

"Glass" Candy

24 Servings

2 cups sugar
1 tablespoon vinegar
1/2 cup Karo light corn syrup
flavorings
food color
powdered sugar

Mix sugar, vinegar, and Karo in saucepan. Boil to 300 degrees. Remove from heat and add flavorings and food coloring to small batches. Let harden on firm surface. Crack with hammer. Shake in bag with powdered sugar to prevent sticking.

Amount Per Serving

Calories 87 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 100%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	5 mg	0%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

\$2.00 Pound Cake

16 Servings

- 3 sticks margarine, at room temperature**
- 3 cups sugar**
- 5 large eggs**
- 3 cups flour, sifted**
- 1 teaspoon vanilla**
- 1/2 teaspoon lemon extract, (or 1 t. grated lemon peel)**
- 1/2 teaspoon almond extract**
- 7/8 cup ginger ale, or similar soda**

Cream margarine until light. Cream in sugar and beat until fluffy. Beat in eggs, one at a time. Beat in 1 c. flour, then add extracts and a little ginger ale. Continue adding flour, alternating with ginger ale, until all ingredients are used.

Pour batter into 2 greased and floured 9 x 5" loaf pans or 1-10" tube pan. Bake in preheated 275 F. oven 1 hour, 45 minutes, or until a cake tester inserted in middle comes out clean and cake has begun to shrink from sides of pan. Let cool in pan. (Baking time will be slightly longer for 10" cake).

Amount Per Serving

Calories 280 Calories from Fat 35

Percent Total Calories From:

Fat 13% Protein 6% Carb. 81%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	1 g	4%	
Cholesterol	66 mg	22%	
Sodium	46 mg	2%	
Total Carbohydrate	57 g	19%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	4 g		

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 3%

90-Minute Beer Bread

6 Servings

- 2 1/4 cups to 2 3/4 cups all-purpose flour
- 1 1/4 cups rye flour
- 3/4 cup beer
- 2 tablespoons honey
- 1 tablespoon margarine
- 2 packages active dry yeast
- 1/2 cup warm water
- 1 teaspoon caraway seeds
- 2 teaspoons salt
- 1/2 teaspoon garlic powder

Mix 1 1/2 c. white flour and rye flour. Heat beer, honey and margarine until warm (105-115 F.) Dissolve yeast in warm water in large warm bowl. Add warm beer mixture, caraway seed, salt, garlic powder, and 1 1/2 c. flour mixture. Beat until smooth. Stir in remaining flour mixture and enough additional white flour to make a soft dough. On floured board, knead until smooth, about 4 minutes. Shape into a ball. Place in a greased 8" round pan, turning to grease top.

Flatten to fit pan. Cover. Let rise in warm, draft free place 45 minutes. Bake at 375 F. for 25 to 30 minutes, or until done. Remove from pan. Brush with additional margarine if desired. Cool on rack.

Amount Per Serving

Calories 306 Calories from Fat 26

Percent Total Calories From:

Fat 8% Protein 10% Carb. 79%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	4%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	802 mg	33%	
Total Carbohydrate	60 g	20%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	8 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 8%

90-Minute Dinner Rolls

12 Servings

2 to 2 1/2 cups unsifted flour
2 tablespoons sugar
1/2 teaspoon salt
1 package active dry yeast
1/2 cup milk
1/4 quart water
2 tablespoons margarine

Mix 3/4 c. flour, sugar, salt, and undissolved yeast. Heat milk, water and margarine to 120 -130 F. Gradually add to dry ingredients and beat 2 minutes. Divide dough into 12 equal pieces. Shape into balls. Place in greased 8-inch round pan.

Pour a 1-inch depth of boiling water into a large pan setting on the bottom rack of a cold oven. Set rolls on rack above water. Cover. Close oven door; let rise 30 minutes. Uncover rolls; remove pan of water. Turn oven to 375 F. Bake 20 to 25 minutes, or until done. Remove from pan to cool. Serve warm.

Amount Per Serving

Calories 108 Calories from Fat 22

Percent Total Calories From:

Fat 21% Protein 10% Carb. 69%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	4%	
Saturated Fat	1 g	3%	
Cholesterol	1 mg	0%	
Sodium	125 mg	5%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	3 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 2%

Abby's Pecan Pie

8 Servings

- 1 cup Karo light corn syrup**
- 1 cup dark brown sugar, packed**
- 1/3 teaspoon salt**
- 1/3 cup butter, melted**
- 1 teaspoon vanilla**
- 3 eggs**
- 1 cup pecans, (heaping)**

Mix syrup, sugar, salt, butter, and vanilla. Add slightly beaten eggs. Pour into a 9" unbaked pie shell. Sprinkle pecans over filling. Bake in 350 F. oven for approximately 45 minutes.

You can top it with a bit of whipped cream or ice cream, but even plain nothing tops this!

Amount Per Serving

Calories 376 Calories from Fat 170

Percent Total Calories From:

Fat 45% Protein 4% Carb. 51%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	19 g	29%	
Saturated Fat	6 g	30%	
Cholesterol	100 mg	33%	
Sodium	231 mg	10%	
Total Carbohydrate	48 g	16%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	3 g		

Vitamin A 9% Vitamin C 0% Calcium 0% Iron 15%

Acorn Squash

4 Servings

1 acorn squash
1 tablespoon brown sugar
1/4 cup butter
salt and pepper

Preheat oven to 350 F. Cut squash in half. Place halves on baking sheet - cut side up. Bake approximately 1 1/2 hours or until soft. Scoop out shells and put into casserole dish. Combine with brown sugar, butter and salt and pepper to taste. Reheat (approximately 1/2 hour).

Amount Per Serving

Calories 161 Calories from Fat 105

Percent Total Calories From:

Fat 65% Protein 2% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	18%	
Saturated Fat	7 g	36%	
Cholesterol	31 mg	10%	
Sodium	412 mg	17%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	2 g	6%	
Sugars	0 g		
Protein	1 g		

Vitamin A 16% Vitamin C 20% Calcium 0% Iron 5%

Adventures

Date Bar Rice Krispies

24 Servings

Also called Skillet Cookies or Date Bar Rice Krispies

1/2 cup butter
3/4 cup sugar
1 cup dates, chopped
1 tablespoon milk
1 egg, beaten
1/2 teaspoon salt
1/2 cup nuts
1/2 teaspoon vanilla
2 cups Rice Krispies cereal
coconut

Cook butter, sugar and dates over low heat until boiling. Remove from stove. Add milk, egg, and salt. Boil 2 minutes. Remove from stove. Add nuts, vanilla and Rice Krispies. When cool enough to handle, roll small balls in coconut or chopped nuts.

Amount Per Serving

Calories 185 Calories from Fat 107

Percent Total Calories From:

Fat 58% Protein 4% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	18%	
Saturated Fat	8 g	41%	
Cholesterol	19 mg	6%	
Sodium	127 mg	5%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	2 g		

Vitamin A 6% Vitamin C 3% Calcium 0% Iron 5%

Amaretto Cheesecake

12 Servings

Crust:

- 2 cups vanilla wafer cookies, finely rolled (about 50/2 cups)
- 1/3 cup sugar
- 1/2 cup margarine, melted
- 1/2 cup almonds, finely chopped

Filling:

- 3 8 oz. packages cream cheese, softened
- 2/3 cup sugar
- 1 cup dairy sour cream
- 4 eggs
- 1/2 cup amaretto liqueur
- 2 kiwi fruits, peeled, sliced and halved for garnish

Combine crust ingredients. Press against bottom and 2 inches up sides of a (9-inch) springform pan. Set aside.

Beat together cream cheese and sugar until smooth. Blend in sour cream, eggs, and amaretto. Pour into prepared crust. Bake at 350 F. for 1 hour. Turn off oven and allow cheesecake to remain in oven for 30 minutes, leaving door slightly ajar. Cool. Chill 4 hours or until serving time. Garnish with kiwi slices.

Amount Per Serving

Calories 451 Calories from Fat 328

Percent Total Calories From:

Fat 73% Protein 7% Carb. 20%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	36 g	56%	
Saturated Fat	16 g	80%	
Cholesterol	141 mg	47%	
Sodium	288 mg	12%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	8 g		

Vitamin A 27% Vitamin C 21% Calcium 0% Iron 7%

Angel Biscuits

15 Servings

- 2 packages active dry yeast**
- 1/4 cup water, warm (110 to 115 F.)**
- 2 cups buttermilk, warm (110-115 F.)**
- 5 cups all-purpose flour**
- 1/3 cup sugar**
- 1 tablespoon baking powder**
- 1 teaspoon baking soda**
- 2 teaspoons salt**
- 1 cup shortening**
- melted butter or margarine**

Dissolve yeast in warm water. Let stand 5 minutes. Stir in the buttermilk; set aside.

In a large mixing bowl, combine flour, sugar, baking powder, soda, and salt. Cut in shortening with a pastry blender until mixture resembles coarse meal. Stir in yeast/buttermilk mixture; mix well. Turn out onto a lightly floured surface; knead lightly 3-4 times. Roll to a 1/2" thickness. Cut with a 2 1/2" biscuit cutter. Place on a lightly greased baking sheet. Cover and let rise in a warm place about 1 1/2 hours. Bake at 450 F. for 8 to 10 minutes. Lightly brush tops with melted butter. Yield: about 2 1/2 dozen.

Amount Per Serving

Calories 319 Calories from Fat 143

Percent Total Calories From:

Fat 45% Protein 7% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	24%	
Saturated Fat	3 g	13%	
Cholesterol	1 mg	0%	
Sodium	470 mg	20%	
Total Carbohydrate	38 g	13%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	6 g		

Vitamin A 0% Vitamin C 1% Calcium 0% Iron 4%

Apple Bread

12 Servings

- 4 eggs
- 3 cups sugar
- 2 cups flour
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups tart apples, chopped
- 2 cups nuts, chopped
- 1 teaspoon vanilla

Beat eggs. Add remaining ingredients. Pour into two greased 8" x 12" baking pans.

Bake at 325 F. for 45 minutes, or until crusty and brown. Cool. Cut into four-inch squares. This is moist and chewy and will keep well for a week.

Amount Per Serving

Calories 456 Calories from Fat 123

Percent Total Calories From:

Fat 27% Protein 7% Carb. 66%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	2 g	11%	
Cholesterol	71 mg	24%	
Sodium	267 mg	11%	
Total Carbohydrate	75 g	25%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	8 g		

Vitamin A 2% Vitamin C 2% Calcium 0% Iron 8%

Apple Crisp

Grandma Nancy's Version

6 Servings

Good if you like a sweet crisp. Topping/flavor is similar to a crumb crust apple pie.

- 5 each apples, sliced**
- 1 tablespoon lemon juice**
- 1/4 teaspoon lemon rind**
- 1 cup sugar**
- 1/4 teaspoon salt**
- 5 tablespoons butter**
- 2/3 cup flour**
- 1/4 teaspoon nutmeg**

Wash, pare, core and slice apples and place in a shallow baking dish. Pour water & lemon juice over apples. Mix 1/2 cup sugar with cinnamon, nutmeg and sprinkle over apples. Blend remaining sugar, flour, salt, lemon rind and butter together and sprinkle over apples. Pat down gently with spoon. Bake for 50 minutes at 350 degrees.

Amount Per Serving

Calories 379 Calories from Fat 93

Percent Total Calories From:

Fat 25% Protein 2% Carb. 73%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	6 g	31%	
Cholesterol	26 mg	9%	
Sodium	195 mg	8%	
Total Carbohydrate	69 g	23%	
Dietary Fiber	3 g	13%	
Sugars	0 g		
Protein	2 g		

Vitamin A 9% Vitamin C 18% Calcium 0% Iron 3%

Apple Dumplings

4 Servings

- pastry for an 8" two- crust pie**
- 2/3 cup sugar**
- 2 tablespoons butter**
- 1 1/2 cups water**
- 1/4 teaspoon cinnamon, OR**
- 2 tablespoons red hots candy**
- 4 apples**

Prepare pastry. Boil together for three minutes, the sugar, butter, water, and cinnamon or cinnamon candy.

Core and peel apples. Put one apple on a 7" square of 1/8" thick pie crust. Fill cavity of apple with a sugar and cinnamon mixture (1/3 c. sugar + 1 t. spice, cinnamon and with a little nutmeg works nicely.) Then put 1/2 t. butter on top of hole.

Bring opposite points of pastry up over apple, overlap, moisten, and seal. Put in a pan a little apart. Pour hot syrup around dumplings and a little over each one. Bake at 425 F. for about 40 to 45 minutes.

Amount Per Serving

Calories 316 Calories from Fat 58

Percent Total Calories From:

Fat 18% Protein 1% Carb. 81%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	4 g	19%	
Cholesterol	16 mg	5%	
Sodium	59 mg	2%	
Total Carbohydrate	64 g	21%	
Dietary Fiber	4 g	16%	
Sugars	0 g		
Protein	0 g		

Vitamin A 6% Vitamin C 19% Calcium 0% Iron 3%

Apple Puff Pancake

8 Servings

- 4 **tablespoons butter**
- 2 **apples, large, peeled, cored, sliced thin**
- 3 **tablespoons brown sugar**
- 1 **teaspoon cinnamon**
- PANCAKE**
- 6 **eggs, at room temperature**
- 1 1/2 **cups milk**
- 1 **cup flour**
- 3 **tablespoons sugar**
- 1 **teaspoon vanilla**
- 1/2 **teaspoon salt**
- 1/2 **teaspoon cinnamon**

Melt butter in a 9 x 13" pan in 375 F. oven. Arrange apples over butter; return to oven until apples are soft (about 10 minutes). Sprinkle apples with brown sugar, cinnamon. Combine pancake ingredients in blender; pour over apples. Bake for 30 to 40 minutes. Sprinkle with powdered sugar. Yield: 8 servings. Diabetic Exchanges; One serving equals 1 protein, 1 1/2 breads, 1/2 fruit, 1 fat.

Amount Per Serving

Calories 256 Calories from Fat 103

Percent Total Calories From:

Fat 40% Protein 13% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	18%	
Saturated Fat	6 g	29%	
Cholesterol	181 mg	60%	
Sodium	275 mg	11%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	8 g		

Vitamin A 11% Vitamin C 6% Calcium 0% Iron 7%

Apple Spice Muffins

12 Servings

- 1 cup whole wheat flour
- 1 cup unbleached flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/3 cup oil
- 1 1/2 cups plain yogurt
- 1/2 cup apples, grated
- 1/2 cup nuts, chopped

Combine flours, baking powder, salt, soda, cinnamon, nutmeg, and cloves. mix together oil and yogurt and stir into dry ingredients along with apple and nuts. Mix all ingredients well but do not overstir. Spoon into greased muffin cups (about 2/3 full) and bake in a 400 F. oven for about 20 minutes or until lightly browned. Makes about 16 muffins.

Amount Per Serving

Calories 186 Calories from Fat 92

Percent Total Calories From:

Fat 50% Protein 10% Carb. 41%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	10 g		16%
Saturated Fat	1 g		7%
Cholesterol	4 mg		1%
Sodium	216 mg		9%
Total Carbohydrate	19 g		6%
Dietary Fiber	0 g		2%
Sugars	0 g		
Protein	4 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 4%

Apple Squares

15 Servings

- 2 cups flour
- 1 cup shortening
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 egg yolk, beaten with milk
- 1/2 cup milk
- 4 cups apples, sliced
- 2 tablespoons flour
- 3/4 cup sugar
- cinnamon
- salt
- 1 egg white

Make crust by mixing flour, shortening, salt, and sugar. Add egg yolk mixed with milk. Roll out half of dough to fit a 9 x 13" pan, covering bottom and sides about 1 inch up. Make filling of remaining ingredients and cover dough. Cover with remainder of dough. Beat egg white and brush over top crust. Bake at 325 F. for 45 to 50 minutes. Drizzle powdered sugar frosting over top while still warm.

Amount Per Serving

Calories 271 Calories from Fat 144

Percent Total Calories From:

Fat 53% Protein 4% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	3 g	13%	
Cholesterol	15 mg	5%	
Sodium	241 mg	10%	
Total Carbohydrate	29 g	10%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 3% Calcium 0% Iron 2%

Apple-Bran Bars

36 Servings

2/3 cup shortening
1/2 cup sugar
1 egg
1/3 cup molasses
1/3 cup milk
1 3/4 cups flour
1 cup bran flakes cereal
1 teaspoon baking soda
1/2 teaspoon salt
2 cups golden delicious apples, chopped
1/2 cup walnuts, chopped

Cream Cheese Frosting
3 ounces cream cheese, softened
1/4 cup butter, softened
1 teaspoon grated orange peel
1/2 teaspoon vanilla
1 dash salt
2 1/2 cups powdered sugar

Cream the shortening and sugar; add the egg and beat well. Mix in molasses and milk. Combine flour, bran flakes, soda, and salt. Add dry ingredients to creamed mixture. Mix well. Stir in apples and nuts. Spread in a greased 15 x 10 x 3/4 inch baking pan. Bake in a 350 F. oven for 25 to 30 minutes, or until a pick inserted near center comes out clean. Cool and spread with Cream Chees Frosting. Cut into bars. Makes about 3 dozen.

Cream Cheese Frosting: Blend softened cream cheese and butter. Add grated orange peel, vanilla, and salt. beat in 2 1/2 c. powdered sugar. Makes 1 1/3 cups.

