

Holiday Recipes

Washington Savings Bank





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for being one of the **most loyal** and **valued** customers of Washington Savings Bank. Please accept this small gift as a token of our gratitude for the opportunity to fulfill your banking needs. We sincerely wish you and your family a **joyous** holiday season and **happy** 2014.

Sincerely,

James B. Hogan
President and CEO
Washington Savings Bank



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Our History



For over 120 years, we've been serving you. Being a mutual bank, we don't have stock holders - our customers own the bank and we keep that in mind with every decision.

Washington Savings Bank made its first home in Lowell, MA in 1892. With the growing success of the Bank, a Dracut branch was added in 1997 to help us better serve the Greater Lowell community.

Now, as the community continues to grow and consumers search for more banking services. Washington Savings Bank strives to meet those needs with the community banking perspective our customers have grown to love with cutting edge technology like online applications, mobile banking and mobile check deposit. With the technology of today, you never have to visit a branch - but we always like a visit.

Most importantly, we value our commitment to local decision-making – not a corporate facility far from Greater Lowell. Combine it all with friendly customer service and two convenient locations, and you'll find that Washington Savings Bank is more than a savings bank; it's your banking partner that gives you more.



Appetizers, Beverages & Dips



ASPARAGUS BUNDLES WITH HOLLANDAISE

6 thin slices Swiss cheese	1/2 C. plus 1 T. butter,
6 slices cooked ham	melted, divided
1-10 oz. can asparagus	3 egg yolks
spears, drained	2 T. lemon juice
1/2 -17 1/2 oz. pkg. frozen	
puff pastry, thawed	

Preheat oven to 425°. Place 1 slice Swiss cheese over each slice of cooked ham. Top ham slices with drained asparagus spears. Roll each bundle up, trimming asparagus if necessary. Cut puff pastry into 6 equal triangles. Brush pastry lightly with 1 tablespoon melted butter. Wrap each pastry around cheese, ham and asparagus bundles, sealing at the seam. Place bundles, seam side down, in a shallow baking dish. Make sure bundles do not touch each other or sides of pan. Brush tops of pastry with remaining butter. Bake for 18 to 20 minutes, until golden brown. To make Hollandaise sauce, in a microwave-safe bowl, melt remaining 1/2 cup butter in microwave. In a blender, combine egg yolks and lemon juice. Puree for 30 seconds. Slowly pour in hot melted butter while blending, until sauce thickens slightly. Place asparagus bundles on serving plate and drizzle with Hollandaise sauce or serve sauce on the side. Makes 6 servings.

BACON CHEDDAR MUSHROOMS

3 slices bacon	1 T. chopped onions
8 large Crimini mushrooms	3/4 C. shredded Cheddar
1 T. butter	cheese, divided

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Preheat oven to 400°. In a large skillet over medium high heat, cook bacon slices until evenly browned. Remove bacon from skillet and let drain on paper towels. Finely dice the drained bacon. Remove stems from Crimini mushrooms and chop stems into pieces. Set mushroom caps aside. In a large saucepan over medium heat, place butter. Heat butter until melted and add chopped mushrooms stems and chopped onions. Sauté mushrooms and onions until softened. Remove from heat and place sautéed mixture in a medium bowl. Add diced bacon and 1/2 cup shredded Cheddar cheese. Mix well and scoop mixture into mushroom caps. Place filled mushroom caps on an ungreased baking sheet. Bake in oven for 15 minutes, until cheese has melted. Remove mushrooms from oven and sprinkle with remaining 1/4 cup shredded Cheddar cheese. Makes 8 servings.

CHEESEY FRENCH BREAD

**1-1 lb. loaf French bread,
sliced horizontally**
4 T. butter
1/2 C. mayonnaise
**1 C. grated Parmesan
cheese**

**1/2 C. shredded mozzarella
cheese**
**1/2 C. shredded Cheddar
cheese**
1/4 tsp. garlic salt

Preheat broiler. Lay bread slices flat on a baking sheet. Spread butter and then mayonnaise over bread. Sprinkle with grated Parmesan cheese. Sprinkle each slice with shredded mozzarella and shredded Cheddar cheeses. Sprinkle garlic salt evenly over slices of bread. Place under broiler for 6 to 8 minutes or until cheese is melted and bread is lightly browned. Makes 6 servings.

LAYERED MEXICAN DIP

1-15 oz. can refried beans
1/4 C. prepared guacamole
**1-8 oz. pkg. cream cheese,
softened**
1 env. taco seasoning mix
**1/2 C. shredded Cheddar
cheese**

3 green onions, chopped
**1-4 oz. can sliced black
olives, drained**
**2 medium tomatoes,
chopped**

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On an 8" serving plate or pie pan, layer ingredients. Start by spreading an even layer of refried beans over serving plate, followed by a layer of guacamole. In a small bowl, combine cream cheese and taco seasoning mix. Spread cream cheese mixture over guacamole, followed by an even layer of shredded Cheddar cheese. Sprinkle chopped green onions, drained black olives and chopped tomatoes over shredded Cheddar cheese. Cover with plastic wrap and refrigerate until ready to serve. Serve with tortilla chips for dipping. Makes 8 to 10 servings.

NINE LAYER TACO DIP

- | | |
|--|---|
| 1-1 oz. pkg. taco seasoning mix | 1 green bell pepper, chopped |
| 1-16 oz. can refried beans | 1 bunch green onions, chopped |
| 1-8 oz. pkg. cream cheese, softened | 1 small head iceberg lettuce, shredded |
| 1-16 oz. container sour cream | 2 C. shredded Cheddar cheese |
| 1-16 oz. jar salsa | 1-6 oz. can sliced black olives, drained |
| 1 large tomato, chopped | |

In a medium bowl, combine taco seasoning mix and refried beans. Spread mixture onto a large serving platter. In a separate bowl, combine sour cream and cream cheese. Spread cream cheese mixture over the refried beans layer. Spread salsa over cream cheese layer. Place a layer of chopped tomatoes, followed by a layer of chopped green bell peppers. Add a layer of chopped green onions, followed by a layer of shredded lettuce. Top with a layer of shredded Cheddar cheese. Garnish with a final layer of sliced black olives. Cover lightly with plastic wrap and chill in refrigerator until ready to serve. Serve with tortilla chips or crackers for dipping. Makes 8 to 12 servings.

SILVER BELLS PUNCH

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|---|---|
| 1-46 oz. can unsweetened pineapple juice, chilled | 1 liter club soda, chilled |
| 2 C. Pina Colada drink mixer, chilled | 1 liter lemon-lime soda, chilled |
| 1-12 oz. can frozen orange juice concentrate, thawed | 1-10 oz. pkg. frozen raspberries in syrup, drained |

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In a large punch bowl, combine pineapple juice, Pina Colada mixer, orange juice concentrate, club soda and lemon-lime soda. Mix until evenly blended. Before serving, stir in drained raspberries and serve chilled. Makes about 60 servings.

SMOKED CHICKEN MUSHROOM TARTS

- | | |
|---|--|
| 1/2 pkg. puff pastry dough,
thawed | 1 C. diced smoked chicken,
divided |
| 1/2 small red onion, thinly
sliced | 3/4 C. shredded Monterey
Jack cheese, divided |
| 2 cloves garlic, minced | 12 Kalamata olives,
coarsely chopped, divided |
| 1 pkg. Cremini mushrooms,
coarsely chopped | 1 T. finely chopped parsley,
divided |
| 2 T. olive oil | 1 T. finely minced scallion
stems, divided |
| 1 egg | |
| 1 tsp. water | |

Preheat oven to 450°. Roll out pastry dough and flatten seams. Cut pastry sheet into 9 sections and place sections on a greased baking sheet. In a large pan over medium high heat, sauté sliced onions, minced garlic and chopped mushrooms in olive oil until softened. Remove from heat and let cool. In a small bowl, beat egg with water. Brush the borders of the pastry with egg mixture. Spread mushroom mixture into the center of each pastry section. Fold up 1/2" of each pastry side, pinching the corners together to hold the filling. Bake for 10 minutes. Top each tart with smoked chicken, shredded Monterey Jack cheese and chopped olives. Return to oven for an additional 10 minutes, until cheese is bubbly. Remove from oven and sprinkle each tart with chopped parsley and scallions. Serve warm. Makes 9 servings.

SPRING ROLLS

- | | |
|---------------------------------------|--|
| 1/2 lb. ground pork | 2 tsp. fresh grated gingerroot |
| 1 C. finely shredded cabbage | 1 1/2 tsp. minced garlic |
| 1/4 C. finely shredded carrots | 1 tsp. chile sauce |
| 2 green onions, thinly sliced | 1 T. cornstarch |
| 2 T. fresh chopped cilantro | 1 T. water |
| 1/2 tsp. sesame oil | 12-7" square spring roll wrappers |
| 1/2 T. oyster sauce | 4 tsp. vegetable oil |

Preheat oven to 425°. In a medium saucepan over medium high heat, cook ground pork until evenly browned and cooked throughout. Remove from heat and drain off fat. In a medium bowl, combine cooked pork, shredded cabbage, shredded carrots, sliced green onions, fresh chopped cilantro, sesame oil, oyster sauce, grated gingerroot, minced garlic and chile sauce. Mix until well combined. In a small bowl, combine cornstarch and water. Place about 1 tablespoon of the pork mixture in the center of each spring roll wrapper. Roll wrappers around mixture, folding edged in to enclose the filling. Moisten edges of spring roll wrapper with cornstarch mixture to seal. Place filled spring rolls in a single layer on an ungreased baking sheet. Brush spring rolls with vegetable oil and bake in oven for 20 minutes, until lightly browned. For crispy spring rolls, turn rolls after 10 minutes of baking time. Makes 12 servings.

Breads & Rolls



ANGEL BISCUITS

2 pkgs. dry active yeast
1/2 C. lukewarm water
1 C. shortening
1 C. buttermilk

1 tsp. baking soda
4 1/2 C. self-rising flour
2 T. sugar

Preheat oven to 425°. In a small bowl, dissolve dry active yeast in lukewarm water. In a large bowl, combine shortening, buttermilk, baking soda, flour, sugar and yeast mixture. Mix well. Drop biscuits onto ungreased baking sheets or roll out dough and cut into biscuits. bake in oven until lightly browned. Makes about 2 dozen.

APPLE STREUSEL PUMPKIN MUFFINS

2 1/2 C. plus 2 T. flour, divided
2 1/4 C. sugar, divided
1 T. pumpkin pie spice
1 tsp. baking soda
1/2 tsp. salt
2 eggs, lightly beaten

1 C. canned pumpkin puree
1/2 C. vegetable oil
2 C. peeled, cored and chopped apples
1/2 tsp. cinnamon
1 1/2 T. butter, softened

Preheat oven to 350°. Lightly grease 18 muffin cups or line muffin cups with paper liners. Into a large bowl, sift 2 1/2 cups flour, 2 cups sugar, pumpkin pie spice, baking soda and salt. In a separate bowl, combine lightly beaten eggs, pumpkin puree and vegetable oil. Add pumpkin mixture to flour mixture, stirring just until moistened. Fold in chopped apples. Spoon batter into prepared muffin cups. In a small bowl, combine remaining 2 tablespoons flour, remaining 1/4 cup sugar and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter in cups. Bake in oven for 35 to 40 minutes or until a toothpick inserted in center of muffins comes out clean. Remove from oven and cool on a wire rack. Makes 1 1/2 dozen.

BANANA BRAN MUFFINS

1 egg	3/4 C. whole wheat flour
3/4 C. brown sugar	1/2 C. oat bran or unprocessed wheat bran
1 1/3 C. mashed ripe bananas	2 tsp. baking powder
1/2 C. chopped walnuts	1/2 tsp. baking soda
1/3 C. vegetable oil	1 tsp. cinnamon
1 tsp. vanilla	1/4 tsp. salt
3/4 C. flour	

Preheat oven to 350°. Grease the cups of 1 regular or 2 mini muffin tins and set aside. In medium mixing bowl, beat egg and brown sugar until smooth. Add mashed bananas, chopped walnuts, vegetable oil and vanilla. Mix well and let stand for 1 minute. In a large bowl, combine flour, whole wheat flour, oat bran, baking powder, baking soda, cinnamon and salt. Using a spatula, fold banana mixture into dry ingredients, just until mixture is moistened. Scoop batter into greased muffin cups. Bake in oven for 15 to 25 minutes, until lightly brown and springy to the touch. Turn muffins out onto a rack to cool. Makes 2 dozen.

BANANA CHOCOLATE CHIP BREAD

1 C. mashed bananas	1/2 tsp. salt
1 C. sugar	1 tsp. baking soda
1/4 C. vegetable oil	2 1/4 C. flour
1 medium egg	1/2 C. miniature chocolate chips
1 tsp. vanilla	

Preheat oven to 325°. In a medium bowl, combine mashed bananas, sugar and vegetable oil. Mix well and add egg and vanilla. Into a large bowl, sift salt, baking soda and flour. Slowly add banana mixture to flour mixture, blending well. Add chocolate chips and mix well. Grease a 5x9" loaf pan. Pour batter into prepared pan. Bake in oven for 1 hour and 10 minutes, until a toothpick inserted in center of loaf comes out clean. Makes 1 loaf.

BROWN SUGAR BISCUITS

2 C. flour	1/2 C. shortening
1/2 C. brown sugar, divided	2/3 C. milk
1 T. baking powder	1 tsp. vanilla
1/4 tsp. salt	1/4 C. butter, softened
1/4 tsp. cream of tartar	5 1/2 tsp. cinnamon

Preheat oven to 375°. Lightly grease a baking sheet and set aside. In a large bowl, combine flour, 1/4 cup brown sugar, baking powder, salt and cream of tartar. Cut in shortening until mixture resembles coarse crumbs. Add milk and vanilla and briefly knead dough on a floured surface. Roll out dough into a large rectangle, about 1/2" thick. Spread butter over dough. In a small bowl, combine remaining 1/4 cup brown sugar and cinnamon. Sprinkle mixture over dough. Roll dough tightly and cut into 12 slices. Place slices on their side on prepared baking sheet. Bake in oven for 15 to 20 minutes or until golden brown. Makes 12 servings.

BUTTERMILK BISCUITS

2 1/2 lbs. flour	4 C. buttermilk
1 T. salt	Flour for dusting
1 T. baking soda	8 T. sweet, unsalted butter, softened
1 T. cream of tartar	3 T. butter, melted
1/2 lb. Crisco shortening	

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Preheat oven to 425°. In a large bowl, combine flour, salt, baking soda and cream of tartar. Mix with a whisk until well combined. Work shortening into dry mixture using hands or a pastry cutter, until pea-sized crumbs form. Pour in buttermilk, using one hand to mix the dough and one hand to turn the bowl. Turn dough out onto a generously floured flat surface. Flour hands and dough. Pat dough into a 1" thick rectangle. Generously spread softened butter over dough to within 1" of the edges. Fold dough as follows: Take left side and fold to the middle, take right side and fold to the middle, fold top down to the middle and fold bottom edge up to the middle. Give the dough a 45 degree angle turn and pat dough again into a 1" thick rectangle, reflouring dough and surface as needed. Repeat folding process 2 more times, gently and quickly, being careful not to overwork dough. Cut dough using a 2" biscuit cutter and place rounds on a parchment-lined baking sheet, making sure biscuits touch each other. Bake for 10 to 15 minutes, until tops of biscuits are golden brown. Brush tops of biscuits with melted butter and serve immediately. Makes about 1 dozen.

BUTTERMILK PANCAKES

- | | |
|------------------------|------------------------------|
| 2 eggs, beaten | 1/3 C. butter, melted |
| 1 C. buttermilk | 2 C. flour |
| 1/2 C. milk | |

In a medium bowl, combine beaten eggs, buttermilk, milk and melted butter. Using a fork, mix well. Add flour, stirring just until moistened. Cook pancakes in a frying pan or over a hot griddle.

