. Sprinkle cheese over it all. Garnish by laying 3-5 chive tips on plate and lay lemon and tomato slices on top of chives. This sauce is sinful!

PASTA WITH PESTO

Melia Lawrence

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|-----------------------------|------------------------|
| 1 (1 oz.) pkg. fresh basil | 1/3 C. olive oil |
| 1/3 C. pine nuts or walnuts | 1/2 C. Parmesan cheese |
| 2 cloves garlic | 3/4 lb. pasta |

Cook pasta according to directions on package while preparing pesto. Place fresh basil (leaves only) along with nuts and garlic in food processor or blender and process until finely chopped. With the machine running, pour in the olive oil in a thin stream. Add cheese, salt and pepper to taste, and process briefly to combine. Thin with 2 T. hot water. Toss pesto with hot pasta (cooked & drained) and serve. Serves 3.

GARDEN PASTA BAKE

Chris Worrell

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|--|---|
| 1 (6 oz.) pkg. penne pasta | 1 (15 oz.) can of corn (drained) |
| 1/2 C. chopped onion | 1 (15 oz.) can of green beans (drained) |
| 1 T. butter | 1 can of cream of mushroom soup |
| 1 (14 1/2 oz.) can of fresh-cut diced tomatoes with garlic & basil | 2 C. shredded mozzarella |
| | Salt & pepper (to taste) |

Cook pasta as directed on package. Cook onion in butter in 10-inch skillet. Add tomatoes, corn, green beans, and 1/2 of the cheese. Stir in soup and mix well. Mix pasta with vegetables and add salt and pepper to taste. Pour into 11x8-inch baking dish and top with remaining cheese. Bake at 350° for 20 minutes.

PIZZA-STYLE PASTA

Chris Worrell

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|---|--|
| 1 (16 oz.) pkg. Penne Rigate pasta (cooked & drained) | 1 (14 1/2 oz.) can of fresh-cut diced tomatoes with garlic & basil |
| 1 lb. Italian sausage | 1 T. Italian seasoning |
| 1 to 2 C. fresh sliced mushrooms | 2 C. shredded mozzarella cheese |

Preheat oven to 450°. Brown sausage and mushrooms in a 12-inch skillet and drain. Add tomatoes and Italian seasoning and cook for another 5 minutes. Place half the cooked pasta in a 13x9-inch baking dish. Sprinkle with 1 1/2 C. of cheese. Add remaining cooked pasta. Top with tomato and sausage mixture and sprinkle with remaining cheese. Bake for 5 to 7 minutes.

SPICY PASTA WITH SURIMI AND SPINACH

Leesa Johnson

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|------------------------------------|--|
| 1 medium-sized bunch fresh spinach | ¼ C. dry vermouth |
| 1 T. olive oil | 3 tsp. fresh chopped basil |
| 2 tsp. crushed garlic | ¾-1 lb. surimi chunks or flakes |
| 1 C. finely chopped onion | 3 T. balsamic or red wine vinegar |
| 10 oz. clam juice or chicken broth | 1½ tsp. black ground pepper |
| 1 (8 oz.) can tomato sauce | 1/8 tsp. crushed red (cayenne) pepper |
| 1 (6 oz.) can tomato paste | 1 (8 oz.) pkg. penne or fusilli (cooked & drained) |

Wash, trim, and coarsely chop fresh spinach. Heat oil in 3-5 qt. saucepan over medium heat. Saute onion and garlic until soft, 5 minutes. Whisk in tomato sauce, clam juice or broth, tomato paste, vermouth, and basil. Bring sauce to a boil over high heat. Lower heat and simmer uncovered until reduced to about 3 C., 6-8 minutes. Stir in surimi, vinegar, and peppers; fold in spinach. Cover and simmer sauce, stirring once, until surimi is hot and spinach is wilted, 6-8 minutes. Divide hot pasta between plates and spoon surimi mixture on top.

STUFFED PASTA SHELLS

Jan Vrban

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|--|------------------------------------|
| 4 C. (16 oz.) shredded mozzarella cheese | 1 pkg. (12 oz.) jumbo pasta shells |
| 1 (15 oz.) carton ricotta cheese | 1 (28 oz.) jar spaghetti sauce |
| 1 (10 oz.) pkg. spinach (thawed & drained) | |

Combine cheeses and spinach. Stuff into cooked pasta shells. Arrange in greased 13x9-inch pan. Pour spaghetti sauce over the shells. Cover and bake at 350° for 30 minutes. Yield: 12-14 servings.

PIZZA CASSEROLE

Karen Dinsmore

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|-----------------------|---------------------|
| 1 lb. ground beef | Dash of pepper |
| 3/8 tsp. fennel seeds | Dash of garlic salt |
| 3/4 tsp. salt | 5 oz. wide noodles |
| 2 C. spaghetti sauce | 4 oz. mozzarella |

Brown and drain ground beef. Cook noodles and drain. Mix all, top with mozzarella. Bake at 350° for 1/2 hour.

PIZZA

Carol Fausett

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|-------------------|----------------|
| 2 pkgs. yeast | Pinch of sugar |
| 1/4 C. warm water | |

Mix and sit in warm place until yeast bubbles and the mixture almost doubles in volume. In large mixing bowl:

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| 3 1/2 C. flour | 1 C. water |
| 1 tsp. salt | 1/4 C. olive oil (I usually use salad) |

Add the yeast mixture and knead it for about 15 minutes or until smooth, shiny and elastic. Place in lightly greased bowl and cover, sit in warm place to rise for 1 hour or so (it may run over). Divide in half and roll out to fit pizza pan.

SAUCE:

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|---------------------|----------------------|
| 1 can tomato paste | 1 C. water |
| 1/2 tsp. oregano | 1/2 tsp. basil |
| 1/4 tsp. red pepper | 1 small clove garlic |

Simmer for a few minutes.



QUICK FRENCH BREAD PIZZA

Chris Burnett

1 large loaf French bread	Pepperoni
1 (16 oz.) can/jar pizza sauce	Canadian bacon
Mozzarella cheese	Pineapple tidbits

Preheat oven to 350°. Slice bread into desired sizes. Add pizza sauce and toppings as desired. Bake at 350° until cheese is bubbly and desired color.

QUICK SNACK PIZZA

Linda Parker

1 (10-inch) flour tortilla	4 slices pepperoni
1-2 T. pizza quick sauce or spaghetti sauce	Mushrooms, onions & green pepper (to your own taste)
¼ C. shredded mozzarella cheese	

Place tortilla on a microwave-safe plate. Spread on sauce. Add pepperoni and as many vegetables as you would like. Top with cheese. Microwave on high for 1 minute, or until cheese is bubbly.

PIZZA ROLLS

Joann Gullickson

1 (1 lb.) loaf frozen bread dough	¼ C. Parmesan cheese
¾ C. pizza sauce	3 oz. thinly sliced pepperoni (chopped)
¾ C. grated mozzarella cheese	1 small can (2¼ oz.) sliced black olives
¾ C. grated cheddar cheese	

Let bread dough thaw until pliable. (To thaw dough in the microwave, wrap frozen loaf loosely with plastic wrap. Microwave on low for 6 minutes, rotating occasionally.) On a lightly floured board, roll dough out to a 12-inch square. Spread pizza sauce over dough and layer with remaining ingredients. Roll dough up tightly in jelly-roll fashion; pinch along edge to seal. Using a sharp knife, cut roll into 12 pieces. Place pieces in greased 9-inch square pan. Let rise until doubled in size. Bake at 375° for 15-20 minutes or until golden brown.

STUFFED PIZZA

Dan Holderness

CRUST:

2 pkgs. of yeast	2 T. oil
2 C. warm water	4-5 C. flour (half white, half whole wheat)
2 T. honey	

FILLING:

2 (10 oz.) pkgs. frozen spinach (thawed & well drained)	1 C. mozzarella cheese
8 oz. fresh sliced mushrooms	½ C. sliced black olives

TOPPING:

1 (28 oz.) can Italian tomatoes	¼ tsp. fennel seed
½ tsp. Italian seasonings	⅓ C. Parmesan cheese

CRUST: Dissolve 1 pkg. yeast in 1 C. water. Add 1 T. oil, 1 T. honey, and 2-2½ C. flour. Knead until smooth and roll into 14-inch circle. Repeat crust recipe and set aside.

FILLING: Brush deep dish pizza pan (at least 2 inches thick) with oil. Press flattened dough evenly on bottom and up sides of pan. Layer spinach, mushrooms, black olives, and mozzarella cheese.

TOPPING: Saute tomatoes and spices for 10 minutes. Roll remaining dough into a 12-inch circle and place over filling. Crimp edges of dough together and prick crust. Spread sauce over top and sprinkle with Parmesan cheese. Cover edges of dough with aluminum foil. Bake at 425° for 45 minutes. Let stand 10 minutes before serving.

CHICKEN PENNE PRIMAVERA

Chris Worrell

1 lb. Penne Rigate pasta (cooked & drained)	3 cloves of garlic (chopped)
Vegetable cooking spray	6 C. of fresh sliced vegetables (peppers, mushrooms, broccoli, onions, carrots, etc.)
1 lb. skinless, boneless chicken breasts (cut into strips, seasoned with salt & pepper)	¾ C. chicken broth

Spray a 12-inch nonstick skillet with cooking spray. Over medium-high heat cook chicken and garlic until chicken is done. Add vegetables and cook for another 5 minutes or until vegetables are heated. Stir in cooked pasta and chicken broth. Heat through.

MONDAY EVENING STORYTIME KIDS' PIZZA RECIPES

At Coralville Public Library

NAME:	ITEM(S)
Matthew Kent	Cheese
Hannah Rublaitus	Cheese & "ABC's"
Sarah Smith	Cheese & Pepperoni
Kieran Green	Cheese & Hamburger
Alexandra Wade	"Balls" of Cheese
Joshua Verry	Pineapple, broccoli & cauliflower
Hamin Lee	Cheese
Inwon Lee	Cheese
Sarah Al-Suleiman	Cheese, sausage & mushrooms
Natalie Stenger	Cheese, pineapple, sausage, pepperoni & canadian bacon
Olivia Stenger	Sausage & pineapple
Jackie Kessler	Cheese
Nick Lyon	Mushrooms, sausage & black olives
Katherine Lyon	Cheese & sausage

"Recipe" ideas from the children were given after "Greedy Gluttons" Storytime on Monday, May 12, 1997. While cheese is by far the most popular ingredient on their pizza, either alone or as a base, many children like a variety of toppings ranging from vegetables to meats, even "ABC's"! Cooking with children is no doubt a fun-filled adventure!

THICK SPAGHETTI SAUCE

Diane Meyer

Chopped onion or onion bits	1 T. oregano
1 T. garlic salt	1 T. sugar
2 T. salad oil	2 bay leaves
1 lb. hamburger	2 tsp. salt
1 (6 oz.) can tomato paste	¼ tsp. pepper
1 (15 oz.) can tomato sauce with tomato bits	½ C. water
1 (15 oz.) can tomato sauce	Fresh mushrooms (optional)

Saute chopped onion or onion bits and 1 T. garlic salt in 2 T. salad oil until softened in large kettle. Brown 1 lb. hamburger. Add tomato paste, tomato sauce, oregano, tomato sauce with bits, sugar, bay leaves, salt, pepper, and water. Cover and simmer 1½ hours. Remove bay leaves before serving. Top with mushrooms if desired. Serves approximately 8.

SPAGHETTI WITH MEAT SAUCE

Margaret Hiscock

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|--|----------------------------|
| 1 T. Crisco | 1 (8 oz.) can tomato sauce |
| ½ C. chopped onion | 2 C. (1 lb. can) tomatoes |
| 1 lb. lean ground beef | 1 tsp. salt |
| 1 tsp. garlic salt | ½ tsp. oregano |
| 1 (4 oz.) can mushroom stems
& pieces (undrained) | Dash of pepper |
| ¼ C. chopped parsley or 2 tsp.
dried parsley flakes | ½ tsp. sugar |
| | ½ lb. thin spaghetti |

In large skillet or saucepan melt Crisco, add onion and cook for 5 minutes. Stir in ground beef and garlic salt. Add mushrooms, parsley, tomato sauce, tomatoes, salt, oregano, and pepper. Cover and simmer for 1 hour. Uncover and cook about ½ hour longer, until sauce is desired consistency. Cook spaghetti as directed on package; drain. Spoon meat sauce over spaghetti on platter or on individual plates.

SPRINGTIME SPAGHETTINI

Theresa Weihe

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|---|--|
| 2 T. salt | 1 C. whipping cream |
| 1 lb. very thin egg noodles | ½ C. freshly grated Parmesan
cheese |
| ¼ C. melted butter | ¼ C. chopped fresh dill or 1½ T.
dried dillweed |
| 2 tsp. minced garlic | ½ tsp. salt |
| 4 large carrots (cut into julienne
strips) | ¼ tsp. freshly ground pepper |
| 1 sweet red or green pepper
(seeded & julienned) | Dill sprigs for garnish (optional) |
| 2 medium zucchini (cut into
julienne strips) | Additional Parmesan cheese |

Bring water to rapid boil in large saucepan over high heat. Add salt and pasta and cook to al dente. Saute garlic in butter until garlic just begins to color (about 1 minute). Add vegetables and toss over high heat for 2-3 minutes. Remove from heat. Drain pasta well. Place vegetables over high heat. Stir in cream, ½ C. Parmesan cheese, dill, salt, and pepper. Add pasta to skillet and toss gently to blend well. To serve, garnish with dill and pass additional Parmesan cheese.

SPAGHETTI SAUCE

Dorothy Finke

BROWN AND DRAIN:

2 lbs. lean ground beef (optional: 1/2 lb. hot sausage
may use ground turkey)

ADD:

1 C. chopped onion	1 1/2 C. cornflakes
1/2 C. chopped green pepper	1 1/2 T. Presties for spaghetti
1 (12 oz.) can tomato paste	2 tsp. salt
1 (16 oz.) can tomato sauce	1/3 tsp. pepper
1 C. water	1 T. Worcestershire sauce
2 T. sugar	2 T. vinegar
1 tsp. sweet basil	1/2 tsp. garlic powder
1/2 tsp. garlic salt	1 tsp. parsley flakes
1/2 tsp. oregano	

Simmer at least 2 hours. Freezes well. Make double recipe and have available. May also be used for lasagna.

- MEXICAN -

FESTIVE BEAN AND RICE BURRITOS

Tonya Prochaska

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1/2 C. chopped white onion	1/4 C. salsa
1 (16 oz.) can pork & beans (drained)	1 1/2 C. cooked rice
1/2 C. fat free cheddar cheese	6 flour tortillas (warmed)
1/2 C. chopped green pepper	Optional: 1 chopped tomato, 1 1/2 C. shredded lettuce

Spray saucepan with lowfat cooking spray; add onion and green pepper. Cook until tender. Add beans, rice, and salsa and heat through. Place 1/2 C. of mixture on each warmed tortilla. Sprinkle with approximately 1 T. fat free cheddar cheese. You may also add 1/4 C. shredded lettuce and chopped tomato, if desired. One tortilla = approximately 293 calories, 5 g. fat.

DORITO CASSEROLE

Joan Liddell

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|---|--|
| 1½ lbs. ground beef | 1 (8 oz.) pkg. shredded cheddar cheese |
| 1 (16 oz.) can refried beans | 1 (8 oz.) carton sour cream |
| 1 (8 oz.) can tomato sauce | 1 (8 oz.) carton cottage cheese |
| 1 (1½ oz.) pkg. dry taco seasoning | 1 (4 oz.) can green chilies |
| 1 (8 oz.) pkg. shredded mozzarella cheese | 1 (15½ oz.) bag Doritos chips (Pizza Cravers flavor is good in this) |

Brown ground beef; add beans, tomato sauce, and taco seasoning. Mix cheeses, sour cream, and chilies. Reserve some for topping if desired. Line a 9x13-inch pan with crushed Doritos. Stand some chips around edge. Add meat mixture, then cheese mixture. Bake at 350° for 25 minutes. Can top with some of chilies and ripe olives. Can use chilies for topping instead of mixing with cheese mixture.

MEXICAN CASSEROLE

Darcy Koehn

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|-----------------------------|-------------------------------|
| 1 lb. ground beef | 1 can (1¾ C.) stewed tomatoes |
| 2 tsp. chili powder | 1 pkg. tortilla chips |
| 1 C. water | 1 can green chili peppers |
| 1 bunch green onions | 1 can chili beans |
| 1 can cream of chicken soup | 1 lb. shredded cheddar cheese |

Brown meat. Season with salt, pepper, chili powder, and ½ C. water. Cook down until dry. Line a 9x13-inch pan with ½ bag of chips. Mix ½ C. water with soup. Pour ½ over chips. Use ½ of the following and layer: meat, beans, onions, tomatoes, peppers, and cheese. Repeat layers. Top with chips and soup. Bake at 350° for 45-60 minutes. Sprinkle more chips at end of baking.

One way to save money - retreat, instead of charging.

GRILLED MEXICAN CHICKEN

Nancy Lackender

1½ T. vegetable oil
2 cloves garlic (minced)
2 tsp. chili powder
¼ tsp cayenne pepper
4 boneless, skinless chicken
breast halves

½ C. chunky salsa
1 C. Sargento Fancy Supreme
shredded cheese for nachos &
tacos
Spanish rice

In a small bowl, combine oil, garlic, chili powder and pepper. Spread evenly over both sides of chicken. Grill or broil chicken 5 to 6 inches from heat source until chicken is cooked through. Top each chicken breast with salsa. Sprinkle cheese over salsa. Serve on a bed of Spanish rice.

MEXICAN DINNER

Terry Kaeding

BROWN:

1 lb. ground beef

1 large onion

ADD:

Garlic salt

1 tsp. salt

1 tsp. chili powder

1 tsp. sugar

1 tsp. cumin

1 tsp. Accent

Add 1 can tomato paste, 3 cans water, 1 can tomato sauce, ½ C. Minute rice, and ½ C. water. Simmer ½ hour until thickened slightly. On each plate arrange in following order (any or all):

Frito Corn Chips

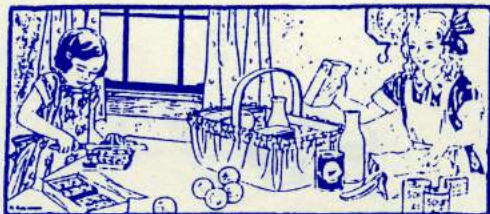
Shredded lettuce

Meat sauce

Chopped green olives

Shredded cheese

Chopped onions



CHICKEN ENCHILADAS

Kayleen Gardner

- | | |
|-------------------------------|--|
| 2 C. chopped chicken (cooked) | 1 lb. Monterey Jack cheese
(shredded) |
| 1 pt. sour cream | |
| 2 cans cream of chicken soup | 1 lb. Colby cheese (shredded) |
| 1 C. chopped onion | 1 pkg. flour or corn tortillas |
| 1 C. chopped green pepper | Taco sauce |

Grease a 13x9-inch pan and set aside. Preheat oven to 275°. Mix chicken, sour cream, soup, onions, and peppers. Spread some of this mixture in bottom of pan. Heat tortillas. Add chicken mixture to the center of each tortilla. Sprinkle with a mixture of both cheeses on top. Roll tortilla and place in bottom of baking pan. Repeat until tortillas and chicken mixture is used. Spread taco sauce over rolled tortillas. Sprinkle with generous amounts of cheese on top. Bake for 30 minutes.

CHICKEN ENCHILADAS

Gloria Holderness

- | | |
|---|---|
| 2 cans cream of chicken soup | 1 (6 oz.) can black olives (sliced) |
| 1 (8 oz.) carton sour cream | 3 chicken breasts (skinned,
deboned, cooked & diced) |
| 1 can diced green chilies | 12 flour tortillas |
| 1 (8 oz.) pkg. shredded cheddar
cheese | |
| 1 (8 oz.) pkg. shredded Monterey
Jack cheese | |

Mix together soup, sour cream, chilies, half the cheeses, and half the olives. Divide mixture into 2 bowls. Add chicken to 1 bowl, setting other bowl aside. Use chicken mixture to fill tortillas (either fold them as enchiladas or roll them like crepes) and put in greased 9x13-inch pan, seam side down. Pour remaining soup mixture over all. Top with remaining cheese and olives. Bake at 350° for 30-40 minutes. Serves six.



CHICKEN ENCHILADA

Peggy Slaughter

- 1½ lbs. skinless, boneless chicken breast
- 1 clove garlic (minced)
- 1 bay leaf or 1 tsp. crushed bay leaf
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tsp. cooking oil
- 1 C. chopped onion
- 1 or 2 (4 oz.) jars diced pimiento drained (optional)
- 1 or 2 (4½ oz.) cans diced green chili peppers (a must)
- 1 or 2 (4½ oz.) cans sliced black olives
- 2 T. finely chopped seeded jalapeno (optional)
- ¼ C. (or less) butter or margarine
- ¼ C. (or less) all purpose flour
- 2-4 tsp. chili powder (optional)
- 1 (8 oz.) carton dairy sour cream
- 12 (6-inch) flour tortillas
- Up to 16 oz. shredded white Monterey Jack cheese

Rinse chicken. In large saucepan, combine chicken, 2 C. water, garlic clove, bay leaf, salt, and pepper. Bring to a boil, reduce heat. Cover and simmer about 15 minutes or until chicken is no longer pink. Strain and reserve 2 C. of the broth and set aside (or use 2 C. of canned chicken broth). Shred chicken with fork; set aside. In a skillet with 1 tsp. cooking oil, lightly toss onion; add pimiento, green chilies, and jalapeno; toss over heat for about 2 minutes, until green chilies start to brown. Remove from heat, toss in black olives; set aside. In a medium skillet use cooking spray, heat tortillas one at a time until slightly brown on each side (turning once). If needed drain tortillas on paper towel. While heating tortillas, in another saucepan, melt butter. Stir in flour as needed, chili powder, salt and pepper to taste. Stir in 2 C. broth, cook and stir until thick, remove from heat, stir in sour cream. In an ungreased 9x13-inch baking dish arrange 4 tortillas (or more), overlapping slightly. Layer with chicken, vegetables, sauce and cheese. Repeat layers. Complete top layer with 4 tortillas, some vegetables for color, and cover with cheese. Cover loosely with foil, bake in a 350° oven for 35-40 minutes or until heated through. Makes 12 servings. As you can tell you can make the enchiladas as hot or as mild as you prefer. One suggestion: I always use the juice (about 3 T.) from the green chilies for extra flavor. Add the juice to the broth/butter mixture. You can make this ahead and freeze or refrigerate overnight.

SOUR CREAM CHICKEN ENCHILADA CASSEROLE

Karen Hegland

- | | |
|---|---|
| 1 lb. cheddar cheese (grated) | 1-2 bags yellow corn chips
(crushed) |
| 2 (3 oz.) cans green chilies
(chopped) | 2 cans cream of chicken soup |
| 1 pt. sour cream | 1 C. chopped green onions |
| 1 stewed chicken (deboned &
chopped) | Jalapenos |

Mix sour cream, soup, chicken, onions, chilies, and jalapenos to taste in saucepan. Heat until well blended. (May have to thin with milk.) Layer chips, then chicken mixture; top with cheese in 13x9x2-inch pan. Bake in oven 20-30 minutes until bubbly.

THREE CHEESE ENCHILADAS

Barbara Aanonson

- | | |
|--|-------------------------------------|
| 1½ C. (6 oz.) shredded Monterey
Jack cheese (divided) | ½ C. sliced green onions |
| 1½ C. (6 oz.) shredded cheddar
cheese (divided) | 1 tsp. crushed cumin |
| 1 (3 oz.) pkg. cream cheese (soft) | 8 flour tortillas (each 7-8 inches) |
| 1 C. picante sauce (divided) | Shredded lettuce |
| 1 medium red or green bell
pepper (diced) | Chopped tomato |
| | Sliced black olives |

Combine 1 C. Monterey Jack cheese, 1 C. cheddar cheese, cream cheese, ¼ C. picante sauce, the red pepper, onions, and cumin; mix well. Spoon ¼ C. cheese mixture down the center of each tortilla. Roll and place, seam-side down in a 9x13x2-inch baking dish. Spoon remaining picante sauce evenly over enchiladas; cover with remaining cheeses. Bake at 350° for 20 minutes or until hot. Top with lettuce, tomato and black olives. Serve with additional picante sauce if desired. Yield: 4 servings.



MEXICAN LASAGNA

Katie Wiedner

- | | |
|-------------------------------------|--|
| 1 pkg. large 8-inch flour tortillas | 1 (12-14 oz.) carton cottage cheese |
| 1 lb. hamburger (browned & drained) | 2 eggs |
| 1 C. salsa (any potency) | 1 T. oregano |
| 1 (8 oz.) can tomato sauce | 1 C. Monterey Jack/cheddar cheese (shredded) |
| 1 pkg. taco seasoning mix | |

Preheat oven to 350°. Spray a 9x13-inch pan with vegetable spray. Brown and drain meat. Mix meat, salsa, tomato sauce, and taco seasoning mix; simmer 5 minutes. In separate bowl mix cottage cheese, eggs, and oregano. In the 9x13-inch pan layer half the tortillas, overlapping, half the meat mixture, and all of cottage cheese mix. Then the rest of the tortillas, rest of meat and all shredded cheese. Bake at 350° for 30 minutes or until bubbly.

"THAT CHICKEN TACO THING"

Nancy Orchard

- | | |
|--|----------------------------------|
| 1 lb. boneless, skinless chicken breasts | 1 (11 oz.) can of corn (drained) |
| 1 (10 oz.) can chicken broth | 1 medium green pepper (cut up) |
| 2 T. oil | 1½ C. Minute rice |
| 1 (8 oz.) can tomato sauce | Cheddar cheese |
| 1 (1 oz.) pkg. taco seasoning mix | Tostitos |

Cut up chicken into bite-size pieces. Saute in oil in large skillet until opaque, approximately 3 minutes. Add chicken broth, taco seasoning and tomato sauce. Cover skillet and simmer ingredients for 10 minutes. After simmering, add corn, green pepper, and rice; cook for additional two minutes. Remove from heat, allow to sit (covered) for five minutes. Serve with toppings such as cheddar cheese, Tostitos, salsa, tomato, and sour cream – whatever your family likes.



VEGETABLE TACOS

Nohelia Meza

2/3 C. sliced green onions	1/8 tsp. garlic powder
1/2 C. chopped green bell pepper	1 1/2 C. (6 oz.) shredded Monterey Jack cheese
1 T. butter	12 prepared taco shells (heated)
1 1/2 C. cooked, drained corn	2 C. each: chopped tomatoes, shredded lettuce
1 C. drained kidney beans	1 1/2 C. (6 oz.) shredded cheddar cheese
3 T. chili sauce	
1/2 tsp. chili powder	

To peel a tomato easily, place in boiling water for 30 seconds. Remove tomato and drop in cool water. Peel skin. Preheat oven to 350°. Saute onions and pepper in butter in medium saucepan over medium heat for 5 minutes or until tender. Stir in corn, beans, chili sauce, and seasonings. Cook over medium heat, stirring occasionally, 5 minutes or until heated through. Remove from heat. Stir in Monterey Jack cheese. Fill taco shells with cheese-vegetable mixture. Top with tomatoes, lettuce and cheddar cheese.

TAMALE PIE

Nadine Pfister

1 lb. ground beef	1 C. whole kernel corn
2 tsp. chili powder	1/2 C. salsa
1 (10 3/4 oz.) can condensed tomato soup	1/4 C. water
1 C. coarsely chopped green pepper	1 pkg. (8 1/2 to 12 oz.) corn muffin mix

Preheat oven to 400°. In 10-inch skillet over medium heat, cook beef and chili powder until beef is browned; stir to separate meat. Spoon off fat. Stir in soup, green pepper, corn, salsa, and water. Heat to boiling. Reduce heat to low. Cover; simmer 5 minutes. Pour into 2 qt. casserole. Prepare corn muffin mix according to package directions. Spoon evenly over soup mixture. Bake 25 minutes or until a wooden toothpick inserted in center of muffin mixture comes out clean. Makes 6 servings.

- ORIENTAL -

CHINESE CASSEROLE

Sarah Hoffman

- | | |
|-----------------------------|-------------------------------|
| 2 lbs. ground beef | 1 C. diced celery |
| 1 medium onion (diced) | 1 C. Chinese mixed vegetables |
| 1 can mushroom soup | 1 tsp. soy sauce |
| 1 can cream of chicken soup | 3 tsp. Worcestershire sauce |
| ½ C. uncooked Minute rice | Chinese noodles |
| 1 soup can of water | |

Brown hamburger and diced onions. Add rest of ingredients except Chinese noodles. Bake in 9x13-inch casserole dish at 350° for 1 hour (covered). Remove cover and top with Chinese noodles and bake for 15 to 20 minutes more.