Amount Per Serving

Calories 154 Calories from Fat 69

Percent Total Calories From:

Fat 45% Protein 4% Carb. 51%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	8 g	12%	
Saturated Fat	2 g	11%	
Cholesterol	12 mg	4%	
Sodium	101 mg	4%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 3% Vitamin C 1% Calcium 0% Iron 5%

Apple-Bran Muffins

36 Servings

- 2 apples, large Golden Delicious, pared, cored, and chopped**
- 1/2 cup butter or margarine**
- 1 cup boiling water**
- 3 cups whole bran cereal**
- 2 cups buttermilk**
- 2 eggs, slightly beaten**
- 2/3 cup sugar**
- 1 cup dates, finely chopped**
- 2 1/2 cups flour**
- 2 1/2 teaspoons baking soda**
- 2 teaspoons cinnamon**
- 1 teaspoon nutmeg**
- 1/2 teaspoon cloves**
- 1/2 teaspoon salt**

Saute apples in butter for 10 minutes or until tender. Pour boiling water over bran; add apples, buttermilk, eggs, sugar, and dates. Combine the flour, baking soda, spices, and salt and stir into the bran mixture until just combined. Refrigerate the batter in a tightly covered container for at least 24 hours. For optimum quality, use within three weeks.

To bake, fill greased muffin cups 3/4 full of batter and bake in a 400 F. oven for 20 to 25 minutes. Makes 30 to 36 muffins.

Amount Per Serving

Calories 123 Calories from Fat 31

Percent Total Calories From:

Fat 25% Protein 8% Carb. 67%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	3 g		5%
Saturated Fat	2 g		9%
Cholesterol	19 mg		6%
Sodium	172 mg		7%
Total Carbohydrate	21 g		7%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	3 g		

Vitamin A 3% Vitamin C 10% Calcium 0% Iron 6%

Apple-Oat-Sesame Cookies

36 Servings

- 1 1/2 cups rolled oats
- 3/4 cup flour
- 3/4 cup whole wheat flour
- 1/4 cup sesame seeds
- 1/4 cup brown sugar, packed
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon salt
- 1 cup golden delicious apples, finely chopped
- 1/2 cup honey
- 1/2 cup oil
- 1 egg, beaten
- 1/3 cup milk

Combine oats, flours, sesame seeds, brown sugar, baking powder, cinnamon, and salt. Stir apples into dry ingredients. Combine remaining ingredients and add to apple mixture. Drop by spoonfuls onto ungreased cookie sheet. Bake in a 375 F. oven for 10 to 12 minutes, or until lightly browned. Remove to racks to cool. Makes about 3 dozen cookies.

Amount Per Serving

Calories 90 Calories from Fat 37

Percent Total Calories From:

Fat 41% Protein 8% Carb. 51%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	4 g	6%	
Saturated Fat	0 g	2%	
Cholesterol	6 mg	2%	
Sodium	35 mg	1%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	2 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 3%

Apple-Saucy Oatmeal Cookies

12 Servings

- 1 cup oats, quick or old-fashioned**
- 1 cup all-purpose flour**
- 3/4 cup commercial applesauce**
- 1/2 cup chopped, fresh apples**
- 1/2 cup butter or margarine**
- 1 egg**
- 1 teaspoon baking powder**
- 1 teaspoon vanilla**
- 3/4 teaspoon cinnamon**
- 1/4 teaspoon salt**
- 1/4 teaspoon nutmeg**

Heat oven to 350 F. In large bowl, combine all ingredients; mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake about 23 minutes or until light golden brown. Makes about 2 doz. cookies.

(These were a little flat. Try a little extra flour next time.)

Amount Per Serving

Calories 157 Calories from Fat 78

Percent Total Calories From:

Fat 50% Protein 7% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	13%	
Saturated Fat	5 g	25%	
Cholesterol	38 mg	13%	
Sodium	162 mg	7%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 7% Vitamin C 1% Calcium 0% Iron 4%

Apricot Gelatin Salad

10 Servings

- 1 No. 2 can apricots, drained and cut into pieces
- 1 No. 2 can canned crushed pineapple in juice
- 2 3 oz. packages orange jello
- 2 cups hot water
- miniature marshmallows
- TOPPING:**
- 1/2 cup sugar
- 1 egg, slightly beaten
- 3 tablespoons flour
- 1 cup pineapple juice, and apricot juice from drained fruits
- 2 tablespoons butter
- 1/2 pint whipping cream, whipped
- cheddar cheese, grated

Dissolve jello in hot water. Add 1 cup apricot juice and cool. Add fruit and stir. Sprinkle miniature marshmallows over layer of jello.

After it sets, add topping.

Topping:

Cook sugar, egg, flour, and 1 c. fruit juice until thick. Add 2 T. butter as you take it off the heat to cool. When cool, add 1/2 pt. whipped cream and spread over top of jello layer. Sprinkle with grated cheddar cheese.

Amount Per Serving

Calories 242 Calories from Fat 108

Percent Total Calories From:

Fat 44% Protein 4% Carb. 51%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	12 g		18%
Saturated Fat	7 g		36%
Cholesterol	60 mg		20%
Sodium	41 mg		2%
Total Carbohydrate	31 g		10%
Dietary Fiber	1 g		2%
Sugars	0 g		
Protein	3 g		

Vitamin A 40% Vitamin C 23% Calcium 0% Iron 4%

Bacardi Rum Cake

12 Servings

CAKE

- 1 cup pecans, chopped
 - 1 package yellow cake mix
 - 1 3 oz. package instant vanilla pudding
 - 4 eggs
 - 1/2 cup cold water
 - 1/2 cup oil
 - 1/2 cup Bacardi dark rum
- ## GLAZE
- 1/4 pound butter
 - 1/4 cup water
 - 1 cup sugar
 - 1/2 cup Bacardi dark rum

Preheat oven to 325 F. Grease and flour 10" tube pan or 12 cup bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts in pan. Bake one hour. Set on rack to cool. Invert on serving plate. Prick top. Drizzle and brush glaze evenly over top and sides.

Glaze:

Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Stir in 1/2 c. dark rum.

Amount Per Serving

Calories 307 Calories from Fat 222

Percent Total Calories From:

Fat 72% Protein 4% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	38%	
Saturated Fat	6 g	32%	
Cholesterol	92 mg	31%	
Sodium	100 mg	4%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	3 g		

Vitamin A 8% Vitamin C 0% Calcium 0% Iron 3%

Baked Beans

8 Servings

- 1 pound dried navy beans**
- 2 cups chili sauce**
- 1 tablespoon dry mustard**
- 5 slices bacon, chopped**
- 1 cup maple syrup**
- 1 onion, chopped**
- 1/2 teaspoon salt**

Soak beans overnight, drain. Add remaining ingredients and enough water to cover beans. Bake at 325 degrees F. 2 hours or until soft (when beans mash easily). Remove 1 cup cooked beans and mash them. Add to remaining beans to thicken.

Amount Per Serving

Calories 359 Calories from Fat 37

Percent Total Calories From:

Fat 10% Protein 17% Carb. 72%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	1 g	6%	
Cholesterol	4 mg	1%	
Sodium	254 mg	11%	
Total Carbohydrate	65 g	22%	
Dietary Fiber	4 g	17%	
Sugars	0 g		
Protein	15 g		

Vitamin A 118% Vitamin C 39% Calcium 0% Iron 26%

Baked Rhubarb Crumb

6 Servings

3 cups rhubarb, diced
1/2 cup sugar
1 tablespoon flour
1/2 teaspoon nutmeg
1 cup brown sugar
1 cup rolled oats
1 1/4 cups flour, sifted
1/2 teaspoon salt
1/2 cup shortening

Mix rhubarb, 1/2 c. sugar, 1 T. flour and nutmeg. Put in bottom of pan.

Combine rest of dry ingredients. Cut in shortening. Sprinkle over rhubarb. Bake at 375 F. for 30 to 35 minutes.

Amount Per Serving

Calories 481 Calories from Fat 182

Percent Total Calories From:

Fat 38% Protein 4% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	20 g	31%	
Saturated Fat	3 g	16%	
Cholesterol	0 mg	0%	
Sodium	202 mg	8%	
Total Carbohydrate	69 g	23%	
Dietary Fiber	2 g	8%	
Sugars	0 g		
Protein	5 g		

Vitamin A 2% Vitamin C 5% Calcium 0% Iron 10%

Baked Zucchini Fingers

4 Servings

8 to 12 4" zucchini
butter
freshly ground white pepper
fresh French bread crumbs
freshly grated Parmesan cheese

Trim zucchini and cut each in quarters or eighths, lengthwise. Generously butter an au gratin dish large enough to hold the squash in a single layer. Sprinkle lightly with pepper. Combine two parts fresh bread crumbs with one part Parmesan cheese (about 1/2 c. bread crumbs to 1/4 c. cheese) and sprinkle over all. Place in a preheated 375 F. oven and bake just until cheese and crumbs are golden and squash barely tests tender. Serves 4 to 6.

Amount Per Serving

Calories 97 Calories from Fat 40

Percent Total Calories From:

Fat 41% Protein 21% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	3 g	13%	
Cholesterol	11 mg	4%	
Sodium	112 mg	5%	
Total Carbohydrate	9 g	3%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	5 g		

Vitamin A 23% Vitamin C 45% Calcium 0% Iron 7%

Banana Bread

16 Servings

A delicious quick bread without saturated fat.

- 2 cups all-purpose flour**
- 1/2 cup sugar**
- 2 teaspoons baking powder**
- 3/4 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 cup bananas, mashed**
- 1/4 cup skim milk**
- 1/4 cup Puritan Oil**
- 4 egg whites**

1. Heat oven to 350 degrees F. Oil 8-1/2 x 4-1/2 x 2-1/2 - inch loaf pan lightly.
2. Combine first 5 ingredients in medium bowl.
3. Add banana, milk, Puritan Oil, and egg whites. Beat at medium speed of electric mixer until well blended.
4. Spread batter in pan.
5. Bake at 350 degrees F. for 50 minutes or until wooden pick inserted in center comes out clean.
6. Cool in pan for 10 minutes. Remove from pan. Cool completely before slicing.

Note: 3 medium bananas equals about 1 cup.

An easy Make-Over: Using skim milk instead of whole milk really cuts down on saturated fat, without affecting taste.

Amount Per Serving

Calories 131 Calories from Fat 33

Percent Total Calories From:

Fat 25% Protein 8% Carb. 67%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	4 g		6%
Saturated Fat	0 g		2%
Cholesterol	0 mg		0%
Sodium	171 mg		7%
Total Carbohydrate	22 g		7%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	3 g		

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 1%

Banana Cake

18 Servings

- 1/2 cup butter
- 1 1/2 cups sugar
- 1 cup bananas, mashed
- 4 tablespoons buttermilk
- 1 teaspoon vanilla
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon soda
- 1 pinch salt
- 1 cup pecans, chopped

Cream butter, sugar, and eggs. Add nuts and bananas. Sift flour, soda, and salt. Add buttermilk and vanilla last. Bake at 350 F.

Amount Per Serving

Calories 216 Calories from Fat 90

Percent Total Calories From:

Fat 42% Protein 5% Carb. 54%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	4 g	19%	
Cholesterol	38 mg	13%	
Sodium	192 mg	8%	
Total Carbohydrate	29 g	10%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 5% Vitamin C 2% Calcium 0% Iron 2%

Barbecued Beef

6 Servings

- 2 pounds beef top round steak, cut in 1" chunks**
- 1/2 cup catsup**
- 1/2 cup chili sauce**
- 3/4 cup water**
- 4 teaspoons brown sugar**
- 1 tablespoon cider vinegar**
- 1/2 teaspoon salt**
- 1 onion, minced**
- 1 dash pepper**

In large skillet, mix all ingredients. Cover and let stand 30 minutes in refrigerator. Over medium-low heat, cook mixture, covered, about 50 minutes or until steak is tender, stirring occasionally.

Amount Per Serving

Calories 244 Calories from Fat 52

Percent Total Calories From:

Fat 22% Protein 61% Carb. 18%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	9%	
Saturated Fat	2 g	10%	
Cholesterol	95 mg	32%	
Sodium	507 mg	21%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	37 g		

Vitamin A 43% Vitamin C 19% Calcium 0% Iron 20%

Barbecued Country-Styled Pork Ribs

5 Servings

- 4 pounds country-style pork ribs
- 1 cup onions, sliced
- 1 cup catsup
- 1 cup water
- 2 teaspoons salt
- 1 teaspoon paprika
- 2 tablespoons Worcestershire sauce
- 1/4 cup vinegar
- 1/4 cup brown sugar
- 2 teaspoons dry mustard

Place ribs in roaster. Combine remaining ingredients. Pour over ribs. Cover. Bake at 350 F. for 2 1/2 hours. Spoon sauce over ribs 2 to 3 times during baking. Remove cover. Bake, uncovered, for 15 minutes. Serves 5 to 6.

Amount Per Serving

Calories 1096 Calories from Fat 734

Percent Total Calories From:

Fat 67% Protein 25% Carb. 8%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	82 g	125%	
Saturated Fat	30 g	150%	
Cholesterol	322 mg	107%	
Sodium	1791 mg	75%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	68 g		

Vitamin A 16% Vitamin C 18% Calcium 0% Iron 26%

Basic Beef Patty Mixture

8 Servings

1 pound lean ground beef
1 1/2 cups fresh bread crumbs
1 egg
1 teaspoon salt
1/4 teaspoon pepper

Mix all ingredients and make into 8 patties. Grill, fry, or broil. Used in Parmesan Beef Patties.

Amount Per Serving

Calories 202 Calories from Fat 89

Percent Total Calories From:

Fat 44% Protein 28% Carb. 27%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	4 g	18%	
Cholesterol	67 mg	22%	
Sodium	472 mg	20%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	14 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 10%

Basic Beef Patty Mixture

8 Servings

1 pound lean ground beef
1 1/2 cups fresh bread crumbs
1 egg
1 teaspoon salt
1/4 teaspoon pepper

Mix all ingredients and make into 8 patties. Grill, fry, or broil. Used in Parmesan Beef Patties.

Amount Per Serving

Calories 202 Calories from Fat 89

Percent Total Calories From:

Fat 44% Protein 28% Carb. 27%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	4 g	18%	
Cholesterol	67 mg	22%	
Sodium	472 mg	20%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	14 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 10%

Beef in Wine Sauce

6 Servings

Also works well with venison.

- 1 1/2 pounds beef top round steak, sliced thin**
- 1 large onion, sliced**
- 1 16 oz. can canned stewed tomatoes**
- 1 4 oz. can mushrooms**
- 1 package Lipton beefy mushroom soup mix**
- 1 cup (approximately) red wine**

Brown steak with onion slices. Combine with rest of ingredients and simmer 1 1/2 to 2 hours.

Amount Per Serving

Calories 223 Calories from Fat 40

Percent Total Calories From:

Fat 18% Protein 52% Carb. 19%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	1 g	7%	
Cholesterol	72 mg	24%	
Sodium	249 mg	10%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	29 g		

Vitamin A 8% Vitamin C 23% Calcium 0% Iron 20%

Birthday Ice Cream

15 Servings

- 5 eggs
- 2 cups sugar
- 1 teaspoon vanilla
- 2 cups whole milk
- 2 cups cream
- 4 cups half and half

Mix eggs, sugar, and about a pint of milk. Cook until sugar is dissolved. Put in freezer. Add cream and vanilla and as much milk as necessary. Crank till very hard to turn.

Amount Per Serving

Calories 316 Calories from Fat 163

Percent Total Calories From:

Fat 52% Protein 7% Carb. 41%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	11 g	54%	
Cholesterol	127 mg	42%	
Sodium	75 mg	3%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	6 g		

Vitamin A 15% Vitamin C 2% Calcium 0% Iron 2%

Black and White Cheesecake Bites

24 Servings

- 2 cups chocolate chips
- 1/2 cup butter
- 2 cups graham cracker crumbs
- 8 ounces cream cheese
- 1 12 oz. can sweetened condensed milk
- 1 egg
- 1 teaspoon vanilla

Preheat oven to 325 F.

Melt chips and butter, stirring until smooth. Stir in graham cracker crumbs. Remove 1/4 cup of the mixture for later use. Press remaining mixture in a 13 X 9" baking pan

Beat cream cheese until smooth. Gradually beat in condensed milk, then egg and vanilla. Pour over prepared crust. Sprinkle with reserved 1/4 cup crumb mixture. Bake until set, 25 to 30 minutes. Cool. Refrigerate until cold, about 2 hours or longer. Cut into 24 squares.

Amount Per Serving

Calories 227 Calories from Fat 129

Percent Total Calories From:

Fat 57% Protein 6% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	22%	
Saturated Fat	8 g	42%	
Cholesterol	34 mg	11%	
Sodium	135 mg	6%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 7% Vitamin C 1% Calcium 0% Iron 4%

Blue-Apple Pie

8 Servings

- 2 cups fresh, stemmed blueberries
- 1 cup sugar
- 2 tablespoons flour
- 2 teaspoons butter, cut into pieces
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 to 3 tablespoons lemon juice, (1 small lemon)

TOPPING

- 2 tablespoons flour
- 2 tablespoons butter
- 1 tablespoon sugar

Combine apple, blueberries, sugar, flour, butter, cinnamon, and nutmeg in large bowl. Add lemon juice and toss well. Spoon mixture into prepared pie shell.

Mix flour, butter, and sugar. Sprinkle over fruit mixture.

Bake pie 15 minutes at 450 F. Reduce oven temperature to 350 F. and continue baking for 30 more minutes. Serve pie warm.