CINNAMON SWIRL BREAD

- | | |
|--|---|
| 1 C. milk | 1 tsp. salt |
| 2 eggs | 1 1/2 tsp. active dry yeast |
| 1/4 C. plus 2 T. butter
or margarine, softened,
divided | 1/2 C. brown sugar |
| 4 C. bread flour | 1/2 C. chopped walnuts or
pecans, toasted* |
| 1/4 C. sugar | 2 tsp. cinnamon |
| | Powdered sugar, sifted |

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Preheat oven to 350°. In a large bowl, combine milk, eggs, 1/4 cup butter, bread flour, sugar, salt and active dry yeast. Mix well and let dough rise. Punch down dough, cover and let rest for 10 minutes. Meanwhile, in a medium bowl, combine brown sugar, toasted nuts and cinnamon and set aside. Divide dough into 2 parts. On a lightly floured surface, roll each part into a 9x14" rectangle. Spread 1 rectangle with 1 tablespoon butter and sprinkle with half of the brown sugar mixture. Roll up the 2 short sides of the rectangle into a spiral until they meet in the middle. Repeat with remaining rectangle, remaining 1 tablespoon butter and remaining brown sugar mixture. Place loaves, rolled sides up, into two 5x9" loaf pans. Cover pans and let rise for about 30 minutes, until doubled in size. Bake in oven for about 30 minutes, until bread sounds hollow when lightly tapped. To prevent excess browning, cover loaves with aluminum foil for last 10 minutes of baking time. Remove loaves from pan and let cool on a wire rack. Before serving, sprinkle loaves with sifted powdered sugar. Makes 2 loaves.

*To toast, place chopped nuts in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until nuts are golden brown.

COLONIAL BROWN BREAD

4 C. whole wheat flour	4 tsp. baking soda
1 1/3 C. flour	1 tsp. salt
1 C. brown sugar	4 C. buttermilk

Preheat oven to 350°. Grease two 5x9" loaf pans. In a large bowl, combine whole wheat flour, flour, brown sugar, baking soda and salt. Pour in buttermilk and mix well. Divide batter into prepared pans. Bake in oven for 1 hour, until a toothpick inserted in center of loaves comes out clean. Remove from oven and let cool in pans for 10 minutes. Turn out loaves onto a wire rack. Makes 2 loaves.

FRESH BLUEBERRY MUFFINS

1 C. milk	2 tsp. baking powder
1 egg	1/2 C. sugar
1/3 C. vegetable oil	1/2 C. fresh blueberries
2 C. flour	

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Preheat oven to 400°. Grease or line the cups of a standard muffin tin. In a large bowl, combine milk, egg and vegetable oil. Mix well and add flour, baking powder, sugar and fresh blueberries. Gently mix batter a few times. Spoon batter into prepared muffin cups. Bake in oven for 20 minutes. Makes 1 dozen.

HONEY BRAN MUFFINS

2 C. pineapple juice

2 C. golden raisins

5 eggs

1 C. brown sugar

1/2 C. vegetable oil

1/2 C. honey

2 C. flour

2 tsp. baking soda

1 tsp. salt

4 C. All-Bran cereal

In a small bowl, combine pineapple juice and raisins and set aside. In a large mixing bowl, beat eggs at medium speed and add brown sugar, vegetable oil and honey. Continue beating until well mixed. In a separate bowl, combine flour, baking soda, salt and cereal. Add flour mixture to sugar mixture, beating until moistened. Fold in raisins and pineapple juice. The batter should be thin. Cover bowl and place in refrigerator at least 3 hours or overnight. Remove from refrigerator and stir batter until thickened. Grease the cups of standard muffin tins or fill with paper liners. Fill each muffin cup 2/3 full with batter. Bake in 375° oven for 20 to 25 minutes or until a toothpick inserted in center of muffins comes out clean. Remove from oven and let cool for 5 minutes before removing from pan. Makes 2 dozen.

INDIAN FRY BREAD

4 C. flour

2 tsp. salt

6 tsp. baking powder

1 to 2 T. shortening

Cooking oil

In a medium bowl, combine flour, salt, baking powder and shortening. Add enough water to make a medium stiff dough. Roll dough into a ball about 3" in diameter. Pull dough into a 6" circle with fingers. Do not use a rolling pin. In a skillet, heat 1" cooking oil. When oil is hot, drop dough into skillet. Brown bread on both sides.

MANGO BREAD

2 C. flour
2 tsp. baking soda
2 tsp. cinnamon
1/2 tsp. salt
3 eggs, well beaten

1 1/2 C. sugar
2/3 C. vegetable oil
1 1/2 C. chopped mangoes
1/2 C. chopped nuts or raisins

Preheat oven to 350°. In a large bowl, combine flour, baking soda, cinnamon and salt. Mix until blended and form a well in the center of mixture. Pour in beaten eggs, sugar, vegetable oil, chopped mangos and chopped nuts or raisins. Mix well and pour into a 5x9" loaf pan. Bake for 1 hour. Makes 1 loaf.

PEANUT BUTTER BREAD

1 3/4 C. flour
1 tsp. baking soda
1/2 tsp. salt
1 C. brown sugar
1/2 C. creamy peanut butter

1 egg, beaten
1/2 tsp. maple extract
1 C. buttermilk

Preheat oven to 350°. Into a medium bowl, sift flour, baking soda and salt. In a separate bowl, cream together brown sugar and peanut butter. Add beaten egg and maple extract to peanut butter mixture. Alternating, add flour mixture and buttermilk to flour mixture. Stir until well blended. Pour batter into a greased 5x9" loaf pan. Bake in oven for 50 minutes. Remove from oven and let cool completely before slicing.

RAISIN RYE BREAD

4 C. boiling water
2/3 C. molasses
1 T. salt
1/2 C. plus 1 tsp. sugar, divided

1/2 C. vegetable oil
3 C. medium rye flour
3 C. raisins
2 T. dry yeast
1/2 C. warm water

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Preheat oven to 350°. In a large bowl, combine boiling water, molasses, salt, 1/2 cup sugar and vegetable oil. Let mixture cool to lukewarm. Add rye flour and mix until smooth. Stir in raisins. In a small bowl, dissolve yeast in warm water and add remaining 1 teaspoon sugar. Add yeast mixture to flour and molasses mixture. If needed, add more flour until dough is stiff. Knead dough until elastic. Cover bowl with a damp towel and let dough rise. Punch down dough and let rest 10 minutes. Shape dough into 4 large loaves and let rise. Bake in oven for 45 minutes. Makes 4 loaves.

ROSEMARY BISCUITS

2 C. unbleached flour

1 1/2 T. baking powder

1 T. sugar

1/2 tsp. salt

**1 T. fresh finely diced
rosemary, or 1 1/2 tsp.
dried rosemary**

1/2 C. butter, softened

1 egg, lightly beaten

3/4 C. buttermilk

Preheat oven to 425°. Into a large bowl, sift flour, baking powder, sugar and salt. Add rosemary and cut in softened butter until mixture is crumbly. In a small bowl, whisk together egg and buttermilk. Add egg mixture to dry ingredients and stir until well moistened. Turn dough out onto a lightly floured flat surface. Knead dough by hand for about 5 minutes. Roll dough into golf ball sized portions and place 1 1/2" apart on an ungreased baking sheet. Bake for 12 to 15 minutes, until lightly browned. Serve warm. Makes 1 dozen.

SWEET CORN MUFFINS

1/4 C. butter, softened

1/2 C. plus 1 T. sugar

2 eggs

1 T. vanilla

**1 1/2 C. Bisquick baking
mix**

1/4 C. yellow cornmeal

2/3 C. milk

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Preheat oven to 375°. Grease the cups of a standard muffin tin. In a large bowl, cream together butter and sugar until lightened and fluffy. Add eggs, one at a time, beating well after each addition. Mix in vanilla. In a separate bowl, combine Bisquick baking mix and cornmeal. Alternating, add cornmeal mixture and milk to butter mixture, stirring until just combined. Spoon batter into prepared muffin cups. Bake in oven for 20 to 30 minutes, until muffins are golden brown. Makes 1 dozen.

WHOLE WHEAT BUTTERMILK ROLLS

1 pkg. dry yeast	1/4 tsp. baking soda
1 C. warmed buttermilk	2 1/4 C. wheat flour
3 T. shortening	1 tsp. baking powder
1 tsp. brown sugar	1 1/4 T. salt

Preheat oven to 425°. Lightly grease 12 muffin tin cups. In a medium bowl, dissolve yeast in warmed buttermilk. Blend in shortening, brown sugar and baking soda. In a separate bowl, combine wheat flour, baking powder and salt. Add flour mixture to buttermilk mixture and stir for 1 minute. Cover and let rise until mixture has doubled in volume. Punch down dough and let rise again until doubled in size. Knead dough for 10 minutes. Roll dough into 1" balls and place 3 balls in each prepared muffin cup. Cover muffin tins with a damp cloth and let rise to desired height. Bake in preheated oven for 15 to 20 minutes, until golden brown. Makes about 1 dozen.

ZUCCHINI ORANGE BREAD

4 eggs	1 1/2 tsp. baking powder
1 1/2 C. sugar	1 1/2 tsp. baking soda
3/4 C. vegetable oil	1 tsp. salt
2/3 C. orange juice	2 1/2 tsp. cinnamon
2 C. shredded zucchini	1/2 tsp. ground cloves
3 1/4 C. flour	2 tsp. grated orange peel

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Preheat oven to 350°. Grease and flour two 4x8" loaf pans. If desired, parchment paper may be added to the bottom of the loaf pans. In a large bowl, beat eggs until thick and lemon colored. Gradually beat in sugar. Stir in vegetable oil, orange juice, shredded zucchini, flour, baking powder, baking soda, salt, cinnamon, ground cloves and grated orange peel. Mix until well blended. Pour batter into prepared pans. Bake in oven for 45 to 55 minutes. Let cool for 10 minutes and remove from pans. Cool on wire racks. Makes 2 loaves.

Vegetables & Side Dishes



APPLE CRANBERRY GREEN SALAD TOSS

1-10 oz. pkg. salad greens **1/2 C. sliced green onions**
2 medium apples, sliced **3/4 C. raspberry vinaigrette**
1 C. walnut halves, toasted* **dressing**
1 C. sweetened dried
cranberries

In a large salad bowl, toss together salad greens, sliced apples, toasted walnuts, dried cranberries and sliced green onions. Add raspberry vinaigrette and toss until evenly coated. Serve immediately. Makes 8 servings.

*To toast, place walnuts on a baking sheet in 350° oven until light golden brown.

ASPARAGUS PARMESAN

1 T. butter **3/4 tsp. grated Parmesan**
1/4 C. olive oil **cheese**
1 lb. fresh asparagus spears, **Salt and pepper to taste**
trimmed

In a large skillet over medium heat, melt butter and olive oil. Add asparagus spears. Cook, stirring frequently, for 10 minutes, until asparagus reaches desired tenderness. Drain asparagus of excess oil. Sprinkle asparagus with grated Parmesan cheese, salt and pepper. Makes 5 servings.

BASIC CAESAR DRESSING

6 T. olive oil **3 cloves garlic, pressed**
Juice of 2 lemons **1/4 C. grated Parmesan**
2 canned anchovy filets **cheese**
1/2 tsp. Worcestershire **1/4 tsp. salt**
sauce **1/8 tsp. pepper**

In a blender, combine olive oil, lemon juice, anchovy filets and Worcestershire sauce. Blend until smooth and pour into an airtight container. Stir in pressed garlic, grated Parmesan cheese, salt and pepper. Cover tightly and store refrigerate up to 1 week. Makes about 1 cup.

CARROT AND CAULIFLOWER SOUP

1 1/8 C. cubed carrots	1/8 tsp. pepper
7/8 C. cubed potatoes	1 tsp. sesame oil
1/2 C. cubed cauliflower	1/2 tsp. blended ginger paste
5 C. water, divided	1/4 C. fresh finely chopped cilantro
1/2 tomato, finely chopped	
1/2 tsp. salt	

In a large soup pot over medium heat, combine carrots, potatoes, cauliflower and 3 cups water. Boil for 10 minutes and transfer to a blender or food processor. Puree vegetables and water and return to soup pot. Add remaining 2 cups water. Boil mixture over medium heat for 20 minutes. Add finely chopped tomato, salt, pepper, sesame oil and blended ginger paste. Boil for an additional 2 minutes. Spoon soup into serving bowls and garnish with finely chopped cilantro. Makes 4 servings

CHEESY WILD RICE SOUP

1/2 C. wild rice	2-18 1/2 oz. cans cream of potato soup
3 1/4 C. water, divided	1 qt. milk
1/2 tsp. salt	1 lb. Velveeta cheese, cubed
1 medium onion, chopped	
2 T. margarine	

In a medium saucepan over medium heat, cook wild rice in 1 1/4 cups water. Add salt and bring to a boil. Simmer over medium low heat for 40 to 50 minutes. Drain and rinse the rice. In a separate saucepan over low heat, sauté chopped onion in margarine until tender. Add remaining 2 cups water, cream of potato soup and milk. Increase heat to medium, stirring occasionally. When mixture is hot, add cubed Velveeta cheese. When cheese has melted, stir in cooked wild rice. Serve warm. Makes 6 servings.

CHICKEN NOODLE SOUP

**5 to 6 lbs. whole chicken
breasts or wings**
**4 to 5 chicken bouillon
cubes**
**1-14 1/2 oz. can chopped
tomatoes, drained,
divided**
3 large onions, chopped
4 large carrots, chopped

4 stalks celery, sliced
**4 to 5 tsp. fresh chopped
parsley**
**1 bunch celery tops,
chopped**
Salt and pepper to taste
2 tsp. minced garlic
Noodles

In a large pot, boil chicken breasts or wings in enough water to cover chicken. Add chicken bouillon cubes and half of the drained tomatoes. Cook chicken until very tender, remove from water and drain. Let chicken cool and remove skin and bones. Add chopped onions, chopped carrots, sliced celery, fresh chopped parsley, chopped celery tops and remaining half can of drained tomatoes to pot. Cook vegetables in chicken broth over medium heat. Add cleaned chicken, salt and pepper. Prepare desired amount of noodles by cooking in a separate pan of boiling water. Ladle soup into bowl and add cooked noodles just before serving. Makes 8 servings.

CREAM OF CARROT & TOMATO

1 medium onion, diced
6 T. butter, divided
**2 lbs. carrots, peeled and
diced**
**1-14 1/2 oz. can chicken
broth**
4 T. flour

**1-28 oz. can diced
tomatoes, drained**
1 C. heavy cream
2 C. whole milk
2 tsp. dried dillweed
Sour cream for garnish

In a large saucepan over medium heat, sauté diced onions in 2 tablespoons butter. Add diced carrots and chicken broth, cooking until carrots are softened. Place heated mixture in a blender or food processor and puree until smooth. In a large pot over low heat, melt remaining 4 tablespoons butter. Stir in flour and pureed mixture, cooking until thickened. Add diced tomatoes, heavy cream, whole milk and dried dillweed. Cook until soup is heated throughout, being careful not to boil. To serve, ladle soup into bowls and garnish with a dollop of sour cream. Makes 8 to 10 servings.

CREAMY ASPARAGUS SOUP

2 large onions, chopped	1 tsp. salt
4 T. margarine	1/2 tsp. white pepper
4 T. flour	2 large potatoes, cut into 1" cubes
8 C. chicken broth	2 C. evaporated skim milk
3 lbs. asparagus, cut into 1" pieces	Croutons, optional

In a large soup pot over medium heat, sauté onions in margarine for 5 minutes. Cook until onions are tender and transparent, but not browned. Add flour, stirring until mixture is bubbly. Whisk in chicken broth until flour has dissolved. Add asparagus, salt, white pepper and potatoes to soup pot. Bring mixture to a boil. Reduce heat, cover and let simmer for 20 minutes, until asparagus and potatoes are tender. Allow to cool for 10 minutes. Pour mixture into a blender or food processor and puree until smooth. Using a large strainer, strain soup, removing asparagus fibers, and return to soup pot. Add evaporated milk and cook over low heat until hot, but not boiling. Place soup in bowls. If desired, garnish with croutons. Soup freezes well in airtight containers. To reheat, microwave for 7 minutes, stirring after every 3 minutes, until hot. Makes 6 to 8 servings.