DONNA'S EGG ROLLS

Kelly Hayworth

- | | |
|----------------------------|---|
| 1 clove garlic (minced) | 1 small cabbage head (chopped) |
| 1 medium onion (chopped) | 1 (8 oz.) can water chestnuts (chopped) |
| 1 lb. chicken (diced) | 1 (16 oz.) can bean sprouts (drained) |
| Salt & pepper (to taste) | 1 pkg. egg roll wrappers |
| 1 T. soy sauce | 1 egg (beaten) |
| 4 stalks celery (chopped) | |
| 3 medium carrots (chopped) | |

Saute garlic in 1 T. oil until brown. Add onion and cook about 1 minute. Add chicken. Sprinkle with salt, pepper, and soy sauce. Stir until well blended. Cook until meat is done. Then add all vegetables and stir well. Cook on medium heat 10 minutes, stirring continuously; drain well. Place 1-1½ T. vegetable mixture near one corner of wrapper and fold. Roll gently and place a dab of beaten egg at the last fold to seal the roll. Fry in hot cooking oil until brown. Serve hot with sweet and sour sauce.

EASY SWEET AND SOUR SAUCE:

- | | |
|------------------|-----------------|
| 1 C. sugar | 3 T. ketchup |
| 1 C. vinegar | 2 T. cornstarch |
| 4 tsp. soy sauce | |

Mix. Bring to boil in saucepan. Simmer, stirring constantly until sauce is thickened. Keep hot for serving.

REAL KOREAN BULGOGEE

Becky Lienemann

(This recipe was given to me by my Korean friend, Chol.)

Slice a 3 lb. roast very thin (or have the butcher do it). Marinate beef overnight in the following:

- | | |
|--|------------------------------|
| 1 C. sugar | 4 tsp. sesame oil |
| 1 whole bulb of fresh garlic
(peeled & minced) | 3 tsp. sesame seed (crushed) |
| 1 whole bundle of green onions
(washed & chopped) | 7 tsp. soy sauce |
| 1 tsp. MSG | 2 tsp. salt |
| | ½ tsp. pepper |

You can grill, broil, or panfry. When panfrying, keep temperature low because the sesame seeds will burn. Serve with hot steamed rice.

JUSTON'S MID-ORIENT CUISINE

Juston Yutzy

- | | |
|--|--|
| 1 medium sweet red pepper | ¼ C. barbeque Sauce |
| 1 lb. cube steak or hamburger | ¼ C. tomato juice |
| 1 medium onion | 1 T. garlic-flavored oil |
| 1 can of peas (drain juice) | 3 cloves garlic (minced) (if regular
oil, increase to 6 cloves) |
| 1 (4 oz.) can mushrooms
(pieces & stems), drain juice | 6 C. cooked rice |

Cut cube steak into ¼-inch pieces, chop onion, and sliver red pepper. In large saute pan, heat 1 T. oil, add garlic and saute for 2 minutes, add beef and brown on all sides. Add onions, mushrooms, and barbeque sauce and simmer until juices reduce to ⅓. Add peas, tomato juice and peppers. Mix all ingredients until thoroughly heated; peppers should be crisp. Take off heat and serve over rice.



FRIED RICE

Florence Johnson

- | | |
|-----------------------|---------------------------------|
| 2 C. cooked rice | 1 egg (beaten) |
| ½ onion (chopped) | ½ C. diced cooked ham or shrimp |
| ½ C. frozen peas | 3 T. oil |
| 1 medium diced carrot | Salt |

Heat 1 T. oil in wok/pan at high temperature. When oil starts to smoke a little, add in onions and stir-fry for 1 minute. Add in diced carrot and peas and stir-fry for another 2 minutes. Scoop it out on a plate and set it aside. Heat the rest of the oil in the wok/pan. Add in cooked rice and stir-fry for a minute. Add in beaten egg and stir-fry for 2-3 minutes, stirring frequently. Add peas, carrot, and onion mixture and mix well. Stir in cooked ham/shrimp. Salt to taste. Transfer to a serving dish and serve.

VEGETABLE STIR-FRY

Carol Fausett

- | | |
|-----------------|------------------|
| 2 carrots | 1 onion |
| 2 stalks celery | 1 bunch broccoli |

Heat ¼ C. oil and cook carrots, celery, onion, and broccoli (cut in very thin strips) for 4 minutes.

ADD:

- | | |
|-----------------|--------------|
| ½ lb. mushrooms | 1¼ tsp. salt |
| ¼ C. water | ½ tsp. sugar |

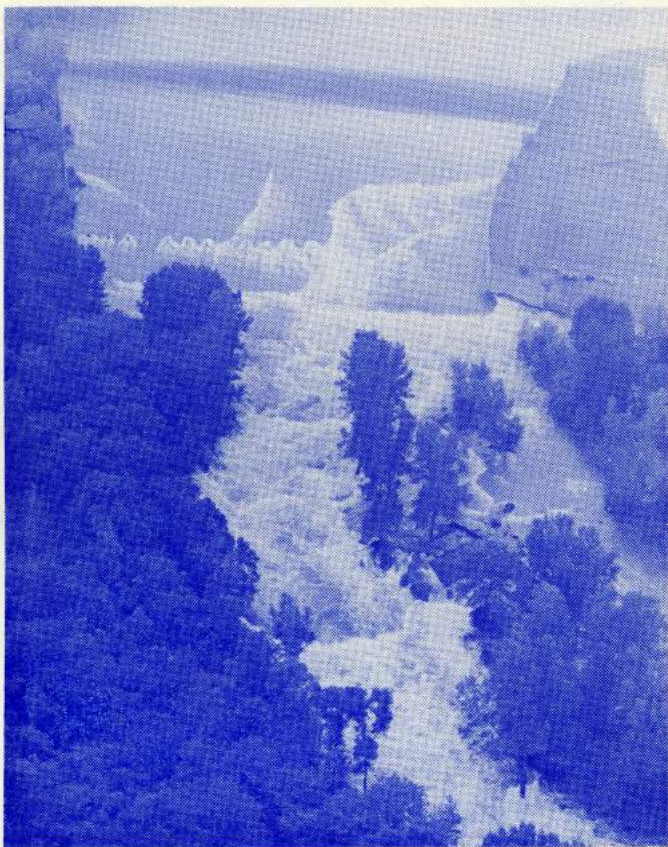
Cover and cook 5 minutes.

LINDA'S MEAT LOAF

Roger and Linda Fisher

- | | |
|---|--------------------------|
| 1 (12 oz.) pkg. frozen chopped onions (browned) | ⅓ C. Catalina dressing |
| 2 lbs. lean ground beef (uncooked) | 2 eggs |
| 3 T. Worcestershire sauce | Salt & pepper (to taste) |
| ⅓ C. Western dressing | 24 saltines (crushed) |
| | ¼ C. milk |

Fry the chopped onions until well browned. Then mix all ingredients in large bowl; pack into loaf pan. May be frozen immediately for future use (should be thawed before baking) or baked right after preparation. Bake at 400° about 1½ hours. NOTE: Since Linda cooks by the "that looks about right" method, the quantities are approximate.



**The Coralville Reservoir
The Flood of 1993**

**Flood waters rush over the spillway at the Coralville Dam
causing great damage to the Coralville community.**

Soups and Stews

My Favorite Recipes in this section are:

RECIPE

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Hints for Soups, Stews, and Sandwiches

You can use instant potatoes instead of flour to thicken soups, stews, and gravies without lumps. Another excellent thickener for soup is a little oatmeal. It will add flavor and richness to almost any soup.

If soup has been oversalted, add a teaspoonful of sugar or a few small pieces of raw turnip and simmer a little longer. This will neutralize the salt flavor.

Grate a raw potato and add it to your soup when it is too salty. Or add a whole, raw potato and remove before serving. The potato absorbs the salt.

All seasonings should be added gradually to soup or the flavor may be too strong.

A little finely grated cheese added to thin soup improves the taste immensely.

Remember, soup boiled is soup spoiled. Soup should be cooked gently and evenly.

To prevent curdling of milk or cream in soup, add the soup to the milk rather than vice versa. Or add a bit of flour to the milk and beat well before combining.

Cream soups tend to boil over easily. Some cooks say that greasing the top edges of the cooking container will prevent this problem. One quart of soup yields about six servings, unless it is the main course.

To save money and add vitamins: Pour all leftover vegetables and cooking water into a freezer container. When the container is full, add tomato juice and seasoning. Use the contents for making nutritious soups, stews or casseroles. Or try freezing the vegetables and water separately, and use the water in place of chicken or beef broth.

Vegetables added to soup will make a much tastier dish if you saute them first, preferably in a little butter.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose. Or, float a piece of tissue paper lightly on top of the soup and it will absorb the grease.

Fat can be skimmed off soup by chilling soup until fat hardens. If time does not permit this, wrap ice in paper toweling and skim over the top.

Steak, roast or poultry bones can be frozen until needed for soup stock.

Always start cooking bones and meat in cold, salted water.

Instant soup stock will always be on hand if you save the pan juice from cooking meats. Pour the liquid into ice cube trays and freeze. Place solid cubes in freezer bags or foil.

- SOUPS AND STEWS -

BEEF STEW

Nancy J. Beuter

- | | |
|------------------|-----------------------------|
| 2 T. oil | 1 tsp. Worcestershire sauce |
| 2 lbs. stew meat | ½ tsp. pepper |
| 1 onion | ½ tsp. paprika |
| 1 clove garlic | 2 bay leaves |
| 1 T. salt | Dash allspice |
| 1 T. lemon juice | 4 C. water |
| 1 tsp. sugar | |

Brown meat in oil and clove of garlic. Add rest of ingredients, bring to boil, simmer 2 hours or until meat is tender. Add 6 carrots (diced), 6 medium potatoes, and 1 lb. baby onions; cook until tender. Drain juice off vegetables and meat. Thicken juice with ¼ C. flour and ½ C. cold water. Add vegetables and meat back to broth. Serve.

5 HOUR "NO PEEK" STEW

Joanne Hora

- | | |
|------------------|---------------------------|
| 2 lbs. stew meat | 4 T. tapioca |
| 6 carrots | 2½ C. tomato or V-8 juice |
| 4 stalks celery | 1 T. sugar |
| 2 chopped onions | 1 tsp. salt |
| 4 potatoes | |

Place vegetables in pan first. Add meat on top. Mix juice, sugar, salt, and tapioca. Pour mixture over the meat and vegetables. Cover and bake for 5 hours at 250°. Do not peek!

FOOTBALL STEW

Virginia Travis

- | | |
|---------------------------|--------------------|
| 2 lbs. stew meat (raw) | 1½ C. tomato juice |
| 1 large onion (chopped) | 2 T. sugar |
| 6 carrots (sliced) | 2 tsp. salt |
| 3 large potatoes (sliced) | 3 T. tapioca |
| 2 stalks celery (chopped) | |

Place ingredients in foil-lined 9x13-inch pan. Cover and bake at 350° for 2½ hours or at 250° for 4½ hours. Stir during baking.

KAPAMA

(Greek Stew)

Donna Young

- | | |
|---|----------------------------|
| 1½ lb. lean stewing beef (cut up) | 3 T. minced parsley |
| 1 C. chopped onion | ½ tsp. salt |
| 1 clove garlic (minced) | ¼ tsp. pepper |
| 3 T. vegetable oil | 2½ C. corkscrew macaroni |
| 1 (6 oz.) can tomato paste | 1 C. cheddar/Monterey Jack |
| 1½ C. water | ¼ C. margarine |
| 1 C. fresh mushrooms (sliced) or sliced carrots | |

In Dutch oven cook beef, onion and garlic in oil until beef loses its redness. Stir in next 7 ingredients. Cover and simmer 1 hour, stirring occasionally. Cook macaroni as package directs; drain. Toss hot cooked macaroni with cheese and margarine. Arrange macaroni on large serving platter. Spoon meat mixture over macaroni. Makes 6 servings.

OVEN STEW

Carol Raymer

- | | |
|-------------------------|--------------------|
| 1½ lbs. stew meat | 1 T. sugar |
| 6 carrots (sliced) | 2 T. tapioca |
| 1 large onion (chopped) | 2½ C. tomato juice |
| 1 C. celery | Salt & pepper |

Combine all ingredients in a casserole dish. Cover and bake at 250° for 5 hours. No peeking! Serve over mashed potatoes or noodles.

OVEN BAKED STEW OR SLOW COOKER

Margaret Hiscock

- | | |
|----------------------------------|----------------|
| 2 lbs. beef stew meat | 1 tsp. salt |
| 6 carrots (cut in ½-inch pieces) | ¼ tsp. pepper |
| 1 (20 oz.) can tomatoes | 1 T. tapioca |
| 1 large onion (sliced) | ¼ C. red wine |
| 3 medium stalks celery (cut up) | 1 pt. of water |
| 1 T. molasses or 1 T. sugar | |

Place meat in large Dutch oven or slow cooker. Stir in remaining ingredients. Bake at 275° for 5 hours, stirring occasionally, or bake at 325° for 4 hours. Tapioca helps thicken it.

OVEN BAKED STEW

Ken Schweitzer

1½ lbs. round steak
6 medium potatoes
6 carrots (peeled)
5 stalks celery
3 turnips (optional)
2 medium onions

2 cloves garlic (crushed)
½ head cabbage (medium size)
2 cans Campbell's tomato bisque
soup
Salt & pepper (to taste)

Cut round steak into ¾-inch cubes and put into bottom of 5-8 qt. Dutch oven or crockpot. Wash potatoes and cut into 1-inch cubes (peeling optional). Put on top of meat. Cut carrots into ½-inch slices, celery into ¼-inch slices, and turnips into ½-inch cubes, and add to pot. Quarter onions, separate layers and add to pot. Cut cabbage in half and layer leaves over the top. Pour two cans of soup over the cabbage and cover. Cook for 4 hours at 250° in oven, or 10 hours on low in a crockpot. Add salt and pepper to taste. This is an easy recipe to make the night before; plug in the crockpot in the morning and its ready when you get home.

SICILIAN FISH STEW

Leesa Johnson

6 T. olive oil
3 large cloves garlic (chopped)
2 C. chopped onion
2-3 C. peeled, chopped tomatoes
1¾ C. water or reserved tomato
juice

⅔ C. dry white wine
⅔ C. fresh parsley (chopped)
1½-2 lbs. any whitefish fillets
(cut into 2-inch pieces)

Heat oil in large Dutch oven. Saute onion about 3 minutes over medium heat. Add garlic and stir another minute. Add parsley and cook 2 more minutes. Add drained tomatoes and cook 2 minutes longer. Add juice/water and wine and simmer 10 minutes to blend flavors. Add fish and simmer 10 more minutes until fish is cooked through. Season with salt and pepper. Serve with crusty bread.

PORTUGUESE BEAN SOUP

Karen Hegland

- | | |
|---------------------------------|----------------------------|
| 1 (16 oz.) pkg. pinto beans | 2 cans "Ranch Style" beans |
| ½ lb. bacon (chopped) | 2 jalapenos |
| 2 onions (chopped) | Salt & pepper |
| 1 ring smoked sausage (chopped) | |

Soak pinto beans overnight. Drain. In large pan put beans, bacon, and onions. Cover with water and cook until beans are soft. Add smoked sausage, Ranch Style beans, jalapenos, and seasonings.

EASY BEEF 'N' BARLEY SOUP

Joan Liddell

- | | |
|--------------------------------|----------------------------------|
| 1 lb. ground beef | 1 (16 oz.) can tomatoes (cut up) |
| 1½ medium-sized chopped onions | + juice |
| Salt & pepper (to taste) | 1/8-¼ tsp. oregano |
| 3 stalks chopped celery | 1 tsp. Worcestershire sauce |
| 1 diced carrot | ¾ C. barley |

Brown ground beef with onion. Add rest of ingredients and let cook about 5 minutes. Add 2 qts. water and barley. Bring to boil. Simmer 1 hour.

CHEESE SOUP

Marianne Colony

- | | |
|--------------------|--|
| ½ C. minced onion | 3 C. milk |
| ½ C. minced carrot | ½ tsp. salt |
| ½ C. minced celery | ¼ tsp. pepper |
| ¼ C. butter | 1 C. grated cheddar cheese or
American process cheese |
| ¼ C. flour | Minced parsley |
| 4 C. chicken broth | |

Saute onion, celery, and carrots in 3 T. butter until soft. Add the flour and cook 1 minute. Pour in the broth and milk. When hot and smooth, stir in cheese, salt, and pepper. Bring to a boil, add remaining butter and sprinkle with parsley. Serve at once. You can use a combination of cheeses. I use 3 different kinds. Serves 8 to 10 people.

CREAMY CABBAGE SOUP

Margaret Morgan

¼ C. butter
2 tsp. instant chicken bouillon
½ tsp. celery salt
1 (5 oz.) can evaporated milk
⅓ C. flour
¾ C. water
Salt & pepper (to taste)

2 C. chopped cooked ham
10 C. coarsely chopped cabbage
1½ C. shredded carrots
1 C. chopped celery
1 C. cooked wild rice
5 C. water

Combine ham, cabbage, carrots, celery, onion, wild rice, 5 C. water, butter, chicken bouillon, and celery salt in large heavy saucepan; mix well. Cook for 10-12 minutes or until mixture comes to a boil; reduce heat. Simmer for 35-40 minutes or until vegetables are tender-crisp. Stir in evaporated milk and mixture of flour and ⅓ C. water. Cook for 10-15 minutes or until soup comes to a boil, stirring constantly. Cook for one minute longer. Season with salt and pepper to taste. Serves 10.

DELICIOUS CHEESE SOUP

Renda Greene

1½ qt. water
1 small onion
3 chicken cubes
2 cans cream of chicken soup
3 potatoes

1 or 2 carrots
1 (20 oz.) pkg. California mixed vegetables
1 lb. Velveeta cheese

Combine water, potatoes, onions, carrots, and chicken cubes; cook until potatoes are done. Add frozen vegetables, cook and remove from heat. Add 2 cans of soup and Velveeta cheese. Let stand until cheese is melted. Serve.

Worry is like a rocking chair; it gives you something to do, but doesn't get you anywhere.

CHEESE-BROCCOLI SOUP

Kayleen Gardner

- | | |
|---------------------------------|---|
| 2 C. thinly sliced carrots | 1 qt. milk |
| 1 C. chopped celery | 1 (46 oz.) can chicken broth |
| 2 C. chopped onion (divided) | 1 T. prepared mustard |
| 1 (10 oz.) pkg. frozen broccoli | Pepper, red pepper, salt
(as desired) |
| 1 stick margarine | 1 large jar Cheez Whiz or 2 C.
cubed Velveeta cheese |
| 1 C. flour | |

Cook carrots, celery, 1 C. onion, and broccoli in 2 C. of water until tender, then set aside without draining. Saute remaining 1 C. onion in margarine. Mix flour with enough water to make a paste (as for gravy) and work into sauteed onions until smooth. In a large kettle, heat milk, chicken broth, and mustard. When heated through, add flour-onion-margarine mixture, stirring until well blended. Add the cooked vegetables and liquid in which they were cooked. Add seasonings to taste. Heat through. Just before serving, add the Cheez Whiz or cubed cheese, stirring until blended. Cauliflower may be substituted for broccoli.

CHEESE VEGETABLE SOUP

Norma Rarick

- | | |
|--------------------------|------------------------|
| 6 C. diced potatoes | 4½ C. water |
| 1 C. chopped celery | 4 T. flour |
| 1 C. chopped carrots | 3 C. milk |
| ½ C. chopped onion | 1 lb. Velveeta (cubed) |
| 2 chicken bouillon cubes | 1 box chopped broccoli |

Combine potatoes, celery, carrots, onion, bouillon, and water. Simmer until vegetables are done and liquid is partially reduced. Shake together the flour with 1 C. milk. Add to the vegetables along with the rest of the milk. Then add Velveeta and broccoli. Simmer until hot. Serves 8.



CHEESY CHICKEN CHOWDER

Donna Young

3 C. chicken broth	¼ tsp. pepper
2 C. diced, peeled potatoes	¼ C. margarine
1 C. diced carrots	⅓ C. flour
½ C. diced celery	2 C. milk
½ C. diced onion	2 C. shredded cheddar
1½ tsp. salt	2 C. cooked, diced chicken

Bring chicken broth to a boil. Reduce heat; add potatoes, carrots, celery, onion, salt and pepper. Simmer 15 minutes. Melt margarine, add flour, stir, then add milk. (Makes a white sauce.) When thick add cheese. Then add it to the broth mixture with the chicken. Cook until warm. Serves 4 to 6.

2-3 ALARM CHILI

Roger Fisher

2 lbs. hamburger (80%-90% lean)	½ tsp. chili powder
1 lb. frozen diced onions (raw)	Dash of garlic powder
1 (40 oz.) can Mrs. Grimes Original chili beans	½-1 tsp. black pepper
1 (22 oz.) can or 2 (15½ oz.) cans Brooks chili hot beans	Dash of oregano
2 (15½ oz.) cans chopped tomatoes	Dash of Tone's Butter & Mesquite Seasoning
½-1 tsp. Tabasco sauce (depending on taste)	Dash of cayenne pepper

Mix all beans, tomatoes (including juices) and spices together in Dutch oven-size pan on stove top. Begin to heat. Brown onions lightly in frying pan (use lowfat or other cooking oil). Add to chili mix when properly sauteed. Brown hamburger, drain and add to chili and onion mix. Continue to steep ½ hour or so at low boil. Eat with crackers, bread, corn bread, etc.

Sad fact of life—Square meals make round people.

BLACK BEAN CHILI

Karen Palumbo

- | | |
|-----------------------------|-------------------------------|
| 2 carrots (chopped) | 1 (28 oz.) can whole tomatoes |
| 1 rib celery (chopped) | ½ C. corn |
| 1 red pepper | 1½ tsp. chili powder |
| 2 large onions | ¾ tsp. oregano |
| 2 large cloves garlic | ½ tsp. ground cumin |
| 2 (15 oz.) cans black beans | 8 oz. rice |

Chop and saute vegetables until tender. Add black beans, tomatoes, corn, spices. Heat and serve over cooked rice.

CLARKSVILLE CHILI

*Tina Kocher, Beverly Barnett
and Leesa Johnson*

- | | |
|--|--|
| 1 lb. ground beef | 4 (16 oz.) cans Mrs. Grimes chili
beans (not drained) |
| 1 medium chopped onion | Chili powder (to taste) |
| 2½ C. peeled tomatoes (not
drained) | Seeded, minced hot chilies (to
taste) |
| 2 C. cooked & drained kidney
beans | |

Brown ground beef with onion (and chilies if using them) until meat is cooked and broken up. Drain. Heat soup kettle and add cooked beef, salt, and pepper as well as chili powder to taste. Cook over medium heat, stirring, 1 minute. Add remaining ingredients, breaking up tomatoes. Bring to boil; lower heat, partially cover and simmer 1-1½ hours, stirring occasionally. Taste to adjust seasonings.

CORN CHOWDER

Cindy Baumbach

- | | |
|------------------------------|--|
| 6 C. water | 2 cans cream of mushroom soup |
| 6 chicken bouillon cubes | 1 (16 oz.) bag frozen corn or
2 cans corn |
| 4-5 cubed potatoes | ½ lb. Velveeta cheese |
| 2 cans Swanson chicken broth | |

Bring potatoes to boil, simmer for 30 minutes and add all other ingredients. Can cook in crockpot all day. Wait until ready to eat to add cheese.

ED'S CHILI

Jodie Krotz

- | | |
|--|--|
| 1 lb. ground beef | 1 (15 oz.) can red kidney beans
(undrained) |
| ½ C. green pepper (chopped) | |
| ½ C. sweet red pepper (chopped) | 1 (8 oz.) can tomato sauce |
| 1 onion (chopped) | 1 (6 oz.) can tomato paste |
| 2 or 3 cloves of minced garlic | 2 to 4 T. chili powder |
| 2 (10 oz.) cans tomatoes with
green chilies (undrained) | |

In a Dutch oven cook beef, onion, peppers, and garlic until meat is browned. Drain. Add ½ C. water and remaining ingredients. Bring to a boil, reduce heat and simmer; leave uncovered. Stir occasionally for about 5 minutes. Add additional water if necessary. Garnish with cheddar cheese and sour cream. This chili makes about 8 C.

FRUIT SOUP

Darlene Filloon

- | | |
|--------------|--------------|
| 3 T. tapioca | Dash of salt |
| ½ C. sugar | 1 C. water |

Cook until thick and clear.

ADD:

- | | |
|--|--------------------------|
| 1½ C. cold water or juice from
fruits & 1 (6 oz.) can frozen
orange juice (thawed) | 1 can mandarin oranges |
| 2 boxes frozen strawberries | 1 large can peach slices |
| | 1 small can white grapes |

Drain the strawberries and peach slices and save the juice. Drain oranges and grapes also. Put aside and then cook the tapioca, sugar, salt, and water until thick and clear. Add water or juice from the fruits. (I use the juices which give the fruit a better flavor.) Add the thawed orange juice. This fruit soup will keep up to 2 weeks in the refrigerator. You may add sliced bananas to it when you serve it.

TAILGATER CHILI

John Weihe

- 1/3 C. olive oil
 - 1 1/2 lbs. beef sirloin (chopped)
 - 1 1/2 lbs. pork tenderloin (chopped)
 - 3-4 cloves garlic (minced)
 - 2-3 large onions
 - 2 ribs celery (chopped)
 - 1 large carrot (chopped)
 - 1 jalapeno pepper (seeded, chopped)
 - 1 yellow pepper (seeded, chopped)
 - 1 (29 oz.) can stewed tomatoes with juice (chopped)
 - 1 (12 oz.) bottle dark beer
 - 1 (14 oz.) can beef broth
 - 1 tsp. chili powder
 - 1/2 tsp. cumin
 - 1/2 tsp. oregano
 - 1 (14 oz.) can black beans
- Optional garnishes: crushed tortilla chips, sour cream, chopped onions, shredded sharp cheddar cheese, shredded pepper jack cheese

In soup pot heat oil, add meat, brown 5-10 minutes (over medium). Add garlic, onions, celery, and carrots; cook until tender, 10-15 minutes. Deglaze with 1/4 C. wine. Add jalapeno, yellow pepper, tomatoes, and beer. Add beef broth, chili powder, cumin, oregano; cover and simmer at least 2 hours. Ten minutes before serving add beans, salt and pepper to taste. Garnish with any or all optional ingredients. Serves 10.

HAMBURGER SOUP

Helen Tompkins

- 1 lb. ground beef
- 1 (46 oz.) can V-8 Juice
- 1 (16 oz.) pkg. mixed vegetables (peas, beans, & carrots)
- Handful of medium pearly barley (1/3-1/2)
- Onion (to taste)
- 1 (16 oz.) can cream of mushroom soup
- 1 or 2 diced potatoes

Cook and drain ground beef and onions. Add remaining ingredients. Cook until vegetables are done. Serve hot. Chill leftovers in ice water immediately. Freeze when cold.

QUICK SUPPER CHOWDER

(Microwave Recipe)

Tanny Latuska

- | | |
|---------------------------------------|--|
| 6 slices bacon (cooked crisp & diced) | 1 (1 lb.) can creamed corn |
| 1 C. diced, cooked carrots | 1 (10 oz.) can condensed cream of chicken soup |
| 1 C. diced, cooked potatoes | 2½ C. milk |
| 1 large onion (very thinly sliced) | Dash of pepper & salt (to taste) |
| 4 T. butter or bacon drippings | |

Prepare bacon and set aside. To cook diced carrots and potatoes, mix and cook in medium-size cooking bag or small casserole (2 qt.) Cook covered for five minutes. (Drain and set aside.) Heat butter or drippings of fried bacon in four-quart casserole or radarrange Dutch oven for 45 seconds. Add onion separated into rings (I like mine chopped instead). Cook 2 minutes more, stir, cook 2 minutes more. Stir in remaining ingredients; mix together well. Cover; cook in oven 5 minutes. Stir well and cook 5 minutes more until soup is hot. Sprinkle with salt and pepper. Dish into serving bowls and top each serving with some of the crumbled/diced crisp bacon. (Makes 6 servings.) One of our favorite winter Sunday suppers.