Amount Per Serving

Calories 180 Calories from Fat 36

Percent Total Calories From:

Fat 20% Protein 2% Carb. 78%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	2 g	12%	
Cholesterol	10 mg	3%	
Sodium	42 mg	2%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 11% Calcium 0% Iron 1%

Blueberries and Cream Gelatin Mold

10 Servings

- 2 3 oz. packages black raspberry gelatin**
- 2 cups boiling water**
- 1 cup sour cream**
- 1 pint blueberries, fresh or frozen**
- 1 14 oz. can canned crushed pineapple in juice, drained**

In a large bowl, dissolve gelatin in the boiling water. Refrigerate until partially set, about an hour.

Fold in sour cream. For a lighter texture, use a wire whisk to whip in the sour cream.

Fold in drained blueberries and pineapple.

Grease a 1 1/2 qt. ring mold with vegetable oil or spray with non-stick cooking spray. Spoon gelatin mixture into the mold. Refrigerate until firm.

When ready to unmold, run a knife around the edges. Warm the bottom of the mold by dipping the mold just to the rim into warm water or wrap a warm towel around the bottom and sides of the mold. Turn over onto a plain or lettuce-lined serving plate. Makes 8 to 10 servings.

Amount Per Serving

Calories 96 Calories from Fat 46

Percent Total Calories From:

Fat 48% Protein 4% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	2 g	9%	
Cholesterol	9 mg	3%	
Sodium	12 mg	0%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 3% Vitamin C 13% Calcium 0% Iron 1%

Blueberry Cheesecake

12 Servings

CRUST

- 1 package graham crackers, crushed
- 1/4 cup sugar
- 1/4 pound butter, melted

FILLING

- 1 8 oz. package cream cheese, softened
- 2 eggs
- 1/2 cup sugar
- 1 16 oz. can blueberry pie filling

Mix together crushed graham crackers, sugar, and butter. Press in the bottom of a 9 X 12 pan.

Beat together cream cheese, eggs, and sugar. Pour over crust. Bake for 15 minutes at 350 F.

Cover with 1 can blueberry pie filling.

Amount Per Serving

Calories 203 Calories from Fat 137

Percent Total Calories From:

Fat 67% Protein 5% Carb. 27%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	9 g	46%	
Cholesterol	77 mg	26%	
Sodium	153 mg	6%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	3 g		

Vitamin A 12% Vitamin C 0% Calcium 0% Iron 2%

Blueberry Pie

8 Servings

- 1/2 cup sugar, (up to 3/4 c. depending upon fruit)**
- 1/4 cup flour**
- 1/4 teaspoon salt**
- 1 tablespoon lime juice**
- 4 cups fresh blueberries**
- Pastry for 9" 2 crust pie**
- 2 tablespoons butter**

In a large bowl, stir together sugar, flour, salt, and lime juice; fold in blueberries. Let stand at room temperature while rolling out pastry. Turn blueberry mixture into pastry-lined pie plate; dot with butter; cover with remaining pastry. Seal edges. Bake in 425 F. oven on rack below center until juice bubbles through vents and crust is brown - about 45 minutes. Cool on wire rack.

Amount Per Serving

Calories 136 Calories from Fat 29

Percent Total Calories From:

Fat 21% Protein 3% Carb. 76%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	5%	
Saturated Fat	2 g	9%	
Cholesterol	8 mg	3%	
Sodium	107 mg	4%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 17% Calcium 0% Iron 1%

Bonnie Butter Cake

12 Servings

Made this over and over during 2nd year 4-H!

2/3 cup butter, softened
1 3/4 cups sugar
2 eggs
1 1/2 teaspoons vanilla
3 cups cake flour, or 2 3/4 cups regular flour
2 1/2 teaspoons baking powder
1 teaspoon salt
1 1/4 cups milk

Heat oven to 350 F. Grease and flour 2 layer pans (9" x 1 1/2") or an oblong pan 13 x 9 x 2". Cream butter, sugar, eggs and vanilla until fluffy. Beat five minutes on high speed on mixer or by hand. Measure flour by sifting. Blend flour, baking powder and salt. Mix in alternately with milk. Use LOW speed on mixer. Pour into pans. Bake layers 30-40 minutes; oblong 45 to 50 minutes, or until cake tests done. Cool. Delicious iced with a fluffy white icing sprinkled with coconut or strawberry butter icing.

Amount Per Serving

Calories 334 Calories from Fat 109

Percent Total Calories From:

Fat 33% Protein 5% Carb. 62%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	7 g	36%	
Cholesterol	67 mg	22%	
Sodium	395 mg	16%	
Total Carbohydrate	52 g	17%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	4 g		

Vitamin A 9% Vitamin C 0% Calcium 0% Iron 12%

Breakfast Soufflé

12 Servings

Good for no fuss company breakfast or brunch.

1 pound bacon, fried and drained
9 eggs, slightly beaten
3 cups milk
1 teaspoon salt
1 teaspoon dry mustard
3 slices cubed fresh bread
1 1/2 cups cheddar cheese, grated

Mix all ingredients together. Put in greased 9 x 13 pan. Refrigerate overnight. Bake uncovered 1 hour at 350 F. Can be frozen, baked or unbaked.

Amount Per Serving

Calories 244 Calories from Fat 156

Percent Total Calories From:

Fat 64% Protein 24% Carb. 12%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17 g	27%	
Saturated Fat	8 g	39%	
Cholesterol	194 mg	65%	
Sodium	606 mg	25%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	15 g		

Vitamin A 9% Vitamin C 8% Calcium 0% Iron 6%

Broccoli and Cauliflower Casserole

8 Servings

- 1 10 3/4 ounce can cond. cream of celery soup**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 2 pounds broccoli**
- 1 pound cauliflower**
- 8 ounces cheese whiz**
- fried onion rings**

Steam vegetables till crisp/tender. Place in large casserole dish. Mix soups and cheese whiz together. Pour over vegetables. Cover with french fried onions. Bake 20 minutes at 350 F.

Amount Per Serving

Calories 128 Calories from Fat 42

Percent Total Calories From:

Fat 33% Protein 19% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	7%	
Saturated Fat	2 g	8%	
Cholesterol	5 mg	2%	
Sodium	393 mg	16%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	2 g	7%	
Sugars	0 g		
Protein	6 g		

Vitamin A 39% Vitamin C 244% Calcium 0% Iron 9%

Broccoli Frittata

6 Servings

- 2 cups broccoli, chopped
- 1 cup onions, thinly sliced
- 1 cup mushrooms, sliced
- 1/2 cup green or red bell peppers, chopped
- 3 tablespoons oil
- 1/4 teaspoon salt
- 1 pinch pepper
- 8 slightly beaten eggs
- 3/4 cup skim milk
- 3/4 cup Parmesan cheese
- 1/2 teaspoon basil, crushed

Saute broccoli, onion, mushrooms, and bell pepper in oil in a 10" oven-proof skillet until broccoli is crisp-tender, about 5 to 10 minutes. Season with salt and pepper. Cool slightly. Combine eggs, milk, cheese, and basil; blend thoroughly. Stir into mixture in the skillet. Bake in a 325 F. oven for 20 to 25 minutes, or until a knife inserted in the center comes out clean. Cut into wedges and serve immediately. Serves 4 to 6.

Amount Per Serving

Calories 254 Calories from Fat 158

Percent Total Calories From:

Fat 62% Protein 25% Carb. 12%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	27%	
Saturated Fat	5 g	25%	
Cholesterol	294 mg	98%	
Sodium	439 mg	18%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	16 g		

Vitamin A 22% Vitamin C 62% Calcium 0% Iron 9%

Broccoli Salad

8 Servings

- 1 cup sunflower seeds
- 1 bunch fresh broccoli, diced fine
- 3 ounces bacon bits
- 1/2 cup onions, chopped
- 2 to 3 whole carrots, shredded
- 1/2 cup raisins
- 1 cup light mayonnaise
- 1/4 cup sugar
- 2 tablespoons white vinegar

Mix together , bacon bits, sunflower kernels, onion, carrots, and raisins.

Toss with dressing made from Mayo, sugar and vinegar.

Refrigerate overnight to blend flavors.

Amount Per Serving

Calories 276 Calories from Fat 143

Percent Total Calories From:

Fat 52% Protein 9% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	24%	
Saturated Fat	2 g	10%	
Cholesterol	8 mg	3%	
Sodium	192 mg	8%	
Total Carbohydrate	27 g	9%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	6 g		

Vitamin A 119% Vitamin C 93% Calcium 0% Iron 11%

Brownie Frosting

50 Servings

Goes with Brownies with Frosting recipe.

1 cup sugar
1/3 cup milk
1/2 cup butter
1 dash salt
1 ounce unsweetened chocolate
1 to 1 1/2 cups powdered sugar

1 cup sugar
1/3 cup milk
1/2 cup butter
1 dash salt
1 ounce unsweetened chocolate
1 to 1 1/2 cups powdered sugar

Bring mixture to a boil, stirring constantly and boil one minute. Cool in a pan of ice water for 5 minutes. Add powdered sugar and beat to desired consistency.

Amount Per Serving

Calories 94 Calories from Fat 40

Percent Total Calories From:

Fat 42% Protein 1% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	3 g	13%	
Cholesterol	10 mg	3%	
Sodium	51 mg	2%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 1%

Brownies with Frosting

50 Servings

Nancy often takes these to the Sharp reunions. Makes a large batch, good for pitch-ins.

2 cups sugar
1/4 cup cocoa
1 cup butter, melted
4 eggs
2 teaspoons vanilla
1 1/2 cups flour
1 teaspoon salt
1/2 cup nuts, chopped

Mix sugar and cocoa, stir in butter. Add eggs and vanilla and beat well. Sift flour and salt and stir into cocoa mixture. Fold into nuts. Pour into a greased 1" x 10" x 15" jelly roll pan. Bake at 375 f. for 20 to 25 minutes.

Frost with Brownie Frosting.

Amount Per Serving

Calories 95 Calories from Fat 44

Percent Total Calories From:

Fat 46% Protein 5% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	3 g	13%	
Cholesterol	27 mg	9%	
Sodium	93 mg	4%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 1%

Bundt Kuchen

15 Servings

- 1 package active dry yeast
- 1 cup water, warm (105 F. to 115 F.)
- 3 1/4 cups flour, sifted
- 1/2 cup butter
- 1 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 tablespoon fresh lemon peels, grated
- 4 eggs, unbeaten

Mix yeast and warm water; stir in 1 c. of the flour. Set in warm place until bubbly, about 30 minutes.

In large mixer bowl, cream butter, sugar, salt, and flavorings until fluffy. Beat in eggs, one at a time. Beat in yeast mixture. Blend in rest of flour, beating smooth at moderately low speed. Pour into greased and floured 10 cup tube pan or mold. Pan should be only half full.

Let rise in warm place until batter is about 1/4" from the top. Bake at 375 F. for 50 to 60 minutes or until cake tests done. Cool in pan. loosen and turn out.

Batter may be baked in 2- five cup tube pans for 35 to 40 minutes.

Amount Per Serving

Calories 226 Calories from Fat 70

Percent Total Calories From:

Fat 31% Protein 8% Carb. 61%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	8 g		12%
Saturated Fat	4 g		21%
Cholesterol	73 mg		24%
Sodium	158 mg		7%
Total Carbohydrate	34 g		11%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	5 g		

Vitamin A 6% Vitamin C 1% Calcium 0% Iron 3%

Buster Bar Dessert

15 Servings

Excellent hot weather dessert. Keeps a long time in the freezer.

- 1 16 oz. package Oreo cookies**
- 1/3 stick butter**
- 1/2 gallon vanilla ice cream, cut in slices**
- 1 6 oz. can salted peanuts**
- 1 12 oz. can fudge sauce**
- 1 12 oz. package Cool Whip**

Crush 1 large package Oreo cookies. Combine with 1/3 stick butter. Reserve 1 cup of this mixture. Press rest of cookie mixture into the bottom of a 9 x 13" pan.

Layer ice cream, peanuts, fudge sauce, and cool whip, in that order. Sprinkle with 1 cup Oreo crumbs. Freeze. Serve in squares.

Amount Per Serving

Calories 238 Calories from Fat 130

Percent Total Calories From:

Fat 55% Protein 10% Carb. 36%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	22%	
Saturated Fat	6 g	31%	
Cholesterol	36 mg	12%	
Sodium	122 mg	5%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	6 g		

Vitamin A 7% Vitamin C 1% Calcium 0% Iron 2%

Butter Pecan Cake

16 Servings

Moist and easy!

- 1 package butter pecan cake mix**
- 4 eggs**
- 2/3 cup oil**
- 1 cup milk**
- 1 15 oz. can Coconut Pecan Frosting**

Mix together and beat 2 minutes. Stir in 1 can coconut pecan frosting. Pour into a bundt pan which has been greased and floured. Bake at 325 degrees for 1 hour. Check time.

Amount Per Serving

Calories 233 Calories from Fat 166

Percent Total Calories From:

Fat 71% Protein 5% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	4 g	22%	
Cholesterol	55 mg	18%	
Sodium	69 mg	3%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	0%	
Sugars	12 g		
Protein	3 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

Cafe Salad

8 Servings

- 1 layer broken-up lettuce**
- 1 layer chopped celery**
- 1 layer chopped green onion**
- 1/2 package thawed frozen peas**
- 1 sprinkle bacon bits**
- 1 sprinkle layer of Parmesan cheese**
- salad dressing**

Place ingredients in the order they are given in a large, deep casserole dish. Amount can be varied according to size of dish. Cover edge to edge with salad dressing or mayonnaise so that no air can reach the lettuce. Cover and refrigerate overnight. Toss when ready to serve.

Amount Per Serving

Calories 32 Calories from Fat 8

Percent Total Calories From:

Fat 24% Protein 22% Carb. 54%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	2%	
Cholesterol	2 mg	1%	
Sodium	138 mg	6%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	2 g		
Vitamin A	4%	Vitamin C	14%
Calcium	0%	Iron	3%

Carmel Icing

12 Servings

Goes great with an applesauce or spice cake!

1 1/3 cups brown sugar
2 tablespoons corn syrup
1/3 cup milk
1/4 cup shortening
1 1/2 cups powdered sugar
2 tablespoons milk

Boil together brown sugar, corn syrup, 1/3 c. milk until soft ball forms when dropped into cold water or 238 F. on candy thermometer. Blend shortening with powdered sugar and 2 Tbsp. milk. Pour hot syrup over powdered sugar mixture. Beat to a spreading consistency.

Amount Per Serving

Calories 170 Calories from Fat 45

Percent Total Calories From:

Fat 27% Protein 1% Carb. 73%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	1 g	5%	
Cholesterol	1 mg	0%	
Sodium	11 mg	0%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 3%

Carmels

24 Servings

- 1 pound brown sugar**
- 1/2 pound butter**
- 1 14 oz. can sweetened condensed milk**
- 14 ounces Karo light corn syrup**

Fill Eagle Brand sweetened condensed milk can with light Karo and add to brown sugar and butter. Stir constantly over heat until soft ball (245 F. app.) is formed in cold water. (Original recipe calls for hard ball. Use if you like a sucking type of carmel and work fast to cut!) Add chopped nuts if desired and pour into a buttered pan. Cool, cut, and wrap. Let cool completely before wrapping or candy will stick to waxed paper!

Amount Per Serving

Calories 246 Calories from Fat 82

Percent Total Calories From:

Fat 33% Protein 2% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	6 g	28%	
Cholesterol	26 mg	9%	
Sodium	116 mg	5%	
Total Carbohydrate	40 g	13%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 7% Vitamin C 1% Calcium 0% Iron 8%

Carrot - Coconut Cake

12 Servings

3 **carrots, medium, sliced**
1 **orange peel, 1" square**
1 **cup orange juice**
1/4 **cup cooking oil**
1 **package yellow cake mix**
3 **eggs**
TOPPING
1 1/3 **cups coconuts**
3/4 **cup brown sugar, packed**
3/4 **cup pecans, chopped**
1/3 **milk**
1/4 **cup butter, melted**
1 **teaspoon vanilla**

Combine carrots, orange peel, juice, and oil in blender or food processor until carrots are finely chopped. Add to cake mixer with eggs and beat with mixer 2 to 3 minutes on medium speed. Turn into greased 13 x 9 x 2" baking pan. Bake at 350 F. for 35 to 40 minutes. Turn oven to broil.

Topping:

Mix coconut, brown sugar, and pecans. Stir in milk, melted butter, and vanilla. Using back of spoon, quickly spread coconut topping over hot cake in pan. Broil cake 4-5 inches from heat for 2 - 3 minutes or 'till topping is golden brown.

Serve warm or cool.

Amount Per Serving

Calories 224 Calories from Fat 156

Percent Total Calories From:

Fat 70% Protein 5% Carb. 25%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17	g	27%
Saturated Fat	6	g	30%
Cholesterol	63	mg	21%
Sodium	66	mg	3%
Total Carbohydrate	14	g	5%
Dietary Fiber	1	g	4%
Sugars	0	g	
Protein	3	g	

Vitamin A 106% Vitamin C 16% Calcium 0% Iron 5%

Carrot Oat Muffins

12 Servings

- 3/4 cup quick-cooking oatmeal**
- 1 cup buttermilk, or sour milk**
- 1 1/4 cups unbleached flour**
- 3 teaspoons baking powder**
- 1/2 teaspoon salt**
- 1 egg**
- 3 tablespoons honey**
- 1/2 cup carrots, finely shredded**
- 1 teaspoon orange rind, grated**

Combine oats and buttermilk in a mixing bowl and let stand for 15 minutes. Meanwhile, combine flour, baking powder, and salt; stir into oat mixture with egg that has beaten with honey. Fold in carrots and orange rind, stirring only enough to moisten all ingredients. Spoon into greased muffin cups and bake in a preheated 400 F. oven for 20 to 25 minutes. Makes 12.