CUBAN BLACK BEAN CHILI

2 lbs. ground beef	Juice of 3 limes
1 onion, diced	Dash of Tabasco sauce or Louisiana Hot Sauce
1 green pepper, diced	1 T. ground cumin
3 cloves garlic, crushed	1 T. garlic powder
3 carrots, finely shredded	1/2 to 1 C. beer, any kind
4-15 oz. cans black beans, drained	Sour cream, limes slices and fresh mint leaves, optional
1-28 to 32 oz. can crushed tomatoes in juice	
2-40 oz. cans peeled and diced tomatoes in juice	

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In a large pot over medium heat, sauté ground beef until fully browned and drain off fat. Add diced onion, diced green pepper and sauté until lightly browned. Add crushed garlic and shredded carrots. Sauté for an additional 5 to 8 minutes, until well blended. Add drained black beans, chopped tomatoes and juice, diced tomatoes and juice, lime juice, Tabasco sauce, cumin and garlic powder. Simmer chili over medium low heat for about 35 minutes. Mix in beer until chili reaches desired thickness. If desired, serve chili with a dollop of sour cream, slice of lime and fresh mint leaves. For a variation on this recipe, try replacing cans of black beans with 1 pound dry black beans cooked in chicken broth. Makes 10 to 14 servings.

EASY HERBED POTATOES

2 T. olive oil
1 T. balsamic vinegar
1 tsp. garlic salt
1 tsp. dried rosemary
1/4 tsp. pepper

2 small Vidalia onions, cut into wedges
3 large carrots, sliced diagonally
2 red potatoes, chopped

Preheat oven to 400°. In a 9x13" baking dish, combine olive oil, balsamic vinegar, garlic salt, dried rosemary and pepper. Add onion wedges, carrot slices and chopped potatoes. Toss until evenly coated. Bake in oven for 40 minutes, until tender. Makes 4 to 6 servings.

FOUR CHEESE MACARONI

1-16 oz. pkg. elbow macaroni
9 T. butter, divided
1/2 C. shredded Muenster cheese
1/2 C. shredded Cheddar cheese
1/2 C. shredded sharp Cheddar cheese

1/2 C. shredded Monterey Jack cheese
1 1/2 C. half n' half
1-8 oz. block processed cheese, cubed
2 eggs, beaten
1/4 tsp. salt
1/8 tsp. pepper

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Preheat oven to 350°. In a large pot of lightly salted boiling water, cook macaroni until al dente, about 8 to 10 minutes . Drain well and return macaroni to pot. In a small saucepan over medium heat, melt 8 tablespoons butter. Stir melted butter into macaroni. In a large bowl, combine Muenster cheese, mild and sharp Cheddar cheeses and Monterey Jack cheese. Toss well. Add half n' half, cubed processed cheese, 1 1/2 cups of the cheese mixture and eggs to the macaroni. Mix well and season with salt and pepper. Transfer to a lightly greased 2-quart baking dish. Sprinkle remaining cheese mixture and remaining 1 tablespoon butter over macaroni. Bake in oven for 35 minutes, until hot and bubbling around the edges. Makes 8 servings.

FRESH PASTA SALAD

1-16 oz. pkg. uncooked bow tie pasta
2 green onions, chopped
1-6 oz. pkg. crumbled feta cheese

1/2 C. balsamic vinegar
1/4 C. extra virgin olive oil
2 C. fresh chopped tomatoes

In a large pot of lightly salted boiling water, cook bow tie pasta until al dente, about 8 to 10 minutes, and drain pot. Place pasta in ice water to cool. In a large bowl, combine chopped onions, crumbled feta cheese, balsamic vinegar, olive oil and chopped tomatoes. Drain pasta and add pasta to bowl with other ingredients. Toss all together until evenly coated. Refrigerate until chilled. Serve cold. Makes 8 servings.

FRIED ONION RINGS

2 large sweet onions
1 egg
2/3 C. water
1 T. vegetable oil
1 tsp. lemon juice
1 C. flour

1 1/2 tsp. baking powder
1 to 1 1/4 tsp. salt
1/8 to 1/4 tsp. cayenne pepper
Frying oil

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Cut onions into 1/2" slices and separate slices into rings. Place onion rings in a large bowl and cover with ice water. Let soak for 30 minutes. Meanwhile, in a medium mixing bowl, beat together egg, water, vegetable oil and lemon juice. In a separate bowl, combine flour, baking powder, salt and cayenne pepper. Add flour mixture to egg mixture, stirring until smooth. In an electric skillet or deep-fat fryer, heat 1" frying oil to 375°. Drain onion rings and dip each ring into the batter mixture. Fry battered onion rings in hot oil, a few at a time, for 1 to 1 1/2 minutes on each side or until onion rings are golden brown. Let drain on paper towels. Makes 4 to 6 servings.

GARLIC & SPINACH MASHED POTATOES

2 lbs. gold or red skinned potatoes
2 T. butter, divided
1/2 C. finely chopped onions
3 cloves garlic, finely minced

1-10 oz. pkg. frozen chopped spinach, thawed
1 tsp. dried basil
3/4 C. plain yogurt
Salt and pepper, optional

Scrub and thoroughly wash potatoes, but do not peel. In a large pot, place clean potatoes and add water until potatoes are covered by 1" of water. Place over medium heat and bring to a boil. Reduce heat and cook potatoes for 40 minutes, until tender. Meanwhile, in a large skillet, place 1 tablespoon butter. Add chopped onions and minced garlic and sauté until softened but not browned. Drain any excess water from spinach and add to skillet. Add dried basil and continue to heat until spinach is softened, about 5 minutes. When potatoes are tender, remove from heat and drain pot, reserving 1/2 cup cooking water. Let potatoes cool slightly, peel and place in a large bowl. Using a potato masher, mash potatoes. Fold in spinach mixture, yogurt and remaining 1 tablespoon butter. If desired, add salt and pepper to taste. Continue to mash potatoes, adding reserved cooking water if necessary. Makes 8 servings.

GLAZED BABY CARROTS

1-1 lb. bag fresh baby carrots
1 T. butter

1 T. dark brown sugar
1/8 tsp. cinnamon
1/8 tsp. salt

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In a medium saucepan over medium high heat, cook carrots in boiling water for 8 to 10 minutes, until tender. Drain water from saucepan and add butter, brown sugar, cinnamon and salt to carrots. Toss until carrots are evenly coated. Serve warm. Makes 6 servings.

HAM & PASTA SALAD

1-7 oz. pkg. macaroni shells, cooked and drained	1/2 C. mayonnaise or creamy salad dressing
2 C. cooked cubed ham	1/4 C. grated Parmesan cheese
1 C. chopped green peppers	2 T. milk
1 C. chopped tomatoes	1/4 tsp. salt
1/4 C. chopped onions	

In a large bowl, combine cooked macaroni shells, cooked cubed ham, chopped green peppers, chopped tomatoes and chopped onions, tossing until evenly incorporated. In a small bowl, combine mayonnaise, grated Parmesan cheese, milk and salt. Mix well and pour dressing over pasta mixture. Toss until evenly coated. Cover and chill in refrigerator until ready to serve. If desired, before serving, sprinkle salad with additional grated Parmesan cheese. Makes 4 to 6 servings.

HONEY MUSTARD DRESSING

2 1/2 T. honey mustard	1/2 C. vegetable oil
1 tsp. grated fresh gingerroot	Pinch of salt
2 T. red wine vinegar	Pepper to taste
1 tsp. soy sauce	1 T. fresh chopped chives
1 clove garlic, finely minced	

In a small bowl, whisk together mustard, grated gingerroot, vinegar, soy sauce and minced garlic. Slowly add oil, whisking constantly, until fully blended. Add salt, pepper and chopped chives. Makes 3/4 cup.

LOBSTER BISQUE

1-3/4 to 1 lb. lobster tail
6 T. butter, divided
1/3 C. brandy
1/2 C. finely minced shallots
2 cloves garlic, minced
3 T. tomato paste
2 1/2 C. dry white wine

1 tsp. dried tarragon
1/2 tsp. dried thyme
Pinch of red pepper flakes
2 bay leaves
3 T. flour
2 1/2 C. whole milk
3/4 C. heavy cream
Salt and pepper

In a large pot, simmer lobster tail in 4 cups water until just cooked. Remove lobster tail, reserving the water. Remove lobster meat from shell. Chop shell into 1" pieces. Dice lobster meat and chill in refrigerator while preparing soup. In a large saucepan or pot over medium heat, melt 3 tablespoons butter. Add lobster shell pieces and brandy. Cook until brandy is almost evaporated. Add minced shallots and minced garlic and sauté until softened. Add tomato paste, white wine, tarragon, thyme, red pepper flakes, bay leaves and reserved cooking water. Simmer, uncovered, for 30 minutes. Strain mixture through a sieve into a large bowl. In a separate sauté pan, melt remaining 3 tablespoons butter. Stir in flour and cook, whisking constantly, for 1 minute. Add milk and cream and cook until liquid is thickened. Add strained lobster broth and heat. Stir in diced lobster meat and heat throughout. Add salt and pepper to taste. Makes 6 servings.

OVEN FRIES

2 1/2 lbs. baking potatoes
1 tsp. vegetable oil
1 T. sugar

1 tsp. salt
Pinch of cayenne pepper

Preheat oven to 450°. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Scrub potatoes and cut into 1/2" thick sticks. In a large bowl, combine potatoes, vegetable oil, sugar, salt and cayenne pepper. Place potatoes in a single layer on a baking sheet. Bake in oven for 30 minutes. Serve immediately. Makes 6 servings.

PAN-FRIED GARLIC ASPARAGUS

1/4 C. butter

2 T. olive oil

1 tsp. coarse salt

1/4 tsp. pepper

3 cloves garlic, minced

**1/2 lb. fresh asparagus
spears, trimmed**

In a large skillet over medium high heat, melt butter. Add olive oil, salt and pepper and mix well. Add minced garlic and cook for 1 minute, being careful not to brown the garlic. Add asparagus and cook for 10 minutes, turning asparagus until cooked throughout. Makes 4 servings.

ROASTED LEMON ASPARAGUS

**1 lb. asparagus, tough
ends trimmed and stems
peeled**

1/2 tsp. grated lemon peel

1 T. fresh lemon juice

1 T. olive oil

1/4 tsp. salt

1/8 tsp. pepper

2 cloves garlic, crushed

Preheat oven to 350°. In an 9x13" baking dish, combine asparagus, grated lemon peel, lemon juice, olive oil, salt and pepper. Toss until evenly coated and arrange asparagus in a single layer across bottom of baking dish. Place crushed garlic over asparagus. Bake in oven for 25 minutes or until asparagus is tender. Before serving, remove and discard garlic. Makes 6 servings.

ROSEMARY RED POTATOES

3 T. butter, melted

3 T. vegetable oil

**6 red potatoes, cut into
wedges**

**1 T. fresh chopped
rosemary**

Salt and pepper to taste

Preheat oven to 375°. In a small bowl, combine melted butter and vegetable oil and pour mixture into a 9x13" baking dish. Place potatoes wedges in prepared baking dish and stir until coated. Sprinkle with rosemary, salt and pepper. Cover baking dish with aluminum foil and bake in oven for 30 minutes or until potatoes are tender. Remove from oven and stir potatoes. Serve immediately. Makes 4 servings.

SAUSAGE GRAVY

**1-12 oz. pkg. ground pork
sausage**
3 T. butter

1/4 C. flour
3 C. whole milk
Salt and pepper to taste

Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Remove sausage with a slotted spoon, leaving the drippings in the pan. Stir in the butter until melted. Add flour and stir until smooth. Reduce heat to medium and cook until lightly browned. Gradually whisk in whole milk and cook until thickened. Season with salt and pepper to taste and stir in cooked ground sausage. Reduce heat and simmer for 12 to 15 minutes. If gravy becomes too thick, stir in a little more milk. Makes about 3 1/2 cups.

SAUTÉED GREEN BEANS

1 lb. green beans, trimmed
2 T. olive oil
3 cloves garlic, cut in half

1/4 tsp. salt
**1 T. sliced almonds or
chopped walnuts**

In a large pot of lightly salted boiling water, cook green beans for 5 to 8 minutes or until crispy but tender. Drain beans and cool under cold running water. Drain and shake off excess water. In a large skillet over low heat, heat olive oil. Add garlic and cook for 5 minutes. Add green beans, salt and nuts to skillet, cooking for 2 minutes, until heated throughout. Before serving, remove and discard garlic. Makes 6 servings.

SIMPLE PEANUT SQUASH

1 butternut squash
2 T. brown sugar

1/4 tsp. salt
1/4 C. butter

Preheat oven to 375°. Peel squash and cut into 2" pieces. Place squash pieces into a loaf pan. Sprinkle with brown sugar and salt. Dot with pieces of butter and cover pan with aluminum foil. Bake in oven for 35 minutes. Serve hot. Makes 2 servings.

SPINACH TORTELLINI SALAD

**1-9 oz. pkg. uncooked
cheese-filled tortellini**
**1-10 oz. pkg. frozen
chopped spinach, thawed
and drained**
**1/3 C. grated Parmesan
cheese**

**2 C. cherry tomatoes,
halved**
**1-2 oz. can sliced black
olives**
**1-16 oz. bottle Italian salad
dressing**
Salt and pepper to taste

In a large pot of lightly salted boiling water, cook tortellini until al dente, about 8 to 10 minutes, and drain pot. Place tortellini in ice water to cool. In a large bowl, combine drained tortellini, drained spinach, grated Parmesan cheese, halved tomatoes and sliced black olives. Add desired amount of Italian salad dressing, salt and pepper and toss until evenly coated. Chill in refrigerator until ready to serve. Makes 4 servings.

STUFFED GREEN PEPPERS

6 green bell peppers
Salt and pepper to taste
1 lb. ground beef
1/3 C. chopped onions
**1-14 1/2 oz. can whole
peeled tomatoes, chopped**

1 tsp. Worcestershire sauce
1/2 C. uncooked rice
1/2 C. water
**1 C. shredded Cheddar
cheese**
**2-10 3/4 oz. cans tomato
soup**

Fill a large pot with lightly salted water and bring to a boil. Cut off top 1" of each green bell pepper and remove the seeds. Cook peppers in boiling water for 5 minutes and drain. Sprinkle salt in each pepper and set aside. In a large skillet over medium high heat, cook ground beef and chopped onions for 5 minutes, until beef is fully browned. Drain off excess fat and season with salt and pepper. Stir in chopped tomatoes, uncooked rice, water and Worcestershire sauce. Cover and let simmer for 15 minutes, until rice is tender. Remove from heat and stir in shredded Cheddar cheese. Preheat the oven to 350°. Stuff peppers with the beef and rice mixture and place stuffed peppers open side up in a large baking dish. In a medium bowl, combine tomato soup with enough water to make the soup a gravy consistency. Pour soup mixture over the peppers in baking dish. Cover and bake in oven for 25 to 35 minutes, until heated throughout. Makes 6 peppers.

SUN-DRIED TOMATO & SPINACH BOWTIE PASTA SALAD

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|--|---|
| 1 lb. uncooked bowtie pasta | 1 tsp. salt |
| 3 green onions, finely chopped | 3/4 C. grated Parmesan cheese, divided |
| 2 oz. sun-dried tomatoes, cut into strips | 3 T. olive oil |
| 1 lb. spinach, trimmed and shredded | 1 to 2 tsp. crushed red pepper |
| 1/3 C. pine nuts, toasted* | 1 clove garlic, minced |
| 1 T. dried oregano | Salt and pepper to taste |

In a large pan of boiling water, cook bowtie pasta. Drain well and rinse under cold water. Transfer drained pasta to a large salad bowl. Add finely chopped green onions, sun-dried tomatoes, shredded spinach, toasted pine nuts, oregano, salt and 1/2 cup grated Parmesan cheese. To make the dressing, in a small jar with a lid, combine olive oil, crushed red pepper, minced garlic, salt and pepper. Shake well. Pour dressing over salad and toss until evenly coated. Before serving, sprinkle salad with remaining 1/4 cup grated Parmesan cheese. Makes 4 to 6 servings.