CONVENTIONAL COOKING METHOD: Saute onion in bacon drippings in heavy kettle. Mix in the remaining ingredients. Simmer over low medium heat about 35 to 40 minutes.

KALE SOUP

Stacie Sweeney

- | | |
|---|--------------------------------|
| 2½ lbs. of smoked ham (cook in 4 qts. of water) | 4 medium carrots (diced) |
| 4 medium potatoes (diced) | ¼ C. onion (very finely diced) |
| | 2 tsp. salt |

Cook ham in water, skim foam as you go, boil for 2 hours. Add potatoes, carrots, onion and salt. Add 1½ C. kale and cook ½ hour. Put in shaker and shake 2 T. parsley, 1 C. milk, and 3 T. flour heaping. Stir into soup and stir often so it doesn't stick to bottom of pan.

BAKED MINISTRONE

Dick and Doris Myers

- | | |
|--------------------------------------|-----------------------------------|
| 1½ lbs. lean beef cubes | 1½ tsp. herb seasoning |
| 1 C. coarsely chopped onion | 1 (16 oz.) can undrained tomatoes |
| 2 cloves garlic (crushed) | 1 can undrained kidney beans |
| 1 tsp. salt | 1½ C. thinly sliced carrots |
| ¼ tsp. pepper | 1 C. small seashell macaroni |
| 2 T. olive oil | 2 C. sliced zucchini |
| 3 (10 oz.) cans condensed beef broth | ½ C. chopped ripe olives |
| 2 cans water | Grated Parmesan cheese |

Mix beef, onion, garlic, salt, and pepper in large saucepan. Add olive oil and stir to coat meat evenly. Bake at 400° for 30 minutes or until meat is browned. Stir occasionally. Turn oven to 350°. Add broth, water, and seasoning. Stir. Cook 1 hour or until meat is tender. Stir in tomatoes, kidney beans, olives, carrots, and macaroni. Put sliced zucchini on top. Cover. Bake 30-40 minutes. Serve with grated Parmesan on top.

CREAMY MUSHROOM BISQUE

Patty Weihe

- | | |
|----------------------------|--------------------------|
| ¼ C. butter | 1/8 tsp. white pepper |
| 1 lb. chopped mushrooms | 7 beef bouillon cubes |
| 2 large sliced onions | ⅓ C. flour |
| 2 cloves garlic | 6 C. milk or half & half |
| ⅓ C. chopped fresh parsley | Salt (to taste) |
| 1 tsp. thyme | 1/8 tsp. grated nutmeg |

CONDIMENTS: Grated Parmesan, sour cream, croutons, chopped green onions

In large soup pot melt butter. Add mushrooms, onions, garlic, parsley, thyme, pepper, and beef cubes. Cook mixture until onions are limp. Blend in flour. Remove from heat. In Cuisinart, blend ⅓ of mixture at a time with milk (2 C. at a time). Puree. Return blended mixture to pan; reheat until hot and thick. Add grated nutmeg and salt to taste. Serve with condiments. Makes 6-8 servings.

POTATO SOUP

Sue Fisher

- | | |
|-----------------------------|------------------------------------|
| 1 lb. shaved ham | 1 (48 oz.) pkg. Ore-Ida hashbrowns |
| 1 stick margarine | ½ gallon 2% milk |
| 1 (8 oz.) pkg. cream cheese | 2 cans cream of chicken soup |

Put ingredients in large pan and cook until done.

SEAFOOD BISQUE

Mary Henry-Osman

- | | |
|-------------------------------|--|
| 1 can cream of mushroom soup | 1 to 2 C. light cream |
| 1 can cream of asparagus soup | 1 can each crab, clams & tiny shrimp (drained) |
| 1½ cans milk | |

Blend soups, stir in milk and cream. Heat just to boiling. Add seafood. Heat through and serve. Optional: Add 2 T. sherry and dollop of butter atop each bowl of soup prior to serving.

SPLIT PEA SOUP

Debra Schreiber

- | | |
|--|---------------------------|
| 1 lb. green split peas | ½ tsp. pepper |
| 1 lb. ham | ¼ tsp. marjoram (crushed) |
| 4 T. instant minced onion, or 1½ C. sliced onion | 1 C. celery (diced) |
| 1 tsp. salt | 1 C. carrots (diced) |

Cover peas with 2 qts. cold water and simmer gently 2 minutes. Remove from heat, cover and let stand 1 hour. Add ham, onion, salt, pepper, and marjoram. Bring to a boil, cover, reduce heat and simmer for 1½ hours. Stir occasionally. Add vegetables and cook slowly (uncovered) for 30-40 minutes. Nutrition (per serving): 378 calories. Serves 6.



CURRIED BUTTERNUT SQUASH SOUP

Leesa Johnson

- | | |
|---|------------------------|
| 4 lbs. butternut or buttercup
squash (halved & seeded) | ¼ tsp. ground allspice |
| ¼ C. butter | 4 C. chicken broth |
| 2 C. chopped onion | 1 C. half & half |
| 5 tsp. medium heat curry powder | ¼ C. chopped chives |

Bake the squash at 350° for about 50 minutes or until soft. Scoop out squash, discarding skin, and set aside. Melt butter in large skillet and saute onions, curry, and allspice until onions are tender, about 10 minutes. Transfer ¼ of onion mixture, ¼ of squash, and 1 C. chicken stock to blender and puree. Pour into heavy saucepan. Repeat 3 more batches in blender, adding each to saucepan. Heat over low flame and stir in half & half. Bring to boil. Reduce heat and simmer 10 minutes. Season with salt and pepper. Stir chives into soup.

STEAK SOUP

Paul Retish

- | | |
|--------------------------------|------------------------------|
| 1 (10 oz.) pkg. frozen veggies | 2-4 bouillon cubes |
| 1 lb. meat (chuck steak) | ½ tsp. pepper (more or less) |
| 1 lb. can tomatoes | 3 C. water |
| 2 small onions | 2 C. celery |
| 2 diced carrots | |

Cook in crockpot 9-10 hours on low. Last hour add paste: ¼ C. butter and ¼ C. flour. Cook on high to thicken.

SUCCOTASH SOUP

Virginia Ziskovsky

- | | |
|--------------------------|---|
| 3 C. lima beans | 2½ tsp. dried thyme |
| 2 cans chicken broth | Salt & pepper |
| 1 C. chopped onion | Red pepper |
| ¾ C. chopped bell pepper | 1 (14 oz.) can chopped tomatoes |
| ½ C. chopped celery | 1 (11 oz.) can whole kernel corn
(white) |
| ¾ C. chopped green onion | |

Mix all together and heat.

STRAWBERRY SOUP

Sheila Boyd

1 pt. strawberries (cleaned & hulled)
1 C. sour cream
½ C. milk
½ C. ginger ale

6 T. sugar
1 tsp. vanilla
1 T. lemon juice
Whole strawberries (sliced for garnish)

FAT FREE VERSION:

1 pt. strawberries (cleaned & hulled)
1 C. plain or vanilla nonfat yogurt
½ C. skim milk
Omit ginger ale

Sugar substitute to equal 6 T. sugar
1 tsp. vanilla
1 T. lemon juice
Whole strawberries (sliced for garnish)

Combine all ingredients in a blender or food processor. Blend until smooth, chill well. Garnish with strawberry slices. Wait to add the ginger ale closer to serving time. Serve in chilled bowls. NOTE: I have experimented with the fat free version and my family can't tell the difference.

TACO SOUP

Bonnabelle Rayner

1 lb. hamburger
Onion (chopped)
⅓ C. taco seasoning
1 large can tomato juice
¼ C. brown sugar

1 can corn (drained)
1 can chili beans
Taco chips
Sour cream
Shredded cheddar

Brown hamburger and onion, add remaining ingredients except chips, sour cream, and cheese. Heat thoroughly and simmer. When serving: Top your bowl with some crushed taco chips, a dollop of sour cream and sprinkle with shredded cheese.



HERBED TOMATO AND CHICK PEA SOUP

Rita Bedard

1 can chick peas (drained)	¼ tsp. pepper
½ tsp. salt	½ tsp. basil
¼ C. butter	1/8 tsp. rosemary
2 medium onions (finely chopped)	1 can chopped tomatoes
1 medium carrot (finely chopped)	2 C. chicken broth

Combine, bring to boil and simmer 20 minutes.

HEARTY TORTELLINI SOUP

Quinta Bontrager

2 cloves garlic (crushed)	1 (10 oz.) pkg. fresh or frozen spinach (thawed)
1 T. margarine	1 (16 oz.) can stewed tomatoes (undrained, coarsely chopped)
2 (13½ oz.) cans chicken or beef broth	Grated Parmesan cheese
1 (8 oz.) pkg. fresh or frozen cheese tortellini	

In a large saucepan, over medium high heat, cook garlic in margarine for 2 to 3 minutes. Add broth and tortellini; heat to a boil. Reduce heat, simmer 10 minutes. Add spinach and tomatoes; simmer 5 minutes more. Serve topped with cheese. Serves 6. NOTE: Lower-salt broth may be used.

ITALIAN ZUCCHINI SOUP

Ken Schweitzer

2-3 small or 1 large zucchini	2 (16 oz.) cans Italian or other flavored stewed tomatoes
1 lb. ground beef	1½ C. water
½ lb. Italian or regular sausage	1 small can Italian tomato paste
2 medium onions	Salt & Pepper (to taste)
2 cloves chopped garlic	

Brown and drain ground beef and sausage. Chop onions and garlic and cook for 2 minutes with meat. Cut zucchini into bite-sized cubes leaving peel on. Add 2 cans of tomatoes. Mix paste with water and add to soup. Simmer for 1 hour on medium low. For more spunk, I add 1 (16 oz.) jar of salsa instead of one of the cans of tomatoes. This cans well. Process at 5 lbs. for 5 minutes.

TORTILLA SOUP

Cindy Baumbach

- | | |
|------------------------------------|--|
| 1 small chopped onion | 1 (14 oz.) can beef broth |
| 2 clove garlic (minced) | 1 tsp. cumin |
| 1 T. oil (to saute) | 1 tsp. Worcestershire sauce |
| 1 (4 oz.) can green chilies | 1 tsp. fresh cilantro (or the spice stuff) |
| 2 (14 oz.) cans chopped tomatoes | 1 tsp. chili powder |
| 1 can pinto, kidney or black beans | 2 C. boiled chicken slices (4 pieces) |
| 1 (14 oz.) can tomato soup | |
| 1 can niblet corn | |

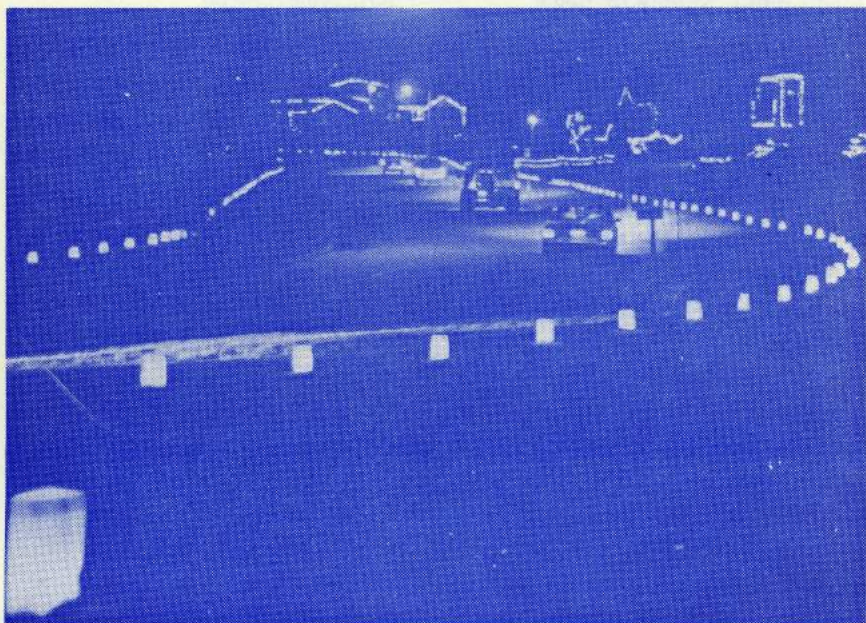
Saute onion and garlic in oil. Combine all ingredients (except toppings) in a large pot. Bring to a boil. Cut to simmer for 20 minutes. Or I usually put in a crockpot for the day, which I find much easier. Toppings: 2 C. shredded jack, colby or co-jack cheese, tortilla chips, sour cream, or guacamole. Put toppings on when ready to eat. Serves 8.

QUICK CHUNKY VEGETABLE SOUP

Patti Van Houten

- | | |
|-----------------------------|---|
| 2 lbs. ground turkey | 4 C. hot water |
| 1 C. chopped onion | 1 (20 oz.) bag frozen mixed vegetables |
| 1 (46 oz.) can tomato juice | 1 C. frozen whole kernel corn |
| 1 (6 oz.) can tomato paste | 1 C. frozen green peas |
| 3 T. beef bouillon granules | 3 large potatoes (peeled & cubed) |
| 2 bay leaves | 1 (8 oz.) can mushrooms, pieces & stems (drained) |
| 1 tsp. cayenne pepper | |

Spray a Dutch oven with cooking spray; place over low heat and add ground turkey. Cook until meat is done, but not brown. Add onion, tomato juice, tomato paste, bouillon granules, bay leaves, cayenne pepper, and hot water. Cover and simmer 30 minutes. Add remaining ingredients and more water if desired; cover and cook 30 minutes more or until vegetables are tender. Adjust seasoning, remove bay leaf and serve. Freeze extra soup for later. Nutrition per serving: Calories 129, protein 10 gm., carbohydrates 16 gm., fat 3 gm., sodium 324 mg., cholesterol 0 mg.



Coralville's Famous Luminaries. The annual "Aisle of Lights" showcases luminaries and decorated houses each year on the Sunday before Christmas.

Vegetables and Side Dishes

My Favorite Recipes in this section are:

RECIPE

PAGE #

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Hints for Vegetables and Side Dishes

Put a tablespoon of butter or a few teaspoons of cooking oil in the water when cooking rice, dried beans, and pasta to keep it from boiling over and sticking together.

Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

Pasta products tend to lose texture and become too soft when frozen and reheated.

A few drops of lemon juice in the water while boiling potatoes will whiten them.

Potato skins will remain tender if you wrap them in aluminum foil to bake them. Foil margarine wrappers also work well.

To improve the flavor of old potatoes, add a little sugar to the water in which they are boiled.

Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

A well-beaten white of egg added to mashed potatoes will enhance the looks and taste of the dish.

Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing. One tablespoon of butter added before mashing also enhances the flavor.

If someone in the family is on a salt-free diet, try cooking a turnip with the boiled potatoes. It makes it taste as if salt has been added.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to one quart of water) immediately after peeling.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white. A bit of lemon juice or vinegar added to the cooking water also makes cauliflower keep its snowy white color.

Use greased muffin tins as molds when baking stuffed green peppers.

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

For a quick cheese sauce over cooked vegetables, simply slice cheese from a brick with a vegetable peeler and place some of these extra-thin slices on top of hot vegetables. The thin slices melt quickly and easily.

- VEGETABLES AND SIDE DISHES -

GALLYTROT ARTICHOKE

Leesa Johnson

2 T. + ¼ C. lemon juice
2-6 fresh artichokes
1 lemon (halved)
⅓ C. olive oil
3 C. water

2 tsp. sugar
2 T. flour
8 scallions (chopped)
¼ C. chopped dill
1½ tsp. salt

Pour 2 T. of the lemon juice into a large bowl of water. Trim chokes thusly: Cut stem off at base and peel off outer 3 bottom layers of leaves. Carefully trim leaf ends and base. Cut chokes in half lengthwise. Using small spoon, remove prickly choke and sharp leaves from center. Rub cut sides of chokes with lemon half and place chokes in the bowl of lemon water. Heat oil in large Dutch oven and saute scallions 3 minutes. Add 3 C. water, dill, sugar, salt, and ¼ C. lemon juice. Bring to simmer. Drain chokes and add them to pot. Cover and simmer until bases are soft and leaves pull easily, about 30 minutes. Remove each choke with a slotted spoon and set aside. Place flour in a small bowl and whisk in ½ C. hot cooking liquid. Pour mixture into remaining liquid and bring to a boil, stirring. Cook until sauce thickens, adding more water if necessary, about 2 minutes. Season with salt and pepper. Pour over chokes and serve either warm or at room temperature.

ASPARAGUS GOLDENROD

Joanne Hora

3 hard-boiled eggs
1 lb. asparagus
1 C. milk
Dash of pepper
4-6 slices of toast

2 T. flour
2 T. butter
½ tsp. salt
1 T. snipped chives
1 T. tarragon

Scrape scales from asparagus. Cut into 2-3-inch pieces. Cook in steamer 5-8 minutes or until tender. Prepare white sauce: melt butter, add flour, salt, and pepper. Add milk, stirring over medium heat until bubbly. Cook and stir for 1 minute. Slice boiled eggs; take part of the egg whites, chop up, and add to the white sauce. Set extra egg yolks aside. Add tarragon to white sauce. Arrange toast on plate, top with asparagus mixed with the white sauce. Place sliced eggs on plate. Press extra egg yolks through a sieve over each serving. Top with chives. Makes 4-6 servings.

BAKED BEANS

Karen Palumbo

- | | |
|-----------------------------|--------------------|
| 2 (1 lb.) cans pork & beans | ¼ C. brown sugar |
| 2 T. minced onion | 2 tsp. dry mustard |
| ½ C. ketchup | |

Mix all together and bake at 350° for 30 minutes.

BAKED BEANS

Julie Wiedner

- | | |
|--|--|
| 1 (1 lb. 15 oz.) Van Camp's Pork & Beans, or 2 (16 oz.) cans | ¾ C. dark brown sugar |
| 1 heaping T. Bacos or cut up bacon pieces | 2 T. ketchup |
| 1 T. molasses (2 can be used) | 2 slices onion (chopped) or 2 T. instant onion |
| 2 drops Liquid Smoke | Dash of Worcestershire sauce |

Mix all together. Bake covered, stirring occasionally at 325° for 2 hours, then bake uncovered at 250° for 1 hour. (Can be baked faster to save time. Bake covered at 375° for 45 minutes, then bake uncovered at 300° for 15-25 minutes.)

MOM'S BAKED BEANS

Patty Weihe

- | | |
|--|------------------------|
| 2 (15 oz.) cans Great Northern Beans | ¾ C. chopped onions |
| ½ tsp. garlic powder or 2 cloves (fresh) | ¼ C. ketchup |
| ½ tsp. Liquid Smoke | 2 T. molasses |
| | ½ C. brown sugar |
| | 3-4 slices diced bacon |

Preheat oven to 350°. Combine all ingredients in 2 qt. baking dish. Bake in 350° oven until bubbly, about 45 minutes. Cover top of bubbling beans with diced bacon. Bake until bacon is brown. Makes 6-8 servings.



BEAN CASSEROLE*Bill and Velva Potter*

- | | |
|--|----------------------------------|
| 1 lb. bacon (cut in pieces & browned) | 1 tsp. salt |
| 1 onion (cut up & browned in bacon grease) | 1 can green beans (drained) |
| 1 lb. brown sugar | 1 can lima beans (drained) |
| | 1 can red kidney beans (drained) |
| | 1 can pork & beans |

Mix all ingredients and cook at 350° for 35 minutes.

CALICO BEANS*Joni Callen*

- | | |
|------------------------------|--|
| 1 can pork & beans | 1 tsp. salt |
| 1 can butter beans (drained) | 1 tsp. prepared mustard |
| 1 can kidney beans (drained) | $\frac{3}{4}$ C. brown sugar |
| 1 can green beans (drained) | 1 C. chopped onion |
| 2 tsp. vinegar | $\frac{1}{2}$ lb. crisp, cooked bacon (crumbled) |
| $\frac{1}{2}$ C. ketchup | |

Combine all ingredients and pour into large casserole. Bake at 350° for 30 to 45 minutes. Works excellent in crockpot.

CALICO BEANS*Linda Keiser*

- | | |
|---|--------------------------------------|
| 2 cans of each of the following:
green beans (drained), kidney beans (drained), pork & beans, & butter beans (drained) | $\frac{1}{2}$ lb. thick-sliced bacon |
| | 2 medium onions (diced) |
| | $1\frac{1}{2}$ C. brown sugar |
| | 2 T. seasoned salt |

Lay bacon on cutting board, cut crosswise in $\frac{1}{2}$ -inch pieces. Fry in skillet or large saucepan until bacon bends but doesn't break. Add onion; saute a few minutes. Add all other ingredients. Heat to boiling. The beans may be served immediately, stored in refrigerator, or frozen. Makes 24 servings. NOTE: Ground beef can be added. I have cut the recipe in half and have also used different bean combinations.

CALICO BEANS

Joyce Ruplinger

- | | |
|-----------------------|---------------------------------|
| ½ lb. bacon (cut up) | 1 tsp. Worcestershire sauce |
| 1 small onion | 1 can lima beans |
| ¼ C. vinegar | 1 can kidney beans |
| ¾ C. brown sugar | 1 can butter beans |
| ½ tsp. mustard powder | 1 can baked beans with molasses |

Cook bacon and onion together. Add vinegar, brown sugar, mustard, and Worcestershire. Simmer 15 minutes and then stir in beans. Can simmer on stove top for one hour or put in 350° oven for 1 hour.

BROCCOLI CASSEROLE

Barbara Aanonson

- | | |
|---|---------------------------------------|
| 1 (10¾ oz.) can condensed cream
of mushroom soup | 1 C. shredded sharp cheddar
cheese |
| 1 C. mayonnaise | ½ C. cracker crumbs or
onion rings |
| 2 eggs (slightly beaten) | |
| 1 small onion (grated) | |
| 2 pkgs. (10 oz. ea.) frozen,
chopped broccoli (thawed,
drained) | |

In a 1½ qt. casserole stir undiluted soup, mayonnaise, eggs, and onion until well blended. Stir in broccoli and cheese. Sprinkle top with cracker crumbs and bake in preheated 400° oven for 20 minutes or until browned and bubbly.

EASY BROCCOLI CASSEROLE

Catherine Kaufman

- | | |
|---|-----------------------|
| 2 (10 oz.) pkgs. frozen broccoli | 2 T. dry bread crumbs |
| 1 (5 oz.) can water chestnuts
(drain & slice) | ¼ C. Parmesan cheese |
| 2 cans cream of chicken or
mushroom or celery soup | 2 T. melted butter |

Preheat oven to 350°. In ungreased casserole (2 qt.) put broccoli and water chestnuts. Cover with soup. Mix bread crumbs, Parmesan and melted butter together. Sprinkle on top. Bake uncovered for 1 hour. (No need to mix or stir, it all settles when cooked.)

BROCCOLI CASSEROLE

Wilma Hudson

- | | |
|--|---|
| 1/2 C. fine bread crumbs | 1 1/3 C. mayonnaise |
| 2 T. melted butter | 1 medium onion (chopped) |
| 4 pkgs. (10 oz.) frozen,
chopped broccoli | 2 C. grated Swiss cheese |
| 2 large eggs | 2 (10 3/4 oz.) cans cream of
mushroom soup |

Mix bread crumbs with melted butter, as topping, and set aside. Cook broccoli according to directions and drain; set aside. Beat eggs slightly; add mayonnaise and blend. Stir in broccoli, onions, Swiss cheese, and mushroom soup. Pour into a 2 1/2 quart baking dish or roaster; sprinkle bread crumbs and butter topping over broccoli mixture. Bake for 30-35 minutes in 350° oven, uncovered.

BROCCOLI AND CAULIFLOWER CASSEROLE

Kayleen Gardner

- | | |
|--|----------------------------------|
| 2 pkgs. frozen broccoli &
cauliflower | 1 can cream of celery soup |
| 1 can cream of chicken soup | 1 (8 oz.) jar Cheez Whiz |
| | 2 small cans French fried onions |

Thaw vegetables and put in greased casserole. Blend cheese and soup; heat until well mixed and pourable. Pour over vegetables. Add 1 can onions. Stir gently. Bake 45 minutes at 350°. Add second can of onions to top and bake another 15 minutes.

FAVORITE BROCCOLI AND CAULIFLOWER

Gloria Holderness

- | | |
|--|--------------------------------|
| 1 C. fresh, cooked broccoli
(cut up) | 1 can cream of mushroom soup |
| 1 C. fresh, cooked cauliflower
(cut up) | 1 C. cooked rice |
| | 1 small jar Cheez Whiz |
| | 8 oz. fresh mushrooms (sliced) |

Mix and pour into 9x12-inch dish. Bake uncovered at 350° for 30 minutes.

BROCCOLI/CAULIFLOWER CASSEROLE

Marie Ware

- | | |
|--|--------------------------------------|
| 1 can cream of chicken soup | ½ C. chopped onion |
| 1 can cream of mushroom soup | ½ C. chopped celery |
| 1 (8 oz.) jar Cheez Whiz or 8 oz. Velveeta | 1½-2 C. Minute rice (uncooked) |
| ½ C. oleo | 1 (4 oz.) jar mushrooms |
| 1 (16 oz.) bag California mix (cauliflower, broccoli, carrots) | 1 (8 oz.) can sliced water chestnuts |

Mix well first four ingredients, then add remaining ingredients. Put in 2½ qt. casserole dish and bake at 350° for one hour.

BROCCOLI, CARROT, AND CAULIFLOWER CASSEROLE

Sheryl Jindrich

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|--|------------------------------|
| 1 bag frozen broccoli, carrots & cauliflower | 1 can cream of mushroom soup |
| | ½ C. Minute rice |

HEAT UNTIL CHEESE MELTS:

- | | |
|------------------------|----------------------|
| 1 small jar Cheez Whiz | 1 T. onion flakes |
| ¾ C. milk | 1 tsp. seasoned salt |

Mix rice and soup with above cheese mixture and pour over vegetables. Bake at 350° for 1 hour.

BROCCOLI AND CHEESE CASSEROLE

Jean Murr

- | | |
|------------------------------|------------------------------|
| 3 T. butter | 8 oz. Velveeta or Cheez Whiz |
| 1 small onion (chopped) | 1 C. Minute rice |
| 1 can cream of mushroom soup | 1 large pkg. broccoli cuts |

Cook onion in butter. Mix all ingredients together. Bake at 350° for 30 minutes. Can be refrigerated or put in freezer before cooking. Thaw before cooking.

BROCCOLI AND CORN CASSEROLE*Arlys Hannam*

- | | |
|----------------------------|----------------------------|
| 1 bunch broccoli (chopped) | 1 can cream style corn |
| 1 egg (beaten) | ¼ C. cracker crumbs |
| 1 T. chopped onion | ¼ C. melted butter or oleo |

Mix all ingredients except cracker crumbs and butter. Place in casserole. Top with buttered crumbs. Bake for 30 minutes at 350.

BROCCOLI-RICE CASSEROLE*Karen Fesler (Mrs. David)*

- | | |
|--|-------------------------------------|
| 3 C. cooked long grain rice (do not use Minute rice) | ½ C. chopped onion |
| 1 (10 oz.) pkg. chopped broccoli (frozen) | 1 (10 oz.) can cream of celery soup |
| 3 T. margarine | 1 (8 oz.) jar Cheez Whiz |
| ½ C. chopped celery | Paprika |

Preheat oven to 350°. Cook rice according to directions. (I use a rice cooker/steamer.) Thaw and drain chopped broccoli. In a 3 qt. saucepan, saute celery and onion in margarine until tender. Turn to low heat, add soup and Cheez Whiz; blend well. Add broccoli and mix well. Remove pan from heat. Add cooked rice; mix well. Turn mixture into greased 2½ qt. casserole baking dish. Sprinkle top with paprika. Bake at 350° for one hour. Serves 4-6.

THE CORN THING*Michael Hayworth (age 3)*

- | | |
|------------------------------|-------------------------------------|
| ½ C. melted margarine | 1 (16 oz.) can whole corn (drained) |
| 2 beaten eggs | 1 (16 oz.) can cream style corn |
| 1 C. sour cream (8 oz.) | 4 oz. shredded cheddar cheese |
| 1 pkg. Jiffy corn muffin mix | |

Combine all ingredients in 2½ qt. baking dish, except cheese. Bake at 350° for 50-60 minutes, uncovered. Remove from oven, sprinkle cheese on top, and bake about 5 minutes until cheese is melted. This is yummy!