Amount Per Serving

Calories 101 Calories from Fat 9

Percent Total Calories From:

Fat 9% Protein 14% Carb. 77%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	2%	
Saturated Fat	0 g	2%	
Cholesterol	18 mg	6%	
Sodium	213 mg	9%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 27% Vitamin C 2% Calcium 0% Iron 3%

Casserole Lasagna

8 Servings

- 1 package 3/4" wide noodles**
- 2 pounds lean ground beef**
- 1 onion, medium, chopped and sauted with beef**
- 2 cups Hunt's tomato herb sauce, (or plain tomato sauce w/4T. Italian seasonings, garlic salt**
- 2 cups cheddar cheese, shredded**
- 2 cups mozzarella cheese**

Mix together all but mozzarella cheese in 9 X 13 pan. Top with mozzarella cheese. Bake at 350 F. for 30 to 45 minutes.

Amount Per Serving

Calories 444 Calories from Fat 291

Percent Total Calories From:

Fat 65% Protein 32% Carb. 3%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	32 g	50%	
Saturated Fat	16 g	81%	
Cholesterol	131 mg	44%	
Sodium	351 mg	15%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	35 g		

Vitamin A 10% Vitamin C 3% Calcium 0% Iron 12%

Chalupas

12 Servings

- 4** each cooked chicken breast, cubed
- 1** pound cheddar cheese, grated
- 10** large corn tortillas, cut into quarters
- SAUCE**
- 1** 10 3/4 ounce can cond. cream of mushroom soup
- 1** 10 3/4 ounce can cond. cream of chicken soup
- 1** cup sour cream
- 1** 4 oz. can canned diced mild green chiles
- 2/3** cup milk
- 1/2** cup onions, finely diced
- 1** 2 ounce tin pimientos, chopped

Layer half of tortillas, cooked chicken, sauce and cheese in buttered 13 x 9" baking dish. Repeat layers, ending with cheese. Bake, covered with foil, at 350 F. for 45 minutes; uncover and bake for 15 more minutes. (Dish can be made ahead and frozen.

Amount Per Serving

Calories 416 Calories from Fat 227

Percent Total Calories From:

Fat 55% Protein 26% Carb. 19%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	39%	
Saturated Fat	12 g	59%	
Cholesterol	90 mg	30%	
Sodium	852 mg	35%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	27 g		

Vitamin A 17% Vitamin C 19% Calcium 0% Iron 14%

Cheesecake Cookies

25 Servings

- 5 **tablespoons butter**
- 1/3 **cup brown sugar, packed**
- 1 **cup flour**
- 1/4 **cup walnuts**
- 1 **8 oz. package cream cheese**
- 1/2 **cup sugar**
- 1 **egg**
- 2 **tablespoons milk**
- 1 **tablespoon lemon juice**
- 1/2 **teaspoon vanilla**

1. Beat butter and brown sugar till fluffy. Beat in flour and nuts. Set aside 1 cup of this mixture.
2. Press remaining mixture into bottom of ungreased 8 x 8 x 2" pan. Bake at 350 F. for 12 minutes.
3. Meanwhile, beat together the cream cheese and sugar. Add the egg, milk, lemon juice and vanilla. Mix well. Pour over baked layer in pan.
4. Sprinkle reserved butter mixture over top. Bake in 350 F. oven for 25 minutes. Cool. Cut into bars. Store, covered, in the refrigerator.

Amount Per Serving

Calories 105 Calories from Fat 59

Percent Total Calories From:

Fat 56% Protein 6% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	10%	
Saturated Fat	4 g	18%	
Cholesterol	25 mg	8%	
Sodium	54 mg	2%	
Total Carbohydrate	10 g	3%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 1% Calcium 0% Iron 2%

Cheesy Fudge Brownies

16 Servings

1 8 oz. package cream cheese, softened
2 1/4 cups sugar, divided
1 teaspoon cinnamon
4 eggs, divided
3 1/2 teaspoons vanilla, divided
1 cup butter or margarine
4 ounces unsweetened chocolate
1 1/2 cups flour
1/2 teaspoon salt
1 cup nuts, chopped

In a small bowl of electric mixer, combine cream cheese, 1/4 c. of the sugar, cinnamon, one of the eggs and 1 1/2 t. of the vanilla. Beat until smooth and set aside.

In a small saucepan, melt butter or margarine and chocolate over low heat and cool slightly.

In large bowl of electric mixer, combine remaining 2 c. of sugar, 3 eggs, 2 t. vanilla and the reserved cooled chocolate mixture; beat on medium speed until well-blended. Beat in flour and salt on low speed; stir in nuts.

Spread half the chocolate batter in greased 9" square baking pan. Spread prepared cheese filling on top and cover with remaining half of the chocolate batter. Gently swirl spoon through batter to give a marbled effect. Bake at 350 F. for 55 to 60 minutes. Cool on wire rack and cut into squares.

Amount Per Serving

Calories 428 Calories from Fat 234

Percent Total Calories From:

Fat 55% Protein 6% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	26 g	40%	
Saturated Fat	13 g	67%	
Cholesterol	100 mg	33%	
Sodium	250 mg	10%	
Total Carbohydrate	42 g	14%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	6 g		

Vitamin A 14% Vitamin C 0% Calcium 0% Iron 8%

Cheesy Rice and Broccoli

6 Servings

- 1 10 oz. package frozen chopped broccoli**
- 3/4 cup water**
- 1/2 pound Velveeta Cheese, cubed**
- 1 1/2 cups Minute Rice, uncooked**

1. Bring broccoli and water to boil in medium saucepan, separating broccoli with a fork.
2. Stir in Velveeta cheese Spread. Reduce heat to low; cover and simmer 3 minutes.
3. Stir in Minute Rice; cover. Remove from heat. Let stand 5 minutes. Stir before serving.

Amount Per Serving

Calories 17 Calories from Fat 1

Percent Total Calories From:

Fat 9% Protein 33% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	13 mg	1%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 15% Vitamin C 74% Calcium 0% Iron 2%

Cherry Raisin Coffee Cake

9 Servings

- 2 **tablespoons sugar**
- 1 **egg**
- 2 **cups Bisquick**
- 3/4 **cup milk**
- TOPPING**
- 1/4 **cup brown sugar, packed**
- 1/4 **teaspoon cinnamon**
- 1/2 **cup raisins**

Heat oven to 400 F. Mix together sugar, egg, Bisquick, and milk. Spread into a greased 9" layer pan. Sprinkle with topping mixture. Spoon jam, jelly or honey over top of all. Bake 20-25 minutes.

Put whatever you have handy on top of basic cake. Nuts, coconut, natural cereal, any jam or jelly in small drops. When using raisins, put them on top of basic dough before sugar topping, etc. so they won't burn.

Amount Per Serving

Calories 74 Calories from Fat 12

Percent Total Calories From:

Fat 16% Protein 9% Carb. 75%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	2%	
Saturated Fat	1 g	3%	
Cholesterol	26 mg	9%	
Sodium	19 mg	1%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 2%

Chew Bread

15 Servings

- 1 stick margarine, melted
- 3 eggs
- 1 16 oz. package dark brown sugar, (2 1/2 cups)
- 2 cups self-rising flour
- 3/4 cup nuts, chopped
- 1 cup coconuts
- 1 teaspoon vanilla

Mix together margarine, eggs, and dark brown sugar. Add rest of ingredients and stir together. Put in a 13 x 11" pan. Cook 1 hour at 300 F.

Amount Per Serving

Calories 202 Calories from Fat 64

Percent Total Calories From:

Fat 31% Protein 5% Carb. 63%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	2 g	12%	
Cholesterol	43 mg	14%	
Sodium	32 mg	1%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 9%

Chewy Chocolate Chip Oatmeal Cookies

42 Servings

- 1 cup butter, softened
- 1 cup light brown sugar, packed
- 1/2 cup white sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 cups quick cooking rolled oats
- 1 cup walnuts, chopped
- 1 cup semi-sweet chocolate chips

Preheat the oven to 325 degrees F (165 degrees C).

In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in eggs one at a time, then stir in vanilla. Combine the flour, baking soda, and salt; stir into the creamed mixture until just blended. Mix in the quick oats, walnuts, and chocolate chips.

Drop by heaping spoonfuls onto ungreased baking sheets. Bake for 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Amount Per Serving

Calories 119 Calories from Fat 61

Percent Total Calories From:

Fat 51% Protein 7% Carb. 42%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	7 g		10%
Saturated Fat	3 g		15%
Cholesterol	22 mg		7%
Sodium	114 mg		5%
Total Carbohydrate	12 g		4%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	2 g		

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 3%

Chewy-Coconut Bars

16 Servings

Colorful - Great for Christmas or Valentine's Day!

- 1 cup flour, sifted**
- 1/2 cup butter**
- 3 tablespoons powdered sugar**

- 2 eggs, slightly beaten**
- 1 cup sugar**
- 1/4 cup flour**
- 1/2 teaspoon baking powder**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla**
- 3/4 cup nuts, chopped**
- 1/2 cup flaked coconuts**
- 1/2 cup maraschino cherries, quartered**

Heat oven to 350 F. Mix flour, butter and powdered sugar until smooth. Pat into bottom of an 8" or 9" square pan. Bake about 25 minutes.

Stir remaining ingredients into beaten eggs. Spread over top of baked pastry. (No need to cool.) Bake for another 25 minutes. Cool. Cut into bars.

Amount Per Serving

Calories 208 Calories from Fat 96

Percent Total Calories From:

Fat 46% Protein 6% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	16%	
Saturated Fat	5 g	25%	
Cholesterol	42 mg	14%	
Sodium	115 mg	5%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 3%

Chicken a La King

6 Servings

- 1/4 cup onions, chopped**
- 3 tablespoons butter**
- 3 tablespoons flour**
- 1 cup peas, cooked**
- 1/2 teaspoon salt**
- 1 1/2 cups chicken broth**
- 2 cups cooked chicken, cubed**
- 1 package refrigerated biscuit**

Cook onion in butter until tender. Blend in flour and salt. Add broth all at once. Cook and stir till thickened and bubbly. Add chicken and vegetables. Heat till bubbly. Pour into 1 1/2 quart casserole. Arrange biscuits in a ring around the side - atop of the hot chicken mixture. Bake casserole at 425 F. for 8 to 10 minutes or till biscuits are done.

Amount Per Serving

Calories 208 Calories from Fat 93

Percent Total Calories From:

Fat 45% Protein 30% Carb. 25%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	6 g	28%	
Cholesterol	51 mg	17%	
Sodium	740 mg	31%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	16 g		

Vitamin A 8% Vitamin C 17% Calcium 0% Iron 7%

Chicken Breast L'Orangere Almondine

2 Servings

- 2 boneless chicken breasts, skinned**
- 1 14 oz. can mandarin oranges, (small can)**
- 2 tablespoons margarine**
- salt**
- 4 ounces sliced almonds, toasted**
- 2 to 4 tablespoons brown sugar**

Cut chicken to bite-sized pieces. Heat margarine in skillet. Cook chicken, stirring constantly, until almost done. Add oranges, and continue to stir until liquid evaporates and oranges break up. Stir in brown sugar and cook until liquid thickens to desired stage. Sprinkle toasted almonds on top of chicken. Serve with rice or plain.

Amount Per Serving

Calories 490 Calories from Fat 235

Percent Total Calories From:

Fat 48% Protein 46% Carb. 6%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	26 g	40%	
Saturated Fat	6 g	30%	
Cholesterol	159 mg	53%	
Sodium	852 mg	35%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	56 g		

Vitamin A 13% Vitamin C 0% Calcium 0% Iron 13%

Chicken Casserole

6 Servings

- 2 cups cooked chicken, diced, may substitute turkey
- 6 eggs, hard-boiled
- 1 10 3/4 ounce can cond. cream of chicken soup
- 1 10 3/4 ounce can cond. cream of mushroom soup
- 2 cups diced celery
- 4 tablespoons onions
- 1 envelope sliced almonds
- 1 teaspoon salt
- pepper
- 1 1/2 cups mayonnaise
- 2 tablespoons lemon juice
- 4 cups potato chips, crushed

Mix all except eggs. Quarter eggs and put on top. Bake at 375 F. for 45 minutes.

Amount Per Serving

Calories 763 Calories from Fat 587

Percent Total Calories From:

Fat 77% Protein 12% Carb. 11%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	65 g	100%	
Saturated Fat	14 g	69%	
Cholesterol	272 mg	91%	
Sodium	1737 mg	72%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	23 g		

Vitamin A 16% Vitamin C 24% Calcium 0% Iron 12%

Chicken Dumplings

4 Servings

A Thanksgiving necessity!

2 cups flour
1 tablespoon shortening
2 eggs, beaten
1/2 teaspoon salt
6 tablespoons cold water
chicken or turkey broth

Blend flour, salt, and shortening. Beat the eggs with the water and add to the flour mixture. Mix thoroughly. Take a small portion at a time, put on a floured board and roll very thin. Cut into squares (1 1/2" or so) and let dry on counter top all day or overnight. Bring broth to a boil and drop dumplings into broth. Cook for 15 to 20 minutes.

Amount Per Serving

Calories 290 Calories from Fat 60

Percent Total Calories From:

Fat 21% Protein 13% Carb. 66%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	10%	
Saturated Fat	1 g	7%	
Cholesterol	106 mg	35%	
Sodium	325 mg	14%	
Total Carbohydrate	48 g	16%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	10 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 6%

Chicken Hot Dish

8 Servings

1 1/2 cups Minute Rice
1 1/2 cups chicken broth
1/2 pound ham, diced
1 cooked chicken, cut-up
1 10 3/4 ounce can cond. cream of mushroom soup
1 cup sour cream
1/4 cup sherry
1 4 oz. can black olives
2 cups cheddar cheese
2 cups bread crumbs
1/2 cup butter

Cook rice in chicken broth, then pat in a 9 x 13 inch pan. Cover with meat. Combine soup, sour cream and sherry and spread over meat. Add sliced olives and cover with shredded cheese and buttered crumbs. Bake at 350 F. for 45 minutes.

Amount Per Serving

Calories 578 Calories from Fat 336

Percent Total Calories From:

Fat 58% Protein 24% Carb. 17%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	37 g	57%	
Saturated Fat	18 g	90%	
Cholesterol	134 mg	45%	
Sodium	1527 mg	64%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	34 g		

Vitamin A 19% Vitamin C 9% Calcium 0% Iron 16%

Chicken Kebabs

2 Servings

- 1 10 oz. can unsweetened pineapple chunks**
- 1/2 cup dry white wine**
- 1 dash pepper**
- 1 teaspoon minced garlic**
- 1 teaspoon fresh ginger root, chopped**
- 1 dash lemon juice**
- 2 skinless boneless chicken breast halves, (3 oz. ea) cubed**
- green bell pepper, chunked**
- onion, chunked**
- tomato, chunked**
- fresh mushroom**
- RICE-A-RAISIN**
- 1 cup brown rice, uncooked**
- 3/4 cup orange juice**
- 1 cup water**
- 1/3 cup raisins**

Drain pineapple, reserving liquid. In large bowl, combine reserved liquid, wine, pepper, garlic, ginger root, and lemon juice. Stir to mix.

Add chicken, vegetables, and pineapple, stirring to coat. Set aside to marinate 1 hour. Alternate pieces of chicken, vegetables, and pineapple on skewers. Place on broiler pan. Broil 3 to 4 minutes, turning once. During first 10 minutes, baste with marinade. Serve over Rice-a-Raisin.

RICE-A-RAISIN

In saucepan, combine all ingredients. Bring to boil over high heat. Reduce heat to low, cover and simmer 45 minutes or until all liquid is absorbed. Makes 2 to 4 servings.

Amount Per Serving

Calories 733 Calories from Fat 62

Percent Total Calories From:

Fat 9% Protein 22% Carb. 64%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	7 g	11%	
Saturated Fat	2 g	8%	
Cholesterol	80 mg	27%	
Sodium	94 mg	4%	
Total Carbohydrate	117 g	39%	
Dietary Fiber	3 g	12%	
Sugars	0 g		
Protein	41 g		

Vitamin A 14% Vitamin C 149% Calcium 0% Iron 23%

Chicken Provençal for Two

2 Servings

- 2** **chicken thighs**
- 1/2** **onion, medium, thinly sliced**
- 4** **ounces mushrooms, sliced**
- 1** **16 oz. can tomatoes, undrained**
- 1** **clove garlic, minced**
- 1/4** **teaspoon dried rosemary**
- 1** **pinch dried thyme**
- 1** **pinch dried savory**
- 1** **pinch dried basil**
- 1** **ounce Canadian bacon, diced**
- 7** **tablespoons dry red wine, divided**
- 1** **tablespoon instant blending flour**

Broil chicken skin side up until skin is crisp and rendered of fat. Arrange onion and mushrooms in bottom of 1 quart cassarole (include liquid if using canned mushrooms). Mash the tomatoes with the garlic and spoon into the cassarole. Add the sliced bacon. Arrange the browned chicken thighs on top, skin side up. Pour on 4 T. (1/4 c.) of the wine. Cover the cassarole and bake 45 to 50 minutes at 350 F. Uncover the cassarole and bake 10 to 15 minutes more. Blend the flour with the remaining 3 T. wine and stir into tomato mixture, without removing the chicken. Bake an additional 5 to 10 minutes, uncovered, until sauce is thick.