*To toast, place pine nuts in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until pine nuts are golden brown.

SWISS GREEN BEANS

- | | |
|-------------------------------------|--|
| 5 T. butter, melted, divided | 1 C. sour cream |
| 2 T. flour | 1 C. shredded Swiss cheese |
| 2 tsp. grated onion | 2-15 oz. cans French-cut green beans, drained |
| 1 tsp. sugar | 1 C. crushed cornflakes |
| 1 tsp. salt, optional | |
| 1/4 tsp. pepper | |

Preheat oven to 400°. In a 3-quart saucepan over low heat, combine 2 tablespoons melted butter, flour, onion, sugar, salt, pepper, sour cream and half of the shredded cheese. Cook, stirring constantly, until thickened. Fold in drained green beans. Pour mixture into a 2-quart casserole dish and sprinkle the remaining 1/2 cup shredded Swiss cheese. In a small bowl, combine cornflake crumbs and remaining 3 tablespoons melted butter. Sprinkle mixture over beans. Bake in oven for 20 minutes. Makes 12 servings.

THREE-BEAN PASTA SALAD

- | | |
|---|--|
| 1 lb. uncooked penne pasta | 1 T. pesto |
| 1/2 lb. green beans, trimmed and halved crosswise | 1-16 oz. can kidney beans, drained and rinsed |
| 1/2 lb. yellow wax beans, trimmed and halved crosswise | 1 medium red onion, coarsely chopped |
| 1-8 oz. bottle Italian salad dressing | 1/4 C. fresh chopped basil |

In a large pot of lightly salted boiling water, cook penne pasta about 12 minutes, until tender but firm. Add green beans and wax beans during last 5 minutes of cooking time. Drain pasta and beans and rinse under cool running water. Drain well and transfer pasta and beans to a serving bowl. In a small bowl, combine Italian dressing and pesto. Pour dressing mixture over pasta and beans and add rinsed kidney beans, chopped onion and chopped basil. Toss until evenly incorporated. Makes 8 servings.

TWICE BAKED POTATOES

- | | |
|----------------------------------|---------------------------------|
| 6 large baking potatoes | 1 tsp. celery salt |
| 1/2 C. butter, softened | Salt and pepper to taste |
| 1 C. sour cream | Bacon bits, optional |
| 1 T. finely chopped onion | |

Preheat oven to 350°. Wrap baking potatoes in aluminum foil and bake in oven until tender. Slice each potato in half and scoop out the potato flesh. In a medium bowl, combine potato flesh, butter, sour cream, chopped onion, celery salt, salt and pepper. Mix well and spoon mixture evenly back into potato skins. Place stuffed potatoes on a baking sheet and bake in oven for 30 minutes. If desired, sprinkle bacon bits over potatoes before serving. Makes 12 servings.

VEGETABLE DILL DIP

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| 1-8 oz. jar mayonnaise | 1-8 oz. pkg. sour cream |
| 2 tsp. garlic salt | 2 tsp. dried dillweed |
| 2 T. minced onion | |

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In a medium bowl, combine mayonnaise, garlic salt, minced onion, sour cream and dried dillweed. Mix until well blended. Transfer mixture to a serving bowl and chill in refrigerator until ready to serve. Makes 8 to 12 servings.

VERY VEGGIE SLAW

3/4 C. mayonnaise

2 T. cider vinegar

1 T. sugar

1 clove garlic, finely chopped

1/2 tsp. salt

1/2 tsp. pepper

2 C. finely shredded cabbage

1 small sweet red pepper, cored, seeded and thinly sliced

1 small sweet green pepper, cored, seeded and thinly sliced

8 radishes, trimmed and thinly sliced

In a large bowl, combine mayonnaise, cider vinegar, sugar, chopped garlic, salt and pepper. Add shredded cabbage, red and green peppers and sliced radishes. Toss until evenly coated. Cover and refrigerate at least 30 minutes before serving. Store, covered, in refrigerator for up to 24 hours. Makes 8 servings.

WILD RICE SOUP WITH BACON & MUSHROOMS

1/2 C. uncooked wild rice

1 lb. bacon

3 T. bacon drippings

3/4 C. chopped celery

1 C. chopped onions

1/2 C. chopped green pepper

2-14 1/2 oz. cans chicken broth

1-4 oz. can sliced mushrooms, drained

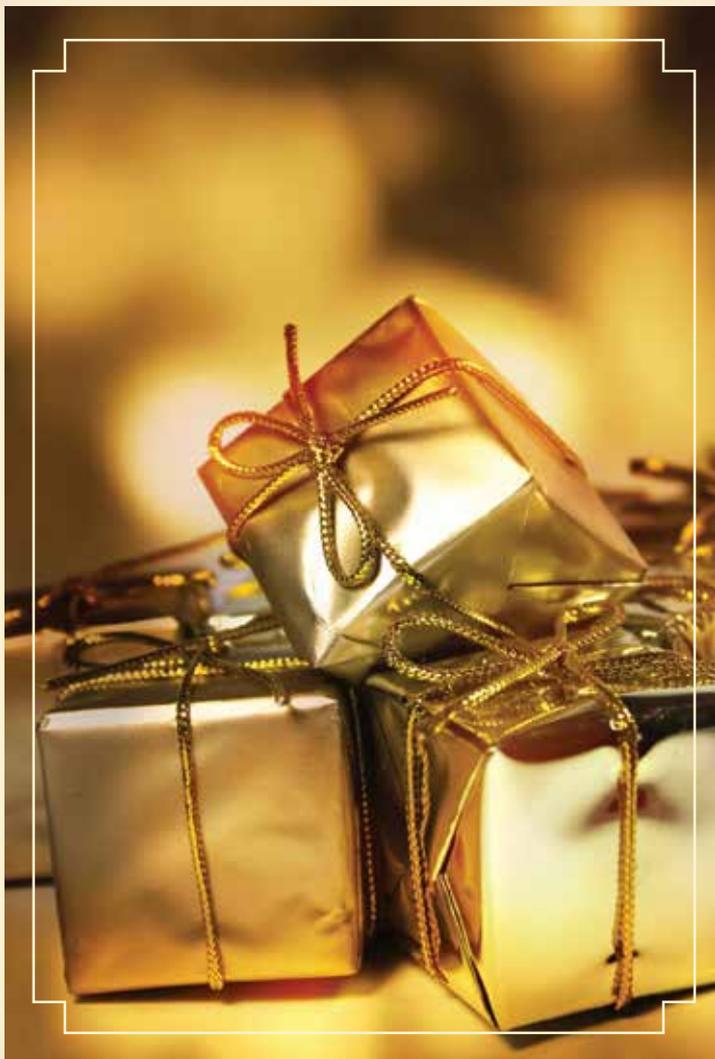
8 oz. fresh mushrooms, sliced

3-10 1/2 oz. cans cream of mushroom soup

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Thoroughly wash wild rice. In a small pot over medium low heat, boil rice in water for 15 minutes. Drain and set aside. In a large skillet, cook bacon until crisp. Remove bacon and dice. Discard all but 3 tablespoons of the bacon drippings. If the bacon drippings are not removed, the soup becomes extremely salty. Sauté chopped celery, chopped onions and chopped green peppers in drippings until onions are transparent. Transfer to a large kettle and add cooked rice, diced bacon, chicken broth, canned and fresh mushrooms and cream of mushroom soup. Cook over low heat for 1 hour, being careful not to boil. Makes 6 to 8 servings.

Main Dishes & Meats



BAKED FISH

- 1/4 C. butter**
- 1/4 C. water**
- 1/4 C. dry white wine**
- 3 T. fresh lemon juice**
- 1/2 tsp. salt, divided**
- 1/4 tsp. pepper**
- 8 large basil leaves, shredded**
- 1 1/3 C. instant white rice**
- 1 medium red onion, sliced thin**
- 1 small sweet red pepper, cored, seeded and thinly sliced**
- 1 C. frozen peas**
- 4 flounder, haddock or sole filets**
- 1/4 tsp. lemon pepper seasoning**
- 1 plum tomato, sliced thin**
- 1 loaf semolina bread or any kind**
- Lemon wedges for garnish, optional**

Preheat oven to 450°. In a small saucepan over medium heat, combine butter, water, wine, lemon juice, 1/4 teaspoon salt, pepper and basil. Heat until butter is melted. Lay 4 squares of aluminum foil on a flat surface. Spread 1/3 cup rice in the center of each piece of aluminum foil. Top with equal amounts of onions, red pepper slices and peas. Sprinkle vegetables with remaining 1/4 teaspoon salt. Top each bundle of vegetables and rice completely with a filet. Sprinkle each filet with lemon pepper seasoning and top with tomato slices. Slightly curl up edges of foil. Divide melted butter mixture evenly among packets. Fold together 2 opposite edges of foil and fold ends up and over to completely seal each packet. Place packets on a baking sheet. Bake in oven for 20 to 25 minutes. Warm bread in oven during last few minutes of baking time. Carefully open packet, avoiding steam. Serve with warm bread slices and garnish with lemon wedges, if desired. Makes 4 servings.

BAKED MANICOTTI

- 8 eggs, room temperature, divided**
- 1 1/2 C. flour, sifted**
- 1/4 tsp. salt**
- 1 1/2 C. water**
- 3 lbs. ricotta cheese**
- 1 C. shredded mozzarella cheese**
- 1 C. grated Parmesan cheese**
- Salt and pepper to taste**
- 4 to 5 C. tomato sauce, any kind**

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In a large bowl, combine 6 eggs, sifted flour, salt and water. Lightly grease a hot skillet. Add 3 tablespoons of the mixture at a time, moving skillet from side to side to cover bottom like a crepe. Be careful not to let batter brown and do not turn over. Once top of batter is dry, remove from skillet and repeat until all batter is used. Let cool. Preheat oven to 350°. To make filling, in a large bowl, combine ricotta cheese, shredded mozzarella cheese, grated Parmesan cheese and salt and pepper to taste. Fill each crepe with cheese mixture by spreading a little down the center of each. Roll up and place, seam side down, in a 9x12" pan. Cover with tomato sauce and bake for 30 to 45 minutes.

BARBECUED PORK TENDERLOIN

1/2 C. ketchup
3 T. cider vinegar
2 T. brown sugar

1/4 tsp. red pepper flakes
3/4 lb. pork tenderloin

Preheat grill or broiler and grease the grate or broiler pan. Position grate or broiler pan 4" from the heat. In a small bowl, combine ketchup, vinegar, brown sugar and red pepper flakes, mixing until well blended. Slice pork into 1/2" thick medallions. Slide medallions onto 4 metal skewers. Set aside 1/2 cup ketchup mixture and brush remaining ketchup mixture over pork on skewers. Broil or grill skewers for 5 minutes or until cooked throughout and pork is no longer pink in the center, turning once after 3 minutes. Serve with reserved ketchup mixture. Makes 4 servings.

BASIC EASY CHICKEN WINGS

3 lbs. chicken wings
1/2 C. butter
1 C. hot sauce
1/2 tsp. cayenne pepper

1/4 tsp. pepper
Celery sticks, optional
Blue cheese dressing,
optional

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Preheat grill to high heat and lightly oil the grate. Cook wings over grill for 8 to 12 minutes on each side, until chicken is cooked throughout. In a medium saucepan over medium heat, melt butter. Add hot sauce, cayenne pepper and pepper. Place cooked chicken wings in a large container with a secure lid. Pour sauce mixture over wings and seal the container. Shake container vigorously until wings are thoroughly coated. If desired, serve wings with celery sticks and blue cheese dressing. Makes 6 servings.

BASIC LASAGNA

1 lb. ground beef	2 eggs
1/2 C. chopped onions	3 C. cottage cheese
1/4 C. chopped green peppers	1/2 C. grated Parmesan cheese
1 clove garlic, minced	2 T. dried parsley flakes
1 T. dried basil	1 tsp. salt
1 1/2 tsp. salt	1 tsp. pepper
1-28 oz. can crushed tomatoes, drained	1 lb. shredded mozzarella cheese
2-6 oz. cans tomato paste	1-16 oz. box lasagna noodles

In a medium skillet over medium high heat, combine ground beef, chopped onions and chopped green pepper. Cook until ground beef is fully cooked and onions and green peppers are softened. Add minced garlic, dried basil, salt, drained tomatoes and tomato paste. Reduce heat and simmer for about 1 hour. In a medium bowl, beat together eggs, cottage cheese, grated Parmesan cheese, dried parsley flakes, salt and pepper. Preheat oven to 375°. In a medium pot of lightly salted water, prepare noodles according to package directions. In a 9x13" baking dish, layer half of the noodles. Spread with half the cottage cheese filling, then half the shredded mozzarella cheese, followed by half of the the meat sauce. Repeat layers. Bake in oven for 30 minutes. Makes 6 to 8 servings.

BREADED SALMON STEAKS

4 T. butter, melted

2 tsp. salt

1/2 tsp. paprika

2 C. Italian bread crumbs

**3/4 C. dry ranch dressing
mix**

4 salmon steaks, cut 4x4"

In a large bowl or pan, combine melted butter, salt and paprika. In a separate large bowl, combine bread crumbs and ranch dressing mix. Dip salmon steaks in butter mixture and roll in bread crumb mixture. Place salmon steaks on a lightly greased baking sheet and heat under broiler for 5 minutes. Turn salmon steaks and broil for an additional 5 minutes. Serve immediately. Makes 4 servings.

BUFFET STROGANOFF

**2 lbs. boneless sirloin, cut
into 1" strips**

1/2 C. butter

**1 1/2 C. chopped
mushrooms**

1/2 C. sliced green peppers

1/2 C. sliced onions

2 C. beef broth

1/4 C. flour

1 1/2 C. sour cream

1 tsp. salt

1/2 tsp. pepper

In a large saucepan or skillet over medium high heat, sauté beef strips in butter, until evenly browned. Add chopped mushrooms, sliced peppers and sliced onions. Continue to cook until vegetables are softened and add beef broth. Reduce heat, cover and simmer for 15 to 30 minutes. In a small bowl, combine flour and sour cream. Add flour mixture to beef mixture in skillet, stirring well until thickened. Simmer an additional 15 minutes. If desired, serve over noodles. Makes 6 to 8 servings.

CHICKEN CORDON BLEU

**6 skinless, boneless
chicken breast halves**

6 slices boiled ham

6 slices Swiss cheese

**2 C. Italian bread crumbs,
divided**

1/4 C. butter, melted

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Preheat oven to 350°. In a greased 9x13" baking dish, evenly spread 1 cup Italian bread crumbs. Set chicken breast halves over bread crumbs and place boiled ham slices over chicken. Place 1 Swiss cheese slices over ham on each chicken breast half. Sprinkle remaining 1 cup Italian bread crumbs over chicken and drizzle melted butter over all ingredients. Bake in oven for 45 minutes. Makes 6 servings.

CREAMY FETTUCCHINE

1 lb. fettuccine

2 T. flour

3/4 tsp. salt

1/4 tsp. pepper

1/4 tsp. nutmeg

2 C. skim milk

1/2 C. chicken broth

2 C. frozen peas, thawed

**1/2 C. diced Canadian
bacon**

**3 T. grated Parmesan
cheese**

1/2 C. fresh chopped basil

In a large pot of lightly salted boiling water, cook fettuccine until tender but firm. Drain well. Meanwhile, in a large saucepan over medium high heat, combine flour, salt, pepper and nutmeg. Whisk in milk and chicken broth and cook about 6 minutes, stirring constantly, until mixture boils and thickens. Stir in cooked fettuccine, peas, diced bacon, grated Parmesan cheese and chopped basil. Cook until heated throughout. Makes 6 servings.