VICTORIAN DEVEILED CAULIFLOWER

Leesa Johnson

- | | |
|---|-------------------------------------|
| 2 medium heads cauliflower (cut to florettes) | Pinch grated nutmeg |
| 3 T. butter | 2 T. Dijon mustard |
| 3 T. flour | 1 T. Worcestershire sauce |
| 1 $\frac{3}{4}$ C. milk | $\frac{1}{2}$ C. fresh bread crumbs |
| 1 bay leaf | 2 T. melted butter |

Cook cauliflower 5 minutes. Drain and cool. Melt 3 T. butter in heavy small saucepan over low heat. Add flour and stir 5 minutes. Whisk in milk. Add bay leaf and nutmeg. Bring to simmer, stirring. Cover partially; cook until thick, stirring often, about 5 minutes. Stir in mustard and Worcestershire; season with salt and pepper. Discard bay leaf. Combine sauce and cauliflower in large bowl. Pan spray a 13x9x2-inch broiler-proof baking dish. Spread cauliflower mixture into pan, topping with bread crumbs and drizzling with melted butter. Bake at 350° until heated through and sauce is bubbly, about 45 minutes. Broil then until top is golden, about 2 minutes. Cool 5 minutes before serving.

CORN CASSEROLE

Nadine Pfister, Rita Bedard and Becky Dagle

- | | |
|-----------------------------------|----------------------------------|
| 1 can cream style corn | 1 small box Jiffy corn bread mix |
| 1 can whole kernel corn (drained) | 1 stick melted oleo |
| 1 (8 oz.) carton sour cream | 1 egg (beaten) |

Mix all together in a large casserole. Bake at 350° for 1 hour or until brown.

CORN MAC

Larry Schroeder

- | | |
|-------------------------------|---------------------------|
| 1 C. uncooked elbow macaroni | 1 can corn (do not drain) |
| $\frac{1}{2}$ stick margarine | 1 C. Velveeta |
| 1 can cream corn | |

Mix all ingredients in casserole dish. Bake at 350° for 1 hour.

CORN PATTIES*Joan Heitman*

2 eggs (separated)	1 tsp. margarine or butter (softened)
1½ C. fresh cut corn or frozen whole kernel corn (thawed)	¼ tsp. salt
2 T. all-purpose flour	Dash of pepper
2 tsp. milk	Margarine or butter

Beat yolks with fork; stir in corn, flour, milk, margarine, salt, and pepper. Fold in stiffly beaten egg whites. Lightly grease a griddle or large skillet with margarine or butter. Drop tablespoon of batter onto hot griddle spreading slightly with back of spoon, about four at a time. Cook over medium heat, about 1 minute per side, or until golden. Keep warm in a 300° oven while cooking remaining patties. If desired, serve with salsa or top with sour cream and chives. Makes 4 to 6 servings (about 16 patties).

ESCALLOPED CORN*Dorothy Johnson*

2 cans cream style corn	4 eggs
1 small box cornbread mix	1 pkg. shredded cheddar cheese
¾ C. oil	

Mix all ingredients and pour into a large baking pan or casserole dish. Bake 45 minutes to 1 hour at 350°. Serves 6-8.

SCALLOPED CORN*C. S. Richers*

4 T. flour	½ lb. Velveeta (about 2 inches) grated
4 T. butter	3 eggs (beaten)
1¾ C. milk	2 (10 oz.) pkgs. frozen whole kernel corn
1½ T. sugar	
2 tsp. salt	

Make white sauce with flour, butter, milk, sugar, and salt. Add cheese, stir until melted. Add eggs and corn and pour into buttered casserole. Set casserole in pan of water in oven and bake at 350° for 1 hour.

SPECTACULAR FROZEN CORN

Darlene Filloon

35 ears fresh sweet corn
1 lb. real butter

1 pt. half & half

Cut corn from cob, add butter and half & half. Put in oven at 325° for one hour, stirring every 15 minutes. Remove from oven, cool down overnight. Place in freezer containers and freeze. To serve, heat, add salt and pepper.

FLORENCE'S CORN AND RICE CASSEROLE *Regina Schreiber*

2 C. cooked rice	1 small onion
1 can corn, drained (can use frozen corn)	½ lb. grated American cheese
2 T. butter	1 C. milk
1 C. celery	Salt & pepper (to taste)

Brown celery and onion in butter. Combine with all other ingredients. Bake in a greased casserole dish at 350° for 30 minutes.

ESCALLOPED EGGPLANT

Joanne Hora

1 eggplant (sliced ½-inch thick)	2 tomatoes (sliced)
1 large onion (thinly sliced)	¾ C. butter (melted)
½ tsp. dried basil leaves	½ tsp. salt
¼ lb. mozzarella cheese slices	2 T. grated Parmesan cheese

Preheat oven to 450°. Place eggplant in shallow pan. Layer tomato and onion slices on top. Drizzle with part of the butter. Sprinkle with salt and basil. Cut mozzarella cheese slices in thirds, arranging over top. Stir crumbs in remaining butter, sprinkle over cheese, then sprinkle Parmesan cheese over all. Bake, uncovered, 10 minutes or until cheese is bubbly. NOTE: Butter can be cut to ¼-½ C., or substitute olive oil. Also, the amount of mozzarella can be increased. This can be served as a main dish with salad and garlic bread.

BARBECUED GREEN BEANS*Mardell Tinkey*

- | | |
|--------------------------------|---------------------------------|
| 3 (1 lb.) cans cut green beans | 1/3 C. dark corn syrup |
| 3/4 C. brown sugar | 1 tsp. Liquid Smoke |
| 1/2 C. ketchup | 1 medium onion (finely chopped) |

Drain the green beans and place in a 2 qt. casserole. Combine the remaining ingredients and mix in with the beans. Top with raw bacon strips. Bake for 1 hour at 325°.

CHEESE PEAS*Catherine Kaufman*

- | | |
|--------------------------------------|-------------------------|
| 2 (17 oz.) cans early (tiny) peas | 1 small onion (chopped) |
| 1 can cream of mushroom soup | 2 tsp. butter |
| 1 can cheddar cheese soup | Salt & pepper |
| 3 oz. can Durkee French fried onions | 1 (3 oz.) can mushrooms |

Mix all ingredients in 2 qt. casserole and bake at 350° for 30-40 minutes. (Even for people who don't like peas.)

HASHBROWN BAKE*Denise Gannon*

- | | |
|--------------------------|------------------------------|
| 2 lbs. frozen hashbrowns | 1 can cream of mushroom soup |
| 1/2 C. melted butter | 1 pt. sour cream |
| 1 tsp. salt | 2 C. grated cheddar cheese |
| 1/2 tsp. pepper | Bread crumbs |
| 1/2 C. chopped onion | |

Defrost potatoes and mix with butter and seasonings. Mix soup and sour cream with cheese. Pour over top of potatoes. Sprinkle with bread crumbs. Bake in 9x13-inch pan in 350° oven for 45 minutes or until bubbly.



HASHED BROWN POTATO CASSEROLE

Margaret Morgan

- | | |
|-----------------------------|--------------------------------|
| 1 lb. frozen hashbrowns | 1/2 C. cheddar cheese (grated) |
| 1 can cream of chicken soup | 1/4 C. chopped onion |
| 1/2 C. sour cream | 1/4 C. melted margarine |

Combine ingredients in casserole dish and bake for 1 hour at 350°, or in microwave for 30 minutes at NUMBER 9 or FULL POWER. Turn dish every 10 minutes while cooking in the microwave. May add more cheese, chopped chives or parsley flakes on top after baking. May freeze and bake later.

CHEESY HASHBROWN POTATOES

James Belknap

- | | |
|---|---------------------------------|
| 1 pkg. fresh hashbrown potatoes
(found in dairy case area) | 1 C. shredded cheddar cheese |
| 1 can mushroom soup | 2 C. shredded mozzarella cheese |
| | 1/4 C. diced onion (optional) |

Mix hashbrowns, mushroom soup and 1/2 of the cheddar cheese in an 8x11x2-inch glass dish (greased). Microwave on high for 10 minutes, mixing halfway through. Sprinkle remaining cheeses on top. Bake in oven at 350° for 10 minutes or until golden brown.

CHEESY HASHBROWNS

Deb Studebaker

- | | |
|----------------------------|-----------------------------|
| 2 C. grated cheddar cheese | 1 can cream of chicken soup |
| 1 stick melted butter | 1 pt. sour cream |

Pour 2 lbs. frozen hashbrowns in 9x13-inch pan. Let sit until partially thawed. Pour mixture over hashbrowns. Pour 2 C. crushed potato chips over mixture. Pour 1/2 stick melted butter over top of potato chips. Bake uncovered at 350° for 60 minutes. Can make ahead of time, but don't add potato chips until right before baking.



CHEESY POTATOES

Melody and Travis Strub

- | | |
|-----------------------------------|-----------------------------|
| 1 (32 oz.) bag hashbrown potatoes | ½ C. milk |
| 2 cans cream of chicken soup | 2 tsp. garlic powder |
| 4 C. shredded cheddar cheese | Salt & pepper (to taste) |
| ⅔ C. finely chopped onion | Cornflake crumbs (optional) |

Combine all ingredients except cornflake crumbs. Mix well and pour into 9x13-inch greased pan. Add cornflake crumbs on top if desired. Bake at 350° for approximately one hour.

CHEESY ONION POTATOES

Chris Worrell

- | | |
|------------------------------|--|
| 2½ lb. bag hashbrowns | 2 C. of Velveeta (cut into small chunks) |
| 2 cans cream of chicken soup | 1 tsp. salt |
| 1 soup can of milk | ¼ tsp. pepper |
| 1 large onion (chopped) | |

Thaw hashbrowns. Mix all the ingredients and bake at 350° for 30 to 45 minutes. If you want you can sprinkle some shredded cheddar cheese on top at the last minute until melted.

POTATO-BROCCOLI BAKE

Karen Dinsmore

- | | |
|---------------|----------------------------------|
| 2 T. butter | 1/8 tsp. nutmeg |
| 2 T. flour | 1 (3 oz.) pkg. cream cheese |
| 2 C. milk | ¼ C. shredded cheddar cheese |
| 1 tsp. salt | 4 C. frozen hashbrowns |
| ½ tsp. pepper | 1 (10 oz.) pkg. chopped broccoli |

TOPPING:

- | | |
|-----------------|------------------|
| ¼ C. dry crumbs | 1 T. melted oleo |
|-----------------|------------------|

Make white sauce of first 6 ingredients. Add cheeses and stir until melted. Thaw hashbrowns and stir into sauce. Cook broccoli and drain. Layer ½ sauce, broccoli, ½ sauce. Cover and bake at 350° for 35 minutes. Mix topping and sprinkle over top. Bake uncovered 10-15 minutes.

COTTAGE POTATOES

Carly Sieger

10 potatoes (cooked, peeled & cubed)
16 oz. Velveeta cheese (cubed)
1 slice of bread torn into small pieces

½ C. melted margarine
½ C. chopped green bell pepper
1½ tsp. Italian seasonings
½ to ¾ C. milk

Combine potatoes, Velveeta cheese, bread, margarine, green pepper, Italian seasoning and milk in bowl; mix well. Spoon into greased 2-quart baking dish. Bake at 350° for 1 hour or until bubbly.

OVEN FOILED POTATOES

Nancy Orchard

3 large potatoes
4-5 slices bacon (fried crisp & crumbled)
¼ lb. American cheese

1 stick margarine (cut in pats)
Salt & pepper (to taste)
1 medium onion (sliced)

Heat oven to 350°. Slice potatoes onto a large piece of foil. Sprinkle with salt and pepper. Add margarine. Add bacon, cheese and onion slices over all. Seal with a second piece of foil, folding sides together. Bake for one hour.

PARTY POTATOES

Genevieve Earle

8 to 10 potatoes
1 (8 oz.) pkg. cream cheese
1 (8 oz.) carton sour cream
Garlic salt

Chives
Butter (oleo)
Paprika (sprinkled on top)
Milk

Cook potatoes. Beat softened cream cheese with sour cream until well blended. Add hot potatoes one at a time, beating constantly with electric beater. Add milk if needed. Add garlic salt, etc. Place in 2 qt. casserole, brush with melted butter and sprinkle with paprika. Brown at 350° for 30 minutes.

PARTY POTATOES*Whitney Filloon*

- | | |
|------------------------------------|-------------------------------------|
| 2 lb. pkg. frozen hashbrowns | 1 (10½ oz.) can creamy chicken soup |
| 2 C. cheese (shredded) | ½ tsp. salt |
| 1 (10½ oz.) can creamy celery soup | 2 C. cornflakes (crushed) |
| 2 T. onion (minced) | 1 stick butter |

Combine all ingredients, except cornflakes and butter. Place in a greased 9x13-inch pan. Toss cornflakes with melted butter; sprinkle over potatoes. Bake at 350° for 1 hour.

PARTY POTATOES*Judy Batterson Rotenburger*

- | | |
|-----------------------------|------------------------|
| Mash potatoes for 12 | ¼ tsp. pepper |
| 1 (3 oz.) pkg. cream cheese | 2 T. butter |
| 1 C. sour cream | Paprika |
| 2 tsp. onion salt | Optional: fresh chives |
| 1 tsp. salt | |

Place in greased glass pan. Sprinkle top with paprika. Bake at 350° for 30 to 40 minutes.

PARTY POTATOES*Debra Schreiber*

- | | |
|-------------------|-------------------------------------|
| 9 to 10 potatoes | 1 (8 oz.) pkg. cream cheese |
| 2 tsp. onion salt | 1 to 2 C. cheddar cheese (shredded) |
| ¼ tsp. pepper | |
| 1 C. sour cream | |

Peel and cook potatoes, mash with a little butter and milk. Should be sticky, not soupy. Mix together mashed potatoes with rest of ingredients. Place in greased baking dish. Cover with cheese. Bake at 350° until heated through and cheese melts. Serves 12.

RANCH POTATO CASSEROLE

Helen M. Sheets

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|--|---|
| 6 to 8 medium red potatoes
(about 2 to 2½ lbs.) | ½ C. bacon bits or cooked
crumbled bacon |
| ½ C. sour cream | 2 T. minced parsley |
| ½ C. prepared ranch-style
dressing | 1 C. (4 oz.) shredded cheddar
cheese |

TOPPING:

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|---|-------------------------|
| ½ C. (2 oz.) shredded cheddar
cheese | 2 C. crushed cornflakes |
| | ¼ C. butter (melted) |

Cook potatoes until tender, and quarter. Leave skins on if desired; set aside. Combine sour cream, dressing, bacon, parsley, and 1 C. of cheese. Place potatoes in greased 9x13-inch baking dish. Pour sour cream mixture over potatoes and gently toss. Top with ½ C. cheese. Combine cornflakes and butter; sprinkle over casserole. Bake at 350° for 40 to 45 minutes. Serves 8.

EASY SCALLOPED POTATOES

Connie Jones

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|---|---|
| 6 medium potatoes (peeled &
sliced) | Velveeta cheese (sliced) |
| 1 small onion (chopped) | 1 can cream of potato soup
(undiluted) |
| 2 C. ham, diced (more, if
preferred) | |

Cook potatoes and onion in boiling water until almost done. Drain. In casserole dish layer potatoes, ham, cheese, and soup. Cook uncovered at 400° until cheese is melted, approximately 20 minutes. Serves 2 to 4.

SPINACH PARISIENNE

Diana Lundell

- | | |
|-------------------|--------------------|
| 1 lb. raw spinach | 2 hard-boiled eggs |
| ½ C. butter | Salt (to taste) |

Cook spinach until barely tender. Drain well. Add chopped eggs, butter, and salt. Heat and toss lightly.

1-2-3 SPINACH*Jean Newlin Schnake*

- 1 envelope (½ box) dry onion soup mix
- 2 (8 oz.) cartons lowfat sour cream

- 3 small boxes frozen, chopped spinach

Allow spinach to partially thaw. Break it up with a fork and drain. Mix together soup mix and sour cream. Mix spinach into above mixture. Bake in 1½-2 qt. casserole dish uncovered at 350° for 30-35 minutes. NOTE: You can use the microwave to speed thawing and everything could be done in the one casserole dish.

SPINACH SAVOY*Rita Bedard*

- 2 pkgs. of frozen, chopped spinach (thawed)
- 2 C. sour cream

- 1 pkg. of dry onion soup mix
- ½ C. buttered bread crumbs
- ½ C. grated Parmesan cheese

Drain uncooked spinach, squeeze dry and combine with sour cream and soup mix. Top with buttered crumbs which have been tossed in the Parmesan cheese. Bake at 325° for 30 minutes. (May be doubled for larger crowd.)

SWEET POTATO BALLS*Margaret Morgan*

- 3 C. cooked sweet potatoes (mashed)
- ¼ C. butter
- 2 T. milk

- ¾ C. brown sugar
- 15 large marshmallows
- 1 C. crushed cornflakes
- Chopped nuts (optional)

Add butter, sugar and milk to mashed sweet potatoes. Scoop up ¼ C. mixture or more and shape around the marshmallows. Roll in cornflakes and nuts. Place in buttered baking dish. Cover with foil. Bake at 325° for 20 minutes or until marshmallows begin to ooze. Do not overbake. May freeze ahead of time.

SWEET POTATO "YUM-YUM"

Susan Hollins

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|-------------------------------|------------------------|
| 1 (40 oz.) can sweet potatoes | 1/2 C. white sugar |
| 1/2 tsp. salt | 4 egg whites |
| 1/4 C. butter | 1/2 C. evaporated milk |
| 1 tsp. vanilla | |

TOPPING:

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|-----------------------------|---------------|
| 3/4 C. brown sugar (packed) | 1/3 C. flour |
| 1/2 C. chopped pecans | 1/4 C. butter |

Drain and mash sweet potatoes. Add all other ingredients to the potatoes, mixing well after each addition. Place in baking dish and cover with topping. Mix topping ingredients thoroughly, then spread evenly over potatoes. Bake for 35 minutes at 350°. Yield: 6-8 servings.

VEGETABLE CASSEROLE

Eleanor Donohue

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|---|--|
| 1 pkg. California mixed vegetables
(I set this out for about 1/2 hour
before mixing together) | 1/2 C. diced onion |
| 1 can green beans (drained) | 1/2 tsp. salt |
| 2 cans cream of mushroom soup | 1/4 C. (1/2 stick) oleo (melted &
mixed in or dot on top) |
| 1/2 C. diced celery | 2 C. croutons |
| | 1/2 C. shredded cheddar cheese |

Combine all ingredients except croutons and cheese. Put in 2 qt. greased casserole, put croutons on top and sprinkle with cheese. Bake at 350° for 1 1/2 hours.

ZUCCHINI A LA ROME

Diana Lundell

- | | |
|-----------------------|-------------------------------|
| 1 lb. zucchini squash | Lemon juice & salt (to taste) |
| 1/4 lb. butter | |

Wash and slice zucchini in slices about 1/4-inch thick. Melt butter in skillet. Place zucchini slices flat in the skillet and brown on both sides over medium heat. Remove slices to a bowl as they are browned. Sprinkle with lemon juice and salt.

MIXED VEGETABLE CASSEROLE*Ruth Kjaer*

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|--|---|
| 2 (20 oz.) pkgs. California Style frozen vegetables (include broccoli, cauliflower, carrots) | ½ lb. Velveeta or American cheese (sliced) |
| 1 can mushroom soup | 1-1½ C. Pepperidge Farm stuffing mix (small crushed stuffing) |
| ½ C. milk | 1 stick margarine |

Cook vegetables until tender, drain, pour into greased dish. Mix soup with milk and pour on top of vegetables. Layer with cheese to cover; sprinkle on stuffing mix to cover cheese. Melt margarine and pour over the top of the stuffing mix. Bake at 350° in 9x13-inch Pyrex dish for 20-25 minutes until slightly brown on top.

ZUCCHINI CASSEROLE*Jessie George*

- | | |
|-----------------------------|---------------------|
| 6 C. cubed squash | 1 C. sour cream |
| ¼ C. chopped onion | 1 C. grated carrots |
| Salt (to taste) | 1 pkg. croutons |
| 1 can cream of chicken soup | ½ C. melted butter |

Cook cubed squash, onion and salt for 5 minutes. Drain. Combine with soup, sour cream, and carrots. Brown croutons in oleo. Place on top of casserole. Bake at 350° for 35 minutes.

COTTAGE CHEESE LOAF*Lisa Shireman*

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|----------------------------------|---|
| 1 large onion (chopped) | ½ box Rice Krispies or Special K |
| 1 (24 oz.) carton cottage cheese | 3 pkgs. George Washington's broth (brown) |
| ½ C. chopped walnuts | 3 or 4 eggs |
| 1½ C. milk | |
| ⅓ C. butter | |

Mix all together and bake at 350° for 1 hour in a greased 9x13-inch pan. One T. of beef seasoning can be used instead of George Washington's broth.

SOUTHWESTERN PINTO BEANS

Beth Svenson

2½ C. dry pinto beans	2 T. chili powder
½ lb. bacon (cut in 1-inch pieces)	½ tsp. ground oregano leaves
3 garlic cloves (minced)	½ tsp. salt & pepper
2 (8 oz.) cans tomato sauce	1/8 tsp. ground cumin

Rinse beans in cold water, place in large deep pot, add enough water to cover beans by 2 inches, soak beans at least 6 or 8 hours. (Quick-soak method: after adding water, bring to a boil for 2 minutes, remove from heat, cover and let stand 1 hour.) Do not drain. Cover and simmer until beans are tender, 3 to 4 hours. In large skillet cook bacon and garlic over medium heat until bacon is crisp. Do not drain. Add tomato sauce and spices, stir and simmer for 5 minutes. Add sauce to beans, simmer uncovered for an additional 30 minutes. Can prepare this recipe the day before you plan to serve it, then just reheat before serving. Makes 8 servings (¾ C. each).

HOMEMADE REFRIED BEANS

Beth Svenson

3 C. dried pinto beans	1½ tsp. salt
½ C. butter	1½ C. shredded cheddar cheese

Prepare beans by overnight method or quick-soak method. Rinse beans in cold water, place in large deep pot (4 qt.), add enough water to cover beans by 2 inches. Overnight method: Soak beans at least 6 to 8 hours. Quick-soak method: after adding water, bring to a boil for 2 minutes, remove from heat, cover and let stand 1½ hours. Add enough water to cover beans, bring to a boil, turn heat to low, simmer until beans are tender (approximately 2 hours), stirring as needed. Mash beans, add butter, salt, and cheese. Stir until well mixed. This recipe freezes well.

*To keep lint from clinging to blue jeans and corduroys,
add ½ C. vinegar to each wash load.*

GRANDMA FOWLER'S DRESSING

Kristi Chambers

- | | |
|--|--------------------------------|
| 4 loaves cottage bread | 2 tsp. sage |
| 5 eggs | Pepper (to taste) |
| 2 C. chopped celery | 2 (10½ oz.) cans chicken broth |
| 1 large onion (very large or 2 medium) | 2 cubes chicken bouillon |
| ½-1 C. butter | |

Preheat oven to 350°. Break up bread into small cubes. Let dry overnight. Beat eggs and pour over bread slowly until bread is moist and loose. Put celery, onion, ½ C. butter, 1 can chicken broth and bouillon cubes in saucepan. Heat to dissolve cubes. Pour over bread and sprinkle with sage and pepper. Bake for 1 hour, stirring every 15 minutes.

SLOW COOKER STUFFING

Margaret Morgan

- | | |
|--------------------------|-----------------------|
| 1 C. butter (melted) | 1½ tsp. salt |
| 2 C. chopped celery | 1 tsp. thyme |
| 1 C. onion | 2 eggs (beaten) |
| 1 tsp. poultry seasoning | 4 C. chicken broth |
| 1½ tsp. sage | 12 C. dry bread cubes |
| ½ tsp. pepper | |

Mix butter, celery, onion, seasonings, eggs, and broth together. Add bread crumbs and stir to blend. Cook in slow cooker on high for 45 minutes. Reduce heat to low and continue cooking for 6 hours. Yield: 10 to 12 servings.

NOODLES

Betty Shima

- | | |
|-------------|----------------------|
| 3 egg yolks | ½ tsp. salt |
| 1 large egg | ½ tsp. baking powder |
| 1 T. oil | About 1¼ C. flour |
| 1 T. water | |

Mix all ingredients and make into a ball. Let set for 2 hours in a covered bowl, will roll out easier. Then pinch off a small amount of the noodle dough. Roll out on a floured breadboard. Put on a rack to dry. After they are dry, cut into small strips, and put in freezer.

NOODLES

*Irene Shima
(In Memory of Agnes Novotny)*

6 eggs
1/4 C. oleo
1/2 tsp. salt

4 C. flour, or more to make stiff
dough

Beat eggs and add oleo and salt. Add flour a little at a time until dough is stiff. Roll out thin and cut. Store.

GARLIC NOODLES

Carly Sieger

1 (10 oz.) pkg. noodles
2 C. cottage cheese
2 C. sour cream
Salt (to taste)

2 white onions (chopped)
2 cloves of garlic (minced)
2 T. Worcestershire sauce

Boil noodles in salted water in saucepan for 6-10 minutes or to desired degree of doneness; drain. Add remaining ingredients to noodles; mix well. Spoon into buttered 3 qt. baking dish. Bake at 350° for 45 minutes.

BAKED PINEAPPLE

Denise Gannon

2 C. chunk pineapple
Juice reserved from pineapple
2 T. flour
1/2 C. sugar

1 C. bread crumbs
2 T. butter
1 C. grated cheddar cheese

Heat juice, flour, and sugar until well blended. Let mixture cool to room temperature. Pour over pineapple and bread crumbs. Sprinkle melted butter and cheese on top. Bake uncovered at 350° for 30 minutes.



SCALLOPED PINEAPPLE*Joanne Hora*

- | | |
|-----------------------------------|--|
| 1 C. butter | 1 large (14-15 oz.) can pineapple
chunks or crushed pineapple |
| 3 eggs | 2 C. sugar |
| 4 C. fresh bread cubes (no crust) | ¼ C. milk |

Cream butter and sugar, beat eggs, and combine with creamed mixture. Mix in bread cubes, then pineapple, and stir in milk. Turn mixture into greased dish. Bake for 1 hour at 325°. Serve hot as a side dish with ham. Makes approximately 8 servings.

RICE DISH*Gloria Lawrence*

- | | |
|------------------|-----------------|
| 1 can onion soup | 1 T. butter |
| ¾ can water | 1 can mushrooms |
| 1 C. Minute rice | |

Bring soup and water to a boil. Add rice, butter, and mushrooms. Bake in 1½ qt. baking dish, covered, at 350° for 35 minutes.

RICE PILAF*Becky Lienemann*

- | | |
|---------------------------|--|
| ¼ C. chopped green onions | ¾ C. regular long grain rice |
| ¼ C. carrots (grated) | 1 (14½ oz.) can Swanson's
chicken broth |
| ¼ C. celery (chopped) | |
| 1 small can of mushrooms | |

Bring the chicken broth to a boil. Add the rest of the ingredients and pour into a 2 qt. casserole dish. Bake at 350° for 35 minutes. Fluff with a fork and serve.



LOWFAT BROWN RICE PILAF

Becky Lienemann

- | | |
|---|---|
| 1 C. brown rice (uncooked) | 1 (4 oz.) can mushrooms |
| 2 stalks celery (chopped) | 1 (10¾ oz.) can Campbell's beef
consomme |
| 1 medium onion (chopped) | |
| 2 T. reduced-calorie margarine
(I use Promise) | ¼ tsp. pepper |
| | 1¼ C. water |

Combine all ingredients in a 1½ qt. casserole dish. Cover, cook at 350° for 1 hour. NOTE: Each serving has 2.8 g. total fat, 0 cholesterol, 147 calories, 819 mg. sodium.

SPANISH RICE

Randy Devine

- | | |
|--|--------------------------|
| 10 slices of bacon (cut into
½-inch pieces) | 1 can tomato soup |
| ¼ C. chopped onion | 1 C. grated colby cheese |
| 2 T. chopped green pepper | 2 C. instant rice |

Make rice according to directions (omit salt). Brown bacon (in microwave or on stove top). Saute onion and pepper, either in bacon grease or with 1 T. margarine. Once bacon is done, and onions and peppers are done, add them to the cooked rice. Then add the tomato soup and ½ can of water. Then add the cheese and mix well. Let cook for 5-10 minutes.

VEGETABLE RICE DISH

Kim Johnson

- | | |
|--|---------------------------------|
| 2 (6 oz.) pkgs. long grain & wild
rice (Uncle Ben's or Rice-A-
Roni) | 1 medium zucchini (chopped) |
| 1 lg. (16 oz.) bag frozen
California vegetables | 2½ C. grated cheddar cheese |
| | ½ C. slivered almonds (toasted) |

Cook rice according to directions. Put in 9x13-inch pan. Steam all vegetables until tender, put on top of rice. Bake 20 minutes at 350°. Add cheese, bake until cheese melts. Take out and sprinkle with toasted almonds.