Amount Per Serving

Calories 255 Calories from Fat 86
 Percent Total Calories From:
 Fat 34% Protein 30% Carb. 37%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	10 g	15%	
Saturated Fat	3 g	13%	
Cholesterol	50 mg	17%	
Sodium	211 mg	9%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	3 g	11%	
Sugars	0 g		
Protein	19 g		

Vitamin A 33% Vitamin C 112% Calcium 0% Iron 24%

Chicken Salsa Verde

4 Servings

- 1 package Simply Potatoes Southwest Style Hash Browns**
- 8 ounces sour cream**
- 1 pound chicken thighs, boneless, skinless**
- 1 1/2 teaspoons ground mesquite or chipolte seasoning**

2/3 c. salsa verde (green salsa)
1 cup (4 ounces) shredded monterey jack cheese
chopped avocado
chopped green onions

Heat oven to 400 degrees F. Spray 13 x 9 inch baking dish with nonstick cooking spray. Place potatoes evenly over bottom of baking dish. Rub both sides of each chicken thigh with mesquite seasoning. Place on top of potatoes. Cover; bake 40 to 50 minutes or until potatoes are tender.

Uncover; top chicken with salsa verde. Sprinkle with cheese. Continue baking, uncovered, 5 minutes or until chese is melted. Serve chicken and potoates iwth avocado and green onion as garnish. (May substitute boneless chicken breast if desired.) (Substitute tomato salsa if desired.)

Amount Per Serving

Calories 314 Calories from Fat 218

Percent Total Calories From:

Fat 69% Protein 28% Carb. 3%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	24 g	37%	
Saturated Fat	8 g	38%	
Cholesterol	96 mg	32%	
Sodium	90 mg	4%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	22 g		

Vitamin A 8% Vitamin C 1% Calcium 0% Iron 6%

Chicken Saltimbocca

6 Servings

- 3 boneless chicken breasts, skinned, and halved lengthwise
- 6 slices thin boiled ham
- 3 slices mozzarella cheese
- 1 medium tomato
- 1/2 teaspoon sage
- 2 tablespoons snipped parsley
- 1/3 cup fine dry bread crumbs
- 2 tablespoons Parmesan cheese, grated
- 4 tablespoons margarine, melted

Place chicken, boned side up, on cutting board. Working from the center out, pound lightly with meat mallet to 5" x 5". Place ham slice and cheese slice on each cutlet. Top with tomato (or tomato sauce) and a dash of sage. Tuck in sides and roll up. Combine bread crumbs, parmesan cheese and parsley. Dip chicken in margarine and then roll in bread crumbs. Place in baking pan, seam side down, and bake in a 350 F. oven for 40 to 45 minutes.

Amount Per Serving

Calories 287 Calories from Fat 144

Percent Total Calories From:

Fat 50% Protein 42% Carb. 8%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	4 g	20%	
Cholesterol	82 mg	27%	
Sodium	242 mg	10%	
Total Carbohydrate	5 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	30 g		

Vitamin A 13% Vitamin C 10% Calcium 0% Iron 10%

Chicken Tetrazzini

6 Servings

- 1 large broiler-fryer chicken
- 1 medium, chopped onion
- 1 green bell pepper, diced
- 1 8 ounce spaghetti
- 2 10 3/4 ounce can cond. cream of mushroom soup
- 1 12 ounce evaporated milk
- 1 pound cheese, cheddar or American, shredded

Cook chicken until tender in just enough water to cover. Let stand in broth for several hours (in refrigerator). Bone and dice meat. Saute onion and green pepper in butter. Cook spaghetti in broth and drain. Combine all ingredients, reserving 1/3 pound cheese for top. Bake, uncovered, at 350 F. for 40 minutes.

Amount Per Serving

Calories 911 Calories from Fat 487

Percent Total Calories From:

Fat 53% Protein 26% Carb. 20%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	54 g	83%	
Saturated Fat	25 g	127%	
Cholesterol	215 mg	72%	
Sodium	1447 mg	60%	
Total Carbohydrate	46 g	15%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	60 g		

Vitamin A 35% Vitamin C 26% Calcium 0% Iron 26%

Chiles Relleno

9 Servings

- 1 14 oz. can whole mild green chilies**
- 1/2 pound cheddar cheese, grated**
- 1/4 pound Monterey Jack cheese, grated**
- 1 6 oz. can evaporated milk**
- 2 eggs**
- 1 tablespoon flour**
- 1/4 teaspoon salt**

Rinse chiles and remove seeds. Line a buttered 8" square pan with 1/2 of the chiles, the 1/2 of the cheeses. Layer again. Combine remaining ingredients and pour over cheese and chili layers. Bake at 375 F. for 30 minutes or until set.

Amount Per Serving

Calories 194 Calories from Fat 133

Percent Total Calories From:

Fat 69% Protein 25% Carb. 6%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	9 g	45%	
Cholesterol	91 mg	30%	
Sodium	323 mg	13%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	12 g		

Vitamin A 10% Vitamin C 1% Calcium 0% Iron 3%

Chinese Dish

4 Servings

- 1 pound lean ground beef, browned**
- 1 10 3/4 ounce can cond. cream of celery soup**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 1 1/2 cups water**
- 1 cup onions, chopped**
- 1/2 cup rice, uncooked**
- 1/4 cup soy sauce**
- chow mein noodles**

Combine all ingredients except noodles. Bake in a covered casserole at 350 F. for 1/2 hour. Uncover and bake 1/2 hour. Put on top of chow mein noodles.

Amount Per Serving

Calories 423 Calories from Fat 193

Percent Total Calories From:

Fat 46% Protein 26% Carb. 28%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	21 g	33%	
Saturated Fat	8 g	40%	
Cholesterol	85 mg	28%	
Sodium	1700 mg	71%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	28 g		

Vitamin A 7% Vitamin C 4% Calcium 0% Iron 21%

Chocolate Cheesecake Bars

24 Servings

- 2 cups chocolate chips
- 1/3 cup butter
- 2 cups graham cracker crumbs
- 1 cup walnuts, chopped
- 1 8 oz. package cream cheese, softened
- 1 14 oz. can sweetened condensed milk
- 1 teaspoon vanilla
- 1 egg

In medium saucepan, melt chocolate pieces and butter together or microwave in a glass bowl on full power 1 minute and 30 seconds. Microwave an additional 30 seconds if necessary.

Add cracker crumbs and nuts. Stir. Press half the mixture into a 13 x 9" baking pan. In a large mixing bowl, beat cream cheese until fluffy. Add milk, vanilla, and egg. Mix well. Spoon over chocolate curmb mixture. Bake at 350 F. for 25 minutes. Chill before cutting. Makes 24 bars.

Amount Per Serving

Calories 258 Calories from Fat 147

Percent Total Calories From:

Fat 57% Protein 6% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	8 g	40%	
Cholesterol	32 mg	11%	
Sodium	126 mg	5%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	4 g		

Vitamin A 6% Vitamin C 1% Calcium 0% Iron 5%

Chocolate Chip Bars

24 Servings

Try topped with whipped cream or ice cream.

- 1 cup butter or margarine**
- 1 cup sugar**
- 1/2 cup brown sugar**
- 2 eggs**
- 1 teaspoon vanilla**
- 2 1/4 cups all-purpose flour**
- 1 teaspoon salt**
- 1 teaspoon baking soda**
- 1/2 cup milk**
- 1 cup quick cooking rolled oats**
- 1 12 oz. package chocolate chips, (2 cups)**

Cream butter and sugar until light and fluffy. Add eggs and vanilla and beat thoroughly. Add sifted dry ingredients alternately with milk in thirds, beating after each addition. Stir in oats and chocolate. Spread mixture in a greased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Bake at 350 F. for 25 minutes.

Amount Per Serving

Calories 257 Calories from Fat 123

Percent Total Calories From:

Fat 48% Protein 5% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	8 g	40%	
Cholesterol	39 mg	13%	
Sodium	219 mg	9%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 7% Vitamin C 0% Calcium 0% Iron 5%

Chocolate Chip Cookies

12 Servings

- 2 cups all-purpose flour**
- 1 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 egg**
- 3 tablespoons water**
- 1 teaspoon vanilla**
- 1 cup firmly packed brown sugar**
- 1/4 cup Puritan Oil**
- 1/2 cup semisweet chocolate chips**

1. Heat oven to 375 degrees F. Grease baking sheets well.
2. Combine flour, soda, and salt. Set aside.
3. Combine egg, water, and vanilla. Set aside.
4. Blend brown sugar and Puritan Oil in large bowl at low speed of electric mixer. Add egg mixture. Beat until smooth. Add flour mixture in three parts at lowest speed. Scrape bowl well after each addition. Stir in chocolate chips.
5. Drop dough by rounded teaspoonfuls onto baking sheets.
6. Bake at 375 degrees F. for 7 or 8 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to cooling rack.

An easy Make-Over: Try cutting amounts of high-fat items like chocolate chips in your dessert recipes. They can often be reduced by 50% and your recipe will still taste great!

Amount Per Serving

Calories 226 Calories from Fat 69

Percent Total Calories From:

Fat 31% Protein 5% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	2 g	11%	
Cholesterol	18 mg	6%	
Sodium	176 mg	7%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 6%

Chocolate Coma Cookies

30 Servings

This recipe is adapted from Tough Cookie by Diane Mott Davidson (Bantam)

1 cup blanched almonds, slivered
4 ounces bittersweet chocolate
1 cup dried tart cherries
12 ounces chocolate chips
2 cups rolled oats
2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup butter, softened
1 cup dark brown sugar, packed
1 cup sugar
2 eggs
1 1/2 teaspoons vanilla

Preheat oven to 350 degrees. Butter two cookie sheets.

Put the almonds on a foil-lined tray and toast in the oven 5 to 7 minutes. Cool.

Chop the bittersweet chocolate into small chunks, no larger than large chocolate chips. Set aside.

In another bowl, combine the oats, flour, baking powder, baking soda and salt; set aside.

In a large mixing bowl, beat the butter until soft. Add brown and white sugars; beat until light and fluffy in texture, about 4 minutes. Add eggs and vanilla; beat until mixture is well combined.

Add the flour mixture, beating at low speed just until well combined, about 1 minute. Do not overbeat.

Add chocolate chips, bittersweet chocolate, cherries and nuts. Using a sturdy wooden spoon, mix well by hand until ingredients are incorporated.

Using a 1-tablespoon scoop, measure out cookies onto sheets, leaving 2 inches between cookies.

Bake 12 to 14 minutes, or until the cookies have set and are slightly flattened and light brown.

Cool on sheets 2 minutes. Transfer to cooling rack to cool.

Store in airtight containers.

Amount Per Serving

Calories 285 Calories from Fat 140

Percent Total Calories From:

Fat 49% Protein 6% Carb. 45%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	24%	
Saturated Fat	8 g	38%	
Cholesterol	31 mg	10%	
Sodium	147 mg	6%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	4 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 7%

Chocolate Crinkles

30 Servings

- 2 cups granulated sugar
- 1/2 cup vegetable oil
- 4 ounces unsweetened chocolate, melted
- 2 teaspoons vanilla
- 4 eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup powdered sugar

Mix granulated sugar, oil, chocolate and vanilla. Mix in eggs, 1 at a time. Stir in flour, baking powder and salt. Cover and refrigerate at least 3 hours.

Heat over to 350 degrees. Drop dough by teaspoonfuls into powdered sugar; roll around to coat. Sape into balls. Place about 2 inches apart on greased cookie sheet. Bake until almost no indentation remains when touched, 10 to 12 minutes.

Amount Per Serving

Calories 166 Calories from Fat 58

Percent Total Calories From:

Fat 35% Protein 5% Carb. 60%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	2 g	9%	
Cholesterol	28 mg	9%	
Sodium	71 mg	3%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 3%

Chocolate French Silk Pie

8 Servings

Great, light flavor. Be careful due to uncooked eggs used in filling. Use only the freshest, uncracked eggs!

- 1/4 pound butter, creamed**
- 3/4 cup sugar**
- 1 teaspoon vanilla**
- 2 eggs**
- 1 ounce HERSHEY'S unsweetened baking chocolate, melted and cooled**

Mix melted baking chocolate, sugar, and vanilla into creamed butter and beat. Break in one egg and beat 5 minutes. Break in other egg and beat 5 minutes more or until sugar is no longer crunchy. Keep beating to remove any whole grains of sugar. Pour into baked ie shell and refrigerate at least 2 hours. Serve with whipped cream.

Amount Per Serving

Calories 222 Calories from Fat 133

Percent Total Calories From:

Fat 60% Protein 4% Carb. 36%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	8 g	38%	
Cholesterol	84 mg	28%	
Sodium	134 mg	6%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 10% Vitamin C 0% Calcium 0% Iron 2%

Chocolate Mint Squares

12 Servings

- Cake Layer;**
- 1 cup sugar**
- 1/2 cup butter**
- 4 eggs**
- 1 cup flour**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla**
- 1 16 oz. can Hershey's Chocolate syrup, (1 1/2 cups)**
- Mint Layer;**
- 2 cups powdered sugar**
- 3 tablespoons creme de menthe liqueur**

- 1/2 cup butter**
- Icing:**
- 1 6 oz. package chocolate chips, (1 cup)**
- 6 tablespoons butter**

Cake Layer:

Beat butter for 30 seconds, add sugar and beat until fluffy. Add eggs and beat until combined. Stir in syrup and vanilla. Add flour and salt and beat until mixed. Pour into a greased and floured 9 x 13" pan. Bake 30 to 35 minutes at 350 F. Cool.

Mint Layer; Mix together and spread on cooled cake.

Icing: Melt together chocolate chips and butter. Cool slightly and drizzle on cake until mint layer is covered. Refrigerate. Bring to room temperature before cutting.

Amount Per Serving

Calories 479 Calories from Fat 252
 Percent Total Calories From:
 Fat 53% Protein 3% Carb. 44%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	28 g		43%
Saturated Fat	17 g		83%
Cholesterol	128 mg		43%
Sodium	285 mg		12%
Total Carbohydrate	53 g		18%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	4 g		

Vitamin A 18% Vitamin C 0% Calcium 0% Iron 4%

Chocolate Mousse Pie

8 Servings

Makes it's own crust.

- 1 8 oz. package Baker's Semi-Sweet Chocolate**
- 1/4 cup water**
- 8 eggs, separated (use clean eggsw/no cracks in shells)**
- 1 1/2 teaspoons vanilla**
- 2/3 cup sugar**

Heat chocolate with water in saucepan over very low heat, stirring until smooth. Stir in egg yolks; add vanilla. Beat egg whites in large mixing bowl until foamy throughout. Gradually beat in sugar until stiff peaks form. about 3 minutes. Stir a small amount into chocolate mixture to lighten; fold chocolate mixture into remaining whites. Pour 4 cups into a buttered 9" pie pan sprinkled with sugar. Chill remaining mixture. Bake at 350 F for 25 minutes or just until set. Cool slightly; then chill 1 hour. Center will fall, forming shell. Spoon chilled chocolate mixture into chilled shell. Chill 3 hours or overnight. Garnish with whipped topping and chocolate curls if desired.

Amount Per Serving

Calories 140 Calories from Fat 45

Percent Total Calories From:

Fat 32% Protein 18% Carb. 50%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	2 g	8%	
Cholesterol	213 mg	71%	
Sodium	63 mg	3%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	6 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 4%

Chocolate Zucchini Cake

15 Servings

Good way to use that extra garden zucchini!

- 3 ounces unsweetened chocolate, (3 squares)**
- 3 cups flour**
- 1 1/2 teaspoons baking powder**
- 1 teaspoon salt**
- 4 eggs**
- 3 cups sugar**
- 1 1/2 cups oil**
- 3 cups zucchini**
- 1 cup nuts, chopped (try pecans)**

Melt chocolate. Sift dry ingredients. Beat eggs until light and lemon colored. Gradually beat in sugar 1/4 c. at a time. Beat in salad oil and cooled chocolate. Add dry ingredients. Fold in zucchini and nuts. Bake at 350 F. for 1 hour and 15 minutes. (Use a 10" tube or bundt pan, greased and floured). Cool for 15 minutes and turn out. Sprinkle with powdered sugar.

Amount Per Serving

Calories 563 Calories from Fat 281

Percent Total Calories From:

Fat 50% Protein 5% Carb. 45%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	31 g	48%	
Saturated Fat	4 g	21%	
Cholesterol	57 mg	19%	
Sodium	210 mg	9%	
Total Carbohydrate	64 g	21%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	7 g		

Vitamin A 4% Vitamin C 4% Calcium 0% Iron 8%

Chocolate-Cherry Cake

16 Servings

- 1 package fudge cake mix**
- 2 eggs**
- 1 teaspoon almond extract**
- 1 16 oz. can cherry pie filling**

Mix together with spoon, not electric mixer. Pour into greased and floured 10 x 14" pan. Bake at 350 F. for 20 to 25 minutes.

Amount Per Serving

Calories 44 Calories from Fat 6

Percent Total Calories From:

Fat 14% Protein 8% Carb. 77%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	1%	
Cholesterol	27 mg	9%	
Sodium	11 mg	0%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 1%

Chocolate-Cherry Cake Frosting

16 Servings

1 cup sugar
5 tablespoons butter
1/3 cup milk
1 cup chocolate chips
1 teaspoon vanilla

1 cup sugar
5 tablespoons butter
1/3 cup milk
1 cup chocolate chips
1 teaspoon vanilla

Mix sugar, butter, and milk. Boil for 1 minute, stirring constantly. Remove from heat. Add 1 cup chocolate chips (1- 6 oz. pkg.) and vanilla. Beat until smooth. Will not be fluffy. More like a thick glaze. Will thicken somewhat as it cools.