DILL-BAKED SALMON

4 salmon filets

3/4 tsp. salt

1/4 tsp. pepper

2 T. lemon juice

1 T. fresh chopped dillweed

4 lemon slices

2 T. butter

3 shallots, chopped

**1 clove garlic, finely
chopped**

2-10 oz. bags fresh spinach

2 C. fresh basil leaves

1/4 C. heavy cream

(continued on next page)

Preheat oven to 350°. In a large baking dish, arrange salmon filets in a single layer. In a small bowl, combine salt and pepper. Sprinkle half of the salt and pepper mixture over salmon. Sprinkle lemon juice and chopped dillweed over salmon. Top each filet with a lemon slice. In a medium skillet over medium heat, place butter. Add chopped shallots and chopped garlic and sauté for 6 minutes. Add spinach and basil leaves and cook for 8 minutes. Add remaining salt and pepper mixture and heavy cream. Bring to a boil for 4 minutes. Meanwhile, bake fish in oven for 15 minutes. Serve over cooked greens. Makes 4 servings.

EASY LEMON HERB CHICKEN

1 lemon
2 skinless, boneless chicken breast halves
Salt and pepper to taste

1 T. vegetable oil
Pinch of dried oregano
2 sprigs fresh parsley for garnish, optional

Cut lemon in half and squeeze juice from one of the halves over the chicken. Season with salt to taste. In a small skillet over medium low heat, heat vegetable oil. When oil is hot, place chicken in skillet. As chicken is sautéing, squeeze juice from remaining lemon half over chicken and sprinkle with pepper and dried oregano to taste. Sauté for 5 to 10 minutes on each side, making sure chicken is cooked throughout. Place chicken on plates or a serving platter and garnish with fresh parsley sprigs, if desired. Makes 2 servings.

EASY SHRIMP SCAMPI

1/4 C. finely chopped onion
4 cloves garlic, crushed
4 sprigs fresh parsley, chopped
3/4 C. butter

2 lbs. fresh medium shrimp, peeled and deveined
2 T. lemon juice
Salt and pepper to taste

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In a large sauté pan over medium heat, sauté chopped onions, crushed garlic and chopped parsley in butter, until onions are tender. Reduce heat to low and add shrimp. Cook, stirring frequently, for 5 minutes. Remove shrimp with a slotted spoon, place on serving plate and keep warm. Add lemon juice, salt and pepper to ingredients in sauté pan. Let simmer for 2 minutes and pour onion mixture over shrimp on serving plate. Makes 4 to 6 servings.

FETTUCCINE ALFREDO & HAM

1 lb. dry fettuccine pasta
1 T. butter
6 oz. diced cooked ham

2 C. heavy cream
**1 C. grated Parmesan
cheese**

In a large pot of lightly salted boiling water, cook fettuccine until done, about 8 to 10 minutes, and drain pot. In a medium saucepan over medium heat, melt butter. Stir in diced cooked ham and cook for 1 minute. Stir in heavy cream and heat throughout. Stir in grated Parmesan cheese and cook until thick and smooth. Add cooked pasta to pot and toss until evenly coated. Serve warm. Makes 4 servings.

FIVE-SPICE CHICKEN

**1 1/4 lbs. red new potatoes,
quartered**
**1/2 lb. green beans,
trimmed**
1 medium tomato, chopped
**1 T. plus 2 tsp. olive oil,
divided**

1 tsp. dried oregano
1 1/4 tsp. salt, divided
1/2 tsp. pepper
**1 T. Chinese five-spice
powder**
**4 boneless, skinless
chicken breast halves**

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Preheat broiler. Coat broiler pan with nonstick cooking spray and place 4" from the heat. In a large pot of boiling water, cook quartered potatoes for 15 minutes, until almost tender. Add green beans to pot and cook for 5 minutes, until tender. Drain pot and transfer potatoes and green beans to a large bowl. Add tomatoes, 1 tablespoon olive oil, oregano, 3/4 teaspoon salt and pepper. Mix until evenly coated. In a small bowl, combine Chinese five-spice, remaining 2 teaspoons olive oil and remaining 1/2 teaspoon salt. Rub mixture over chicken breast halves. Place chicken on prepared pan. Place pan under broiler for 6 minutes or until internal temperature of chicken reaches 170°, turning once. Serve chicken with potato and bean salad. Makes 4 servings.

GARLIC BEEF TENDERLOIN

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|---|------------------------------------|
| 1-4 lb. whole beef tenderloin | 3/4 C. Worcestershire sauce |
| 2 to 4 cloves garlic, minced | 1 1/2 C. soy sauce |
| 4 to 6 T. coarsely ground black pepper | 1 1/3 C. beef broth |

Thoroughly wash tenderloin and pat dry. Rub tenderloin with minced garlic and press black pepper onto sides. In a large baking dish, combine Worcestershire sauce and soy sauce. Marinate beef in baking dish for 2 to 3 hours in refrigerator. Preheat oven to 500°. Drain baking dish and discard marinade. Pour beef broth around tenderloin in baking dish. Transfer to oven and immediately reduce heat to 350°. For rare meat, cook for 18 minutes per pound. For medium rare, cook for 20 minutes per pound or until internal temperature reaches 135° to 140°. Makes 6 to 8 servings.

GLAZED PORK CHOPS

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|------------------------------|-------------------------------|
| 2 T. brown sugar | 4 pork chops |
| 3 T. prepared mustard | 1 T. fresh lemon juice |

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Preheat oven to 325°. In a small bowl, combine brown sugar and mustard and mix well. Butterfly pork chops and place in a 9x13" baking dish. Spread brown sugar mixture over chops and sprinkle with lemon juice. Place 1/8" water around chops in the bottom of the baking dish. Bake in preheated oven for 20 minutes, to desired doneness. Serve warm. Makes 4 servings.

GRILLED CHEDDAR PORK CHOPS

**1 large cooking apple,
peeled, cored and cubed**
2 T. water
1 T. white sugar

2 pork chops
**1/4 C. shredded Cheddar
cheese**

Preheat grill to medium heat and lightly oil the grate. In a small saucepan, place cubed apples, water and sugar. Cover and cook over low heat for 10 to 20 minutes, stirring occasionally, until apples are pulpy. Place pork chops on grill and cook for 5 to 10 minutes on each side, until cooked throughout. While still on grill, carefully cover each pork chop with some of the apple sauce mixture and sprinkle shredded Cheddar cheese over apple mixture. Continue heating until cheese is melted and bubbling. Remove pork chops to serving plates and serve immediately. Makes 2 servings.

GRILLED CHICKEN CHEESE STEAKS

**1 large sweet red pepper,
cored, seeded and cut
lengthwise into strips**
**1 medium onion, cut into
1/4" thick slices**
**1/2 C. bottled Caesar
dressing, divided**

**4 boneless, skinless
chicken breast halves**
**1 C. shredded mozzarella
cheese**
4 torpedo rolls, split in half

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Preheat grill. Place aluminum foil over grate and brush aluminum foil with vegetable oil and position grate 3 to 4 inches from the heat. In a small bowl, toss red pepper and onion slices with 2 tablespoons Caesar dressing. Coat chicken breast halves with 2 tablespoons Caesar dressing. Place chicken breast halves between two sheets of plastic wrap and lightly pound to 1/4" thickness. Leave plastic wrap around chicken and place in refrigerator. Grill red pepper and onion slices on aluminum foil over grate for about 3 to 4 minutes, until tender and browned. Coarsely chop red pepper strips and onion slices and toss with remaining 4 tablespoons Caesar dressing. Remove aluminum foil from grate. Remove plastic wrap from chicken and grill for 3 minutes per side, until internal temperature of chicken reaches 170°. Place 1/4 cup shredded mozzarella cheese on each chicken breast and continue grilling until cheese is melted. Place 1 chicken breast half on each torpedo roll and top with vegetable mixture. Makes 4 servings.

HONEY TERIYAKI CHICKEN

**3/4 C. roasted-garlic
teriyaki sauce**

3 T. honey

**4 boneless, skinless
chicken breast halves**

**1-8 oz. pkg. soba noodles or
vermicelli**

2 green onions, chopped

In a medium bowl, combine teriyaki sauce and honey. Add chicken, making sure to cover with teriyaki mixture. Cover and refrigerate 3 hours or overnight. Preheat broiler. Coat broiler pan with nonstick cooking spray and place 6" from the heat. Partially cut chicken breast halves and spread open. Place chicken breast halves on broiler pan and, if desired, brush with additional teriyaki sauce. Broil for 4 to 5 minutes on one side. Turn chicken over, brush with more sauce and broil an additional 4 to 5 minutes, until internal temperature of chicken reaches 170°. In a small saucepan over medium heat, bring remaining marinade to a boil, until reduced by a third. Meanwhile, in a large pot of lightly salted boiling water, cook noodles about 8 minutes, until al dente. Drain well and toss with remaining reduced marinade. Slice chicken and serve over noodles. Sprinkle with chopped scallions. Makes 4 servings.

LEMON-PEPPER TUNA

**4 tuna steaks, cut 3/4"
thick**
1/2 tsp. salt
1/2 tsp. pepper
1 T. vegetable oil

1/2 C. chicken broth
1 T. lemon juice
1 T. Dijon mustard
**1 T. fresh finely chopped
chives**

Sprinkle both sides of tuna steaks with salt and pepper. In a large nonstick skillet over medium high heat, heat vegetable oil. Add tuna steaks and cook about 8 minutes, until browned on both sides and slightly pink in the center. Transfer tuna to a platter. In same skillet, combine chicken broth and lemon juice. Bring to a boil and remove from heat. Stir in mustard and chopped chives. Spoon mixture over tuna. Makes 4 servings.

MARINATED PRIME RIB ROAST

**3 tsp. fresh grated
gingerroot**
1/3 C. orange marmalade
4 cloves garlic, minced
3 T. soy sauce
2 T. brown sugar

1/4 tsp. hot pepper sauce
1 T. mustard powder
1 C. beer
1-8 lb. prime rib roast
1/4 C. olive oil
Pepper to taste

In a medium bowl, combine grated gingerroot, marmalade, minced garlic, soy sauce, brown sugar, hot sauce and mustard powder. Mix well and add beer. Stir until well combined. Prick holes all over the roast with a two-pronged fork. Pour marinade over roast. Cover and refrigerate at least 2 hours, basting at least twice. Preheat oven to 400°. Place roast on a rack in a roasting pan. Pour about 1 cup of marinade into the roasting pan and discard remaining marinade. Pour olive oil over roast and season with pepper to taste. Insert a meat thermometer into the middle of the roast, making sure that the thermometer does not touch any bone. Cover roasting pan with aluminum foil and seal edges tightly around pan. Cook roast for 1 hour. After the first hour, remove the aluminum foil. Baste, reduce heat to 325° and continue roasting an additional hour, until temperature on meat thermometer reads at least 140° for medium-rare and 170° for well-done. Remove roasting pan from oven, place aluminum foil over roast and let rest for about 30 minutes before slicing. Makes 8 to 10 servings.

MARYLAND CRAB CAKES

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| 1 lb. shredded crab meat | 1 tsp. Dijon mustard |
| 2 slices white bread, crusts trimmed | 1 tsp. Worcestershire sauce |
| 1 egg, beaten | 1 tsp. Old Bay seasoning |
| 1 T. mayonnaise | 2 T. butter |

Shredded crab meat and bread slices into small pieces. In medium bowl, combine shredded crab meat and bread pieces. Add beaten egg, mayonnaise, Dijon mustard, Worcestershire sauce and Old Bay seasoning. Mix well by hand and form mixture into six small patties. In a medium skillet over medium high heat, melt butter. Add crab cakes to skillet and fry for about 4 minutes on each side, or until brown crust forms on both sides of the crab cake. Makes 6 servings.

ORANGE CHICKEN ON RICE

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|------------------------------------|--|
| 1 pkg. uncooked white rice | 1 T. cornstarch |
| 1 pkg. uncooked wild rice | 1 C. orange marmalade |
| 2 C. cooked chopped chicken | Salt to taste |
| 1 to 2 T. butter | 1 to 2 C. frozen French-cut green beans, thawed |
| 1 C. cold water | Orange peel for garnish |

Cook desired amount of white and wild rice according to package directions. In a medium frying pan, stir fry cooked chopped chicken in butter until chicken is heated throughout. In a medium saucepan over medium heat, combine cold water and cornstarch, stirring until cornstarch dissolves. Bring mixture to a boil, stirring frequently, until thickened. Turn off heat and mix in orange marmalade, stirring until evenly blended. Pour orange marmalade mixture over cooked chicken pieces in frying pan. Add salt to taste. When rice has finished cooking, stir in French-cut green beans until mixture is 1/4 green beans and 3/4 rice. To serve, spread rice and green bean mixture evenly to cover bottom of serving plates. Top with orange glazed chicken pieces. If desired, garnish plates with pieces of orange peel. Makes 2 servings.

PORK MARSALA

4 boneless pork loin chops **1/3 C. dry Marsala wine**
1 T. olive oil **White rice, cooked, optional**
1 small red onion, chopped

Place pork slices between sheets of plastic wrap. Lightly pound each slice until 1/4" thick. In a large skillet over medium high heat, heat oil. Add pork chops and cook until browned on each side and cooked throughout, about 6 minutes. Transfer to a plate and keep warm. In the same skillet over medium high heat, add onions. Cook until onions are golden and tender, about 2 to 3 minutes. Add wine and bring to a boil, scrapping sides and bottom of skillet. Spoon sauce over pork slices. If desired, serve over cooked rice. Makes 4 servings.

ROASTED RACK OF LAMB

1/2 C. fresh bread crumbs **4 T. olive oil, divided**
2 T. minced garlic **1-7 bone rack of lamb,**
2 T. chopped fresh **trimmed and frenched**
rosemary **Additional salt and pepper**
1 tsp. salt **to taste**
1/4 tsp. pepper **1 T. Dijon mustard**

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Preheat oven to 450°. Set oven rack in the center position. In a large bowl, combine bread crumbs, minced garlic, fresh chopped rosemary, 1 teaspoon salt and 1/4 teaspoon pepper. Add 2 tablespoons olive oil, toss until mixture is moistened and set aside. Season the rack of lamb completely with salt and pepper. In a large heavy skillet over high heat, heat remaining 2 tablespoons olive oil. Sear rack of lamb in skillet for 1 to 2 minutes on each side. Remove rack from skillet and let cool for a few minutes. Brush rack of lamb with Dijon mustard. Roll rack of lamb in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring. Arrange the rack, bone side down, in the skillet. Roast the lamb in oven for 12 to 18 minutes, depending on the degree of doneness desired. Using a meat thermometer, check center temperature of rack. Allow internal temperature to be 5° to 10° less than you prefer because the meat will continue to cook as it sits. Very rare=115° to 125°; Rare=125° to 130°; Medium rare=130° to 140° and Medium=140° to 150°. Let rack sit for 5 to 7 minutes, loosely covered, before carving between the bones. Makes 7 servings.

ROASTED TURKEY WITH ROSEMARY

3/4 C. olive oil

3 T. minced garlic

**2 T. fresh chopped
rosemary**

1 T. fresh chopped basil

1 T. Italian seasoning

1 tsp. pepper

Salt to taste

1-12 lb. whole turkey

Preheat oven to 325°. In a small bowl, combine olive oil, minced garlic, chopped rosemary, chopped basil, Italian seasoning, pepper and salt. Mix well and set aside. Rinse and wash turkey inside and out and pat dry with paper towels. Remove any fat and loosen outer skin from breast to the end of the drumstick. By hand, spread a generous amount of rosemary mixture in between skin and turkey breast. Using toothpicks, secure any loose skin over exposed meat of turkey. Place turkey on a rack in a roasting pan and add 1/4" water to the bottom of the pan. Roast turkey for 20 minutes per pound (or about 4 hours for a 12 pound turkey). Turkey is done when juices run clear and a meat thermometer inserted into thigh reads 180° F. Makes 16 to 20 servings.

SALMON IN PORTABELLA SAUCE

2 large (about 10 lbs. each) king salmon filets	1 C. shallots
2 T. olive oil	2 tsp. tarragon
2 C. portabella mushrooms	1 C. white wine
	2 C. sour cream

Preheat oven to 375°. In a large oven-safe pan, place salmon filets skin-side down. Bake for 1 hour, until salmon is light orange in color. In a large skillet over low heat, heat olive oil. Add mushrooms, shallots, tarragon and white wine and sauté until cooked throughout. Before serving, add sour cream and stir until heated. Remove salmon from oven and place on serving dish. Pour mushroom mixture over salmon filets. Serve immediately. Makes 10 to 12 servings.