Salads and Dressings

My Favorite Recipes in this section are:

RECIPE

PAGE #

_____	_____
_____	_____
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Hints for Salads and Dressings

To prevent a vegetable salad from becoming soggy when it has to stand for a few hours, place a saucer upside down on the bottom of the bowl before filling it with the salad. The moisture will run underneath and the salad will remain fresh and crisp.

Stuff a couple of paper towels in the plastic bag with cleaned onions or radishes and they will stay fresh longer.

Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.

If you have trouble getting a head of lettuce or some other vegetables into a plastic bag, grasp the lettuce through the bag, then pull the bag over the lettuce.

Peel onions under water and they will not irritate the eyes.

Rub some dry mustard on your hands after peeling onions and then wash as usual. You will find that all odor will be removed.

When celery loses its crispness, place it in cold water. Slice a raw potato and add it to the water. Let this stand for several hours. Remove the celery and it will be crisp again.

If parsley is washed with hot water instead of cold it retains its flavor and is easier to chop.

Green pepper is an excellent source of Vitamin C. Cut it in strips to serve as nibblers, add it to salads and sandwich fillings. Whole peppers may be blanched and filled with tuna, potato or macaroni salad.

To reduce calorie in-take, mix powdered salad dressings into plain low-fat yogurt instead of oil or sour cream. Or add buttermilk, cottage cheese or tomato juice to the dressings.

Bottled salad dressings may be loaded with saturated oil and preservatives. Make your own by mixing 3 or 4 parts polyunsaturated vegetable oil, olive oil, yogurt or buttermilk with 1 part vinegar or lemon juice, and seasonings.

If you mix the oil and vinegar into a salad separately, add the oil first. If you reverse the order, the oil just slides off the wet leaves.

Old spice jars are perfect one-shot salad dressing containers to take along with a salad lunch.

Slice tomatoes vertically rather than horizontally. The slices will stay firmer in your salad and they'll help keep the salad dressing from getting watery.

If you soak onion rings in cold water for about an hour, they'll taste milder in your salad.

- SALADS AND DRESSINGS -

SALAD ALMONDINE

Theresa Weihe

- | | |
|---|---------------------------------|
| 6 C. mixed greens | 1 C. chopped celery |
| 1 (11 oz.) can drained mandarin oranges | 6 slices crisp bacon (crumbled) |
| | ½ C. slivered toasted almonds |

DRESSING:

- | | |
|--------------|-----------------------|
| ¼ C. oil | ¼ tsp. salt |
| 2 T. sugar | ¼ tsp. almond extract |
| 2 T. vinegar | |

Toss salad ingredients with dressing and serve.

BACON-LETTUCE BOWL

Carol Fausett

- | | |
|---------------------------------------|----------------------|
| ½ head iceberg lettuce | 2 T. cider vinegar |
| 4 slices bacon (cut in ½-inch pieces) | 1 T. water |
| 2 T. sugar | ½ tsp. seasoned salt |

Shred lettuce; place in a salad bowl; there should be about 4 C. Saute bacon until crisp in a small frying pan, lift bacon with slotted spoon and add to lettuce. Pour bacon drippings from pan, then return 2 T. Stir in remaining ingredients. Heat just to boiling. Drizzle over lettuce; toss to mix well.

CARAMEL APPLE SALAD

Becky Dagle

- | | |
|--|---------------------------------|
| 1 pkg. (4-serving size) instant butterscotch pudding mix | 1 C. mini marshmallows |
| 1 (8 oz.) carton whipped topping | 3 C. chopped apples |
| 1 (8 oz.) can crushed pineapple (with juice) | 1 C. dry roasted peanuts (opt.) |

Mix pudding mix, whipped topping, and pineapple until well blended. Mix in remaining ingredients. Refrigerate 1 to 2 hours before serving. Makes 8 servings.

APRICOT SALAD

Verlee Lauderbaugh

- | | |
|-------------------------------|--------------------------------|
| 1 (3 oz.) pkg. apricot jello | 1 large jar (junior size) baby |
| $\frac{3}{4}$ C. sugar | food, strained apricot |
| 1 small can crushed pineapple | 1 (8 oz.) carton Cool Whip |
| 1 (8 oz.) pkg. cream cheese | |

Boil in pan and stir constantly. Set off burner and let cool completely. Stir together the cream cheese, apricots and the jello mixture. Fold in Cool Whip. Let set overnight.

HILLS BANK FRIEND'S CLUB BARLEY SALAD

Marilyn Jensen

- | | |
|---|---------------------------------|
| 2 C. cooked instant barley | 1 C. cubed ham or cooked turkey |
| 1 C. celery (finely chopped) | (finely chopped) |
| $\frac{1}{2}$ C. water chestnuts (finely | 2 tomatoes (cut small) |
| chopped) | 1 pkg. Good Seasons Italian |
| $\frac{1}{4}$ C. green pepper (finely | Dressing Mix |
| chopped) | $\frac{1}{3}$ C. sugar |
| $\frac{1}{4}$ C. green onion (finely chopped) | $\frac{1}{2}$ C. vinegar |

Cook barley, cool. Chop all vegetables and meat and cut up tomatoes. Add tomatoes just before serving. Mix dressing mix (dry) and sugar and vinegar. Add to salad and serve. NOTE: I discovered this salad among many others at a Hills Bank Friend's Club potluck. It is so different and refreshing.

BERRY BEST SALAD

Teresa Swenson

- | | |
|---------------------------------|---|
| 2 bunches spinach | $\frac{1}{4}$ tsp. Worcestershire sauce |
| 1 pt. strawberries | $\frac{1}{4}$ tsp. paprika |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ C. vegetable oil |
| 1 T. sesame seeds | $\frac{1}{4}$ C. cider vinegar |
| $\frac{1}{2}$ tsp. minced onion | |

Blend ingredients until thickened. Toss. Serves 6-8.

BROCCOLI SALAD

Joann Gullickson

4-5 C. broccoli flowerettes
(uncooked, but washed)
1 C. raisins

1 C. sunflower seeds
¼ C. diced red onion
10 slices bacon (cooked)

DRESSING:

½ C. light mayonnaise (or
Miracle Whip)

3 T. sugar
1 T. vinegar

BROCCOLI BACON RAISIN SALAD

Ron Whittaker

3 bunches fresh broccoli (washed,
drained, broken into flowerettes)
½ C. chopped onion
1 C. chopped celery

1 lb. bacon (fried & crumbled)
¾ C. sunflower seeds
¾ C. raisins

DRESSING:

1¼ C. Hellmann's mayonnaise
¾ C. sugar

4 T. vinegar

Mix all ingredients together. Refrigerate; can be made the night before.

BROCCOLI DELIGHT SALAD

Alice Swenka

5 C. chopped fresh broccoli
½ C. raisins
¼ C. chopped onion (red)
2 T. sugar
3 T. vinegar (white)

1 C. mayonnaise
10 slices bacon (cooked &
crumbled)
1 C. sunflower seed nuts

Mix all ingredients together; refrigerate for at least 1 hour before eating.

FROZEN CABBAGE SALAD

Reva Helmuth

- | | |
|-------------------------|--------------------------|
| 1 large head of cabbage | 1 tsp. mustard seed |
| 1 tsp. salt | 1 tsp. celery seed |
| 2 C. sugar | 1 C. shredded carrots |
| 1 C. vinegar | 1 green pepper (chopped) |
| ¼ C. water | |

Shred cabbage, add 1 tsp. salt and water. Let stand one hour or overnight. Boil together sugar, vinegar, water, mustard seed, and celery seed for 1 minute and cool. Squeeze water out of cabbage. Add carrots and peppers to cooled dressing and cabbage. May freeze or will keep a long time in refrigerator. Freezes well. Take out about an hour before meal.

CABBAGE SALAD DELUXE

Dolores Kattchee

- | | |
|-------------------------|--------------------------|
| 3 C. shredded cabbage | ½ C. mayonnaise dressing |
| 2 C. shredded carrots | 1 T. sugar |
| 1 onion (diced) | 1/8 tsp. thyme |
| 1 green pepper (diced) | Dash of pepper |
| 2 T. red pepper (diced) | Juice of 1 lemon |
| 1 tsp. salt | 3 T. sour cream |
| ½ tsp. dill seed | |

Mix the cabbage, carrots, onion, peppers, salt, and dill seed together. Then mix the dressing of the mayonnaise, sugar, thyme, pepper, lemon, and sour cream and add it to the cabbage mixture. Blend well.

CAULIFLOWER SALAD

Jan Hinrichsen

- | | |
|---------------------------|----------------------|
| ½ head lettuce | 2 C. mayonnaise |
| 1 head cauliflower | ⅓ C. Parmesan cheese |
| ½ lb. bacon (fried crisp) | ½ C. sugar |

Fry bacon until crisp; set aside. Combine other ingredients; add bacon. Refrigerate 3-4 hours before serving.

CAESAR SALAD

Becky Lienemann

3 T. red wine vinegar
½ T. lemon juice
1 dash Worcestershire sauce
4 T. olive oil
⅓ C. grated Parmesan cheese
1 tsp. anchovy paste

Salt & pepper (to taste)
2 coddled eggs
Romaine lettuce
Croutons
Grated Parmesan cheese

Mix first seven ingredients with a fork. Add coddled egg. Pour over romaine lettuce. NOTE: To coddle an egg: Drop egg into boiling water for 3 minutes. Remove from water and break open gently. Scoop out solid portions of egg. Don't worry, the lemon juice cooks the egg.

CALIFORNIA SALAD

Helen Gaut

Assorted greens (spinach, leaf lettuce, or your choice)
1 avocado (peeled & sliced)
1 red onion (sliced)

Mandarin oranges (approx. 6 oz.), drained
6 or 8 sliced fresh mushrooms
Kraft Catalina dressing

Wash and tear fresh greens. Add rest of ingredients. Toss and serve. This recipe can be increased according to number of persons to be served.

CAULIFLOWER PEA SALAD

Dolores McGillin

1 head cauliflower (cut up)
1 bag frozen peas (thawed)

1 bottle ranch dressing

Combine ingredients and stir; refrigerate. Serves 10-12 (easily).



CHICKEN SALAD

Karen Dinsmore

- | | |
|-----------------------|--------------|
| 1/2-3/4 C. mayonnaise | 2 C. chicken |
| 1 T. sugar | 1 C. grapes |
| 1 T. lemon juice | 1 C. celery |
| 1/4 tsp. salt | |

Mix mayonnaise, sugar, lemon juice, and salt. Cook and dice chicken. Chop celery. Mix chicken, grapes, and celery. Mix all and refrigerate.

CHICKEN SALAD

Jan Vrban

- | | |
|--------------------------------------|--|
| 5 C. cooked chicken (cut in chunks) | 1 1/2 C. small green grapes (cut in 1/2) |
| 2 T. salad oil | 1 1/2 C. chopped celery |
| 2 T. frozen orange juice concentrate | 1 (13 oz.) can pineapple tidbits (drained) |
| 2 T. vinegar | 1 C. toasted slivered almonds |
| 1 tsp. salt | 1 (11 oz.) can mandarin oranges (drained) |
| 3 C. cooked long grain rice | 1/2 C. real mayonnaise (drained) |

Combine chicken, oil, orange juice, vinegar, and salt. Let stand (covered) in refrigerator for minimum of 2 hours or overnight. Add remaining ingredients and toss to blend. Serve on croissants or bed of lettuce.

GREAT CHICKEN SALAD

Bonnabelle Rayner

- | | |
|----------------------|---------------------|
| Onion | Red seedless grapes |
| Celery | 1 C. Miracle Whip |
| Shredded carrots | 1 1/2 C. Cool Whip |
| Chopped cold chicken | Shoestring potatoes |
| Black olives | |

Mix first 6 ingredients, you choose the quantity, about equal portions. Mix together the Miracle Whip and Cool Whip and add to the first mixture. Cool 3-5 hours. Just before serving add 1 can shoestring potatoes.

CURRIED CHICKEN AND RICE SALAD

Kelly Fackel

3½ C. chicken broth
2 tsp. curry powder
½ tsp. ground ginger
½ tsp. turmeric
2 C. rice
¼ C. olive oil
¼ C. lemon juice

2 C. cooked, chopped chicken
1 C. raisins (dark or golden)
1 C. chopped red bell pepper
½ C. mayo (light or fat free ok)
½ C. sour cream (light ok)
½ C. toasted almonds
Salt & pepper (to taste)

In a skillet, bring chicken stock, curry powder, ginger, turmeric and 1 C. of water to a boil. Add rice, cover tightly, reduce heat and simmer until rice is tender, about 20-25 minutes. Transfer rice to a large serving bowl. Pour on oil and lemon juice and toss to mix. Cover and refrigerate until cool. Add all ingredients and mix well. Serve slightly chilled. Serves 8 to 10.

CHRISTMAS SALAD

Karen Fesler (Mrs. David)

1 (3 oz.) pkg. lime jello
1 (3 oz.) pkg. lemon jello
1 C. boiling water
1½ C. miniature marshmallows
1 small can crushed pineapple

1 (3 oz.) pkg. cream cheese
⅓ C. Miracle Whip
⅓ C. Cool Whip
1 (3 oz.) pkg. cherry jello

Prepare lime jello according to directions on box. Place in an 8x13-inch oblong baking dish or a mold of your choice. Refrigerate until set, about 2 hours. Dissolve lemon jello in boiling water. Add miniature marshmallows. Stir until marshmallows are dissolved. Add pineapple. Mix cream cheese, Miracle Whip and Cool Whip until smooth. Add to lemon jello mixture. Let set slightly and pour onto set lime jello. Refrigerate about 2 hours. NOTE: Prepare cherry jello according to box directions. After it sets slightly, pour onto lemon mixture. Refrigerate about 2-3 hours until set. Cut into squares for serving. Serves 8-10. Allow five to six hours to prepare this dish.



CHINESE SLAW

Melia Lawrence

- | | |
|-------------------------------------|---|
| 1 (1 lb.) bag prepared cabbage slaw | 1 small container sesame seeds |
| 3 green onions | 1/3 C. salad oil |
| 1 small pkg. sliced almonds | 1 pkg. ramen noodles with flavor packet |

Brown sesame seed and almonds under broiler and cool. Put slaw in a large bowl. Cut green onions into slaw. Mix salad oil and flavor packet together; then mix in with slaw. Add sesame seeds and almonds. Just before serving, crumble ramen noodles over top of slaw; mix in. NOTE: Don't add noodles until serving time as they absorb the oil and can become soggy.

COLE SLAW

Jan Vrban

- | | |
|--|---|
| Bag of cole slaw | 1 pkg. slivered almonds, toasted in 350° oven for 6-8 minutes |
| 4 green onions | |
| 1 pkg. ramen noodles (oriental chicken flavor) | |

DRESSING:

- | | |
|-------------|--------------|
| 4 T. sugar | 2 T. vinegar |
| 1 tsp. salt | Flavor pkt. |
| 1/2 C. oil | |

Add together first 4 ingredients and toss. Mix dressing just before serving and toss with coleslaw.

CRUNCHY BACON COLESLAW

Chris Stilwell

- | | |
|-----------------------------|------------------------------------|
| 3/4 C. Miracle Whip | 1 C. shredded red cabbage |
| 1 T. sugar | 1/2 C. chopped peanuts |
| 4 C. shredded green cabbage | 4 slices bacon (cooked & crumbled) |

Mix dressing and sugar in large bowl. Add remaining ingredients. Mix lightly. Refrigerate. Serves 8.

HEALTHY SLAW

Bonnabelle Rayner

1 bag broccoli slaw mix with
carrots
½ C. chopped green pepper
½ C. chopped onion
1 C. sunflower nuts
½ C. chopped cashews (opt.)

2 pkgs. ramen noodles, oriental
flavor, broken into small pieces
½ C. vegetable oil
2 T. sugar
Flavor pkts. from noodles

Mix together oil, sugar, and flavor packets; set aside. Mix remaining ingredients together. Put oil mixture on second mixture. Stir together well. This recipe fills 1 large mixing bowl. Refrigerate.

ORIENTAL COLESLAW

Juanita Ridenour

½ head cabbage, finely grated
(lightly salted)

4 green onions (chopped)

Store in air-tight container.

¼ C. oleo
⅓ C. sliced almonds

1 pkg. ramen oriental noodles
2 T. sesame seeds

Saute in skillet and drain. Store in air-tight container.

½ C. oil
2 T. sugar

Flavoring from noodles

Combine in small jar with lid.

Combine ingredients from all three containers just before serving. Shake the oil dressing well before adding to slaw.



CRANBERRY FLUFF

Jean Murr

- | | |
|---------------------------------|-----------------------------|
| 2 C. raw cranberries (ground) | 1 C. green grapes |
| 3 C. tiny marshmallows | ½ C. chopped nuts |
| ¾ C. sugar | 1 small container Cool Whip |
| 2 C. diced, unpared tart apples | |

Combine cranberries, marshmallows, and sugar. Chill overnight. Add apples, grapes, nuts, and Cool Whip. Chill before serving.

CRANBERRY JELLO

Linda Keiser

- | | |
|---|------------------------|
| 1 pkg. cranberry orange relish (frozen) | 1 C. chopped nuts |
| 1 small can crushed pineapple (drained, save juice) | 1 pkg. raspberry jello |
| 1 C. chopped celery | 1 C. hot water |
| | ½ C. cold water |
| | ½ C. pineapple juice |

Dissolve jello in hot water, add cold water and pineapple juice. Add cranberry orange relish, pineapple, celery, and nuts. Stir until mixed. Refrigerate.

CRANBERRY JELLO SALAD

Karen Dinsmore

- | | |
|-------------------------|------------------------|
| 3 pkgs. raspberry jello | 1½ C. sugar |
| 4½ C. hot water | 3 stalks celery |
| 4 apples | 1 C. crushed pineapple |
| 1 lb. cranberries | |

Mix jello with hot water. Peel and core apples and grind with cranberries. Chop celery fine. Drain pineapple. Mix apples, celery, cranberries, and celery to jello; let set.



CRANBERRY SALAD

Joanne Hora

- | | |
|---|-------------------------|
| 2 C. small marshmallows or 18
lg. marshmallows (cut in 1/4s) | 2 C. ground cranberries |
| 1/2 pt. whipping cream (whipped) | 1 C. sugar |
| 1/2 C. nuts (chopped) | 2 C. red grapes |

Mix together cranberries and sugar, let stand overnight. Next day, fold in grapes, marshmallows, nuts, and whipped cream. Keep refrigerated. VERY GOOD! Makes about 10 C. and can be put in a 9x13-inch pan or pretty decorative bowl for serving with a spoon.

FESTIVE CRANBERRY SALAD

Rita Bedard

- | | |
|---|---|
| 1 (14 oz.) can sweetened
condensed milk | 2 C. miniature marshmallows |
| 1/4 C. lemon juice | 1/2 C. chopped pecans |
| 1 (10 oz.) can crushed pineapple
(drained) | Red food coloring |
| 1 (16 oz.) can whole-berry
cranberry sauce | 1 (8 oz.) carton frozen whipped
topping (thawed) |

In a bowl, combine milk and lemon juice; mix well. Stir in the pineapple, cranberry sauce, marshmallows, pecans, and food coloring. Fold in whipped topping. Spoon into a 13x9x2-inch baking dish. Freeze until firm, 4 hours or overnite. Cut into squares. Yield: 12-15 servings. Remove from the freezer 10 minutes before serving.

CUCUMBER SALAD

Ruby Jedlicka

- | | |
|-----------------------------------|---|
| 1 (3 oz.) pkg. lime jello | 1 peeled medium cucumber (sliced
thin) |
| 1 (3 oz.) pkg. lemon jello | |
| 1/2 C. mayonnaise (light or reg.) | 1 small can crushed pineapple |

Drain the pineapple, save juice. Dissolve jello in 1 1/2 C. hot water. Add water to juice to make 1 1/2 C. Mix into dissolved jello. Chill until soft set. Beat until fluffy and add 1/2 C. mayo. Beat again. Add sliced cucumber and drained pineapple. Mix well and chill until set.

5-CUP SALAD OR HEAVENLY SALAD

Velma Cox

- | | |
|-------------------------|--|
| 1 C. mandarin oranges | 1 C. sour cream (or use Cool Whip) |
| 1 C. pineapple chunks | |
| 1 C. fine coconut | 1 C. seedless white grapes (opt.) |
| 1 C. small marshmallows | Some maraschino cherries,
drained & finely chopped (opt.) |

Mix all ingredients and refrigerate several hours.

"FOR GOODNESS SAKES" SALAD

Phyllis Bradley

- | | |
|---|-----------------------------|
| 1 pkg. (3 oz.) lemon jello | 1 C. mayonnaise |
| 1 pkg. (3 oz.) lime jello | 1 C. (8 oz.) cottage cheese |
| 1 C. boiling water | 1 C. chopped nuts |
| 1 C. evaporated milk | 1 T. horseradish sauce |
| 1 (20 oz.) can crushed pineapple
(undrained) | |

In a large bowl, dissolve gelatins in boiling water, cool slightly. Stir in the milk, pineapple with juice, mayonnaise, cottage cheese, nuts, and horseradish sauce; mix well. Chill until partially set. Pour into an oiled 8 C. mold. Chill for 6 hours or overnight. Unmold. Yield: 12-16 servings.

FROZEN FRUIT CUPS

Connie Jones

- | | |
|-------------------------------|---|
| 1 large can fruit cocktail | 1 (12 oz.) can frozen orange juice
(undiluted) |
| 1 large can crushed pineapple | 3 diced bananas |
| $\frac{2}{3}$ C. sugar | 1 (12 oz.) bottle 7-UP |

Do not drain fruits. Mix well and fill small Dixie cups. Cover with tinfoil. Freeze. Remove from freezer 45 minutes (or less) before serving. NOTE: Kids love them.

FROZEN FRUIT CUPS

Margaret Morgan

- | | |
|-----------------------------------|---|
| 1 (8 oz.) can frozen orange juice | 2 (10 oz.) pkgs. frozen sliced strawberries |
| 1 (8 oz.) can frozen lemonade | |
| 6 cans water | 1 (15¼ oz.) can crushed pineapple (don't drain) |
| 3-4 bananas (sliced) | |

Mix all the above in a large 5 qt. bowl. Ladle into 9 oz. plastic cups and freeze. Remove from freezer 1 hour before serving. (Great for kids' snacks.) Makes 16-18 (1 C.) servings. Variation: Can add or substitute 2 cans mandarin oranges, cut in small pieces, and 1 small jar maraschino cherries, chopped.

FROZEN FRUIT SALAD

Julie Wiedner

- | | |
|---|----------------------------------|
| 1 (8 oz.) pkg. cream cheese (soft) | 1 banana (diced) |
| ¾ C. sugar | 2 C. mini marshmallows |
| 1 (10 oz.) pkg. frozen strawberries (slightly thawed) | ½ C. chopped walnuts |
| 1 (20 oz.) can crushed pineapple (drained) | 1 (8 oz.) carton whipped topping |

Beat cream cheese with sugar. Fold in remaining ingredients. Turn into a 9x13-inch pan and freeze. Cut into squares to serve.

MIXED FRUIT SALAD

Shirley Skay

- | | |
|--|--|
| 1 (16 oz.) can sliced peaches | 1 (3½ oz.) box tapioca pudding |
| 1 (20 oz.) can pineapple chunks | 2 large bananas or other fresh fruit in season |
| 1 (16 oz.) can mandarin oranges | |
| 1 (3½ oz.) box vanilla pudding (not instant) | |

Drain juice from canned fruit; set aside fruit. Add enough water to juice to make 3 C. liquid. Put liquid and pudding mixes into a 2 qt. measurer. Cook until thick, about 7-10 minutes. Stir 3-4 times while cooking. Add fruit. Chill several hours before serving.

FRUIT JELLO SALAD

Beth Woodward

- | | |
|--------------------------------------|------------------------------------|
| 3 (3 oz.) pkgs. strawberry jello | 1 (20 oz.) can crushed pineapple |
| 3 C. boiling water | 1 (8 oz.) pkg. cream cheese (soft) |
| 2 ripe bananas (sliced) | 1 C. plain yogurt |
| 2 lbs. strawberries (thaw if frozen) | ¼ C. sugar |

Dissolve jello in water. Slice bananas into jello mixture. Add strawberries and undrained pineapple. Pour ½ mixture into 9x13-inch pan. Refrigerate for 1 hour. Leave other ½ out on counter. In mixing bowl, mix cream cheese, yogurt, and sugar. Spread over chilled layer of jello mixture. Pour other ½ of jello mixture on top. Refrigerate until firm. Serve slices on top of fancy lettuce.

FUMI SALAD

Bertha Olin

- | | |
|------------------------------|-----------------------|
| 1 bag shredded coleslaw | ½ C. slivered almonds |
| 1 pkg. crushed ramen noodles | ½ C. sunflower seeds |

DRESSING:

- | | |
|----------------------------|--------------------|
| ¼ C. sugar | ¾ C. oil |
| 1 tsp. pepper | ⅓ C. white vinegar |
| 2 tsp. salt (may use less) | |

Shake dressing ingredients well and chill.

Brown together the almonds and sunflower seeds. Mix with coleslaw in a bowl. Just before serving add crushed ramen noodles. Then add dressing.

People who fly into a rage always make a bad landing.

GARDEN MEDLEY

Karen Hegland

- | | |
|----------------------------------|------------------------------|
| 1 C. green peppers | 1 C. sugar |
| 1 C. red onions | 1 C. cider vinegar |
| 1 C. cherry tomatoes (halved) | 1 tsp. salt & dash of pepper |
| 1 C. cauliflower | ½ C. salad oil |
| 2 C. celery | 1 T. basil |
| 1 C. carrots (shredded coarsely) | |

Chop vegetables into bite-size pieces. Shake last 6 ingredients together. Pour over raw vegetables and let set overnight.

GREEN SALAD WITH ORANGE VINAIGRETTE *Theresa Weihe*

- | | |
|---|---|
| ¾ (10 oz.) pkg. ready-to-use fresh spinach leaves | 6 T. olive oil |
| 2 heads Belgian endive or Iceberg lettuce (cut into ½-inch wide slices) | 1½ tsp. sugar |
| 1 bunch radishes (trimmed, thinly sliced) | 1½ tsp. grated orange peel |
| 2 T. balsamic vinegar | 2 oranges, peeled & white pith removed, sliced into rounds, slices halved |
| | 2 avocados (peeled, pitted, sliced) |

Combine spinach leaves, endive (or lettuce) and radishes in large bowl. Place vinegar in small bowl, gradually mix in oil. Add sugar and orange peel. Season to taste with salt and pepper. Pour dressing over salad and toss. Mound salad on large platter. Top with orange and avocado slices. Makes 6-8 servings.

HAM SALAD

Mrs. Evelyn G. Fester

- | | |
|---------------------------------------|--------------------------|
| 1 qt. Amana ham (cut in small pieces) | 1 C. vinegar |
| 2 C. water | 1 large onion (cut fine) |

Combine all ingredients and let stand overnight in porcelain crock or bowl. Amana ham does not need to be cooked before using. Get the kind that doesn't need cooking.

WHIPPED LIME JELLO SALAD

Karen Olsen

- | | |
|-----------------------------------|-------------------------------------|
| 1 (6 oz.) pkg. lime jello | 1/2 C. crushed pineapple with juice |
| 2 C. boiling water | 2 C. Cool Whip |
| 1/4 C. mayonnaise or Miracle Whip | 1/2 C. miniature marshmallows |
| 1/2 C. chopped celery | |

Dissolve jello in boiling water, refrigerate until slightly thickened. Whip with electric mixer. Add pineapple, celery, and mayonnaise or Miracle Whip. If soupy, chill longer. Fold in marshmallows and Cool Whip. Refrigerate until congealed. Salad looks pretty in a clear glass bowl.

LAYERED LETTUCE SALAD

Jordan Filloon

- | | |
|-----------------------------------|---|
| 1/2 head lettuce (chopped) | 1 lb. bacon (fried, drained & crumbled) |
| 1 head cauliflower (chopped) | 1/3 C. Parmesan cheese |
| 2 stalks fresh broccoli (chopped) | 1/3 C. sugar |
| 2 C. low-calorie mayonnaise | |
| 1 medium onion (chopped) | |

Layer all ingredients in a bowl in order given. Toss before serving.