Amount Per Serving

Calories 292 Calories from Fat 136

Percent Total Calories From:

Fat 47% Protein 2% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	9 g	45%	
Cholesterol	21 mg	7%	
Sodium	79 mg	3%	
Total Carbohydrate	38 g	13%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 3%

Chop Suey

6 Servings

- 1 pound boneless pork tenderloin, cut into 1-inch pieces**
- 1 tablespoon shortening**
- 2 cups onions, sliced**
- 4 cups celery, chopped**
- 1 16 oz. can bean sprouts**
- 1 16 oz. can water**
- soy sauce**
- flour**
- 1 teaspoon bead molasses, (may substitute light molasses)**
- cooked rice or chow mein noodles**

Brown meat in shortening. Add onions and cook for 2 minutes. Add celery, bean sprouts, and the can full of water. Add soy sauce to taste. Turn heat low and let cook slowly. Before serving, make a thickening of flour and 1 t. of bead molasses. Add to chop suey. Bring to a boil and serve over chow mein noodles or rice.

Amount Per Serving

Calories 171 Calories from Fat 47

Percent Total Calories From:

Fat 28% Protein 43% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	1 g	7%	
Cholesterol	42 mg	14%	
Sodium	239 mg	10%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	2 g	6%	
Sugars	0 g		
Protein	19 g		

Vitamin A 3% Vitamin C 32% Calcium 0% Iron 11%

Chop Suey Cake

15 Servings

- CAKE**
- 2 cups flour**
 - 2 cups sugar**
 - 1 cup nuts, chopped**
 - 2 eggs**
 - 2 teaspoons soda**
 - 1 21 oz. can crushed pineapple**
- Frosting**
- 8 ounces cream cheese, softened**
 - 1 stick margarine**
 - 2 cups powdered sugar**
 - 1 teaspoon vanilla**

Cake:

Mix all together. Pour into a greased 9 x 13" pan. Bake at 350 F. for 35 minutes.

Frosting:

Beat well until blended. Frost while cake is warm. Refrigerate.

Amount Per Serving

Calories 358 Calories from Fat 104

Percent Total Calories From:

Fat 29% Protein 6% Carb. 65%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	18%	
Saturated Fat	4 g	22%	
Cholesterol	45 mg	15%	
Sodium	64 mg	3%	
Total Carbohydrate	58 g	19%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	5 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 5%

Christmas Punch

20 Servings

- 3 8 ounces strawberry Ni-Hi Pop, (3 bottles)**
- 1 6 oz. can pineapple juice**
- 3 6 oz. cans water**

Chill ingredients before mixing. Serve immediatly.

Amount Per Serving

Calories 5 Calories from Fat 0

Percent Total Calories From:

Fat 1% Protein 2% Carb. 96%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	1 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 0%

Cinnamon Apple Rings

16 Servings

- 18 medium to small tart apples**
- 6 cups sugar**
- 3 cups water**
- 4 to 5 ounces red hots candy**
- 3 drops red food coloring**

Cut cored apples in rings. Combine sugar, water, candy, and coloring. Boil 3 minutes. Add apples to syrup, cook until transparent (tender). Pack in hot jars. Cover with syrup, seal.

Amount Per Serving

Calories 445 Calories from Fat 7

Percent Total Calories From:

Fat 2% Protein 0% Carb. 98%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	1%	
Cholesterol	0 mg	0%	
Sodium	1 mg	0%	
Total Carbohydrate	109 g	36%	
Dietary Fiber	5 g	18%	
Sugars	0 g		
Protein	0 g		

Vitamin A 2% Vitamin C 21% Calcium 0% Iron 3%

Cinnamon Swirl Cake

14 Servings

- 1 package yellow cake mix
- 1 3 oz. package instant vanilla pudding
- 4 eggs
- 3/4 cup water
- 1 teaspoon vanilla
- 3/4 cup oil
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup pecans, chopped
- 2 tablespoons cinnamon
- GLAZE;**
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon butter flavoring
- milk

Mix together cake mix, pudding, eggs, water, vanilla, and oil. Beat 8 minutes.

Mix remaining ingredients. Grease and flour a tube pan or a 13 x 9" pan. Cover with thin layer of batter, then sugar mixture, batter, sugar, etc. Swirl with knife or spatula. Bake at 325 F. for 60 to 70 minutes. Can cover with glaze.

Glaze: Mix together with enough milk to make a glaze consistency.

Amount Per Serving

Calories 243 Calories from Fat 143

Percent Total Calories From:

Fat 59% Protein 4% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	24%	
Saturated Fat	1 g	7%	
Cholesterol	61 mg	20%	
Sodium	20 mg	1%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 1% Calcium 0% Iron 6%

Cioppino

8 Servings

A popular dish in San Francisco. Try substituting shrimp for the clams.

- 1 16 oz. package frozen flounder fillets, cod or haddock**
- 18 littleneck clams**
- 1 pound sea scallops**
- 2 tablespoons salad oil**
- 1 large green bell pepper, diced**
- 1 onion, medium, diced**
- 1 clove garlic, minced**
- 1 28 oz. can tomatoes**
- 1 8 ounce bottle clam juice**
- 1/4 cup parsley, minced**
- 1/4 cup dry sherry**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 1/4 teaspoon rubbed sage**

Let frozen fish stand at room temperature 15 minutes to thaw slightly; then cut fish into bite-sized chunks. Meanwhile, with a stiff brush, scrub clams under running cold water to remove sand. Cut each scallop horizontally in half; set aside.

In a 5-quart Dutch oven over medium heat, in hot salad oil, cook green pepper, onion, and garlic until tender, stirring occasionally. Add tomatoes with their liquid, clam juice, parsley, sherry, salt, pepper, sage, and fish chunks; over high heat, heat to boiling. Reduce heat to low; cover and simmer 5 minutes. Add clams and scallops; cover and simmer 10 minutes longer or until fish flakes easily when tested with a fork, clams open, and scallops turn opaque. Makes about 10 cups or 8 main dish servings.

Amount Per Serving

Calories 197 Calories from Fat 46

Percent Total Calories From:

Fat 23% Protein 57% Carb. 19%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	1 g	3%	
Cholesterol	64 mg	21%	
Sodium	348 mg	15%	
Total Carbohydrate	10 g	3%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	28 g		

Vitamin A 30% Vitamin C 90% Calcium 0% Iron 8%

Classic Brownies

24 Servings

- 1 cup pecans or walnuts, chopped medium (optional)**
- 1 1/4 cups cake flour**
- 1/2 teaspoon salt**
- 3/4 teaspoon baking powder**
- 6 ounces unsweetened chocolate, chopped fine**
- 12 tablespoons unsalted butter, cut into six 1-inch pieces**
- 2 1/4 cups sugar**
- 4 eggs, large**
- 1 tablespoon vanilla extract**

1. Adjust oven rack to middle position; heat oven to 325 degrees. Spray 13 x 9 inch pan with nonstick cooking spray.
2. If using nuts, spread nuts evenly on rimmed baking sheet and toast in oven until fragrant, 5 to 8 minutes. Set aside to cool.
3. Whisk to combine flour, salt, and baking powder in medium bowl, set aside.
4. Melt chocolate and butter in large heatproof bowl set over saucepan of almost-simmering water, stirring occasionally, until smooth. (Alternatively, in microwave, heat butter and chocolate in large microwave-safe bowl on high for 45 seconds, then stir and heat for 30 seconds more. Stir again, and, if necessary, repeat in 15-second increments; do not let chocolate burn.) When chocolate mixture is completely smooth, remove bowl from saucepan and gradually whisk in sugar. Add eggs one at a time, whisking after each addition until thoroughly combined. Whisk in vanilla. Add flour mixture in three additions, folding with rubber spatula until batter is completely smooth and homogeneous.
5. Transfer batter to prepared pan; using spatula, spread batter into corners of pan and smooth surface. Sprinkle toasted nuts (if using) evenly over batter and bake until toothpick or wooden skewer inserted into center of brownies comes out with few moist crumbs attached, 30 to 35 minutes. Cool on wire rack to room temperature, about 2 hours. Cut brownies into 2-inch squares and serve. Store leftovers in airtight container at room temperature up to 3 days.

Amount Per Serving

Calories 237 Calories from Fat 122

Percent Total Calories From:

Fat 51% Protein 5% Carb. 44%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	6 g	31%	
Cholesterol	51 mg	17%	
Sodium	71 mg	3%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 6%

Coconut Homestead Cookies

21 Servings

- 1 cup flour**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon salt**
- 1/2 teaspoon baking soda**
- 1/2 cup butter or margarine**
- 1/2 cup sugar**
- 1/2 cup brown sugar, packed**
- 1 egg**
- 1 teaspoon vanilla**
- 1/2 cup rolled oats**
- 1 cup apples, peeled and chopped**
- 2 cups flaked coconut, divided**

Mix flour with baking powder, salt, and baking soda. Beat butter; gradually add sugars until light and fluffy. Blend in egg and vanilla. Blend in flour mixture; add oats, apple, and 1 1/3c. coconut. Drop by teaspoon onto baking sheet. Sprinkle with remaining coconut. Bake at 375 F. about 10 minutes. FOR BAR COOKIES; spread dough in 13 X 9 X 2" pan. Bake for 25 to 30 minutes. Cool. Cut into squares.

Amount Per Serving

Calories 140 Calories from Fat 64

Percent Total Calories From:

Fat 46% Protein 4% Carb. 50%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	7 g		11%
Saturated Fat	5 g		24%
Cholesterol	22 mg		7%
Sodium	150 mg		6%
Total Carbohydrate	18 g		6%
Dietary Fiber	0 g		2%
Sugars	0 g		
Protein	2 g		

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 2%

Cold Fruit Fondue

0 Servings

- 1 16 oz. jar plain yogurt**
- 1 cup raspberries, sliced fresh strawberries, or peaches OR**
- 1/4 cup orange juice concentrate**
- fruit, fresh assortment (cantaloupe, grapes, honeydew melon, pineapples, bananas, etc.)**

Combine yogurt, raspberries, or sliced fruit, or O.J. concentrate. Blend until mixed. Cover and chill. To serve, place bowl of fondue in center of serving plate and arrange fruits in an attractive pattern around fondue. Makes approximately 3 cups.

Amount Per Serving

Calories 574 Calories from Fat 146

Percent Total Calories From:

Fat 26% Protein 13% Carb. 61%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	10 g	48%	
Cholesterol	58 mg	19%	
Sodium	213 mg	9%	
Total Carbohydrate	88 g	29%	
Dietary Fiber	6 g	25%	
Sugars	0 g		
Protein	19 g		

Vitamin A 19% Vitamin C 230% Calcium 0% Iron 9%

Coleslaw Supreme

8 Servings

- 1/2 cup orange juice
- 3 tablespoons olive oil
- 3 teaspoons red wine vinegar
- 2 tablespoons orange peel, coarsly grated
- 2 teaspoons sesame oil
- 1 teaspoon salt
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 large green bell pepper
- 1 large carrot
- 1 large cucumber
- 1 small green cabbage
- 1 small red cabbage

Mix orange juice, oil, vinegar, orange peel, sesame oil, and salt. Set aside. Cut peppers in match stick thin strips, also carrot and cucumber. With knife finely shred enough green and red cabbage to make 4 cups. Save remainder for another use. Place vegetables in a bowl with dressing. Toss gently to coat well. Cover and refrigerate at least 30 minutes to blend flavors.

Amount Per Serving

Calories 163 Calories from Fat 69

Percent Total Calories From:

Fat 42% Protein 9% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	1 g	5%	
Cholesterol	0 mg	0%	
Sodium	328 mg	14%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	2 g	10%	
Sugars	0 g		
Protein	4 g		

Vitamin A 107% Vitamin C 358% Calcium 0% Iron 9%

Company Chicken Casserole

6 Servings

Elegant and Easy!

- 3** chicken breasts, large, cut in half
- salt and pepper**
- 1/4** cup margarine
- 1** 10 3/4 ounce can cond. cream of chicken soup
- 3/4** cup white wine
- 1** 4 oz. can water chestnuts, sliced
- 1** 4 oz. can mushrooms
- 1/4** cup green bell peppers, chopped
- 1/4** cup onions, chopped
- 1/4** teaspoon thyme

Salt and pepper chicken; brown slowly in butter; arrange in baking dish. For sauce, add mushrooms to drippings; add green pepper and onion; cook until peppers are no longer crisp. Add soup and wine; stir until smooth. Add rest of ingredients; heat to boiling. Pour over chicken, cover and bake at 350 F. for 25 minutes. uncover and bake 25 to 30 minutes or until chicken is tender.

Good served with cooked white rice.

Amount Per Serving

Calories 335 Calories from Fat 163

Percent Total Calories From:

Fat 48% Protein 36% Carb. 10%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	4 g	21%	
Cholesterol	83 mg	28%	
Sodium	754 mg	31%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	30 g		

Vitamin A 13% Vitamin C 9% Calcium 0% Iron 10%

Congo Squares

30 Servings

- 2 cups brown sugar, packed**
- 1 stick margarine**
- 3 eggs**
- 2 cups flour**
- 2 1/2 teaspoons baking powder**
- 1/2 teaspoon salt**
- 1 12 oz. package semisweet chocolate bits, (2 cups)**

Cream sugar and margarine. Add eggs and beat well. Combine flour, baking powder, salt, and add to the creamed mixture. Add chocolate chips and mix well. Pour into well-greased 9 x 12" pan and bake for 25 to 30 minutes at 350 F.

Amount Per Serving

Calories 136 Calories from Fat 45

Percent Total Calories From:

Fat 33% Protein 6% Carb. 61%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	3 g	13%	
Cholesterol	21 mg	7%	
Sodium	81 mg	3%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 4%

Corn-Hamburger Hot Dish

4 Servings

1 **pound lean ground beef**
1/4 **onion**
2 **or 3 medium potatoes**
1 1/2 **10 oz. cans creamed corn**
1/3 **cup milk**

Brown hamburger, drain and put in casserole dish. Salt and cut up onion and place on hamburger. Slice potatoes and put on top of onion. Salt and add more onion. Mix corn and milk. Pour over top. Bake for 1 1/2 hours at 350 F.

Amount Per Serving

Calories 367 Calories from Fat 158

Percent Total Calories From:

Fat 43% Protein 28% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	27%	
Saturated Fat	7 g	35%	
Cholesterol	82 mg	27%	
Sodium	88 mg	4%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	26 g		
Vitamin A	1%	Vitamin C	27%
Calcium	0%	Iron	18%

Cowboy Cookies

24 Servings

- 1 cup shortening
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups rolled oats
- 1 12 oz. package semi-sweet chocolate chips
- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla

Blend shortening and sugars. Add remaining ingredients. Drop by teaspoon on to a greased cookie sheet. Bake at 350 F. for 15 minutes.

Amount Per Serving

Calories 207 Calories from Fat 94

Percent Total Calories From:

Fat 45% Protein 5% Carb. 50%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	2 g	8%	
Cholesterol	18 mg	6%	
Sodium	97 mg	4%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 4%

Cracker Bread Appetizer

8 Servings

- 1 flat round of Armenian Cracker Bread**
- 1/2 pound cream cheese, whipped**
- dill weed**
- tomato, sliced**
- lettuce**
- red onion, thinly sliced**
- 1/4 to 1/2 pound each - turkey, salami, ham (use your imagination) meat**

Wet cracker bread on both sides under running water. Lay out flat on wet dish cloth and cover with wet dish cloth. Let set till it softens but is still fairly firm (approximately 1 hour). Spread the whole cracker thickly with whipped cream cheese. Sprinkle dill weed and salt and pepper over cheese. Then on only 1/2 of the cracker, lay out meat, lettuce, tomatoes, onions, etc. (keeping as flat as possible). Starting from covered side of crackers, roll up into a tight tube with meat and goodies in very center of roll. Wrap in saran wrap and refrigerate for 2 hours or more. When set, slice in 1"-2" thicknesses.

Amount Per Serving

Calories 119 Calories from Fat 90

Percent Total Calories From:

Fat 76% Protein 9% Carb. 15%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	6 g	31%	
Cholesterol	31 mg	10%	
Sodium	87 mg	4%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 10% Vitamin C 10% Calcium 0% Iron 3%

Cranberry-Orange Bread

12 Servings

- 2 cups flour**
- 1 1/2 teaspoons baking powder**
- 1 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 cup sugar**
- 1 egg, beaten**
- 1/2 cup orange juice**
- grated rind of 1 orange**
- 2 tablespoons butter**
- 2 tablespoons hot water**
- 1 cup raw, whole cranberries**
- 1 cup walnuts, coarsly chopped**

Combine flour, baking powder, soda, salt, and sugar in large mixing bowl. Set aside. Mix beaten egg with orange juice, rind, butter, and hot water. Fold flour and egg mixture until blended. **DO NOT BEAT.** Gently fold in cranberries and walnuts. Spoon into greased 9 x 6" loaf pan or smaller pans of choice. Bake at 325 F. for 60 minutes; test in center with wooden pick. Cool on rack for 15 minutes before removing from pans.

Amount Per Serving

Calories 248 Calories from Fat 79

Percent Total Calories From:

Fat 32% Protein 7% Carb. 61%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	9 g		14%
Saturated Fat	2 g		10%
Cholesterol	23 mg		8%
Sodium	236 mg		10%
Total Carbohydrate	38 g		13%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	4 g		

Vitamin A 3% Vitamin C 18% Calcium 0% Iron 3%

Cream Cheese Topping

32 Servings

Frosting for Pumpkin Cookie Bars

1 8 ounce cream cheese, softened
1/4 cup orange marmalade
crushed granola
chopped nuts
orange peel

Beat together until fluffy, cream cheese and marmalade. Spread over cooled bars. Garnish with crushed granola, chopped nuts or orange peel.