SAUSAGE POTATO CASSEROLE

3 large potatoes, peeled and sliced thin	1 lb. Polish kielbasa
Pepper to taste	1/2 tsp. dried dillweed
1 C. shredded Cheddar cheese, divided	1/4 tsp. caraway seeds
	2/3 C. milk

Preheat oven to 375°. Line a 9x13" baking dish with aluminum foil, allowing extra foil to hang over edges of dish. Arrange sliced potatoes across bottom of baking dish. Sprinkle with pepper to taste. Top with 1/2 cup shredded Cheddar cheese. Cut kielbasa sausage in half crosswise and cut halves lengthwise. Place kielbasa, cut side down, over cheese. Top with remaining 1/2 cup shredded Cheddar cheese. Sprinkle with dried dillweed and caraway seeds. Carefully pour milk over casserole. Seal overlapping edges of aluminum up and over casserole. Bake in oven for 1 hour. Makes 8 servings.

SEASONED PORK CHOPS

**2-1 oz. pkgs. dry onion
soup mix**

3 C. water

2 C. instant rice

**1-4 1/2 oz. can mushrooms,
drained**

Salt and pepper to taste

**6 pork chops, cut 3/4"
thick**

Preheat oven to 350°. In a medium bowl, combine dry onion soup mix and water, mixing until soup mix is dissolved. Pour mixture into a 10x15" baking dish. Add instant rice and drained mushrooms and mix well. Add salt and pepper to taste. Lay pork chops over mixture in baking dish. Push pork chops into mixture and spoon mixture over pork chops. Cover baking dish tightly with aluminum foil and bake in oven for 1 hour. Makes 6 servings.

SHRIMP WRAPS

1-5 oz. pkg. yellow rice mix

1 T. olive oil

1 C. chopped onions

**1 C. diced sweet red
peppers**

**2 cloves garlic, finely
chopped**

1 T. tomato paste

3 T. lemon juice

3/4 C. water

1/2 tsp. dried thyme

1/8 tsp. cayenne pepper

1 medium zucchini, sliced

**1 large tomato, peeled,
seeded and diced**

**3/4 lb. medium shrimp,
peeled and deveined**

**8-8" red pepper-flavored
flour tortillas**

**Chopped tomatoes for
garnish, optional**

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Prepare rice according to package directions, without adding any oil or butter. Meanwhile, in a large nonstick skillet over medium heat, heat olive oil. Add chopped onions and diced red peppers and sauté about 8 minutes, until tender. Add chopped garlic and sauté for an additional minute. Stir in tomato paste, lemon juice, water, dried thyme and cayenne pepper, cooking for about 3 minutes. Add sliced zucchini and cook, covered, for 5 minutes. Add a little water if mixture becomes too dry. Stir in diced tomatoes and shrimp. Cover and simmer for 10 minutes or until shrimp are cooked throughout. Remove from heat. Warm tortillas in microwave or oven. Spoon about 1/3 cup rice and 1/2 cup shrimp mixture in the center of each tortilla. Roll up tortillas and place, seam side down, on a serving dish. If desired, garnish with chopped tomatoes. Makes 8 servings.

SIMPLE BEEF STROGANOFF

1-8 oz. pkg. egg noodles

1 T. garlic powder

1 lb. ground beef

1/2 C. sour cream

1-10 3/4 oz. can cream of mushroom soup

Salt and pepper to taste

In a medium pot of lightly salted boiling water, prepare egg noodles according to package directions, drain and set aside. In a large skillet over medium heat, sauté ground beef for 5 to 10 minutes or until browned. Drain of fat and add cream of mushroom soup and garlic powder. Let simmer for 10 minutes, stirring occasionally. Remove from heat and add drained egg noodles. Add sour cream, mixing until well combined and add salt and pepper to taste. Makes 4 servings.

SIMPLE ROASTED TURKEY

1-10 to 12 lbs. whole turkey, completely thawed

1/4 C. salt

1/2 C. margarine, melted

1 1/4 C. water

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Preheat oven 500°. Wash turkey inside and out. Dry completely with paper towels and rub salt throughout inside cavity of turkey. Brush the outside of the turkey with melted margarine. Place turkey in a large roaster pan. Pour water around turkey and cover tightly, making sure not steam can escape. Bake in oven for 1 hour. After 1 hour, turn of oven and let turkey sit in oven and roast for 3 hours. Make sure not to open oven door during the 3 hours. Makes 12 or more servings.

SLOW COOKER ROAST BEEF

1-3 to 4 lbs. boneless beef roast	1/4 tsp. dried thyme
1-1 oz. env. dry onion soup mix	1/4 tsp. dried marjoram
1-1 oz. env. brown gravy mix	3 T. cornstarch
1/4 tsp. salt	2 C. cold water
	1/3 C. sherry or cooking wine

Cut roast in half. Place roast in a 5-quart slow cooker, one half on top of the other. In a small bowl, combine dry onion soup mix, brown gravy mix, salt, dried thyme, dried marjoram, cornstarch, cold water and cooking wine. Stir until well blended and pour mixture over roast in slow cooker. Cover and cook at low setting for 8 to 10 hours. Remove roast from slow cooker and let cool slightly before cutting into slices. If desired, add various vegetables like potatoes and carrots to bottom of cooker before adding roast. Makes about 12 servings.

STEAK CONTINENTAL

2-1 lb. flank steaks	1 T. tomato paste
1 clove garlic, minced	1 T. salad oil
3/4 T. salt	1/2 tsp. pepper
2 to 3 T. soy sauce	1/2 T. oregano

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Score both sides of steaks by cutting 1/4" deep diagonal slices, forming diamond-shaped cuts. In a medium bowl, mix minced garlic with salt. Add soy sauce, tomato paste, oil, pepper and oregano. Mix well and rub mixture into both sides of steaks. Wrap steaks with waxed paper and chill in refrigerator for 5 to 6 hours or overnight. To cook steaks, place in broiler for 5 to 8 minutes on each side, or to desired doneness. This rub can be used on tenderloins or other meats and cooked over a grill. Makes 2 servings.

STEAK FINGERS

1 lb. round steak

2 eggs

1/2 C. milk

Salt and pepper to taste

1/3 C. vegetable oil

1 1/2 C. flour

Tenderize steak by pounding with a mallet. Cut into 3" long strips. In a shallow dish, combine eggs, milk, salt and pepper, whisking until well blended. In a large skillet over medium heat, heat vegetable oil. Coat steak pieces with flour, shaking off excess. Dip steak pieces in egg mixture and back into the flour. Fry strips in skillet with oil until golden brown, about 2 minutes. Drain on paper towels. Makes 4 servings.

Desserts



APPLE CRISP

6 C. sliced apples
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 T. lemon juice
1/2 tsp. cornstarch

1/2 C. sugar
2/3 C. flour, sifted
1/4 tsp. salt
1/4 C. butter

Preheat oven to 350°. Arrange apples in greased 9x13" baking dish. Sprinkle with cinnamon and nutmeg. Mix lemon juice and cornstarch and pour over apples, mixing well. In a medium bowl, combine sugar, flour and salt. Using a pastry blender, cut in butter until mixture is crumbly. Sprinkle over apples and bake in oven for 45 minutes. Makes 8 servings.

APPLE STRUDEL

**2 lbs. apples, peeled, cored
and chopped**
1/2 C. sugar
1 tsp. cinnamon
2/3 C. raisins

2 T. rum
**1/2 C. pine nuts or
hazelnuts**
1 sheet puff pastry
1 to 2 egg yolks, beaten

Preheat oven to 375°. In a large saucepan over low heat, steep apples, sugar, cinnamon, raisins, rum and nuts until softened. Roll out puff pastry on a flat, lightly floured cloth. Stretch out pastry with hands until paper thin. Trim edges of pastry if they are thick or uneven. Distribute apple mixture evenly over pastry. Lift side of cloth little by little until puff pastry rolls up and over filling. Transfer strudel to a lightly greased baking sheet and press edges of pastry together along sides. Coat pastry with beaten egg yolks. Bake for 30 minutes, until browned and crisp. To serve, cut strudel into slices and serve with vanilla sauce or over vanilla ice cream. Makes 6 servings.

BANANA CREAM PIE

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|-------------------------------------|---|
| 2/3 C. sugar | 1 T. plus 1 tsp. vanilla |
| 1/4 C. cornstarch | 2 large bananas, peeled and sliced |
| 1/2 tsp. salt | 1-9" baked pie crust |
| 3 C. milk | 3 to 5 C. whipped cream |
| 4 egg yolks, slightly beaten | |
| 2 T. butter, softened | |

In a large saucepan, combine sugar, cornstarch and salt. In a medium bowl, combine milk and egg yolks and gradually stir into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for an additional minute. Remove from heat and add butter and vanilla. Mix well. Cover mixture with plastic wrap and let cool to room temperature. Place sliced bananas in 9" baked pie shell. Pour room temperature filling over bananas. Top with whipped cream. Makes 7 servings.

BANANA PUDDING

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| 1 large pkg. vanilla instant pudding | 1 box vanilla wafers |
| 1-14 oz. can sweetened condensed milk | 6 to 7 bananas, peeled and sliced |
| | 1 container Cool Whip |

Prepare pudding according to box directions. Fold in sweetened condensed milk. Layer sliced bananas, wafers and pudding mixture into a glass serving dish. Repeat until all ingredients are used. Top with Cool Whip. Makes 10 servings.

BEST EVER POPCORN BALLS

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|--------------------------------|------------------------------------|
| 3/4 C. light corn syrup | 1 C. miniature marshmallows |
| 1/4 C. margarine | 5 qts. popped popcorn |
| 2 tsp. cold water | |
| 2 5/8 C. powdered sugar | |

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In a saucepan over medium heat, combine corn syrup, margarine, cold water, powdered sugar and marshmallows. Heat, stirring constantly, until mixture comes to a boil. In a very large bowl, place popped popcorn. Carefully pour hot mixture over popcorn and stir quickly to coat the popcorn. Grease hands with vegetable shortening and quickly shape popcorn mixture into balls. Makes 20 popcorn balls.

BLUEBERRY SAUCE

**2 C. fresh or frozen
blueberries**
1/2 C. sugar
1/2 C. water
1/2 tsp. salt

1/2 tsp. cinnamon
1 T. cornstarch
1 T. lemon juice
1/2 T. lime juice

In a medium saucepan over medium heat, combine blueberries, sugar, water, salt and cinnamon. Bring to a boil. Reduce heat and let simmer until blueberries are tender, about 15 minutes. In a separate bowl, blend cornstarch with lemon and lime juice. As soon as berries are boiling, add cornstarch mixture to saucepan, stirring constantly. Sauce will thicken and become clear in about 3 minutes. Let cool and store in an airtight container in refrigerator. Serve with pancakes or waffles. Makes 2 cups.

BROWN SUGAR BISCUITS

2 C. flour
1/2 C. brown sugar, divided
1 T. baking powder
1/4 tsp. salt
1/4 tsp. cream of tartar

1/2 C. shortening
2/3 C. milk
1 tsp. vanilla
1/4 C. butter, softened
5 1/2 tsp. cinnamon

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Preheat oven to 375°. Lightly grease a baking sheet and set aside. In a large bowl, combine flour, 1/4 cup brown sugar, baking powder, salt and cream of tartar. Cut in shortening until mixture resembles coarse crumbs. Add milk and vanilla and briefly knead dough on a floured surface. Roll out dough into a large rectangle, about 1/2" thick. Spread butter over dough. In a small bowl, combine remaining 1/4 cup brown sugar and cinnamon. Sprinkle mixture over dough. Roll dough tightly and cut into 12 slices. Place slices on their side on prepared baking sheet. Bake in oven for 15 to 20 minutes or until golden brown. Makes 12 servings.

CARROT CAKE

5 eggs, separated	1 tsp. baking powder
1 T. grated lemon peel	Pinch of salt
1 1/2 C. sugar	2 T. Kirsch Schnapps or rum
1 1/3 C. shredded carrots	3 T. apricot marmalade
1 1/3 C. ground almonds	1 1/2 C. powdered sugar
4 T. flour or cornstarch	1/2 egg white
1/2 tsp. cinnamon	2 T. lemon juice or schnapps
Pinch of ground cloves	

Preheat oven to 375°. In a medium bowl, combine egg yolks, grated lemon peel and sugar until creamy. Fold in shredded carrots and almonds. Add flour, cinnamon, ground cloves, baking powder and salt. Beat egg whites to soft peaks. Pour Schnapps or rum into dough and fold in egg whites. Pour dough into a lightly greased 9" springform pan. Bake for 60 minutes. Spread apricot marmalade over warm cake. In a medium bowl, combine powdered sugar, 1/2 egg white and lemon juice. Pour glaze over marmalade and spread in a circular motion over tops and sides of cake. Makes 7 servings.

CASHEW BUTTER COOKIES

3/4 C. butter, softened	3/4 tsp. baking soda
1/2 C. brown sugar	1/2 tsp. baking powder
1/2 C. honey	1 C. chopped salted cashews
1 egg	Cashew halves
2 C. flour	

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Preheat oven to 375°. In a large mixing bowl, combine butter, brown sugar, honey and egg. Beat at medium speed for 1 to 2 minutes, until well mixed. Reduce speed to low and add flour, baking soda and baking powder. Continue beating for 1 to 2 minutes and stir in chopped cashews by hand. Drop dough by teaspoonfuls onto a greased baking sheet. Top each cookie with a cashew half. Bake in oven for 6 to 9 minutes or until cookies are golden brown. Makes 4 1/2 dozen.

CHOCOLATE CHIP CHEESECAKE

1 C. graham cracker crumbs	3 eggs
3/4 C. plus 3 T. butter, melted	3 T. sugar
3-8 oz. pkgs. cream cheese, softened	1 C. miniature chocolate chips
3/4 C. sugar	1 T. vanilla

Preheat oven to 450°. In a medium bowl, combine graham cracker crumbs and 3/4 cup melted butter. Press mixture into the bottom and up sides of a 9" pie pan. In a separate bowl, combine cream cheese and sugar. Add eggs, one at a time, beating well after each addition. Add remaining 3 tablespoons melted butter, chocolate chips and vanilla. Pour mixture into crust in pie pan and bake in oven for 10 minutes. Reduce oven temperature to 250° and bake for an additional 35 minutes. Remove from oven, loosen pan and let cool. Makes 7 to 9 servings.

EGGNOG MOUSSE

1 pkg. instant vanilla pudding	1/4 to 1/2 tsp. nutmeg
2 C. cold eggnog	1 to 2 tsp. rum extract
	1 C. heavy whipping cream

In a medium bowl, whisk together pudding mix and eggnog for 2 minutes. Add nutmeg and rum extract. In a separate bowl, whip heavy cream to stiff peaks. Fold whipped cream into eggnog mixture. Refrigerate until set, about 1 hour. If desired, garnish with whipped cream and a sprinkle of nutmeg. Makes 4 to 5 servings.

LEMON CURD

1 C. butter
1 1/2 C. sugar

Juice and zest of 4 lemons
4 eggs

In a double boiler over medium heat, melt together butter, sugar, half of the lemon juice and half of the lemon zest. In a medium bowl, whisk together eggs, remaining half of lemon juice and remaining half of lemon zest. When butter mixture is completely melted, whisk in egg mixture. Whisk rapidly, until lemon curd thickens, curdling when dropped from the whisk. Transfer to an airtight container and chill in refrigerator until ready to serve. Serve over lemon bars, ice cream, cake or lemon bread. Makes about 1 cup.