DELICIOUS MACARONI SALAD

*Colleen Meng
(In Memory of Irene Konz)*

- | | |
|-------------------------|--------------------------|
| 1 lb. macaroni (cooked) | 1/2 small jar pimento |
| 1 small onion (chopped) | Raw cauliflower (cut up) |
| 1 cucumber (chopped) | |

DRESSING:

- | | |
|--------------------|-----------------------|
| 1 1/2 C. sugar | 1 tsp. parsley |
| 1 1/2 C. vinegar | 2 T. prepared mustard |
| 1 tsp. garlic salt | Celery seeds |
| 1 tsp. pepper | |

Mix macaroni and vegetables together. Mix ingredients for dressing together in separate bowl. Then add to above mixture. Refrigerate 24 hours.

RING MACARONI SALAD

Karen Hegland

- | | |
|----------------------------------|-------------------------------|
| 2 lemons | 7 oz. Creamette ring macaroni |
| 1 C. sugar | 4 apples (unpeeled, diced) |
| 4 eggs (beaten) | ½ pt. whipping cream |
| 1 (20 oz.) can crushed pineapple | |

Cook juice of lemons, sugar, and eggs. Add pineapple to hot mixture until thick. Cook ring macaroni according to directions. Cool. Add to pineapple mixture. Add apples. Chill overnight. Whip and sweeten cream. Add to macaroni mixture. Chill.

SEAFOOD MACARONI SALAD

Norma Jett

- | | |
|--|--|
| 1 (7 oz.) box macaroni or veggie pasta | 1 (8 oz.) pkg. shredded cheddar cheese |
| 1 (5 oz.) pkg. frozen salad shrimp (precooked) | 1 C. Miracle Whip |
| ¾ C. diced celery | 1 T. vinegar |
| ¼ C. chopped green onion | 2-3 tsp. dry Italian dressing mix |
| ½ green pepper chopped or 3 radishes | ½ tsp. celery seed |
| 1 (10 oz.) box frozen peas | ¼ C. milk |
| | Salt & pepper (to taste) |

Cook macaroni or pasta as directed. Cool. Toss with veggies and cheese. Mix together mayo, vinegar, milk, and seasonings. Pour over pasta and veggies; mix well. Chill at least 3 hours or overnight. Mix in shrimp before serving. (Run frozen shrimp under running water to thaw - about 1 minute.) You can also use imitation or real crabmeat in place of shrimp. I use vegetable rotini pasta instead of elbow macaroni (adds flavor and color).

To keep cottage cheese fresh longer, turn container upside down in refrigerator.

MELON DELIGHT

Joan Liddell

- | | |
|-----------------------------------|-----------------------------|
| 1 (13½ oz.) can pineapple tidbits | ¼ C. mayo or salad dressing |
| 1 C. small cantaloupe balls | 1 T. confectioner's sugar |
| 1 C. small watermelon balls | ¼ tsp. grated lemon peel |
| 1 C. sliced, fresh peaches | 1 C. Cool Whip |

Drain pineapple, reserve 2 T. syrup. Mix fruit together, chill. Blend together reserved syrup, mayo, and sugar. Beat with rotary beater until smooth. Stir in lemon peel. Fold chilled fruit into mayo mixture. Fold in Cool Whip. Chill. Makes 6 to 8 servings.

MEXICAN CHEF SALAD

Joyce Schlabach

- | | |
|----------------------------------|--|
| 1 onion | 1 (1 lb.) bag corn chips (I use about ¾ of it) |
| 4 tomatoes | 1 large avocado |
| 1 large head lettuce | 1 lb. ground beef |
| 4 oz. cheese (grated) | 1 (15 oz.) can red kidney beans (drained) |
| 1 (8 oz.) bottle French dressing | ½ tsp. salt |
| Hot sauce (to taste) | |

Chop onion, tomato, and lettuce. Toss with grated cheese, dressing, and hot sauce. Crush corn chips. Peel and slice avocado. Add to salad. Brown ground beef, add beans and salt. Simmer 10 minutes. Mix into cold salad. Serve immediately. Serves 6.

MOSTACCIOLI SALAD

Teresa Swenson

- | | |
|-----------------------|------------------------|
| 1 lb. box mostaccioli | 1 tsp. garlic powder |
| 1½ C. cider vinegar | 2 T. prepared mustard |
| 1½ C. sugar | 1 medium chopped onion |
| 1 tsp. salt | 1 jar pimento |
| 1 tsp. coarse pepper | Parsley (to taste) |
| 1 tsp. Accent | |

Cook mostaccioli, drain and rinse. Add other ingredients. Mix and refrigerate overnight. Keeps for a week in refrigerator.

NEW YORK SALAD

Anne Allen

1½ bunches of fresh spinach
1 qt. strawberries

1 red onion (small)

DRESSING:

½ C. mayonnaise
2 T. sugar

1 T. lemon juice
1½ T. poppy seeds

Mix dressing: mayonnaise, sugar, lemon juice, and poppy seeds. Toss with spinach, strawberries, and chopped onion just before serving.

NOODLE SALAD

Ron Whittaker

1 lb. noodles (cooked)
2 cucumbers (chopped)

1 onion (chopped)

DRESSING:

1½ C. cider vinegar
1½ C. sugar

½ C. oil

Mix dressing ingredients and pour over the noodles and vegetables. May add dillweed to taste.

ORANGE SALAD

Wilson (Bill) Miller

1 (24 oz.) carton cottage cheese
1 (6 oz.) pkg. orange jello
1 (16 oz.) carton Cool Whip

2 (11 oz.) cans mandarin oranges
(well drained)
1 (20 oz.) can chunk pineapple
(well drained)

Soften Cool Whip, then mix all ingredients together and cool in refrigerator for 4 hours.

ORANGE TAPIOCA SALAD

Ruth Vineyard

- | | |
|---------------------------------------|----------------------------------|
| 2 pkgs. tapioca pudding (not instant) | 3 C. boiling water |
| 1 small pkg. orange jello | 1 (8 oz.) carton Cool Whip |
| | 1 can mandarin oranges (chopped) |

Combine pudding, jello, and water. Cook until thickened. Cool. Add Cool Whip and oranges. Blend until smooth. Refrigerate.

FRESH PASTA SALAD

Connie Keeling

- | | |
|--|---------------------------|
| 1 (12 oz.) bag (small) elbow spaghetti | ¼ C. onions (chopped) |
| ½ C. each of all veggies (cut to bite-size, e.g., broccoli, cauliflower, carrots, radishes, red & green peppers) | 1 C. mayo or Miracle Whip |
| | 1 tsp. sugar |

Boil spaghetti according to directions on bag (be sure not to overcook). Then add all the cut-up veggies and onion. Mix with 1 C. mayo or Miracle Whip and 1 tsp. sugar. Chill and serve. Amount of dressing (mayo) is determined by taste. Great for picnics.

STACY'S PASTA SALAD

Jan Vrban

- | | |
|-----------------------------------|--|
| 1 (8 oz.) pkg. pasta (any kind) | 1 small red bell pepper (seeded & chopped) |
| 2 C. broccoli flowerettes | ½ C. pitted ripe olives |
| 1 (8 oz.) bottle Italian dressing | 1 small red onion (chopped or sliced) |
| 1 C. grated Parmesan cheese | |

Prepare pasta, add broccoli during last 2 minutes of cooking. Drain well and transfer to medium bowl. Add remaining ingredients. Refrigerate 2 hours.

TWO-DAY PASTA SALAD

Sara Hanson

- | | |
|------------------------------|------------------------------------|
| 1 pkg. long vermicelli pasta | 1 C. diced green pepper |
| 1 T. Accent | 1 C. chopped green onion |
| 1 T. seasoning salt | ½ C. sliced black olives |
| 3 T. vegetable oil | 1 jar diced pimento |
| 3 T. lemon juice | 1 (8 oz.) bottle coleslaw dressing |

Cook pasta according to directions on box. Rinse with cold water. In large bowl combine pasta, Accent, seasoning salt, oil, and lemon juice. Mix well to coat pasta. Put in the refrigerator overnight. The next day, add vegetables and dressing mix to coat pasta. Eat! This is great as a light summer meal!
NOTE: The two-day preparation is worth it.

PEA SALAD

Nancy Hayworth

- | | |
|-----------------------------------|---|
| ¼ C. Kraft Zesty Italian dressing | ¼ C. chopped red onion |
| ½ C. mayonnaise | 6 strips bacon (crisp & crumbled) |
| 1 C. chopped celery | 1 (16 oz.) pkg. frozen peas (run under hot water) |

Mix first 5 ingredients together. Stir in well-drained peas. Makes a colorful and tasty salad.

PHILADELPHIA SALAD

Betty Shima

- | | |
|------------------------------------|---------------------------------------|
| 1 (8 oz.) pkg. Philly cream cheese | 1 lg. can crushed pineapple (drained) |
| ½ C. sugar | 1 C. Cool Whip |
| 3 T. salad dressing | 1 C. small marshmallows |

Combine cream cheese, sugar, salad dressing, and beat with mixer. Add drained pineapple, then add Cool Whip and marshmallows. Mix together, put in a casserole dish, and put in refrigerator for 4 hours or overnight. Will keep 2 or 3 days.

PIE FILLING SALAD

Michele Brandstatter

- | | |
|-------------------------|---------------------------------------|
| 1 can peach pie filling | 1 C. miniature marshmallows |
| 1 can pineapple tidbits | 1 can mandarin oranges (drained) |
| 2-3 sliced bananas | 1 can chunky fruit cocktail (drained) |

Mix in bowl and chill. The bananas will not turn brown if well coated with pie filling.

PINEAPPLE CHEESE SALAD

Alice Pidgeon

- | | |
|---|--|
| 1 (3 oz.) box lemon Jell-O | ½ C. sugar |
| 1 C. hot water | 1 C. grated longhorn or cheddar cheese |
| 1 (8¾ oz.) can crushed pineapple, drained | 1 C. whipped cream |

Add hot water to Jell-O, stir to dissolve; set aside. Mix sugar with pineapple juice and bring to boil. Add to Jell-O mixture and cool until syrupy, beat until foamy. Add cheese, pineapple, and whipped cream. Cool to set. Cool Whip can be used.

PINK CHAMPAGNE SALAD

Zilphy (Zelpha) Bohlin

- | | |
|--|-------------------------------------|
| 1 (8 oz.) pkg. soft cream cheese | 1 (10 oz.) pkg. frozen strawberries |
| ¾ C. sugar | 2 sliced bananas |
| 1 (20 oz.) can crushed pineapple (drained) | 1 (9 oz.) container Cool Whip |

Mix cream cheese and sugar together. Add drained pineapple, strawberries and bananas. Fold in Cool Whip. Pour into 9x13-inch glass dish. Freeze. Partially thaw to serve.



PISTACHIO SALAD

Jessie George

1 container whipped topping
1 (3 oz.) box instant pistachio
pudding

1 C. miniature marshmallows
1 can crushed pineapple & juice
½ C. nuts (chopped)

Fold pudding mix into whipped topping. Add pineapple and juice, marshmallows, and nuts. Refrigerate. Makes 8 servings.

DANISH POTATO SALAD

Karen Hegland

¼ C. vinegar
¼ C. water
¼ C. sugar
¼ tsp. salt
Dash of pepper
2 eggs (beaten)

1 C. salad dressing
4 C. potatoes (cooked & cubed)
2 eggs (hard boiled, chopped)
1 T. onion (minced)
1 T. green pepper, chopped (opt.)
½ C. cucumbers, chopped (opt.)

Combine first 5 ingredients. Bring to a boil. Reduce heat and gradually beat in the eggs. Cook, stirring constantly, until thickened (about 5 minutes). Beat in salad dressing. Toss all together.

QUICK SALAD

Betty Shima

1 pt. cottage cheese
1 small carton Cool Whip
1 pkg. orange jello, dry
1 can mandarin oranges (drained)

1 can crushed pineapple (drained)
1 C. miniature marshmallows
½ C. coconut

Mix first 3 ingredients well. Then add the rest, mandarin oranges, pineapple, marshmallows, and coconut. After all mixed, put in refrigerator to keep cool.



RAINBOW JELLO

Pam Bullers

- | | |
|-----------------------------------|--|
| 1 (3 oz.) pkg. black cherry jello | 1 (3 oz.) pkg. orange pineapple jello (apricot or peach works as well) |
| 1 (3 oz.) pkg. cherry jello | |
| 1 (3 oz.) pkg. lime jello | |
| 1 (3 oz.) pkg. lemon jello | 1 (3 oz.) pkg. strawberry jello |
| 1 (3 oz.) pkg. orange jello | 1 large can evaporated milk |

Add $\frac{3}{4}$ C. cold water and $\frac{3}{4}$ C. hot water to black cherry jello, lime jello, orange jello, and strawberry jello. Add $\frac{1}{2}$ C. hot water, $\frac{1}{2}$ C. cold water, and $\frac{1}{2}$ C. evaporated milk to cherry jello, lemon jello, and orange pineapple jello. Begin with first jello, then make each flavor of jello and put in 9x13-inch pan to let set. Make next layer and spoon carefully over previous layer. Refrigerate after each layer has been added. HINT: This salad is most beautiful if made in a glass pan.

RASPBERRY SALAD

Marie Ware

- | | |
|--------------------------------|------------------------------------|
| 2 boxes red raspberry jello | 1 (3 oz.) pkg. cream cheese (soft) |
| 2 pkgs. frozen red raspberries | $\frac{1}{2}$ C. pecans (chopped) |
| 1 large Cool Whip | $\frac{3}{4}$ C. hot water |

Combine 2 C. hot water and 1 box jello. (Berry juice may be included in hot water.) Add raspberries and refrigerate until set. To the second box of jello add $1\frac{1}{4}$ C. hot water. When partially jellied, mix and add cream cheese. Stir in Cool Whip and nuts. Spread over jello mixture. Chill.

RED RASPBERRY WHIP

Regina Schreiber

- | | |
|--|---|
| 1 (10 oz.) pkg. frozen red raspberries | $\frac{1}{4}$ C. sugar |
| 1 C. boiling water | 1 (2 oz.) pkg. whipped topping (or 8 oz. Cool Whip) |
| 1 (3 oz.) pkg. raspberry gelatin | 1 C. miniature marshmallows |

Remove raspberries from freezer and put in a bowl to thaw. Dissolve gelatin in boiling water. Stir in sugar. Drain juice from thawed raspberries; add enough water to make $\frac{1}{2}$ C. and add to gelatin. Let cool until slightly congealed and whip until light and fluffy. Fold whipped topping mix (or Cool Whip) into whipped gelatin. Fold in marshmallows and raspberries. Pour into 8-inch square pan and chill until ready to serve. You can also use strawberries and strawberry gelatin.

RHUBARB SPRING SALAD

Frances Rowland

- | | |
|--------------------------------------|------------------------------------|
| 2 C. chopped unpeeled raw
rhubarb | 1 (3 oz.) pkg. cream cheese (soft) |
| ½ C. sugar | ⅔ C. chopped celery |
| ½ C. water | ⅓ C. chopped nuts |
| 1 (3 oz.) pkg. red gelatin | 1 T. lemon juice |

Cook rhubarb with sugar and water. Boil on low 10 minutes. Dissolve gelatin in boiling water. Add softened cream cheese. Stir to dissolve in hot mixture. Chill to thicken, then whip until light and fluffy. Add celery, nuts and lemon juice. Turn into mold and chill.

SAUERKRAUT SALAD

Bill and Velva Potter

- | | |
|---------------------------------|---------------------|
| 1 (No. 303) can kraut (drained) | 1 C. chopped celery |
| ½ C. chopped onion | Dash of salt |
| ½ C. chopped green pepper | ⅔ C. sugar |
| 1 small jar pimienta | |

Mix all ingredients. Cover and refrigerate overnight.

7-UP SALAD

Millicent I. Jepson

- | | |
|----------------------------------|----------------|
| 1 pkg. lemon or lime jello | 1 tsp. vanilla |
| 1 C. boiling water | 1 tsp. sugar |
| 1 large pkg. Philly cream cheese | ½ C. pecans |
| 1 small can crushed pineapple | |

Mix pineapple juice from can with 7-UP to make a cup. Mix jello and boiling water until jello is mixed. Put in cream cheese and crush in the jello mix with a fork. Add crushed pineapple (pouring off juice). Add vanilla, sugar, pecans, and mix all together. Add pineapple juice and 7-UP and refrigerate.

SCRUMPTIOUS SALAD

Margaret Morgan

2 pkgs. lemon jello
3 C. hot water
1-2 lb. can crushed pineapple
(drained)

1 C. baby marshmallows
2-3 bananas (cut fine)

TOPPING:

1 C. pineapple juice
1 egg yolk
1½ T. flour

½ C. sugar
1 container Cool Whip

FOR 50-60 SERVINGS:

10 pkgs. lemon jello
15 C. hot water
1 (10 lb.) can crushed pineapple
(drained)

1 pkg. baby marshmallows
1 large bunch bananas

TOPPING:

5 C. pineapple juice
5 egg yolks
2½ C. sugar

7½ T. flour
2 large containers Cool Whip

Prepare jello in hot water, cool. Add pineapple, marshmallows, and bananas. Chill in large flat pan. Heat pineapple juice, add beaten egg yolk, flour, and sugar, cook until thick. Cool. Fold in Cool Whip, spread on firm salad and add grated cheese on top.

SIMPLE SIMON SALAD

Tom Ziskovsky

1 small (11 oz.) can mandarin
oranges
1 (16 oz.) can fruit cocktail

1 (3 oz.) box instant vanilla
pudding
2 C. mini marshmallows

Drain fruit into a large bowl. Mix with a wire whip the pudding into the juice. Add the fruit and marshmallows. Refrigerate for at least 30 minutes. Add 1 (8 oz.) carton frozen whipped topping and mix well. Warning: Does not keep well in refrigerator - it seems to disappear; goes fast.

SNICKER BAR SALAD

Janie Schmidt

6 regular-size Snicker bars
1 (12 oz.) carton non-dairy
topping

6 Granny Smith apples

Chop Snicker bars into tiny pieces. Chop apples into bite-sized pieces. Fold in whipped topping. Chill and serve. HINT: Use more whipped topping just before serving. For two servings: 1 candy bar, 1 apple, ½ C. topping. Increase by 1 candy bar, 1 apple, and topping as desired to serve a crowd.

SOMA SALAD

Donna Epley

¼ C. vegetable oil
¼ C. slivered almonds
½-1 tsp. sesame seed
1 head finely chopped cabbage
8 green onions (chopped)
1 pkg. ramen noodles (crushed)

¾ C. vegetable oil
1 tsp. salt
½ tsp. pepper
⅓ C. sugar
6 T. vinegar

Heat over low heat the vegetable oil (¼ C.) and slivered almonds until nuts are lightly browned; set aside. Mix remaining ingredients (except noodles). Add almond-oil mixture; mix well. Add noodles and mix again just before serving.

FRESH SPINACH SALAD

Carol Fausett

1 lb. fresh chopped spinach
1 C. sliced chestnuts
¾ C. bean sprouts (drained or
fresh)

2 hard-boiled eggs (sliced)
½ lb. crisp crumbled bacon

DRESSING:

½ C. oil
2 heaping T. ketchup
1 T. soy sauce

1 small onion
½ C. sugar
2 T. wine vinegar

Combine dressing in blender. Dressing keeps forever and is good on other salads also.

SPINACH AND PEAR SALAD WITH LEMON HONEY DRESSING

Fran Jensen

- | | |
|--------------------------|----------------------|
| 3 C. torn spinach | 1/2 C. sliced celery |
| 1 medium pear (sliced) | 1/4 C. pecan pieces |
| 1 C. red seedless grapes | |

LEMON HONEY DRESSING:

- | | |
|--------------------|------------|
| 1/4 C. lemon juice | 2 T. honey |
| 2 T. oil | |

Mix all salad ingredients. Right before serving pour on Lemon Honey Dressing and toss to coat. Serves 4.

SUMMER SALAD

Roxie Smith

- | | |
|----------------------|---------------------------------|
| 1 head lettuce | 1 lb. bacon (cooked & crumbled) |
| 1 head cauliflower | Parmesan cheese |
| 1/2 C. chopped onion | |

DRESSING:

- | | |
|----------------------------|--------------|
| 2 C. Hellmann's mayonnaise | 1/2 C. sugar |
| 1 tsp. mustard | |

Layer in large salad bowl from bottom to top: Lettuce, cauliflower pieces, onion, and bacon. Sprinkle liberally with Parmesan cheese. Mix dressing ingredients and spread over top of Parmesan cheese layer. Do not mix salad until ready to eat. Can make ahead and cover tightly in refrigerator.

TACO SALAD

Tonya Prochaska

- | | |
|---------------------|-------------------------------|
| 1 lb. ground beef | 1 ripe tomato |
| 1 head lettuce | 1 bag Doritos chips |
| Taco seasoning pkt. | Good Seasons Italian Dressing |
| 6 green onions | |

Brown ground beef, drain, then prepare with taco seasoning packet. Clean and shred lettuce. Clean and chop green onions and tomato, then place in mixing bowl. Add ground beef. Just before serving, add crunched up Doritos chips and Italian dressing. Toss until coated with dressing.

SUNSHINE SALAD

Sherry Carpenter

- | | |
|----------------------------------|--|
| 1 (20 oz.) can pineapple tidbits | 1 (3.4 oz.) pkg. instant lemon pudding |
| 1 (11 oz.) can mandarin oranges | |
| 1 C. quartered strawberries | 1 C. sliced ripe bananas |

Drain pineapple and oranges, reserving liquid. Prepare pudding, using liquid from the fruit in place of milk. In a bowl, combine pineapple, oranges, and strawberries; gently fold in pudding. Chill for at least 2 hours. Add bananas just before serving. Yield: 8-10 servings.

SUPER SALAD

Nancy Hayworth

- | | |
|---|-----------------|
| 1 (16 oz.) pkg. macaroni | 1 C. sugar |
| 1 green pepper (chopped) | 1 C. vinegar |
| 1 medium onion (chopped) | 2 C. mayonnaise |
| 4 carrots (shredded) | 1 tsp. salt |
| 1 (14 oz.) can sweetened condensed milk | ¼ tsp. pepper |

Cook macaroni in boiling salted water until tender, following directions on the package; drain and let cool. Blend together the remaining ingredients in a large bowl. Add the macaroni, folding gently. Cover and chill thoroughly. This is a large salad that can be stored in the refrigerator for several days.

TACO SALAD

Beth Svenson

Toss the following in a large bowl:

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|--|----------------------------------|
| 1 head lettuce (shredded) | 1 C. crumbled corn chips |
| 1 ripe avocado (diced) | 4 sliced tomatoes |
| 1 (12 oz.) can kidney beans (drained) | 1 purple onion (sliced or diced) |
| 1 lb. cooked taco-seasoned ground beef | 2 C. shredded sharp cheese |

Mix separately as dressing for salad. Keep chilled until served.

- | | |
|---------------------------------|-----------------|
| 1 C. sour cream | 3 T. taco sauce |
| ½ C. mayonnaise or Miracle Whip | |

HEARTY TUNA SALAD

Jackie Kjaer

- | | |
|---|------------------------|
| 1 (10 oz.) pkg. frozen French-cut green beans | 1 T. lemon juice |
| 1 (6½ oz.) can tuna (drained) | 1½ tsp. soy sauce |
| 1 C. chopped celery | Dash of garlic powder |
| ½ C. mayonnaise | 2 C. chow mein noodles |

Cook beans according to package directions; cool. Combine beans, tuna, celery, mayonnaise, lemon juice, soy sauce, and garlic powder. Chill. Just before serving add chow mein noodles and toss lightly. Serve in lettuce cups.

OVERNIGHT VEGETABLE SALAD

Wilson (Bill) Miller

- | | |
|---|------------------------------|
| 1 (16 oz.) can tiny green peas (drained) | ¾ C. finely chopped celery |
| 1 (16 oz.) French style green beans (drained) | 2 T. chopped pimentos (opt.) |
| 1 (11 oz.) can shoe peg white corn (drained) | ¾ C. sugar |
| 1 medium onion (finely chopped) | ½ C. vegetable oil |
| | ½ C. white wine vinegar |
| | ½ tsp. salt |
| | ½ tsp. pepper |

In a large bowl combine peas, beans, corn, onion, celery, and pimentos. In a saucepan, combine remaining ingredients; heat and stir until sugar dissolves. Pour over the vegetables. Cover and refrigerate overnight. Yield: 10-12 servings.

RAW VEGETABLE SALAD

Ken Schweitzer

- | | |
|---|------------------------------------|
| 1 head cauliflower | 1 (16 oz.) bottle Italian dressing |
| 2 heads broccoli | 2 C. cooked pasta (optional) |
| 6 peeled carrots | |
| 2 small cans or 1 (8 oz.) pkg. sliced mushrooms | |

Cut cauliflower and broccoli into tiny flowerettes. Slice carrots into ¼-inch slices. Mix together first four ingredients and pour pasta in, if desired. Pour Italian dressing over mixture and stir again. Marinate for at least 24 hours, stirring occasionally. Store in refrigerator.

COLE SLAW DRESSING - MULDOWNEY

Geneva Shannon

- | | |
|----------------|--------------|
| 3 T. sugar | 3 T. vinegar |
| 2 T. salad oil | ¼ tsp. salt |

Put all ingredients in shaker and shake until sugar is dissolved. Pour over cabbage, etc.

FRENCH DRESSING

Mary Parden

- | | |
|--------------------------------|--|
| 1 can of condensed tomato soup | Sugar to mix with vinegar and
make 1 C. |
| 1 C. salad oil | 2 tsp. onion salt |
| ½ C. cider vinegar | 2 tsp. celery seed |

Measure ½ C. vinegar in one-cup measure. Fill with sugar to make one cup. Combine ingredients in food processor, blender or quart jar. Mix. Store in refrigerator. Makes almost 1 quart.

QUICK - GOOD - FRENCH SALAD DRESSING

Donna Slade

- | | |
|------------------|--------------------|
| ⅔ C. sugar | ⅓ C. ketchup |
| 1 tsp. salt | ⅓ C. diced onion |
| 1 tsp. paprika | ½ C. salad oil |
| ¼ C. vinegar | 1 tsp. celery seed |
| Juice of 1 lemon | |

Put in quart jar and mix and shake. Keeps in refrigerator.

SALAD DRESSING

Tom Ziskovsky and Virginia Ziskovsky

- | | |
|-----------------------|---|
| ⅔ C. light mayonnaise | ⅓ C. frozen orange juice
concentrate |
|-----------------------|---|

Mix well and serve. Can be used as a fresh fruit or vegetable dip.

SALAD DRESSING

Tom Ziskovsky and Virginia Ziskovsky

- | | |
|---------------|--------------------|
| 1 large onion | ½ tsp. celery seed |
| 1 C. sugar | ½ C. cider vinegar |
| 1 tsp. salt | 2 C. olive oil |

Grate onion onto the sugar. Let stand for 30 minutes. Add remaining ingredients and mix well.

CHOLESTEROL-FREE YOGURT DRESSING

Jessie George

- | | |
|--------------------------------|-------------------------------|
| 1 C. nonfat plain yogurt | 1 large garlic clove (minced) |
| 1 T. fresh lemon or lime juice | 1 T. honey |
| 1½ tsp. fresh basil | |

Combine all ingredients in container. Let stand in refrigerator for at least 2 hours before serving to develop the full flavor.

RECIPE FOR FRIENDSHIP

Margaret Morgan

- | | |
|----------------------------|------------------------------------|
| 2 heaping cups of patience | Add a dash of laughter, and a full |
| 1 heartfelt of love | cup of understanding |
| 2 handfuls of generosity | 2 C. loyalty |

Mix well and sprinkle generously with kindness. Spread this irresistible delicacy over a lifetime and serve everybody you meet.

*Add a pinch of baking powder when you are mashing potatoes,
they will be lighter and fluffier.*

Dutch Oven Cooking

My Favorite Recipes in this section are:

RECIPE

PAGE #

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TO REMOVE STAINS FROM WASHABLES

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. (NOTE: Mildew is very hard to remove; treat promptly.)

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

- Oil Base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

- Water Base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used. (CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY! KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.)

- DUTCH OVEN COOKING -

THE DUTCH OVEN

From the records of early settlers it is evident that the "oven" came to this country in its early stage of development. Here "oven" refers to the 18-inch cast iron model, although aluminum is also used extensively.

The oven was, probably, the most important cooking utensil carried by the settlers headed west.