Amount Per Serving

Calories 33 Calories from Fat 23

Percent Total Calories From:

Fat 69% Protein 7% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	4%	
Saturated Fat	2 g	8%	
Cholesterol	8 mg	3%	
Sodium	21 mg	1%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

Cream Cheese Topping

32 Servings

Frosting for Pumpkin Cookie Bars

1 8 ounce cream cheese, softened
1/4 cup orange marmalade
crushed granola
chopped nuts
orange peel

Beat together until fluffy, cream cheese and marmalade. Spread over cooled bars. Garnish with crushed granola, chopped nuts or orange peel.

Amount Per Serving

Calories 33 Calories from Fat 23

Percent Total Calories From:

Fat 69% Protein 7% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	4%	
Saturated Fat	2 g	8%	
Cholesterol	8 mg	3%	
Sodium	21 mg	1%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

Cream Cheese-Pineapple Pie

8 Servings

PINEAPPLE LAYER

- 1/3 cup sugar
- 1 tablespoon cornstarch
- 1 8 oz. can crushed pineapple, with juice

CREAM CHEESE LAYER

- 1 8 oz. package cream cheese, softened to room temperature
- 1/2 cup sugar
- 1 teaspoon salt
- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 1 9" unbaked pie shell
- 1/4 cup pecans, chopped

Combine sugar, cornstarch and pineapple plus juice in a small saucepan. Cook over medium heat, stirring constantly until mixture is thick and clear. Cool; set aside.

Blend cream cheese, sugar and salt in mixer bowl.

Add 2 eggs, one at a time, beating after each addition. Blend in milk and vanilla. (If mixture looks slightly curdled, don't worry- it bakes out.) Spread cooled pineapple layer over bottom of pie shell. Pour cream cheese mixture over pineapple; sprinkle with pecans. Bake at 400 F. for 10 minutes; reduce heat to 325 F. and bake for 50 minutes. Cool.

Amount Per Serving

Calories 352 Calories from Fat 194

Percent Total Calories From:

Fat 55% Protein 7% Carb. 38%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	22 g		33%
Saturated Fat	9 g		45%
Cholesterol	86 mg		29%
Sodium	536 mg		22%
Total Carbohydrate	34 g		11%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	6 g		

Vitamin A 10% Vitamin C 0% Calcium 0% Iron 7%

Creamy Frozen Fruit Salad

8 Servings

- 1 8 oz. package cream cheese, softened**
- 1 cup sour cream**
- 1/4 cup sugar**
- 1/4 teaspoon salt**
- 1 16 oz. can apricots, drained (or peach halves, drained)**
- 1 8 oz. can crushed pineapple, drained**
- 1 16 oz. can dark sweet cherries, pitted and drained**
- 1 cup miniature marshmallows**

In a large mixer bowl, beat cheese till smooth. Add sour cream, sugar, and salt. Blend on low speed. Cut apricots in half, then in small pieces. Stir in fruit and marshmallows into cheese mixture. Pour into a mold or dish. Freeze at least 8 hours.

Amount Per Serving

Calories 254 Calories from Fat 147

Percent Total Calories From:

Fat 58% Protein 7% Carb. 35%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	8 g	42%	
Cholesterol	43 mg	14%	
Sodium	171 mg	7%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	4 g		

Vitamin A 42% Vitamin C 12% Calcium 0% Iron 6%

Creamy Pineapple Salad

10 Servings

- 1 20 oz. can crushed pineapple water**
- 1 3 oz. package lemon jello**
- 1 cup heavy cream**
- 1/4 cup sugar**
- 1 cup cottage cheese**

Drain pineapple, reserving the juice in a small pan. Set pineapple aside. Add enough water to juice to make 1 1/3 cups, bring to a boil. Place gelatin in a bowl; add to boiling liquid and stir to dissolve. Cool until slightly thickened. In a mixing bowl, whip cream; gradually beat in sugar. fold into the gelatin mixture. Stir in pineapple and cottage cheese; blend well. Pour into a 1 1/2 quart serving bowl; chill at least 3 hours or overnight.

Amount Per Serving

Calories 125 Calories from Fat 88

Percent Total Calories From:

Fat 70% Protein 10% Carb. 20%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	6 g	30%	
Cholesterol	36 mg	12%	
Sodium	94 mg	4%	
Total Carbohydrate	6 g	2%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	3 g		

Vitamin A 8% Vitamin C 0% Calcium 0% Iron 0%

Creme De Menthe Pie

10 Servings

- CRUST;**
16 Oreo cookies
4 tablespoons butter, melted
- FILLING;**
22 marshmallows, large, (or 2 cups and 20 miniatures)
1/2 cup milk
3 tablespoons creme de menthe, green
1 envelope Dream Whip

Blend Oreo cookies in blender. Add melted butter and press into a 9" pie plate. Chill until set.

Filling: Over low heat, melt marshmallows with milk. Let cool and add a creme de menthe. Whip 1 pkg. Dream Whip and add to marshmallow mixture. Pour into shell and let set. Keep in refrigerator.

Amount Per Serving

Calories 120 Calories from Fat 45

Percent Total Calories From:

Fat 38% Protein 3% Carb. 51%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	3 g	16%	
Cholesterol	14 mg	5%	
Sodium	59 mg	2%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 2%

Crisco Pie Crust

8 Servings

SINGLE CRUST

1 1/3 cups flour, sifted
1/2 teaspoon salt
1/2 cup Crisco shortening
3 tablespoons water

DOUBLE CRUST

2 cups flour, sifted
1 teaspoon salt
3/4 cup Crisco shortening
1/4 cup water

Combine flour and salt in mixing bowl. Cut in Crisco with pastry blender or two knives until mixture is uniform (mixture should be fairly course, about the size of peas). Sprinkle with water, a tablespoon at a time; toss lightly with fork. When all water has been added, work dough into a firm ball.

Press dough into a flat circle with smooth edges. On lightly floured board, roll dough into a circle 1/8" thick and about 1 1/2" larger than inverted pie plate. Pick dough up and gently ease into pie plate, being careful not to stretch dough. Trim 1/2" beyond edge of pie plate; fold under to make double thickness around rim. Flute.

To bake WITHOUT filling: preheat oven to 425 F. Prick bottom and sides of crust with fork. Bake for 10 to 15 minutes.

To bake WITH filling: preheat oven to temperature stated in recipe. Do not prick dough. Bake according to recipe.

To make DOUBLE CRUST: Divide dough into 2 parts and press into flat circles with smooth edges. On a lightly floured board, roll bottom crust to a circle 1/8" thick and 1 1/2" larger than inverted pie plate. Gently ease dough into plate. Trim edge even with plate and add desired filling. Moisten rim of crust with water. Roll top crust the same way and lift onto filled pie. Trim 1/2" beyond edge of plate. Fold top edge under bottom crust and flute. Prick top crust.

Amount Per Serving

Calories 505 Calories from Fat 324

Percent Total Calories From:

Fat 64% Protein 4% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	36 g	55%	
Saturated Fat	6 g	28%	
Cholesterol	0 mg	0%	
Sodium	437 mg	18%	
Total Carbohydrate	40 g	13%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	5 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 3%

Crunchy Bumpy Munchy Cookies

18 Servings

- 3/4 cup shortening
- 3/4 cup light brown sugar
- 1 egg
- 1/2 cup apple cider, (may substitute juice)
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup carrots, coarsly grated
- 1 6 oz. package milk chocolate bits
- 2 cups oats, uncooked
- 1 1/2 cups crisp rice cereal, (or flaked)
- 1/2 cup raisins

Preheat oven to 375 F. Beat shortening and brown sugar. Add egg, cider, and vanilla and beat until smooth. Sift flour, salt, and baking soda together. Gradually add to brown sugar mixture. Stir in remaining ingredients. Spoon 2 heaping tablespoons of dough for each cookie onto greased cookie sheet. With back of spoon, flatten to a 3 1/2" circle. Allow 2" between cookies for spreading. Bake for 15 minutes. Remove from oven; place on rack. Let cool 1 minute before removing from cookie sheet.

Amount Per Serving

Calories 197 Calories from Fat 94

Percent Total Calories From:

Fat 48% Protein 6% Carb. 46%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	2 g	8%	
Cholesterol	12 mg	4%	
Sodium	183 mg	8%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 37% Vitamin C 3% Calcium 0% Iron 5%

Dad's Famous Bar-B-Q Pork

4 Servings

Also good prepared with boneless chicken breasts.

1 1/2 pounds pork ribs, boneless, country-style
9 ounces barbecue sauce, (I prefer K. C. Mastrpiece)
1/2 cup water

Combine all ingredients in medium size, covered casserole dish and bake in a 350 F. oven for 1 1/2 hours.

Amount Per Serving

Calories 512 Calories from Fat 351

Percent Total Calories From:

Fat 68% Protein 25% Carb. 6%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	39 g	60%	
Saturated Fat	14 g	71%	
Cholesterol	151 mg	50%	
Sodium	650 mg	27%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	32 g		

Vitamin A 11% Vitamin C 8% Calcium 0% Iron 13%

Dairy Bars

30 Servings

1/2 cup white sugar
1/2 cup butter
6 tablespoons cocoa
1 egg
2 cups graham cracker crumbs
1 cup flaked coconut

TOPPING;
1/2 cup butter
1 1/4 cups powdered sugar
1 tablespoon cream
1 teaspoon vanilla
1/2 pound HERSHEY'S milk chocolate bars

Mix sugar, butter, cocoa, and egg. Bring to a boil. Add graham Cracker crubs and coconut. Pat in a 9 x 13 pan. Cool.

Topping:

Mix together and spread over first mixture and leave until sets. Then melt chcolate and spread on the top. Cut into bars before thoroughly set.

Amount Per Serving

Calories 174 Calories from Fat 93

Percent Total Calories From:

Fat 53% Protein 4% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	5 g	24%	
Cholesterol	26 mg	9%	
Sodium	124 mg	5%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 2%

Dark 'N' Spicy Wheat Germ Bars

12 Servings

- 1 1/2 cups flour
- 1/2 cup wheat germ
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ginger
- 1/2 cup natural almonds, chopped
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/2 cup brown sugar, packed
- 1/2 cup margarine, softened
- 1/2 cup molasses
- 2 eggs
- 1/2 cup water

Preheat oven to 350 F. Grease a 13 x 9 x 2" pan.

Combine flour, soda, wheat germ, baking powder, salt, ginger, cinnamon, and cloves. Set aside. In a large bowl, beat together sugar, butter, molasses, and eggs with electric mixer. Add water; beat at low speed until blended. Add flour mixture and beat at very low speed until blended. Stir in nuts. Spread batter in prepared pan and bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. Cool in pan. Cut into bars. Makes 12 bars.

May be used to make ice cream sandwiches, using vanilla ice cream.

Amount Per Serving

Calories 241 Calories from Fat 109

Percent Total Calories From:

Fat 45% Protein 8% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	2 g	10%	
Cholesterol	35 mg	12%	
Sodium	274 mg	11%	
Total Carbohydrate	28 g	9%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	5 g		

Vitamin A 7% Vitamin C 0% Calcium 0% Iron 18%

Date Squares

60 Servings

- 2 cups flour
- 1 cup light brown sugar
- 1 teaspoon baking soda
- 1 pinch salt
- 2 sticks butter or margarine
- 2 1/2 cups quick cooking oatmeal
- 1/2 cup nuts, chopped

DATE FILLING:

- 2 cups dates, chopped
- 1 cup brown sugar
- 1 cup water
- 1 teaspoon lemon juice

PINEAPPLE AND PEACH FILLING

- 1 12 oz. can canned crushed pineapple in juice, drain juice
- 1 12 oz. can peach pie filling, (or apricot)

Combine flour, brown sugar, soda, and salt. Cut butter into dry mixture until it crumbles to the size of a pea. Add oatmeal, work into crumble mix. Put about 3 cups into a greased 11 x 16 x 1" pan. Pat down. Then spread on filling. Sprinkle with chopped nuts. Then add the other half of the curmbles and pat tight. Bake about 1 hour at 300 to 325 F.

Date Filling: Cook all ingredients over low heat, stirring constantly, until thick.

Pineapple and Peach filling: Combine crushed pineapple and pie filling. Mix thoroughly.

Amount Per Serving

Calories 76 Calories from Fat 11

Percent Total Calories From:

Fat 15% Protein 7% Carb. 78%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	2%	
Saturated Fat	0 g	2%	
Cholesterol	1 mg	0%	
Sodium	58 mg	2%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 1% Calcium 0% Iron 3%

Death by Chocolate Cake

12 Servings

- 2** eggs, large
- 3/4** cup vegetable oil
- 3/4** cup water, warm
- 8** ounces sour cream
- 1** package Devil's Food Cake Mix
- 1** package instant chocolate fudge pudding
- 1** package semi-sweet chocolate chips
- powdered sugar**

Heat over to 350 degrees. In a large bowl, combine eggs, oil, water, and sour cream; beat well. Add cake mix and pudding mix; beat until smooth. Fold in chocolate chips. Pour into greased bundt pan and bake in preheated oven over 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool, then invert onto rack and cool completely. Slide onto plate and sprinkle top with powdered sugar. May also be prepared in a jelly roll pan.

Amount Per Serving

Calories 178 Calories from Fat 166

Percent Total Calories From:

Fat 93% Protein 4% Carb. 3%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	3 g	16%	
Cholesterol	43 mg	14%	
Sodium	18 mg	1%	
Total Carbohydrate	1 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 1%

Del Monte Chicken Parmesan

4 Servings

- 4 chicken breast halves, skinned and boned**
- 2 14 oz. cans Italian style stewed tomatoes**
- 2 tablespoons cornstarch**
- 1/2 teaspoon oregano, or basil, crushed**
- 1/4 teaspoon hot pepper sauce**
- 1/4 cup Parmesan cheese, grated**

Place chicken in baking dish. Bake covered 15 minutes in preheated 425 F. oven; drain. Combine tomatoes, cornstarch, oregano and pepper sauce; cook stirring constantly until sauce is thickened. Pour heated sauce over chicken; top with cheese. Bake 5 minutes uncovered. Garnish with parsley.

Amount Per Serving

Calories 222 Calories from Fat 83

Percent Total Calories From:

Fat 37% Protein 55% Carb. 7%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	3 g	16%	
Cholesterol	84 mg	28%	
Sodium	184 mg	8%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	31 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 7%

Delish Potatoes

10 Servings

A great "make-ahead" for company dinners or pitch-ins.

- 2 16 oz. packages frozen hash brown potatoes**
- 1 stick margarine**
- 1 cup onions, chopped**
- 8 ounces cheddar cheese, grated**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 3/4 teaspoon garlic salt**
- 3/4 teaspoon salt**
- 1/2 pint sour cream**
- 2 cups Special K cereal**

Place hash browns in 9 x 13" pan. (No need to thaw.) Melt margarine, pour half over potatoes. Sprinkle with onions and cheese. Warm soup slightly and pour over top. Add salts. Spread sour cream over all. Mix remaining melted butter with Special K. Sprinkle on top. Bake at 350 F. about 1 hour and 15 minutes.

(I also mix all ingredients except cereal and butter topping and spread in pan. A bit messier method but it seems to mix the flavors up better.)

Amount Per Serving

Calories 410 Calories from Fat 244

Percent Total Calories From:

Fat 60% Protein 11% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	27 g	42%	
Saturated Fat	13 g	64%	
Cholesterol	47 mg	16%	
Sodium	1011 mg	42%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	11 g		

Vitamin A 17% Vitamin C 20% Calcium 0% Iron 11%

Derby Pie

Best Chocolate Chip Pie

12 Servings

- 1 cup sugar**
- 1/4 cup cornstarch**
- 2 eggs, beaten**
- 1/2 cup butter, melted**
- 2 tablespoons bourbon whiskey**
- 1 cup pecans, finely chopped**
- 1 6 oz. package chocolate chips, (1 cup)**
- 1 pie crust, 9"**
- Bourbon Topping, (recipe follows)**

Heat oven to 350 degrees.

In a small bowl, combine sugar and cornstarch. Stir until well-blended. Add beaten eggs. Stir to blend. Add melted butter, bourbon, pecans and chocolate chips. Stir till blended. Pur into pie shell. Bake 45 to 50 minutes.

Cool 1 hour. Serve warm, topped with bourbon-flavored topping.

Bourbon-flavored topping: 1) Mix 1 cup dairy topping with 1 tablespoon bourbon, or to taste, until well-blended. 2) OR add 1 to 2 teaspoons of bourbon to lightly sweetened whipped cream. Refrigerate until ready to use.

Amount Per Serving

Calories 384 Calories from Fat 223

Percent Total Calories From:

Fat 58% Protein 3% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	38%	
Saturated Fat	10 g	48%	
Cholesterol	56 mg	19%	
Sodium	181 mg	8%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	3 g		

Vitamin A 7% Vitamin C 0% Calcium 0% Iron 6%

Dilly Bread

6 Servings

- 2 **tablespoons onions, chopped**
- 1 **tablespoon Crisco shortening**
- 2 1/2 **cups flour, sifted**
- 1 **package active dry yeast**
- 2 **teaspoons dill seeds**
- 1/4 **teaspoon baking soda**
- 1 **cup cottage cheese, cream style, large curd**
- 1/4 **cup water**
- 2 **tablespoons sugar**
- 1 **teaspoon salt**
- 1 **egg**

Cook onion in hot Crisco until tender. In mixer bowl, combine 1 cup of the flour, the yeast, dill seed, and soda. Heat together cottage cheese, water, sugar, and salt just until warm. Add to dry ingredients with the undrained cooked onion; add egg. Beat at low speed on electric mixer for 1/2 minute; scrape bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining flour. Cover; let rise until double, about 1 1/4 hours. Stir down. Turn into well-greased 9 x 5 x 3-inch loaf pan. Let rise until double and light, about 40 minutes. Bake at 350 F. for 50 to 55 minutes. Cover with foil the last 15 minutes. After baking, brush with softened butter and sprinkle with salt.