MACADAMIA NUT WHITE **CHOCOLATE CHUNK** **COOKIES**

3/4 C. brown sugar
1/2 C. butter, softened
1 egg
1 1/2 tsp. vanilla
1 1/3 C. flour
1/2 tsp. baking powder
1/2 tsp. baking soda

1/2 tsp. salt
2-3 oz. bars white
chocolate, cut into 1/2"
pieces
1-3 1/2 oz. jar salted
macadamia nuts, coarsely
chopped

Preheat oven to 350°. In a large mixing bowl, combine brown sugar, butter, egg and vanilla. Beat at medium speed for 1 to 2 minutes, until well mixed. Reduce speed to low and add flour, baking powder, baking soda and salt. Continue beating for an additional 1 to 2 minutes, until well mixed. Stir in white chocolate pieces and chopped macadamia nuts by hand. Drop dough by tablespoonfuls, 2" apart, onto greased baking sheets. Bake in oven for 9 to 12 minutes or until cookies are light golden brown. Let cool on baking sheets for 1 minute before removing to wire racks. Makes 2 dozen.

MACAROON FILLED BROWNIES

**1 C. plus 2 T. butter or
margarine, divided**
2 C. sugar
4 eggs
3 tsp. vanilla, divided
2 C. flour
1/2 C. cocoa powder
1/2 tsp. cream of tartar
**1-14 oz. pkg. shredded
coconut**

**1-14 oz. can sweetened
condensed milk**
3/4 C. sugar
1/4 C. milk
2 T. butter or margarine
**1 C. miniature
marshmallows**
1 C. chocolate chips
1 tsp. vanilla

Preheat oven to 350°. In a medium mixing bowl, cream together 1 cup softened butter and sugar. Add eggs and 1 teaspoon vanilla and mix well. In a separate bowl, combine flour, cocoa powder and cream of tartar. Gradually add flour mixture to creamed mixture. Fold in chopped nuts. Spread half of the batter into a greased 9x13" baking dish. To make filling, combine shredded coconut, sweetened condensed milk and remaining 2 teaspoons vanilla. Carefully spread over chocolate batter in baking dish and top with the remaining chocolate batter. Bake in oven for 40 to 45 minutes or until a toothpick inserted in center of brownies comes out clean. Cool on a wire rack. To make frosting, in a medium saucepan over medium heat, combine sugar, milk and remaining 2 tablespoons butter. Cooking, stirring occasionally, until sugar is completely dissolved. Add marshmallows and chocolate chips and continue to heat until marshmallows and chips are melted. Spread over the cooled brownies. Makes about 18 bars.

OATMEAL RAISIN COOKIES

2 1/4 C. flour
1/2 C. quick oats
3/4 tsp. baking soda
1/2 tsp. salt
1 1/2 C. dark brown sugar
**1 C. butter, softened, cut
into pieces**

**2 large eggs, room
temperature**
1 T. vanilla
1 1/2 C. raisins

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In a large bowl, combine flour, oats, baking soda and salt. In a medium mixing bowl, beat brown sugar on medium speed until fluffy. Add pieces of butter, several at a time, and beat until combined. In a small bowl, lightly mix eggs and vanilla. Add eggs mixture to butter mixture and beat at low speed until smooth. Add flour mixture and beat until just combined. Mix in raisins until evenly incorporated. Chill dough in refrigerator for at least 1 hour, until firm. Preheat oven to 300°. Drop dough by teaspoonfuls onto ungreased baking sheets. Bake in oven for 22 to 23 minutes or until cookies are slightly soft and edges are light golden in color. Remove cookies to a wire rack to cool. Store in an airtight container. Makes 3 1/2 dozen.

ORANGE-CRANBERRY FRAPPE

1 C. orange juice
2 C. cranberry juice
**1/4 C. heavy whipping
cream**
Sugar to taste

1 T. lemon juice
2 bananas
3/4 C. crushed ice
Mint leaves

In a blender, combine orange juice, cranberry juice, heavy whipping cream, sugar, lemon juice, bananas and crushed ice. Process on high for 1 minute. Serve in stemmed goblets and garnish with mint leaves. Makes 2 servings.

PEANUT BUTTER COOKIES

1/2 C. shortening
1 1/4 C. brown sugar
3/4 C. peanut butter
1 egg
3 T. milk

1 T. vanilla
1 3/4 C. flour
3/4 tsp. baking soda
3/4 tsp. salt

Preheat oven to 375°. In a medium bowl, cream together shortening, brown sugar and peanut butter until smooth. Stir in egg, milk and vanilla. In a separate bowl, combine flour, baking soda and salt. Stir dry ingredients into creamed mixture, mixing until well blended. Drop dough by tablespoonfuls onto ungreased baking sheets. Bake in oven for 8 to 10 minutes. Let cookies cool on baking sheet for 5 minutes before removing to a wire rack. Store in an airtight container. Makes 4 dozen.

PEANUT BUTTER MARSHMALLOW SQUARES

**2-10 oz. pkgs. peanut
butter chips or
butterscotch chips**
3/4 C. butter
1/2 C. peanut butter

**1-10 1/2 oz. pkg. miniature
marshmallows**
3/4 C. chopped peanuts
3/4 C. shredded coconut

In a microwave-safe dish or double boiler, place peanut butter chips, butter and peanut butter. Heat, stirring often, until mixture has melted. Remove from heat and stir in miniature marshmallows, chopped peanuts and shredded coconut. Mix well and spread into a lightly greased 11x15" baking dish. Chill in refrigerator until firm. Cut into squares. Makes 12 servings.

PEANUT BUTTER SWIRL BROWNIES

1 tsp. vegetable oil
1 1/2 C. butter, melted
3 1/2 C. sugar, divided
**1 T. plus 1 tsp. vanilla,
divided**
8 eggs, divided
1 1/2 C. flour
1 C. cocoa powder
3/4 tsp. baking powder

3/4 tsp. salt
**1 C. chopped walnuts,
optional**
1 C. chocolate chips
**1-12 oz. pkg. cream cheese,
softened**
1 C. peanut butter
4 T. milk

Preheat oven to 350°. Line a glass 9x13" pan with aluminum foil. Drizzle vegetable oil over foil and spread evenly. In a large bowl, combine melted butter, 3 cups sugar and 1 tablespoon vanilla. Add 6 eggs, one at a time, beating well after each addition. In a separate bowl, combine flour, cocoa powder, baking powder and salt. Pour butter and sugar mixture over dry ingredients and mix well. Add chopped walnuts and chocolate chips. Reserve 1 1/2 cups batter and set aside. Pour remaining batter into prepared pan. In a separate bowl, beat cream cheese, peanut butter, milk, remaining 2 eggs, remaining 1/2 cup sugar and remaining 1 teaspoon vanilla at medium speed, until creamy. Pour peanut butter batter over chocolate batter in pan. Pour reserved 1 1/2 cups chocolate batter over top. Use a knife to swirl the two batters together. Bake for 35 to 40 minutes or until a toothpick inserted in center comes out clean. Makes about 1 dozen.

PECAN PIE

3 eggs

1 C. sugar

2 T. margarine, melted

1 1/2 C. whole pecans

1/2 tsp. vanilla

1/2 C. corn syrup

Pinch of salt

1-9" unbaked pie shell

Preheat oven to 350°. In a medium bowl, beat eggs and add sugar. Stir lightly and add melted margarine. Stir in whole pecans, vanilla, corn syrup and a pinch of salt. Mix well and pour mixture into unbaked pie shell. Bake in oven for 45 to 50 minutes.

RASPBERRY MERINGUE SQUARES

1/3 C. margarine

1 C. flour, divided

1/2 C. sugar

2 eggs, separated

1/4 tsp. cream of tartar

**2/3 C. powdered sugar,
sifted**

**1 C. finely chopped
almonds, toasted***

**1/3 C. red raspberry
preserves**

Preheat oven to 350°. Mix margarine until softened. Add 1/2 cup flour, sugar and egg yolks. Beat on medium to high speed until thoroughly combined. Stir in remaining 1/2 cup flour and press mixture into 9" square baking pan. Bake in oven for 15 minutes. Beat egg whites with cream of tartar until soft peaks form. Gradually add powdered sugar, beating until stiff peaks form. Fold in chopped almonds. Spread raspberry preserves over the top of the baked crust. Spread meringue over preserves. Return to oven for an additional 20 minutes, until topping is golden. Cut in 3" squares and chill in refrigerator. Makes 9 servings.

*To toast, place chopped almonds in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until almonds are golden brown.

SUPER CHUNK COOKIES

8-1 oz. squares semi-sweet baking chocolate	1 tsp. vanilla
1/2 C. butter or margarine, softened	1 C. flour
1/2 C. sugar	1 C. quick-cooking oats
1/2 C. brown sugar	1/2 tsp. baking soda
1 egg	1/2 C. chopped pecans, optional

Preheat oven to 375°. Cut chocolate squares in half. Cut each half into 3 chunks. In a large mixing bowl, beat together butter, sugar, brown sugar, egg and vanilla at medium speed for 1 minute. Add flour, oats and baking soda and beat at low speed until well blended. Add chocolate chunks and chopped pecans. Mix well and drop dough by tablespoonfuls 2" apart onto ungreased baking sheets. Bake in oven for 10 minutes, until lightly browned. Let cool on baking sheets before transferring to wire racks. Let cool completely before serving. Makes 2 dozen.

SWEET CHERRY CRUNCH

2-12 oz. cans cherry pie filling	1 C. margarine
1-18 oz. box yellow cake mix	1/2 C. finely chopped pecans

Preheat oven to 325°. Spread cherry pie filling evenly in a shallow 9x13" baking dish. Spread yellow cake mix over cherry filling. Pour melted margarine over ingredients in baking dish and sprinkle finely chopped pecans over all. Bake in oven until evenly browned, about 1 hour in oven. Serve warm or cold with a scoop of vanilla ice cream. Makes 8 servings.

SWEET TOFFEE PECANS

1 egg white	1 C. sugar
2 T. water	1 T. cinnamon
5 or 6 C. whole pecans	

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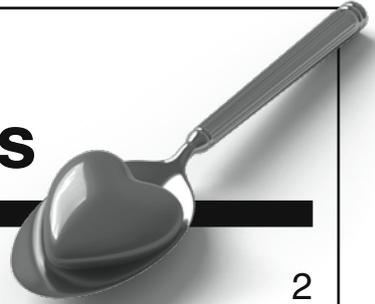
Preheat oven to at 325°. Grease a large baking sheet and set aside. In a large mixing bowl, beat together egg white and water until frothy. Mix with pecans, tossing until evenly coated. Add sugar and cinnamon and toss until completely covered. Pour coated pecans over prepared pan and bake in oven for 45 minutes, stirring every 15 minutes. Cool completely before serving. Makes 5 to 6 cups.

TWO-CHIP CHOCOLATE CHIP COOKIES

1 C. shortening	2 1/4 C. flour
3/4 C. sugar	1 tsp. baking soda
3/4 C. brown sugar	1/4 tsp. salt
1 tsp. vanilla	1 C. chocolate chips
2 eggs	1 C. white chocolate chips

Preheat oven to 350°. In a medium bowl, cream together shortening, sugar and brown sugar. Add vanilla and eggs and mix well. Into a separate bowl, sift flour, baking soda and salt. Add sifted ingredients to creamed mixture. Mix in chocolate chips and white chocolate chips. Drop dough by tablespoonfuls onto greased baking sheets. Bake in oven for 7 to 10 minutes or until cookies are golden brown. Let cookies cool on baking sheet for 5 minutes before removing to a wire rack. Store in an airtight container. Makes 5 dozen.

Cooking & Nutritional Tips



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Common Kitchen Pans

When a recipe calls for...

4 cup baking dish:

- 9 inch pie plate
- 8 x 1¼" layer cake pan
- 7¾ x 3¾ x 2¼" loaf pan

6 cup baking dish:

- 8 or 9 x 1½" layer-cake pan
- 10" pie plate
- 8½ x 3¾ x 2¾" loaf pan

8 cup baking dish:

- 8 x 8 x 2" square pan
- 11 x 7 x 1½" baking pan
- 9 x 5 x 3" loaf pan

10 cup baking dish:

- 9 x 9 x 2" square pan
- 11¾ x 7½ x 1¾" baking pan
- 15 x 10 x 1" jellyroll pan

12 cup baking dish or over:

- 12½ x 8½ x 2" glass baking pan (12 cups)
- 13 x 9 x 2" metal baking pan (15 cups)
- 14 x 10½ x 2½" roasting pan (19 cups)

Total Volume of Various Special Baking Pans...

Tube Pans:

- 7½ x 3" "Bundt" tube (6 cups)
- 9 x 3½" fancy tube or "Bundt" pan (9 cups)
- 9 x 3½" angel cake pan (12 cups)
- 10 x 3¾" "Bundt" or "Crownburst" pan (12 cups)
- 9 x 3½" fancy tube (12 cups)
- 10 x 4" fancy tube mold (kugelhupf) (16 cups)
- 10 x 4" angel cake pan (18 cups)

Spring Form Pans:

- 8 x 3" pan (12 cups)
- 9 x 3" pan (16 cups)

Ring Mold:

- 8½ x 2¼" mold (4½ cups)
- 9¼ x 2¾" mold (8 cups)

Charlotte Mold:

- 6 x 4¼" mold (7½ cups)

Brioche Pan:

- 9½ x 3¼" pan (8 cups)



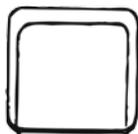
Loaf Pan



Spring Form Pan



Layer-Cake Pan



Square Pan



Ring Mold



Brioche Pan



Charlotte Mold



Angel Cake Pan



Fancy Tube Mold
(kugelhupf)



Bundt Pan

Equivalents for Cooking Ingredients

Apples (1 lb.)	3 or 4 medium
Bananas (1 lb.)	3 or 4 medium
Beans, dried (1 lb.)	5 to 6 cups cooked
Berries (1 quart)	3½ cups
Bread (1 slice)	½ cup crumbs
Cheese, grated (¼ lb.)	1 cup
Chocolate, 1 square (1 oz.)	1 T. melted
Cream (½ pint)	1 cup
Cream, heavy (1 cup)	2 cups whipped
Flour, all-purpose (1 lb.)	4 cups sifted
Gelatin (1 envelope)	1 T.
Herbs, dried (1 tsp.)	1 T. fresh
Lemon (2 to 3 T. juice)	1½ tsp. grated rind
Macaroni (1 cup dry)	2¼ cups cooked
Meat, diced (1 lb.)	2 cups
Mushrooms (1 lb.)	5 to 6 cups sliced
Nuts, shelled (¼ lb.)	1 cup chopped
Onion (1 medium)	½ cup chopped
Orange (6 to 8 T. juice)	⅓ to ½ cup pulp
Potatoes (3 medium)	1¾ to 2 cups mashed
Rice (1 cup uncooked)	3 cups cooked
Spaghetti (½ lb.)	3½ to 4 cups cooked
Sugar, confectioners (1 lb.)	4½ cups unsifted
Sugar, granulated (1 lb.)	2 cups
Tomatoes (1 lb.)	3 or 4 medium
Walnuts in shell (1 lb.)	1¾ cups chopped

Substitutions

For:	You Can Use:
1 T. cornstarch	2 T. flour OR 1½ T. quick cooking tapioca
1 C. cake flour	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour	1 C. plus 2 T. cake flour
1 square chocolate	3 T. cocoa and 1 T. shortening
1 C. melted shortening	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk	½ C. evaporated milk and ½ C. water
1 C. sour milk or buttermilk	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream	⅔ C. milk and ⅓ C. butter
1 C. heavy cream, whipped	⅔ C. well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T. dried whole egg and 2 T. water
1 tsp. baking powder	¼ tsp. baking soda and 1 tsp. cream of tartar OR ¼ tsp. baking soda and ½ C. sour milk, buttermilk or molasses; reduce other liquid ½ C.
1 C. sugar	1 C. honey; reduce other liquid ¼ C.; reduce baking temperature 25°
1 C. miniature marshmallows	About 10 large marshmallows, cut up
1 medium onion (2½" dia.)	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove	⅛ tsp. garlic powder OR ¼ tsp. garlic salt; reduce salt ⅛ tsp.
1 T. fresh herbs	1 tsp. dried herbs OR ¼ tsp. powdered herbs OR ½ tsp. herb salt; reduce salt ¼ tsp.
Bread crumbs	Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.
Butter	Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

Substitutions

For: You Can Use:

Fresh milk	To substitute 1 cup of fresh milk, use ½ cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2½ teaspoons butter or margarine.
Sugar	Use brown sugar, although it will result in a slight molasses flavor.
Superfine sugar	Process regular granulated sugar in your blender.
Red and green sweet pepper	Use canned pimientos.
Vanilla extract	Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.
Flour	Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.
Buttermilk	Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.
Ketchup	Use a cup of tomato sauce added to 1¼ cups of brown sugar, 2 tablespoons of vinegar, ¼ teaspoon of cinnamon and a dash of ground cloves and allspice.
Unsweetened chocolate	Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.
Corn syrup	Use ¼ cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.
Eggs	Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.
Cake flour	Use ⅞ cup of all-purpose flour for each cup of cake flour called for in a recipe.
Fresh herbs and spices	Use ⅓ the amount of dried herbs or spices. Dried herbs are more concentrated.
Honey	To substitute 1 cup of honey, use 1¼ cups of sugar and ¼ cup of water or other liquid called for in the recipe.