The basic oven was of cast iron and came from a supplier who had covered the oven and lid with a coating of wax to prevent rust. The wax was easily removed by using warm sudsy water. The oven was then allowed to dry.

The oven and lid were coated with a thin layer of oil and placed over moderate heat for one hour. This process is called "seasoning". The oven was then wiped, leaving a thin coating of oil on the metal surfaces.

The oven was then ready to be used over a fire pit, on a stove, or in an oven.

After each use the oven should be wiped, using a little oil to establish a patina or permanent finish.

CAMPFIRE SAFETY

1. *Build campfire in safe places* - shelter from wind and keep away from brush, trees or overhanging limbs.

- In campgrounds, always build fires at designated places.

- Outside campgrounds clear ground to mineral soil and use rocks to enclose fire area.

2. *Never leave your fire unattended.*

3. *Always keep a bucket of dirt or water and a shovel nearby* in case of emergency.

4. *Extinguish campfire* before you leave the site and make sure fuel is cool.

It's a little too small to save, and a little too much to dump, so there's nothing to do but eat it. That's what makes the housewife plump.

TO BUILD A FIRE

Place well-stocked woodpile 10 to 15 feet away from the fire area and suspend horizontally to keep away from moisture. Use three types of wood:

1. TINDER – Twigs and branches smaller than your little finger (dried grass or pine needles).
2. KINDLING – Wood the size of your little finger to the size of your wrist.
3. FUEL – Pieces of wood the size of your wrist and larger.

Start by placing tinder in center of the fire area, then arranging kindling and fuel over and around it. Leave spaces for air circulation. Arrange wood so the flames and heat from the tinder will ignite the kindling which will heat the fuel until it burns. After fire is going well, add more fuel from time to time. Wood fires burn down to form coals which give off steady even heat.

COAT HANGER GRIDDLE

1. Pull bottom of coat hanger into a square of wire. Bend the hook downward to make a handle.
2. Center hanger on 2 sheets of Heavy Duty Reynolds Wrap $1\frac{1}{2}$ times the size of square. Roll each side toward wire rims, crimping until secure.
3. Turn griddle over; depress the center slightly to form a well to hold food.
4. To use, prop griddle on rocks over hot embers. CAUTION: Always use pot holders when handling hot griddle.

HEAT AND SERVE SAUSAGE LINKS: Place sausage links on griddle; cook over hot embers 6 to 10 minutes, turning several times until browned.

ENGLISH MUFFIN PIZZAS: Split and toast English muffins. Spread each muffin half with tomato sauce and sprinkle with oregano and shredded cheese. Place on griddle and cook over hot embers 15 minutes or until cheese is melted.



SAUCE POT AND MIXING/SERVING BOWL

1. Mold three layers of Heavy Duty Reynolds Wrap around a one gallon drinking cooler or end of a log to form a desired size.
2. Remove; crimp down edges to form a tight rim.
3. To use, place on metal rack supported by rocks over hot embers. CAUTION: Use pot holder to remove saucepot from rack.

CANNED STEW: Place metal rack on rocks 3 inches from hot embers. Place 1 can (40 oz.) stew in saucepot; place on rack. Heat 15 to 20 minutes, stirring occasionally.

BUNDLE WRAP

1. Place food in center of a sheet of Heavy Duty Reynolds Wrap large enough to permit adequate wrapping.
2. Bring 4 corners of foil up together in a pyramid shape.
3. Fold in open edges together in a series of locked folds, allowing for heat circulation and expansion.
4. Place bundle flat on embers to prevent leakage or on grill rack over embers. Use long-handled tongs to rotate bundles.

POPCORN: Place 3 T. popping corn and 1 T. oil in center of a double thickness of Heavy Duty Reynolds Wrap. Bundle Wrap and place on metal rack 3 inches over hot embers. Heat 10 to 15 minutes using long-handled tongs, shake occasionally, or until popping stops. Top with salt or grated Parmesan cheese.

INDIVIDUAL CAMPFIRE BUNDLE: Tear off a sheet of Heavy Duty Reynolds Wrap. Thinly slice $\frac{1}{2}$ baking potato and $\frac{1}{2}$ carrot. Place half of the vegetables in center of foil; sprinkle with 1 tsp. instant onion soup mix. Shape $\frac{1}{4}$ lb. lean ground beef into a 3 inch patty; place on vegetables and sprinkle with 1 tsp. soup mix. Top with reserved vegetables and 1 tsp. soup mix; Bundle Wrap. Cook in hot embers 15 to 20 minutes; rotate bundles using long-handled tongs.



DRUGSTORE WRAP

1. Place food in center of a sheet of Heavy Duty Reynolds Wrap large enough to permit adequate wrapping.
2. Bring 2 sides of foil up over food. Fold down loosely in a series of locked folds allowing for heat circulation and expansion.
3. Fold short ends up and over again; crimp to seal.
4. Place packets in hot embers or on grill rack over embers. Rotate using long-handled tongs.

STUFFED POTATO: Lightly grease potato; slit at ¼-inch intervals. Do not cut all the way through. Place onion slices, mushroom slices, celery salt, pepper, paprika, and butter in slits; Drugstore Wrap. Cook in hot embers 25 to 30 minutes or until tested done, rotating frequently. To serve, open packet and top with cheese slice; close packet to melt cheese.

HAM AND CHEESE PITA: Cut pita bread in half; stuff each half with a slice of ham and cheese; Drugstore Wrap. Cook in hot embers 5 minutes or until heated, turning once.

FORKED STICK FRYING PAN

1. Use a forked stick with prongs wide enough to contain food. Center stick on 2 sheets of Heavy Duty Reynolds Wrap double the width of fork opening.
2. Starting at bottom corners, roll foil diagonally toward fork; crimp securely around each side of fork. Roll top edge down.
3. Turn forked stick over; depress the center slightly to form a well to hold food and to keep liquids from running off. Roll a sheet of Heavy Duty Reynolds Wrap around neck of pan handle to protect stick from fire.
4. To use, frying pan can be propped over hot embers by resting on rocks.

BACON AND EGGS: Place bacon slices in frying pan. Cook over hot embers 10 to 20 minutes or until bacon is crisp; remove bacon. Break eggs in hot grease. Cook 5 to 10 minutes or until desired doneness.

FISH: Lightly grease frying pan; heat over hot embers several minutes. Dip fish in cornmeal; place in pan. Cook over hot embers 20 minutes, turning several times, or until fish flakes easily. Cooking time varies with the size of fish.

BAKING PAN, BAKING SHEET OR DRIP PAN

1. Use 2 sheets of Heavy Duty Reynolds Wrap 6 inches longer and 6 inches wider than the desired size of pan. Fold in all edges 1½ to 2 inches.
2. Score corners.
3. Fold again forming 1½ to 2-inch sides and miter corners against sides of pan.

BAKING PAN: Use 3 sheets of Heavy Duty Reynolds Wrap to form a pan for batter foods such as cakes, brownies, and cornbread. For added stability, place pan on metal grill rack before filling with batter.

REFLECTOR OVEN

A reflector oven is used for roasting or baking. Heat from the open fire is reflected onto the food from the back panel and ground layer of foil.

MATERIALS NEEDED:

- 2 (22-inch) straight sticks
- 2 Y sticks measuring 20 inches below Y
- 1 roll Heavy Duty Reynolds Wrap 18 inches wide
- 1 baking rack
- 5 flat rocks
- 2 pot holders

1. Insert two Y-shaped sticks, about 18 inches apart, firmly into the ground at edge of fire ring, and close enough so that the heat of the fire is reflected into the oven.
2. Remove Reynolds Wrap from box. Wrap end around a straight 22-inch stick and place across Y-shaped openings.
3. Unroll foil sheet down toward the ground at a 45° angle. Lay another 22-inch stick at ground level to hold the foil secure. Bring remaining foil forward, allowing enough space on the foil behind the Y-shaped sticks to hold a baking rack. Tear off sheet.
4. Place baking rack on 4 rocks in oven.
5. For side panel, wrap 18-inch edge of foil to Y stick. Extend to center back of oven. Tear off sheet. Repeat with other Y stick.
6. Fold sheets together starting at upper corner and folding toward back of oven.
7. To use, open oven by unfolding one side panel at back of oven, secure again quickly to prevent heat loss.

(Continued on Next Page)

(REFLECTOR OVEN - CONTINUED)

BROWNIES: Mix one package (6½ oz.) brownie mix according to package directions. Bake in a lightly greased 9x5-inch pan 15 to 20 minutes. Rotate once. Test with toothpick for doneness.

SLICE AND BAKE COOKIES: Slice 6 cookies ¼-inch thick and place on 12x7-inch ungreased baking sheet. Place on metal rack over rocks in reflector oven. Cook for 10 to 12 minutes or until tested done; rotate baking sheet halfway through cooking time.

REFRIGERATED BISCUITS: Place biscuits on a lightly greased baking sheet. Bake on metal rack for 20 minutes. Rotate using pot holders or tongs. Biscuits should be evenly browned.

CORNBREAD: Mix one package (8½ oz.) corn muffin mix according to package directions for cornbread. Place a lightly greased 8x8-inch square baking pan on metal rack and fill with batter. Place rack on rocks inside reflector oven. Cook for 20 to 30 minutes or until golden brown, rotating once using pot holders.

CARDBOARD OVEN BOX

MATERIALS NEEDED:

- 1 sq. or slightly rectangular untreated cardboard box 1 inch wider than rack
- 1 baking rack
- 2 metal skewers 2 inches wider than box
- 1 roll Heavy Duty Reynolds Wrap
- Duct Tape
- 1 piece cardboard ¼ inch larger than box
- 1 piece cardboard 8x2 inches
- 2 pot holders
- 1 Reynolds Redi-Pan cake pan (8-3/8x1½ inches)
- Charcoal briquets

1. Cut the top off a box and line the inside with Heavy Duty Reynolds Wrap.
2. Cover outside box seams with duct tape to keep heat from leaking out.
3. Approximately 2 inches from bottom of each side of box, punch two ¼-inch holes, 4 inches apart. Halfway up box, insert two metal skewers equal distance from front and back of box to support metal baking rack.

(Continued on Next Page)

(CARDBOARD OVEN BOX - CONTINUED)

4. To make door, use cardboard sheet which is $\frac{1}{4}$ inch larger than oven opening. Line inside with foil. Bend cardboard strip to form handle. Tape ends to outside of door.
5. Tape door to top of opening so that door swings freely.
6. Place oven door on level ground.
7. For safety and to prevent burning of the box, cover bottom of oven box with a $\frac{1}{2}$ -inch layer of sand or pebbles.
8. Place a single layer of briquets in cake pan. Light charcoal outside of oven box; wait 20 to 30 minutes for coals to burn until ashy gray.
9. Place pan of ashy gray coals into oven using long-handled tongs. Preheat for 5 to 10 minutes. Prop door closed with a rock.

HELPFUL HINTS:

- If coals do not continue to burn inside box, punch more holes for ventilation. Charcoal will hold heat for approximately 1 hour. If you plan to use the oven longer, add charcoal gradually while the coals are still hot.
- Always use pot holders when removing foods from oven.

CAUTION: Some boxes are more suitable than others. If the cardboard begins to smoke, discontinue use and extinguish heat source.

REFRIGERATED BISCUITS: Place biscuits on lightly greased baking sheet. Place on metal rack in middle of oven. Cook in preheated oven box 8 to 10 minutes or until lightly browned.

BLUEBERRY STREUSEL COFFEE CAKE: Pour 2 T. oil into 8-inch round cake pan; tilt pan to cover bottom. Mix 1 pkg. (13 oz.) blueberry muffin mix, 1 egg and $\frac{1}{2}$ C. water. Spoon into pan; sprinkle with drained blueberries, $\frac{1}{3}$ C. brown sugar, and 1 tsp. cinnamon. Cook in preheated oven box 35 minutes or until cake tests done.

DESSERTS

*Some are very fancy
For a party or a tea.
Some are very simple
But as good as they can be.*

CUBED STEAK AND VEGETABLES

Jim Hadenfeldt

Cube steak (1 per person)	Green beans (canned)
Tomatoes (sliced)	Pea pods
Green pepper (cut in rings)	Powdered garlic
Onion (sliced)	Salt
Mushrooms (sliced)	Pepper
Zucchini (sliced)	

Place cubed steak in the center of extra heavy duty foil. Layer the vegetables on top of the steak. Lay mushrooms around the edge. Season to taste. Wrap tightly. Place foil pack on coals. Cook approximately 45 minutes. You can serve a baked potato or rice. When foil pack is ready to eat, open and pour the juice over your potato or rice. Serves 1.

HAMBURGER FOIL PACK

Jim Hadenfeldt

1/3 lb. hamburger	1/2 C. carrots (sliced)
1/4 medium onion (sliced)	1 medium potato (sliced)

Make a patty out of your hamburger and place in the middle of aluminum foil, add rest of ingredients on top of meat as good as possible. Fold foil as per instructions. Serves 1. Variations: Can use cube steak, stew beef, any type of steak as meats. You can add cabbage also as a vegetable.

CHICKEN AND RICE FOIL PACK

Jim Hadenfeldt

1 boneless/skinless chicken breast	1/4 of (10 ³ / ₄ oz.) can of mushroom soup
1/2 C. instant rice	1/2 of (10 ³ / ₄ oz.) can green beans, drained (French cut is best)

Place chicken breast in middle of foil, add mushroom soup, rice, and green beans. Fold foil as per instructions. Serves 1. Variations: Pork chop, Iowa chop and canned chicken can be used as meats.

SWEET CORN ON A COB

Jim Hadenfeldt

1 ear of sweet corn

2 tsp. butter

Place butter in middle of foil and then place ear of corn. Fold foil as per instructions. Serves 1.

BANANA BOATS

Debra Hadenfeldt

1 banana per person

Marshmallows (optional)

1/8 C. chocolate chips

Slit open banana in a V-cut, lift the V-cut out of the way and place chocolate chips into the space left by the V-cut and replace the V-cut back over the chocolate chips. Place banana in the center of a square piece of aluminum foil, fold the foil into half with the banana in the middle, roll the foil up until about an inch of clearance above the banana, then roll up the ends. Place on a bed of coals for about 2-3 minutes, depends on how hot the coals are. Remove from coals, unwrap foil. You can add marshmallows if you like.

APPLESAUCE SPICE CAKE

Judy Stephenson

Spice cake mix

1 large jar of applesauce

1 bag of miniature marshmallows

Prepare spice cake according to package directions and set aside. Pour applesauce into Dutch oven and heat over coals until applesauce boils. Remove Dutch oven from heat and pour cake mix over applesauce. Cover Dutch oven and return to coals. Heat until cake is done and lightly brown on top. Remove from heat and pour marshmallows on cake. Cover and let set until marshmallows are melted.



CAMPFIRE MEATBALLS AND SAUCE

Judy Stephenson

- | | |
|--------------------------|---|
| 1 lb. lean ground beef | 2 medium zucchini (cut lengthwise in half, sliced crosswise 1/2-inch thick) |
| 1/4 C. dry bread crumbs | |
| 1 egg | |
| 1/4 C. water | 2 C. prepared spaghetti sauce |
| 3/4 tsp. garlic salt | Shredded mozzarella or grated Parmesan cheese |
| 1/4 tsp. pepper | |
| Heavy Duty Aluminum Foil | |

In medium bowl, combine ground beef, bread crumbs, egg, water, and garlic salt, and pepper, mixing lightly but thoroughly. Shape into 16 (approximately 1 3/4-inch) meatballs. Tear off four 18x12-inch-long sheets heavy duty aluminum foil. Place equal amounts of meatballs and zucchini in center of each, top each with 1/2 C. spaghetti sauce. Bring shorter edges of foil together over the center; fold down loosely to seal, allowing room for heat expansion and circulation. Fold in open ends to seal. Place packets on grill over medium ash-covered coals. Grill 20 to 25 minutes or until meatball centers are no longer pink and zucchini is tender, turning packets once. To serve, carefully unfold ends and tops of packets. Sprinkle cheese over meatballs. Makes 4 servings.

BUFFALO STEW

Gene Fields

- | | |
|---|---|
| 1 1/2 lbs. buffalo or chuck steak (cubed) | 2 C. beef broth |
| 2 T. vegetable oil | 1 (10 3/4 oz.) can golden mushroom soup |
| 4 carrots | 1 C. water |
| 2 stalks celery | 1/2 tsp. thyme (ground) |
| 5 medium potatoes | 12 medium mushrooms |
| 1 medium onions | 1/2 tsp. salt |

In Dutch oven over medium-high heat, heat oil until hot. Add meat cubes. Cook and stir until browned on all sides. Stir in remaining ingredients (except mushrooms). Bring to a boil. Reduce heat and simmer 2 hours or until meat and vegetables are tender. Add more broth or water as needed. Add mushrooms last half hour.

SPINACH QUICHE

Nellie Vevera

- | | |
|--|---|
| 6 eggs | 1 (4 oz.) can sliced mushrooms |
| 1 (10 oz.) pkg. chopped spinach
(thawed & well drained) | 1 C. shredded mozzarella cheese |
| 1 C. small curd cottage cheese | 4 slices bacon (crisp, drained &
crumbled) |
| 1 T. instant minced onion | 1 tsp. salt |
| 1 can crescent dinner roll dough | |

Beat eggs. Mix in spinach, cottage cheese, onion, mushrooms, mozzarella, and salt.

FOR CAMPSITE COOKING: Line small Dutch oven with foil, spray with non-stick spray. Spread the crescent roll dough on the bottom, sealing the perforations, making a bottom crust. Pour the egg mixture on top of the dough. Sprinkle the crumbled bacon on top. Put foil-covered lid on Dutch oven. Cook over slow coals (coals not really quite ready for grilling) for about 1 hour. Put more coals on the top than on the bottom to prevent burning the crust. It is done when a knife inserted in the center comes out clean.

FOR KITCHEN COOKING: Put dough in bottom of greased 8x8x2-inch pan, extending up the sides. Put egg mixture in and bake at 375° for 30 to 35 minutes. Makes 6 servings.

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SWISS STEAK

Gene Fields

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|------------------------------------|-------------------------------|
| 2 lbs. buffalo or beef round steak | 8-10 medium potatoes (peeled) |
| 2 cans tomato soup | 1 can cream of mushroom soup |
| 1 soup can of water | ½ C. flour |
| 3 T. oil | |

Pound flour in both sides of meat, heat oil in Dutch oven and brown meat. Add ½ can water and bake for 30 minutes. Mix soups with ½ can water and add to oven with peeled and halved potatoes. Bake 1 to 1½ hours more.



SAUCY CHICKEN

Ben Rogers (Troop 203)

4 split chicken breasts (8 pieces)	Sliced mushrooms
1 box instant brown rice	Sliced green peppers
1 can cream of mushroom soup	Salt
2 T. margarine	Pepper
2 (11.5 oz.) cans Picante V-8 juice	Chili powder
	Aluminum foil

Line a 12-inch Dutch oven with foil (makes clean-up easy). Pour the box of brown rice in the oven. Add the 2 T. margarine and spread the can of mushroom soup over the rice. Add 1½ soup cans of water. Sprinkle with salt, pepper, and chili powder. Trim all fat off chicken. Lay all 8 pieces of chicken out on bed of rice. Pour the 2 (11.5 oz.) cans of Picante V-8 over the chicken and sprinkle again with salt, pepper, and chili powder. Garnish top with sliced mushrooms and sliced green pepper. Bake over coals for 45-60 minutes until chicken is done. Serves 8.

GREEN PEPPER STEW

Jim Hadenfeldt

2 lbs. ground beef	2 (7 oz.) cans sliced mushrooms
1 large onion (chopped)	2 (14.5 oz.) cans chopped tomatoes
3 green peppers (diced)	
2 C. cooked white rice	1 large can tomato juice

Brown ground beef in Dutch oven over medium heat, stirring to crumble. When ground beef is cooked, add onion and green pepper, cook until peppers are tender. Add tomatoes and mushrooms. Add tomato juice as needed (don't make it too liquid). When all ingredients are heated thoroughly, add cooked rice (can use instant rice or rice in a bag). Serves 8-10.

*It's a small town if: If from where it begins,
you can see where it ends.*

SPANISH RICE

Jim Hadenfeldt

- | | |
|--|---|
| 2 lbs. ground beef | 2 (10 oz.) cans diced tomatoes for chili or soups |
| 1 large onion (chopped) | Dash of Worcestershire sauce |
| 5 bacon slices (cooked & broken into pieces) | ½ C. grated cheese |
| 2 C. instant rice (cooked) | 2 medium green peppers (chopped) |

Brown ground beef, onion, and green pepper in Dutch oven. When cooked, drain off fat and liquid. Mix rest of ingredients, except cheese. Bake for about 20-30 minutes at medium heat with about 10-12 coals on lid. Remove lid, add cheese to top of mixture, replace lid for 5-10 minutes. Serves 8.

CHICKEN POT PIE

Jim Hadenfeldt

- | | |
|----------------------------------|-------------------------|
| 2 (5 oz.) cans chicken | ½ tsp. pepper |
| 1 (10 oz.) can chicken soup | ¼ C. milk |
| 1 (16 oz.) can Veg-All (drained) | 1 egg (slightly beaten) |
| ½ tsp. ground thyme | 2 ready-made pie crusts |

Mix together chicken, chicken soup, Veg-All, thyme, pepper, and milk. Pour mixture into pie crust. Place other pie crust on top. Cut slits into top crust. Brush with beaten eggs. Place into a foil-lined Dutch oven. Cover with lid and place 10 to 15 coals on lid, bake for 1 hour. Cut into slices. Serves 6 to 8.

CAMPGROUND BEANS

Jim Hadenfeldt

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|--------------------------|------------------------------|
| 2 lbs. ground beef | 1 T. chili powder |
| 1 medium onion (chopped) | 1 tsp. salt |
| ½ C. ketchup | 1 tsp. pepper |
| ½ C. yellow mustard | 2 (15 oz.) cans pork & beans |
| ½ C. barbecue sauce | 1 (10 oz.) can butter beans |
| ½ C. sugar | 1 (10 oz.) can pinto beans |
| ½ C. brown sugar | 2 (10 oz.) cans chili beans |

Mix all ingredients and cook in Dutch oven for 1½ hours over medium-high heat (350°). Serves 8.

ONE-HOUR STEW

Dave Bell

1 lb. sirloin steak (cubed)	1 (14.5 oz.) can of beef broth
6 small potatoes (cubed)	½ C. flour
6 carrots (sliced)	2 tsp. seasoning salt
1 small onion (diced)	½ tsp. thyme leaves
½ lb. fresh green beans (cut up)	¼ tsp. black pepper

Place meat and vegetables into Dutch oven. In a separate bowl, combine the rest of the ingredients, then pour over meat and vegetables. Cook for 1 hour, stirring 2 to 3 times. Serves 6.

DIPPER'S NUGGETS CHICKEN

Jim Hadenfeldt

2 whole chicken breasts (boneless & skinless)	2 tsp. sesame seed
Vegetable oil	1½ tsp. salt
1 egg	Sweet & sour sauce
⅓ C. water	Cocktail sauce
⅓ C. all-purpose flour	Tartar sauce

Cut chicken into 1-inch pieces. Heat 3 inches of oil in a No.8 Dutch oven over medium-high heat until oil reaches 375° on a thermometer. Maintain temperature by adjusting the number of coals under oven. Beat eggs and water in large bowl until blended. Add flour, sesame seed and salt, mixing into a smooth batter. Dip chicken pieces into batter, a few at a time, shaking off excess. Fry chicken, a few pieces at a time, for about 4 minutes or until chicken is golden brown and no longer pink inside. Remove chicken with a slotted spoon to paper towels to drain. Serve with sauces. Serves 8.

MEAT LOAF

Jim Hadenfeldt

1 lb. lean ground beef	2 T. dry onions
1 egg	1 (10 oz.) can cream of onion or cream of mushroom or cream of tomato soup
½ C. dry bread crumbs or cracker crumbs	
¼ C. milk	

Mix all ingredients together, form into a loaf shape, and place into the center of a No.12 oven. Over the loaf, pour the can of soup that you choose. Do not use too much heat on the bottom (6-8 coals), put most of the coals on the lid. Cooking time is 45 minutes, check it once and awhile. Serves 6 to 8.

VENISON COMBINATION ROAST

Jim Hadenfeldt

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|-----------------------|------------|
| 1 (No.12) Dutch oven | Salt |
| 1 small venison roast | Pepper |
| 1 small pork roast | 1 C. water |
| ¼ C. vegetable oil | |

Place oven over coals; pour in vegetable oil. While oven is heating up, salt and pepper both roasts. When oven is hot, put both roasts in and brown them on all sides. Place lid on the oven after browning to keep the juices in. Add water to oven after a couple of minutes of cooking. Add some coals to the lid. Remember to check and turn the roasts approximately every 20 minutes so that all the sides have a chance to soak up the flour and dry out. Simmer for 1 to 1½ hours, test it by using a fork to see if it's tender. If not, cook until it is tender. Use juices as a gravy. Salt and pepper to taste.

FRIED RICE WITH CHICKEN

Jim Hadenfeldt

- | | |
|--|---|
| ¼ tsp. garlic powder | 1 env. Lipton Recipe Secrets
Onion-Mushroom Recipe Soup
Mix |
| 4 chicken breasts (boneless &
skinless, cut into ¼-inch strips) | 1½ C. water |
| Vegetable oil | 2 T. soy sauce |
| 2 C. chopped bok choy (Chinese
white cabbage) | ¼ T. pepper |
| 2 C. fresh snow peas (trimmed) | 4 C. cooked brown rice (cooked
in unsalted water) |
| ½ C. sliced green onion | |

Place a No.12 Dutch oven over coals for high heat. Test for hot oven by adding a drop of water, if water sizzles, oven is ready. Add 4 T. of oil, coat the sides of the oven. Add garlic, bok choy, peas, and green onions, briskly toss and stir vegetables with a wooden spoon, keeping vegetables in constant motion, 3 minutes or until vegetables are crisp-tender. Remove from oven; set aside. Replace oven over high heat. Add 2 T. of oil, coat sides. Add chicken, briskly toss and stir chicken in constant motion, 3 to 5 minutes or until chicken is no longer pink in center. Thoroughly blend soup mix, water, soy sauce, and pepper in a bowl. Pour mixture into oven; toss with chicken to coat. Add vegetables and cooked rice, blend until well combined. Serves 8.

HABITANT PEA SOUP

Jim Hadenfeldt

- | | |
|----------------------------|-------------------------------------|
| 1 lb. dry green split peas | ¼ tsp. pepper |
| 1 meaty ham bone | 2 T. butter |
| 1 C. chopped onion | 6 slices thick bacon or salt pork* |
| 1 C. diced carrots | 1 tsp. summer savory |
| ½ C. chopped celery | *If you use salt pork omit the salt |
| ½ C. light cream | |

In a No.12 oven mix the peas, ham bone, onion, 8 C. of water, ½ tsp. salt*, and ¼ tsp. pepper. Bring to a boil. Reduce heat and simmer for 1½ hours, stirring often. Remove ham bone and dice the meat, returning meat to the soup. Add carrots, celery, and summer savory. Simmer for 30 minutes. Fry bacon until crisp, drain, chop into small pieces and add to the soup along with the butter and cream. Serves 8.

1828 BRUNSWICK STEW

Jim Hadenfeldt

- | | |
|---------------------------------|-----------------------------------|
| 1½ lbs. venison | 2 C. corn (frozen) |
| ½ lb. ham (cubed) | 4 large potatoes (diced) |
| 3 qts. water | 1 small red pepper (chopped fine) |
| 1 large onion (sliced) | 1 bay leaf |
| 4 C. skinned tomatoes (chopped) | Salt & pepper (to taste) |
| 2 C. lima beans.(frozen) | 2 T. butter |

In a No.12 oven, place the ham and venison, bay leaf, and water. Cook over a slow fire until the meat falls apart. Remove the meat from the oven and cool. Add the onion, tomatoes, and beans and simmer until beans are tender. Stir frequently. After the beans have cooked, add the cubed meat to the oven along with the corn and simmer for 10 minutes. Add the butter, red pepper, salt, and pepper. Stir constantly for about 15 minutes or until the stew thickens. Serves 8.



COWBOY BEANS

Jim Hadenfeldt

- | | |
|-------------------------------|---|
| 1 lb. pinto beans | 1 medium onion (diced) |
| 2 T. sugar | ½ lb. bacon (cut into ¼-inch-wide pieces) |
| 2 tsp. salt | 1 T. Worcestershire sauce |
| 1 small fresh jalapeno pepper | |
| ½ tsp. garlic powder | |

Soak beans overnight. Drain and boil for 30 minutes in Dutch oven. Fry bacon crisp. Cover beans well with water. Bring beans back to boil. Add bacon and drippings and the rest of ingredients. Simmer for 3 hours. Serves 6-8.

POACHED EGG OMELET

Devon Schrock

- | | |
|--|--------------------------|
| 8 eggs | 1 onion |
| 6 wheat bread slices (toasted, buttered & cubed) | 1 pepper |
| 2 C. hashbrowns | 2 C. cheese (grated) |
| 3 C. meat (bacon, ham or sausage) | 2 C. milk |
| 2 (10 oz.) cans cream of mushroom soup | Salt & pepper (to taste) |

Put bread in the bottom of buttered Dutch oven. Spread with meat, hashbrowns, diced onion, pepper, cream of mushroom, and cheese. Beat eggs, add milk, salt, and pepper and pour over everything. Bake at 350° for 1 hour. Let set for 10 minutes before serving. Serves 8-10.

SAUSAGE AND POTATOES

Jim Hadenfeldt

- | | |
|---------------------------------|----------|
| 1 lb. whole hog sausage | Salt |
| 1 large onion (chopped) | Pepper |
| 8 medium potatoes (sliced thin) | 1 T. oil |
| ½ tsp. garlic powder | |

Fry onion in oil until golden in color. Crumble and add sausage. Fry until it loses all red color. Slice potatoes and add to sausage after pouring off about half of the fat. Cook until as done as you prefer. Salt and pepper to taste. Serves 8.

CHICKEN CASSEROLE WITH DUMPLINGS

Jim Hadenfeldt

- | | |
|---|---|
| 4 (5 oz.) cans canned chicken | 2 C. biscuit mix |
| 2 (16 oz.) cans Veg-All | $\frac{3}{4}$ C. milk (or liquid from veg.) |
| 1 (10 $\frac{3}{4}$ oz.) can chicken soup | |

DUMPLING:

Mix biscuit mix and milk (or liquid), do not beat, mix or blend the ingredients together.

Open cans of Veg-All, drain liquid into a bowl and save; put Veg-All in Dutch oven. Add chicken soup. Add chicken, place oven over bed of coals and stir occasionally. When small bubbles start to break out in the liquid in the oven, prepare dumpling dough. When large bubbles break out, start placing dumplings on top of chicken mixture. Use a small spoon to place dough; once placed on chicken mixture, leave alone. Place lid on oven with 6 or 7 coals on it. Maintain a heat that will allow the liquid to simmer. Check in 6 minutes, dough should have a slight crusting. If not, add a couple more coals. If dough is browned, remove a couple coals. In 4 minutes, remove lid, and cook for another 10 minutes without lid. Use a straw to see if dumplings are done. Serves 8.

POT ROAST WITH VEGETABLES

Jim Hadenfeldt

- | | |
|---|--|
| 3 lb. beef roast, rolled pot, round
bone or rump cut | 4 carrots (cut in 2-inch lengths) |
| 2 T. cooking oil | 4 celery stalks (cut in 2-inch
lengths) |
| 1 C. water | 1 medium onion (sliced) |
| Garlic salt | 4 medium potatoes (peeled & cut
into mouth-size pieces) |

Brown roast on each side in the oil in open oven. Add water to oven, sprinkle garlic salt on top of roast. Cook about 1 hour in covered oven, then add vegetables. Cook another 1 hour or so, adding small amounts of water as needed. Serves 8.

GUMBO

Jim Hadenfeldt

2 lbs. beef	1 (16 oz.) can tomatoes
½ C. flour	1 large bell pepper (chopped)
4 tsp. butter	1 (10 oz.) pkg. frozen okra
1 tsp. salt	1 tsp. thyme
2 qt. water	1 tsp. tarragon
1 large onion (chopped)	1 bay leaf

Cut meat into small cubes; roll in flour and brown in butter in open oven. Add salt, water, and onion; cover and cook for 1 hour. Add tomatoes, bell pepper, okra, thyme, tarragon and bay leaf and cook slowly for 1-2 hours. Serves 8.

GREEN BAR STEW

Jim Hadenfeldt

3 lbs. beef (cubed)	1 C. water
2 T. cooking oil	2 (15 oz.) cans Veg-All
1 tsp. salt	1 T. parsley flakes

Brown beef in cooking oil in an open oven; then add salt and water; cover and cook 30 minutes. Add Veg-All and cook 30 minutes. Add parsley flakes, cook over low to medium heat; add water to retain about 1 inch in oven. Serves 8.

BEEFY MUSHROOM STEAK

Phil Auterman

8 cubed steaks	1 (4 oz.) can mushrooms (sliced)
1 (26 oz.) can mushroom soup	1 T. beef bouillon granules
2 (10 oz.) cans beefy mushroom soup	½ small onion (diced)
	1 tsp. garlic powder

Brown steaks, onion, and garlic in Dutch oven. Remove steaks from Dutch oven. Mix soups, mushrooms, and bouillon in Dutch oven. When soups have mixed and have become a gravy, add steaks. Heat evenly at about 350° for 45 minutes to an hour, stirring occasionally. Serves 8.

TAMALE PIE

Jim Hadenfeldt

- | | |
|----------------------------|--------------------------------------|
| 1 lb. ground beef | 1 (8 oz.) pkg. grated cheddar cheese |
| 1 medium onion (chopped) | |
| 1 green pepper (chopped) | 1 (16 oz.) can whole corn |
| 1 (16 oz.) can chili beans | 1 (6 oz.) pkg. cornbread mix |
| 1 (8 oz.) jar salsa | |

UTENSILS: Dutch oven, mixing bowls, mixing spoons, and can opener

Brown beef, saute onions and green peppers. Add beans, salsa, and stir. Drain corn and fold into cornbread mixture. Pour cornbread mixture over beef mixture. Cover and bake with moderate heat until cornbread is done. Sprinkle on the cheese and heat covered until cheese melts. Top with chopped tomatoes, jalapeno peppers, sliced onions, salsa, guacamole, etc. Serves 6-8.

FIVE-HOUR OVEN STEW

Bonnie Obadal

- | | |
|---|---------------------------|
| 2 lbs. stewing meat | 2 medium potatoes (cubed) |
| 1 can (1 lb.) tomatoes | 3 T. tapioca |
| 6 carrots (sliced 1/4-inch thick) | 1/4 C. water |
| 8 stalks celery (sliced 1/4-inch thick) | 1 tsp. parsley flakes |
| 1 T. sugar | 1 tsp. salt |
| 1 T. Worcestershire sauce | 1 tsp. pepper |

Sprinkle tapioca on bottom of Dutch oven. Season meat and add vegetables. Then pour tomatoes over top. Bake 5 hours at medium heat. Serves 6-8.

JIM'S HAMBURGER SOUP

Jim Hadenfeldt

- | | |
|---------------------------|--------------------------------------|
| 2 lbs. lean hamburger | 4 stalks celery (chopped) |
| 2 large onions (chopped) | 3 large potatoes (peeled & cubed) |
| 6 large carrots (chopped) | 1/3 small jar beef bouillon granules |

In Dutch oven, brown meat with onion, stirring to crumble. Add carrots, celery and bouillon granules. Add water to desired soup level (or just cover vegetables). Bring mixture to a boil, stirring occasionally, then reduce heat to simmer and cook one hour. Add potatoes and cook another hour. Serves 8-10.

SWISS POTATO MUSHROOM SOUP

Sue and Don Otto

- | | |
|-----------------------------------|--|
| 2 cans condensed chicken broth | 2 large onions (sliced) |
| 3 C. water | 2 C. celery (sliced) |
| 4 large potatoes (peeled & cubed) | ½ C. butter |
| 8 oz. mushrooms (sliced) | Salt & pepper (to taste) |
| ⅓ C. flour | 1 (6 oz.) pkg. Emmenthaler Swiss cheese (shredded) |
| ⅓ C. parsley (chopped) | |
| 1 can condensed beef broth | |

In a Dutch oven, combine broth, water, onions, potatoes, celery, and mushrooms. Cover and simmer 30 minutes or until potatoes are tender. In a small pan melt butter and stir in flour. Stir constantly over medium heat until mixture becomes golden brown. Add to simmering soup and stir until soup bubbles and thickens. Season to taste. Spoon into bowls and sprinkle with parsley and cheese.

JODY'S WILD RICE SOUP

Jody Wiley

- | | |
|-------------------------------|-----------------------------------|
| ½ lb. ground beef | ½ lb. sausage |
| ½ tsp. salt | 1 tsp. Italian seasoning (Tone's) |
| ½ tsp. pepper | 4 stalks celery (chopped) |
| 2 large onions (chopped) | 1 C. water |
| 3 drops Tabasco sauce | 2 tsp. granular beef bouillon |
| 3 cans cream of mushroom soup | 2 cans water |
| ½ C. wild rice | ½ C. brown rice |

In Dutch oven, brown beef and sausage with Italian seasoning and salt. Drain grease. Add onion and celery. Add rice, 1 C. of water, bouillon and Tabasco sauce. Cover and simmer for 30 minutes. Stir in soups and 2 cans of water, cover and simmer 20-30 minutes. Serves 8-10.

It's a small town if you're from there and you're proud of it—whatever its name may be.

OZARK BAKED BEANS

Jim Hadenfeldt

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|--------------------------|--------------------------|
| 2 C. white beans (dried) | 1 tsp. dry mustard |
| 1½ qt. water | ¼ C. molasses |
| 1 tsp. salt | ¼ lb. salt pork (sliced) |
| ⅓ C. brown sugar | 1 large onion (chopped) |

Place beans in water and soak overnight. Add salt and cook 1 hour or until tender. Drain liquid into a separate pan. Add other ingredients and 2 C. of drained liquid to beans. Cover and bake for 4-5 hours. Check occasionally, adding small amount of water if needed. Serves 8.

BOSTON BAKED BEANS

Jim Hadenfeldt

- | | |
|-----------------------------|---|
| 2 (16 oz.) cans baked beans | 2 slices bacon (cut into ¼-inch pieces) |
| ¼ C. brown sugar | ½ C. water |
| ¼ C. ketchup | |
| 1 small onion (chopped) | |

Line oven with 2 layers of aluminum foil. Place beans in oven. Add brown sugar, ketchup, and ½ C. water. Stir gently with spoon, do not scrape bottom as you will tear foil. Add onion and bacon to top of beans. Place lid on oven, set Dutch oven over 9 to 12 briquets and put same on lid. Bring liquid to a simmer and keep it simmering for an hour. Serves 8.

SIZZLIN CAMP CORN

Paul Rogers (Troop 203)

- | | |
|----------------------------------|--|
| 1 (16 oz.) can cream style corn | 1 tsp. baking powder |
| 1 (16 oz.) can whole kernel corn | ¼ C. cooking oil |
| ½ C. cornmeal | 2 eggs (beaten) |
| ½ T. garlic salt | 1 pkg. precooked (Little Smokies) sausages |
| 2 C. grated cheddar cheese | Slices of green and/or red bell peppers |
| Aluminum foil | |

Combine, corn, cornmeal, garlic salt, cheese, baking powder, and cooking oil. Beat eggs and combine with corn mixture. Place the Little Smokies sausages on the bottom of a foil-lined 12-inch Dutch oven. Pour corn mixture over sausages and garnish top with green and/or red pepper slices. Bake 25-40 minutes until golden on top. Serves 8.

PEPPERMINT POUND CAKE

Jacob Rogers (Troop 203)

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|---------------------------|--|
| 1 C. margarine | 3 C. flour |
| 2 C. sugar | ¾ C. buttermilk |
| 4 eggs | ½ C. peppermint candy, crushed
(about 20 candies) |
| 2 tsp. peppermint extract | Aluminum foil |
| ½ tsp. salt | |

Mix the margarine and sugar until all in one. Add eggs. Make sure that the yolks are totally beaten, then add extract and salt. Put the flour and buttermilk in slowly, mix as you put it in. Last, add the crushed candy. Stir it all up really well and put it in a 12-inch or 14-inch Dutch oven. Cover and let bake for about an hour, but don't just let it sit there, test every once in awhile with anything hard; not plastic, it melts. (Line Dutch oven with foil before placing mix inside. Makes cleanup a whole lot easier.) Serves about 8.

PEACH PECAN CRISP

Lois Fields

- | | |
|---|-----------------------------|
| 1 box Duncan Hines peach pecan
crisp mix | 1 medium can sliced peaches |
| 1 large can sliced peaches | 1 can peach pie filling |
| | 1 tsp. cinnamon |

Drain peaches and mix all 3 cans of peaches with packet from box and ½ tsp. cinnamon. Put in bottom of Dutch oven. Follow directions on box to mix dry ingredients and ½ tsp. cinnamon. Sprinkle on peaches and bake in Dutch oven until done, 30-45 minutes.

TRAIL COBBLER

Jim Hadenfeldt

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|--------------------|--------------------------------|
| 2 C. biscuit mix | 1 C. shortening |
| 2 C. sugar | 1 (29 oz.) can fruit (drained) |
| 2 C. milk or water | |

Mix the biscuit mix, sugar, milk or water and shortening. Add fruit and stir. Bake in covered oven about 1 hour. Serves 8.

LAZY COBBLER

Jim Hadenfeldt

1 (29 oz.) can sliced peaches
1 pkg. white cake mix

1 stick of butter
Cinnamon

When oven is preheated, pour the whole can of peaches and juice into oven. Add the dry cake mix on top of peaches. Place several pieces of butter on top, and sprinkle cinnamon over all. Place lid on oven and bake 45 minutes. Recipe will give a layer of peaches with cake covering. Serves 8. Variations: (1.) Stir the cake mix and peaches when placed in oven to provide a more spongy layer of cake. (2.) Use canned apples and 1 T. cinnamon and 1 tsp. allspice. (3.) Canned cherries and add more sugar. (4.) Yellow cake mix or spice cake mix.

PINEAPPLE UPSIDE-DOWN CAKE

Jim Hadenfeldt

¼ C. butter
½ C. brown sugar
1 can sliced pineapple

1 yellow cake mix
1 egg

Place butter and brown sugar in the oven and stir until well mixed. Place pineapple slices in the butter and sugar mixture in the bottom of the oven. In a separate bowl, mix the cake mix and the egg. Pour this batter over the pineapple, cover and bake 30-40 minutes. Test cake for doneness with a straw. When the cake is done, remove the coals from the oven, remove the lid and let it cool for about 10 minutes.

It's a small town if: If the well-worn joke about the cemetery is, "We don't need a fence around it, 'cause nobody wants to get in and for sure nobody's getting out."

This 'N' That

My Favorite Recipes in this section are:

RECIPE

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HELPFUL HINTS

Wrap your scouring pad in a paper towel after use. The towel takes up the moisture and pad doesn't rust.

If you spill something on the inside of your oven, sprinkle salt on it as soon as possible. Chances are, you'll be able to lift it out easily after the oven cools.

Have you ever tried polishing your silver with baking soda? It works and doesn't even scratch. Mix 3 parts soda to 1 part water, making a paste. Use a damp sponge or soft cloth and rub each piece until clean. Rinse and buff.

To remove black marks on tile floors made by shoes, cover stains with a light coat of shortening, lard or margarine. Sprinkle with baking soda and wipe up with dampened sponge.

Place meat loaf on top of a slice of bacon while baking and the loaf won't stick to the pan.

Keep your summer salads cool, covered and out of direct sunlight. There is a visual tip-off to know when mayonnaise has gone bad: the oil separates. If your salad develops a shine or film on top, the mayonnaise has broken down. The salad, even if it tastes all right, should not be eaten.

To remove grease stains from your wooden cabinets, spray with an aerosol laundry starch. After it has dried, simply rub off the starch and stain with a soft cloth.

When you are baking layer cakes, put a pan of water on the bottom oven shelf. Cakes will bake more evenly and be heavenly moist.

To control the cabbage worms, sprinkle rye flour over and around the plants while they are covered with dew.

To rid the house of ants, mix equal parts of powdered sugar and powdered borax. Sprinkle along baseboards and in corners.

To keep lint from clinging to blue jeans and corduroys, add ½ C. vinegar to each wash load.

Tape a small sponge on the inside of your garbage can cover and keep it saturated with a disinfectant. This will lessen odors and will also keep out insects.

For a steady heat to raise bread in time required in most recipes, turn oven to 200°. When temperature is reached, shut off oven and put bread in to rise.

- THIS 'N' THAT -

FREEZING GREEN BEANS

Irene Ruhland

Clean and cut the green beans and boil them for about 7 minutes just so they aren't quite done. Then cool, chill and freeze, using the same water to fill the carton. If there's not enough water left from cooking the beans, add plain boiled water to fill the cartons. Then to remove the frozen beans from the carton, run hot water over the outside of the carton until beans loosen and slip out. The defrosting and cooking will take longer than regular dry frozen green beans, because you have all that water to thaw. These beans will be slightly soft but taste almost like fresh green beans.

GRANDMA BIXLER'S ZUCCHINI JAM

Karen Palumbo

6 C. grated, peeled zucchini	1 C. crushed pineapple (undrained)
6 C. sugar	
½ C. lemon juice	1 (6 oz.) pkg. apricot jello (peach & orange are good too)

Peel and grate 6 C. zucchini. Bring to boil and cook on low heat 12 to 15 minutes, stirring frequently. Add sugar, lemon juice, and crushed, undrained pineapple. Boil 6 minutes. Remove from heat and add 1 (6 oz.) pkg. apricot jello. Stir well. Place in glass jars and store in refrigerator. Makes 5 pints.

JILL'S JELLO JIGGLERS

Jill Johnson Wieder

1½ C. boiling water	1 pkg. (8-serving size) or 2 pkgs. (4-serving size) gelatin, any flavor
---------------------	---

Lightly wipe inside of mold with a paper towel dipped in vegetable oil (may spray lightly with nonstick cooking spray). Stir boiling water into gelatin in medium-size bowl. Pour into mold. Refrigerate at least 3 hours or until firm. To make cut-out jigglers use 2½ C. boiling water and 4 pkgs. (4-serving size) or 2 pkgs. (8-serving size) gelatin (any flavor). Stir boiling water into gelatin in a large bowl 3 minutes or until completely dissolved. Pour into 13x9-inch pan. Refrigerate 3 hours or until firm. Dip bottom of pan in warm water. Use cookie cutters to cut into desired shapes.

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MULLED WINE JELLY

Oney (Meryl A.) Johnson

2 C. Johannisberg Riesling Wine
(begin with 3 C.)
3 C. sugar (granulated)
1 (3 oz.) pouch liquid pectin

Mulled cider mix: 3-inch sticks
cinnamon, 5 cloves, 3 allspice,
1 tsp. fresh grated lemon peel

Bring to boil: 3 C. wine mixed with mulled cider mix in large saucepan. (Use only steel or enamel-plated saucepan.) Strain well and measure 2 C. Mix sugar and the 2 C. mulled wine in heavy steel or enamel-coated saucepan. Cook and stir over medium heat until sugar is dissolved, approximately 5 minutes. Continue stirring and bring mixture to just below the boiling point. Do not boil. Remove from heat, quickly stir in liquid pectin, and mix well. Skim off any foam with metal skimmer. Pour into (8 oz.) jelly jars, leaving ¼-inch headspace. Wipe rims and cover with 2-piece lids. Tighten lids (but not too tight). Process, covered, in boiling water bath for 5 minutes. Jars should sit on rack in kettle or canner, covered 2-3-inches with boiling water. Remove from water and allow to cool naturally. Makes 3-4 jars. This recipe was overall winner of jams and jellies at 1995 Iowa State Fair.

PEAR-PINEAPPLE MARMALADE

Oney (Meryl A.) Johnson

4 C. chopped Anjou pears (3 lbs.)
1 fresh pineapple (2½ C.),
chopped

½ C. water
5 C. granulated sugar
1 box (1¾ oz.) powdered pectin

Measure sugar and set aside. Peel and core pineapple; remove "eyes". Chop into ¼-inch pieces and measure 2½ C. Peel and core the pears, and chop into ¼-inch pieces. Combine fruits in a large, heavy, steel or enamel-coated saucepan. Add ½ C. water and powdered pectin, and stir well. Place over high heat, stirring constantly until mixture comes to a hard boil. Immediately stir in sugar and bring again to full rolling boil (which cannot be stirred down). Boil hard for 1 minute. Remove from heat and skim off foam with metal spoon or skimmer. Let stand for 5 minutes and then ladle into hot, sterile, 8 oz. jelly jars, leaving ¼-inch headspace. Wipe jar rims and threads with damp cloth. Cover immediately with 2-piece lids, tighten and process in boiling water bath for 5 minutes. Remove from water and cool naturally. Makes 7 (8 oz.) jars. This won a blue ribbon at the 1996 Iowa State Fair.

NON-COOK PICKLES

Irene Shima

- | | |
|-----------------------|------------------|
| 6 C. sliced cucumbers | 1 T. salt |
| 1 C. chopped onion | 2 C. white sugar |
| 1 C. vinegar | |

Mix sugar, vinegar, and salt until dissolved. Pour over pickles and let set 5 days, ready to use and will keep in refrigerator indefinitely. Can add celery seed and other pickle spice, if you wish. Very, very good!

PEPPER RELISH

Connie Keeling

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|-----------------|---------------------|
| 6 green peppers | 6 good-sized onions |
| 6 red peppers | |

Put all above ingredients through a food chopper and cover with cold water and let stand for 10 minutes.

MIX:

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|---------------|-------------|
| 1 C. sugar | 1 tsp. salt |
| 1½ C. vinegar | |

Cook in saucepan until it comes to a boil, then pour over peppers. Can be sealed in jars or cooled and put in refrigerator.

BBQ SAUCE

Pam Axeen

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|---------------------------|-----------------------------|
| 3 C. ketchup | 1¼ C. packed brown sugar |
| ¼ C. Worcestershire sauce | 1 medium onion (chopped) |
| 2 T. lemon juice | ½ C. green pepper (chopped) |
| ½ C. vinegar | 3 T. butter |
| 1 T. prepared mustard | |

Combine ketchup, Worcestershire sauce, lemon juice, vinegar, and mustard in a saucepan. Place over medium heat and dissolve brown sugar and butter in sauce. Add onion and green pepper and bring to a slow boil, stirring. Turn down and simmer on low heat for a half an hour. Sauce should be thick.

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ZUCCHINI RELISH

Wilson (Bill) Miller

12 C. sliced zucchini	1½ tsp. celery seed
4 C. sliced onions	1¾ tsp. turmeric
5 tsp. salt	½ tsp. pepper
5-6 C. sugar	1 red pepper (ground)
1 T. dry mustard	1 green pepper (ground)
¾ T. cornstarch	2½ C. cider vinegar

Put zucchini, onions, peppers in blender, on chop. Drain. Mix well with salt, let set overnite. Rinse well with cold water, use colander and drain. Mix vinegar, sugar, spices, and cornstarch. Cook until thickened. Put in vegetables and cook slowly 30 minutes. Put in small jars and seal.

APPLE CINNAMON SYRUP

Karen Palumbo

1 (12 oz.) can apple juice concentrate (undiluted)	1 T. cornstarch
	¼ tsp. cinnamon

Heat all ingredients together in small saucepan or in bowl in microwave. Bring to a boil. Cook until slightly thickened. Yield: approximately 1 C. Good on toast, pancakes, waffles, and cereal. One serving (1 T.) equals 1 fruit exchange.

CINNAMON ORNAMENTS

Terry Kaeding

¾ C. cinnamon	1 T. nutmeg
2 T. allspice	1 C. applesauce
2 T. cloves	

Mix ingredients well. This makes a very stiff dough. Roll between wax paper at least ¼-inch thick. Cut with cookie cutters. Lay on wax paper 12 hours, until stiff. Drill hole with toothpick 1-2 days after. Dry for 4-5 days turning every 12 hours. Use emery board to smooth sides. Can freshen scent by using emery board.

CHRISTMAS TREE DOUGH ORNAMENTS

Connie Friedl

4 C. flour
1 C. salt

1½ C. hot water

Pour water in bowl. Add salt and allow to dissolve 1 minute. Add flour and stir until absorbed. Mix dough with hands until smooth. Keep dough in plastic bag while working on ornaments. Dough does not keep long. Mold into desired shapes. Bake at 325° for 2½-3 hours. Be sure to leave a little hole to thread ribbon or yarn for hanging ornament.

HOLIDAY FRAGRANCE

Terry Kaeding

1 orange peel
½ lemon peel

¼ C. cloves
2-3 cinnamon sticks

Cover with water and simmer all day! Enjoy this beautiful holiday fragrance throughout the holiday season!

PLAY-DOH

Connie Friedl

1 C. flour
½ C. salt
1 C. water

1 T. oil
2 tsp. cream of tartar

Cook on stove until stiff (in teflon saucepan). Knead and store in covered container. Can add 1 tsp. food color if desired.

HOMEMADE FINGER PAINT

Margaret Morgan

1 C. flour
4 tsp. salt

7/8 C. cold water
Food coloring

Mix ingredients together and store in a separate jar for each color you prepare.

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HOMEMADE PLAY DOUGH

Margaret Morgan

2 C. flour
2 T. alum
¼ C. salt

3 T. vegetable oil
Boiling water
Food coloring

Mix flour, alum, and salt together. Add vegetable oil and 1½ C. boiling water. Tint portions (or entire batch) with food coloring. Knead well and store in airtight container.

HOMEMADE PASTE

Margaret Morgan

4 T. flour
2 T. sugar
2 T. powdered alum

1 pt. water
5 drops oil of cloves (opt.)

Mix flour, sugar, and alum in small portion of the pint of water. Heat the remainder of the water to boiling in 2-quart pan. Add flour, sugar, and alum paste to boiling water. Cook until thick. Paste will be thicker when cold. Pour into small mixing bowl and cover with one thickness of cloth to prevent crust from forming and to allow steam to escape. When cold, put in sterilized jars.

RECIPE FOR A HOME

*Kayleen Gardner
(In Memory of Agnes Novotny)*

½ cup of friendship and 1 cup of thoughtfulness creamed together with a pinch of powdered tenderness very lightly beaten in a bowl of loyalty, with a cup of faith and one cup of hope and of charity. Be sure to add a spoonful each of gaiety that sings and also the ability to laugh at little things. Moisten with the sudden tears of heartfelt sympathy. Bake in a good-natured pan and serve repeatedly.





**Santa and Mrs. Claus spread Christmas Cheer
(Owen and Margaret Morgan of Coralville)**



Mrs. and Mrs. Claus (Owen and Margaret Morgan) wave to the crowds during the luminary display generally held the Sunday evening before Christmas. In 1996 they handed out over 100,000 candy canes.

Index

WAYS TO USE LEFTOVERS

If it's good food, don't throw it away. Little leftovers, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there - and your leftovers are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for French toast. Other leftovers have a way of adding food value or a fresh new touch - such as fruit in muffins or vegetables in an omelet. Listed below are some of the dishes in which leftovers may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in meat and vegetable pie, soup, stew, stuffed peppers, stuffed tomatoes, vegetables in cheese sauce.

Cooked leafy vegetables, chopped, in creamed vegetables, soup, meat loaf, meat patties, omelet, souffle.

Cooked or canned fruit, in fruit cup, fruit sauces, jellied fruit, quick breads, shortcake, upside-down cake, yeast breads.

Cooked meats, poultry, fish, in casserole dishes, hash, meat patties, meat pies, salads, sandwiches, stuffed vegetables.

Cooked wheat, oat, or corn cereals, in fried cereal, meat loaf or patties, sweet puddings.

Cooked rice, noodles, macaroni, spaghetti, in casseroles, meat or cheese loaf, timbales.

Bread, slices for, French toast, **dry crumbs in** brown Betty, croquettes, fried chops, **soft crumbs in** meat loaf, stuffings.

Cake or Cookies, in brown Betty, icebox cake, toasted (with sweet topping) for dessert.

Egg yolks, in cakes, cornstarch pudding, custard or sauce, pie filling, salad dressing, scrambled eggs.

Egg whites, in custard, fruit whip, meringue, souffles.

Hard-cooked egg or yolk, in casserole dishes, garnish, salads, sandwiches.

Sour cream, in cakes, cookies, dessert sauce, meat stews, pie filling, salad dressing, sauce for vegetables.

Sour milk, in cakes, cookies, quick breads.

Cooked potatoes, in croquettes, fried or creamed potatoes, meat-pie crust, potatoes in cheese sauce, stew or chowder.

- INDEX -

**APPETIZERS, DIPS,
AND BEVERAGES**

*(Hints for Appetizers,
Beverages, and Dips)*

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