Troubleshooting Baking Failures

Biscuits

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

Muffins

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

Cakes

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

Pies

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies can burn -for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

Breads (Yeast)

1. Yeast bread is porous -this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters -this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise -this is caused from over-kneading or from using old yeast.
4. Bread is streaked -this is caused from underkneading and not kneading evenly.
5. Bread baked uneven -caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.

Uses for Spices & Seasonings

<i>All-Spice</i>	Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables
<i>Basil</i>	Tomatoes, tomato sauce, barbecue sauce, salads
<i>Celery Seed</i>	Meat loaf; beef, lamb and vegetable stews; bean salad
<i>Cloves</i>	Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings
<i>Chili Powder</i>	Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf
<i>Thyme</i>	Chowder, seafood, stuffing, poultry, meat, vegetables
<i>Dill</i>	Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes
<i>Garlic</i>	Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings
<i>Rosemary</i>	Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower
<i>Sage</i>	Veal, sausage, poultry, stuffings, cheese spreads, soups
<i>Tarragon</i>	Salad dressings, sauces, egg dishes, stews, poultry, seafood
<i>Cinnamon</i>	Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages



Food Storage

Baking Powder: Store the airtight tins in a cool, dry place and replace every 6 months.

Baking Soda: Store in an airtight container in a cool, dry place for about 6 months.

Beans: Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cold, dry place. They will keep for about 1 year.

Bread: A rib of celery in your bread bag will keep the bread fresh for a longer time.

Brown Sugar: Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

Cakes: Putting half an apple in the cake box will keep cake moist.

Celery and lettuce: Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Cheese: Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Chocolate: Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called “bloom”.

Cocoa: Store cocoa in a glass jar in a dry and cool place.

Cookies: Place crushed tissue paper on the bottom of your cookie jar.

Cottage Cheese: Store carton upside-down. It will keep twice as long.

Dried Fruit: Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

Flour: Store flour in a clean, tightly covered container for up to 1 year at room temperature.

Garlic: Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

Granulated Sugar: Store sugar in a tightly covered container for up to 2 years.

Honey: Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Ice Cream: Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons: Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes: Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Marshmallows: They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Nuts: For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

Olive Oil: You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Food Storage

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Parsley: Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate “old-maids”.

Potatoes: Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

Shredded Coconut: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Soda Crackers: Wrap tightly and store in the refrigerator.

Strawberries: Keep in a colander in the refrigerator. Wash just before serving.

Vegetables with tops: Remove the tops on carrots, beets, etc. before storing.

Yeast: Store in the freezer or refrigerator in a closed plastic bag.

MEAT

Beef

Roasts	3 to 5 days
Steaks	3 to 5 days
Ground beef, stew meat	2 days

Pork

Roasts	3 to 5 days
Hams, picnics, whole	7 days
Bacon	7 to 14 days
Chops, spareribs	2 to 3 days
Pork sausage	1 to 2 days

Veal

Roasts	3 to 5 days
Chops	4 days

Lamb

Roasts	3 to 5 days
Chops	3 to 5 days
Ground lamb	2 days

Poultry

Chickens, whole	1 to 2 days
Chickens, cut up	2 days
Turkeys, whole	1 to 2 days

Cooked meats

Leftover cooked meats	4 days
Cooked poultry	2 days
Hams, picnics	7 days
Frankfurters	4 to 5 days
Sliced luncheon meats	3 days
Un sliced bologna	4 to 6 days



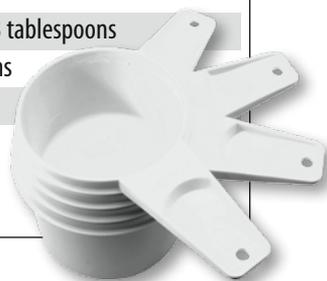
Measurements/Equivalents

Metric Volume Measurements

<i>Measure</i>	<i>Equivalent</i>
1 cubic centimeter	0.061 cubic inch
1 cubic inch	16.39 cubic centimeters
1 cubic decimeter	0.0353 cubic foot
1 cubic foot	28.317 cubic decimeters
1 cubic yard	0.7646 cubic meter
1 cubic meter	0.2759 cord
1 cord	3.625 steres
1 liter	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry	1.101 liters
1 quart liquid	0.9463 liter
1 dekaliter	2.6417 gallons (1.135 pecks)
1 gallon	0.3785 dekaliter
1 peck	0.881 dekaliter
1 hektoliter	2.8378 bushels
1 bushel	0.3524 hektoliter

Simplified Measurements

1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1 jigger	1½ ounces
¼ cup	4 tablespoons
⅓ cup	5 tablespoons plus 1 teaspoon
½ cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces



USDA Food Guide

Amounts in each food group are recommended for most adults at a daily 2,000 calorie level diet.

Food Group	USDA Daily Recommendation	Equivalent Amounts
Fruits	2 cups (4 servings)	½ cup is equivalent to: <ul style="list-style-type: none"> • ½ cup fresh, frozen or canned fruit • 1 medium fruit • ¼ cup dried fruit • ½ cup fruit juice
Vegetables	2½ cups (5 servings)	½ cup is equivalent to: <ul style="list-style-type: none"> • ½ cup raw or cooked vegetables • 1 cup raw leafy vegetables • ½ cup vegetable juice
Grains	6 ounces	1 ounce is equivalent to: <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • ½ cup cooked rice, pasta or cereal
Meats & Beans	5½ ounces	1 ounce is equivalent to: <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry or fish • 1 egg • ¼ cup cooked dry beans or tofu • 1 tablespoon peanut butter
Milk	3 cups	1 cup is equivalent to: <ul style="list-style-type: none"> • 1 cup low-fat or fat-free milk or yogurt • 1½ ounces low-fat or fat-free natural cheese • 2 ounces low-fat or fat-free processed cheese
Oils	24 grams (6 teaspoons)	1 teaspoon is equivalent to: <ul style="list-style-type: none"> • 1 teaspoon soft margarine • 1 tablespoon low-fat mayonnaise • 2 tablespoons light salad dressing • 1 teaspoon vegetable oil
Discretionary	267 calories (2½ T. sugars)	1 tablespoon is equivalent to: <ul style="list-style-type: none"> • 1 tablespoon jelly or jam • ½ ounce jelly beans • 8 ounces lemonade

The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age and for some other gender or age groups who are more physically active. The oils listed in this table are not considered to be part of discretionary calories because they are a major source of Vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.

Source: USDA Dietary Guidelines for Americans 2005, Table 1.

Calorie Requirements Chart

Estimated amounts of calories required to maintain energy balance for certain gender and age groups at three different levels of physical activity. Estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Child	2 to 3	1,000	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	2,000	2,000 to 2,200	2,400
	31 to 50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 to 2,200
	Male	4 to 8	1,400	1,400 to 1,600
Male	9 to 13	1,800	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,200	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400	2,600 to 2,800	3,000
	31 to 50	2,200	2,400 to 2,600	2,800 to 3,000
	51+	2,000	2,200 to 2,400	2,400 to 2,800

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

How Much is One Serving?

Milk & Milk Products	<ul style="list-style-type: none"> • 1 C. (8 oz.) milk or yogurt • 2 (¾ oz.) slices cheese (½" thick) 	<ul style="list-style-type: none"> • 2 C. cottage cheese • 1½ C. ice cream or frozen yogurt
Meat & Meat Alternatives	<ul style="list-style-type: none"> • 2 to 3 oz. cooked lean meat, poultry or fish • 2 eggs • 7 oz. tofu 	<ul style="list-style-type: none"> • 1 C. cooked dried beans or peas • 4 T. peanut butter • ½ C. nuts or seeds
Vegetables	<ul style="list-style-type: none"> • ½ C. cooked vegetables • ½ C. raw chopped vegetables 	<ul style="list-style-type: none"> • 1 C. raw leafy vegetables • ½ to ¾ C. vegetable juice
Fruits	<ul style="list-style-type: none"> • 1 whole medium fruit (about 1 cup) • ¼ C. dried fruit 	<ul style="list-style-type: none"> • ½ C. canned fruit • ½ to ¾ C. fruit juice
Bread & Cereal	<ul style="list-style-type: none"> • 1 slice bread • 1 medium muffin • ½ hot dog bun or hamburger bun • ½ bagel or English muffin • 4 small crackers 	<ul style="list-style-type: none"> • 1 tortilla • 1 C. cold cereal • ½ C. cooked cereal • ½ C. rice • ½ C. pasta

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

Table of Nutrients

Estimated nutrient intake levels recommended by the USDA at the daily 2,000 calorie level, as well as recommendations by the Institute of Medicine (IOM) for females 19 to 30 years of age.

Nutrient	USDA	IOM for females 19 to 30*
Protein, g	91	RDA: 56
Carbohydrate, g	271	RDA: 130
Total Fat, g	65	—
Saturated Fat, g	17	—
Monounsaturated Fat, g	24	—
Polyunsaturated Fat, g	20	—
Total Dietary Fiber, g	31	AI: 28
Cholesterol, mg	230	ALAP
Potassium, mg	4,044	AI: 4,700
Sodium, mg	1,779	AI: 1,500, UL: <2,300
Calcium, mg	1,316	AI: 1,000
Magnesium, mg	380	RDA: 310
Iron, mg	18	RDA: 18
Phosphorous, mg	1,740	RDA: 700
Zinc, mg	14	RDA: 8
Riboflavin, mg	2.8	RDA: 1.1
Vitamin B6, mg	2.4	RDA: 1.3
Vitamin B12	8.3	RDA: 2.4
Vitamin C	155	RDA: 75
Vitamin E	9.5	RDA: 15
Vitamin A	1,052	RDA: 700

***RDA**= Recommended Daily Allowance, **AI**= Adequate Intake, **AMDR**= Acceptable Macronutrient Distribution Range, **UL**= Upper Limit, **ALAP**= As Low As Possible while consuming a nutritionally adequate diet.

Source: USDA Dietary Guidelines for Americans 2005, Table 2.

Sources for Common Nutrients

Vitamin A

- Bright orange vegetables like carrots, sweet potatoes and pumpkin
- Tomatoes, tomato products and red sweet peppers
- Leafy greens, such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine
- Orange fruits like mango, cantaloupe, apricots and red or pink grapefruit

Vitamin C

- Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya and cantaloupe
- Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), brussels sprouts and potatoes
- Leafy greens, such as romaine, turnip greens and spinach

Potassium

- Baked white or sweet potatoes, cooked greens or spinach, orange squash
- Bananas, plantains, many diced fruits, oranges and orange juice, cantaloupe and honeydew melons
- Cooked dry beans
- Soybeans (green and mature)
- Tomato products (sauce, paste or puree)
- Beet greens

Source: USDA Dietary Guidelines for Americans 2005, Table 5.

Healthy Choices

This table shows the differences in saturated fat and calorie content of commonly consumed foods. Comparisons are made between foods in the same food group.

Food Group	Portion	Saturated Fat (g)	Calories	
CHEESE	Regular Cheddar cheese	1 oz.	6.0	114
	Low-fat Cheddar cheese	1 oz.	1.2	49
MEATS & POULTRY	Regular ground beef	3 oz.	6.1	236
	Extra lean ground beef	3 oz.	2.6	148
	Fried chicken leg	3 oz.	3.3	212
	Roasted chicken breast	3 oz.	0.9	140
	Fried fish	3 oz.	2.8	195
	Baked fish	3 oz.	1.5	129
MILK	Whole milk	1 C.	4.6	146
	Low-fat milk (1%)	1 C.	1.5	102
BREADS	Croissant	Medium	6.6	231
	Oat bran bagel (4")	Medium	0.2	227
DESSERTS	Regular ice cream	½ C.	4.9	145
	Low-fat frozen yogurt	½ C.	2.0	110
OILS	Butter	1 tsp.	2.4	34
	Soft margarine	1 tsp.	0.7	25

Source: USDA Dietary Guidelines for Americans 2005, Table 9.

Sources of Saturated Fat

This table shows major dietary sources of saturated fats in the U.S. diet, with a mean average daily intake of 25.5 grams. Saturated fats make the body produce more cholesterol, which can raise blood cholesterol levels and lead to cardiovascular disease. Contribution shows percent of total saturated fat consumed.

Food Group	Contribution	Food Group	Contribution
Cheese	13.1	Shortening	4.4
Beef	11.7	Salad Dressing/Mayonnaise	3.7
Milk	7.8	Poultry	3.6
Oils	4.9	Margarine	3.2
Ice Cream/Sherbet		Sausage	3.1
/Frozen Yogurt	4.7	Potato Chips/Corn	
Cakes/Cookies		Chips/Popcorn	2.9
/Quick Bread /Donuts	4.7	Yeast Bread	2.6
Butter	4.6	Eggs	2.3

Source: USDA Dietary Guidelines for Americans 2005, Table 10.

Physical Activity Recommendations

Physical Activity Recommendations Per Age Group

Children & Adolescents

Engage in at least 1 hour of physical activity on most or all days of the week.

Pregnant Women

In the absence of medical or obstetric complications, engage in 30 minutes or more of moderate-intensity physical activity on most or all days of the week. Avoid activities with a high risk of falling or abdominal trauma.

Breastfeeding Women

Be aware that neither acute nor regular exercise will adversely affect the mother's ability to successfully breastfeed.

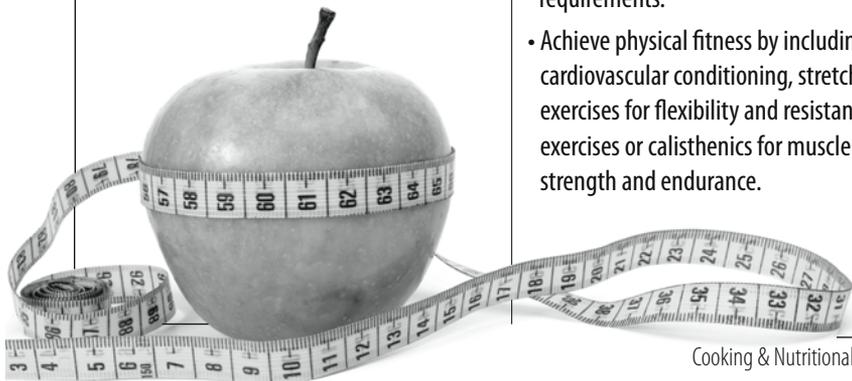
Older Adults

Engage in regular physical activity to reduce functional declines associated with aging.

Source: USDA Dietary Guidelines for Americans 2005, Physical Activity, viii.

Engaging in regular physical activity will promote your health, psychological well-being and a healthy body weight. Use the following recommendations for achieving regular physical activity.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity. Physical activity should be above usual activity at work or home on most days of the week.
- Greater health benefits can be achieved by most people by engaging in more vigorous physical activity over a longer duration.
- To help manage body weight and to prevent gradual unhealthy weight gain in adulthood, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.



Calories Expended in Common Physical Activities

This table shows the average amount of calories expended during common physical activities. Examples are average amounts of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for example, walking or biking).



*Approximate
Calories Expended
Per Hour*

Moderate Physical Activity

Hiking	370
Light gardening/yard work	330
Dancing.....	330
Golf (walking while carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout) ...	220
Stretching	180

Vigorous Physical Activity

Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics.....	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Source: USDA Dietary Guidelines for Americans 2005, Table 4.

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