Amount Per Serving

Calories 277 Calories from Fat 48

Percent Total Calories From:

Fat 17% Protein 16% Carb. 66%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	2 g	9%	
Cholesterol	41 mg	14%	
Sodium	576 mg	24%	
Total Carbohydrate	46 g	15%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	11 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 6%

Dirt Cups

8 Servings

- 1 16 oz. package Oreo cookies**
- 2 cups cold milk**
- 1 package instant chocolate pudding**
- 1 8 oz. package Cool Whip**

Crush cookies in zipper-style plastic bag with rolling pin or in food processor.

Pour milk into large bowl. Add pudding mix. Beat with wire whisk 2 minutes. Let stand 5 minutes. Stir in Cool Whip and 1/2 of the crushed cookies.

Place about 1 Tablespoon crushed cookies in each cup. Fill cups about 3/4 full with pudding mixture. Top with remaining crushed cookies.

Refrigerate 1 hour or until ready to serve. Decorate as desired. Makes 8 to 10 servings.

Amount Per Serving

Calories 38 Calories from Fat 18

Percent Total Calories From:

Fat 49% Protein 21% Carb. 30%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	6%	
Cholesterol	8 mg	3%	
Sodium	30 mg	1%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 1% Calcium 0% Iron 0%

Dirt Pie

8 Servings

A few gummy worms would make a really gross addition if this was for an older kid's party!

- 1 cup cold milk**
- 1 package instant chocolate pudding**
- 1 8 oz. package Cool Whip, thawed**
- 20 Oreo cookies**
- 1 1/2 cups chocolate chips, (or granola chunks, peanut butter chips, chopped peanuts, or a combination - these are the "rocks" in the "dirt!")**
- 1 package graham cracker pie crust**

Pour milk into medium bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. let stand 5 minutes.

Fold in whipped topping. Stir 1 cup of the cookies and the "rocks" into the pudding mixture. Spoon into pie crust.

Sprinkle with remaining cookies. Freeze until firm, about 4 hours. Garnish with gumdrop flowers, if desired.

Amount Per Serving

Calories 199 Calories from Fat 112

Percent Total Calories From:

Fat 56% Protein 5% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	7 g	35%	
Cholesterol	4 mg	1%	
Sodium	16 mg	1%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 5%

Dole Sweet and Sour Delight

6 Servings

Very tasty! May use chicken or pork.

- 1 pound boneless chicken, or pork tenderloin**
- 1 tablespoon vegetable oil**
- 1 medium onion**
- 1 clove garlic, pressed**
- 2 carrots, sliced**
- 1 green bell pepper, seeded and chunked**
- 1 teaspoon ground ginger**
- 2 8 oz. cans canned pineapple chunks in juice, undrained**
- 1/4 cup white vinegar**
- 3 tablespoons brown sugar**
- 3 tablespoons catsup**
- 3 tablespoons soy sauce**
- 1 tablespoon cornstarch**

Cut chicken or pork into 1/2" pieces. Brown in oil. Reduce heat to low, add onion and garlic. Cover, cook 10 minutes. Add carrots and green pepper. Combine remaining ingredients. Stir into skillet. Simmer 5 to 10 minutes longer. Serve with rice.

Amount Per Serving

Calories 256 Calories from Fat 87

Percent Total Calories From:

Fat 34% Protein 25% Carb. 41%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	2 g	11%	
Cholesterol	44 mg	15%	
Sodium	653 mg	27%	
Total Carbohydrate	27 g	9%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	16 g		

Vitamin A 141% Vitamin C 40% Calcium 0% Iron 9%

Easy Deep-Dish Pizza

8 Servings

- 3 cups Bisquick**
- 3/4 cup water**
- 1 pinch lean ground beef**
- 1/2 cup onions, chopped**
- 1/2 teaspoon salt**
- 2 cloves garlic, crushed**
- 1 16 oz. can tomato sauce**
- 1 teaspoon Italian seasoning**
- 1 4 oz. can mushrooms, sliced and drained**
- 1/2 cup green bell peppers, chopped**
- 2 cups mozzarella cheese, shredded (about 8 ounces)**

Heat oven to 425 F. Lightly grease jelly roll pan 15 X 10 x 1". Mix baking mix and water until soft dough forms. Gently smooth dough into a ball on floured surface. Knead 20 times. Pat dough on bottom and up sides of pan with floured hands.

Cook and stir ground beef, onion, salt, and garlic until beef is brown; drain. Mix tomato sauce and Italian seasonings; spread evenly over dough. Spoon beef mixture evenly over sauce. Top with mushrooms, green pepper, and cheese. Bake until crust is golden brown, about 20 minutes.

Amount Per Serving

Calories 113 Calories from Fat 57

Percent Total Calories From:

Fat 51% Protein 24% Carb. 25%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	4 g	19%	
Cholesterol	22 mg	7%	
Sodium	596 mg	25%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	7 g		

Vitamin A 17% Vitamin C 24% Calcium 0% Iron 5%

Easy Pina Colada Cake

12 Servings

- 1 package yellow cake mix, (if cake mix has pudding in it, omit pudding)
- 1 3 oz. package instant vanilla pudding
- 1 14 oz. can cream of coconut
- 1/2 cup rum
- 1/3 cup vegetable oil
- 4 eggs
- 1 8 oz. can crushed pineapple, well drained
- whipped cream, pineapple chunks, marachino cherries,
toasted coconut for garnish
- 2 tablespoons rum

Preheat oven to 350 F. In large mixer bowl, combine cake mix, pudding mix, 1/2 C. cream of coconut, 1/2 C. rum, oil, and eggs. Beat on medium speed 2 minutes. Stir in pineapple. Pour into well-greased and floured 10-inch tube pan. Bake 50 to 55 minutes. Cool slightly. Remove from pan. With a table knife or skewer, poke holes about 1 inch apart in cake almost to bottom. Combine remaining cream of coconut and rum. Pour over cake. Chill thoroughly. Garnish. Store in refrigerator.

Amount Per Serving

Calories 222 Calories from Fat 173

Percent Total Calories From:

Fat 78% Protein 6% Carb. 4%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	19 g	30%	
Saturated Fat	11 g	57%	
Cholesterol	71 mg	24%	
Sodium	22 mg	1%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	3 g		

Vitamin A 2% Vitamin C 2% Calcium 0% Iron 6%

Egg Salad Sandwich

2 Servings

Won a blue ribbon and a white relish plate at the Eaton County Fair!

3 eggs, hard-cooked and chopped
1/4 cup celery, finely chopped
1/2 teaspoon onions, minced
3 tablespoons mayonnaise
1/4 teaspoon salt

Combine all ingredients lightly. Spread on buttered bread. Top with another slice of bread.

Amount Per Serving

Calories 261 Calories from Fat 217

Percent Total Calories From:

Fat 83% Protein 15% Carb. 2%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	24 g	37%	
Saturated Fat	5 g	27%	
Cholesterol	326 mg	109%	
Sodium	519 mg	22%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	9 g		

Vitamin A 11% Vitamin C 2% Calcium 0% Iron 6%

Family Cheesecake Squares

24 Servings

CRUST

- 1 4 ounce package active dry yeast
- 1/4 cup milk, warm (105 to 110 F.)
- 1 tablespoon sugar
- 1 cup butter or margarine
- 2 1/2 cups flour
- 1/2 teaspoon salt
- 4 egg yolks, slightly beaten

FILLING

- 1 egg, separated
- 2 8 oz. packages cream cheese, softened
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cup pecans, chopped

Dissolve yeast in warm milk; add sugar and set aside. In a large mixing bowl, cut butter into flour and salt as for pie crust. Add yolks and yeast mixture. Mix thoroughly. Divide dough into two parts. Roll each piece to fit a 13 x 9" x 2" baking pan. For filling, beat yolk, cream cheese, sugar and vanilla until smooth. Spread over dough. Press lightly to seal edges around pan. Brush top with slightly beaten egg white and sprinkle with nuts. Cover and allow to rise in warm place 1 1/2 hours. Bake at 350 F. for 30 to 35 minutes or until lightly browned. Cut into squares to serve. Makes 24 bars.

Amount Per Serving

Calories 264 Calories from Fat 154

Percent Total Calories From:

Fat 59% Protein 8% Carb. 33%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	17 g		26%
Saturated Fat	9 g		47%
Cholesterol	85 mg		28%
Sodium	190 mg		8%
Total Carbohydrate	22 g		7%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	6 g		

Vitamin A 13% Vitamin C 0% Calcium 0% Iron 7%

Fat-Free Carrot Muffins

8 Servings

- 2 1/4 cups flour**
- 1/2 cup sugar**
- 1 teaspoon cinnamon**
- 1 teaspoon salt**
- 1 teaspoon baking soda**
- 1/2 teaspoon baking powder**
- 1/4 teaspoon ginger**
- 3 carrots, medium size, finely shredded (about 3 cups)**
- 1 8 ounce nonfat vanilla yogurt**
- 1/2 cup frozen egg substitute, thawed**
- 1/2 cup unsweetened applesauce**
- 1/2 cup raisins**
- 1/2 cup brown sugar, packed**
- 1 teaspoon vanilla**
- 1 teaspoon powdered sugar**

Preheat oven to 350 F. Spray 8 jumbo muffin cups (3" x 1 1/2") with non-stick cooking spray. In a medium bowl, combine flour, sugar, cinnamon, salt, baking soda, baking powder, and ginger. In a large bowl, with wire whisk or fork, mix shredded carrots, yogurt, egg substitute, applesauce, raisins, brown sugar, and vanilla until well-blended. With spoon, stir flour mixture into carrot mixture until flour is moistened. Spoon batter into muffin pans. Bake 30 minutes or until toothpick comes out clean. Cool in pans on wire rack 10 minutes; remove muffins from pans; cool slightly on wire racks. Sprinkle with confectioners sugar.

Amount Per Serving

Calories 283 Calories from Fat 19

Percent Total Calories From:

Fat 7% Protein 8% Carb. 85%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	2 g		3%
Saturated Fat	0 g		2%
Cholesterol	0 mg		0%
Sodium	459 mg		19%
Total Carbohydrate	60 g		20%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	6 g		

Vitamin A 156% Vitamin C 5% Calcium 0% Iron 8%

Favorite Fruit Salad

6 Servings

- 1** pineapple, fresh, ripe, cut into chunks
 - 24** purple grapes, large, halved and seeded
 - 3** navel oranges, peeled and sectioned
 - 1** banana, large, sliced
- SAUCE:**
- 1/2** cup dry vermouth, or dry white wine, or non-alcoholic grape juice
 - 1/4** cup sugar
 - 1/2** teaspoon cinnamon

Combine ingredients for suace; refrigerate 30 minutes. Discard sediment from sauce; pour remaining sauce over fruit. Marinate one hour.

Amount Per Serving

Calories 281 Calories from Fat 13

Percent Total Calories From:

Fat 5% Protein 3% Carb. 85%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	2%	
Saturated Fat	0 g	1%	
Cholesterol	0 mg	0%	
Sodium	6 mg	0%	
Total Carbohydrate	59 g	20%	
Dietary Fiber	2 g	9%	
Sugars	0 g		
Protein	2 g		

Vitamin A 4% Vitamin C 148% Calcium 0% Iron 8%

Fettuccine with Peas and Ham

4 Servings

- 5 tablespoons butter**
- 6 shallots, minced**
- 1/2 pound mushrooms, sliced**
- 1 1/4 cups whipping cream**
- 1 10 oz. package tiny frozen peas, thawed**
- 4 ounces boiled ham, chopped**
- 1 cup Parmesan cheese**
- 1 pound fettuccine, cooked and drained**

Heat butter in skillet. Add shallots and saute until soft. Add mushrooms and cook until lightly browned. Add cream and let boil 2 minutes. Stir in peas and cook about 30 seconds. Reduce heat to low, blend in ham, cheese, and fettuccine and toss until heated, well combined, and sauce clings to pasta. Season to taste with salt and generous amounts of pepper. Turn into heated platter and serve. Pass additional cheese if desired.

Amount Per Serving

Calories 852 Calories from Fat 471

Percent Total Calories From:

Fat 55% Protein 12% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	52 g	81%	
Saturated Fat	31 g	156%	
Cholesterol	244 mg	81%	
Sodium	673 mg	28%	
Total Carbohydrate	69 g	23%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	26 g		

Vitamin A 56% Vitamin C 5% Calcium 0% Iron 27%

Five Minute Fudge

32 Servings

- 2 tablespoons butter**
- 2/3 cup evaporated milk**
- 1 2/3 cups sugar**
- 1/2 teaspoon salt**
- 2 cups miniature marshmallows, (4 oz.)**
- 1 1/2 cups semi-sweet chocolate chips**
- 1 teaspoon vanilla**
- 1/2 cup nuts, chopped**

Combine butter, milk, sugar, and salt in saucepan over medium heat. Bring to a boil; cook 4 to 5 minutes, stirring constantly. (Start timing when mixture starts to "bubble" around edges of pan.) Remove from heat. Stir in marshmallows, chocolate, vanilla, then beat until smooth. (May use a hand mixer to shorten the time.) Add nuts. Pour in a buttered pan. Cool and cut. Makes 2 pounds.

Amount Per Serving

Calories 69 Calories from Fat 20

Percent Total Calories From:

Fat 29% Protein 4% Carb. 67%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	4%	
Cholesterol	3 mg	1%	
Sodium	50 mg	2%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 1%

French Cream Pie

10 Servings

- 1 cup white sugar**
- 2 tablespoons brown sugar, packed**
- 1 pint half and half**
- 1 dash salt**
- 1/3 cup Wondra flour**
- 1 tablespoon butter**
- 1 teaspoon vanilla
cinnamon**

Mix sugar, salt, and flour. Add half and half. Put into double boiler. Cook, stirring constantly. Just before it thickens, add butter and vanilla. Cook until thick. Pour into a baked pie shell and sprinkle cinnamon on top. Refrigerate after cooling.

Amount Per Serving

Calories 161 Calories from Fat 61

Percent Total Calories From:

Fat 38% Protein 4% Carb. 59%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	10%	
Saturated Fat	4 g	21%	
Cholesterol	21 mg	7%	
Sodium	61 mg	3%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 5% Vitamin C 1% Calcium 0% Iron 1%

Fresh Fruit Crisp

Better Homes & Garden Version (circa 1981)

6 Servings

This crisp is crispy and chewy. It's suitable for apples or peaches.

- 1/2 cup quick-cooking oats**
- 1/2 cup brown sugar, packed**
- 1/4 cup all-purpose flour**
- 1/2 teaspoon ground cinnamon**
- 1/4 cup butter or margarine**
- 2 pounds apples, (6 medium) or 2 1/2 pounds peaches (10 medium)**
- 2 tablespoons granulated sugar**

combine oats, brown sugar, flour, cinnamon, and dash salt. Cut in butter till mixture resembles coarse crumbs; set aside. Peel, core and slice fruit to make 5 to 6 cups. Place fruit in a 10 x 6 x 2 inch baking dish. Sprinkle with granulated sugar. Sprinkle crumb mixture over all. Bake in a 350 degree oven for 40 to 45 minutes. Serve with ice cream, if desired.

Amount Per Serving

Calories 268 Calories from Fat 78

Percent Total Calories From:

Fat 29% Protein 3% Carb. 68%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	13%	
Saturated Fat	5 g	25%	
Cholesterol	21 mg	7%	
Sodium	82 mg	3%	
Total Carbohydrate	46 g	15%	
Dietary Fiber	3 g	13%	
Sugars	0 g		
Protein	2 g		

Vitamin A 8% Vitamin C 14% Calcium 0% Iron 6%

Fresh Nectarine Carrot Cake

12 Servings

1 1/2 cups nectarines, chopped
1 1/2 cups carrots, grated
2 cups flour
3/4 cup brown sugar
1/2 cup walnuts, chopped
2 1/2 teaspoons baking powder
1 teaspoon cinnamon
3/4 teaspoon salt
1/4 teaspoon nutmeg
1/2 cup vegetable oil
2 eggs
1 teaspoon vanilla

Combine all ingredients in a bowl. Stir just until mixed. Turn into a greased and floured 9" ring mold. Bake in a 350 F. oven for 45 minutes, or until a pick inserted in the center of the cake comes out dry. Let cool 10 minutes in pan. Invert onto a wire rack to cool completely. Dust with powdered sugar. Serves 10.

Cake may also be baked in 2 - 8" round layer cake pans. Bake in a 350 F. oven for 35 minutes (or pick test). Invert into a wire rack to cool. Fill and frost with your favorite cream cheese frosting or whipped cream if desired.

Amount Per Serving

Calories 250 Calories from Fat 120

Percent Total Calories From:

Fat 48% Protein 7% Carb. 45%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	21%	
Saturated Fat	2 g	8%	
Cholesterol	35 mg	12%	
Sodium	237 mg	10%	
Total Carbohydrate	28 g	9%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	4 g		

Vitamin A 81% Vitamin C 4% Calcium 0% Iron 5%

Fresh Pear Cake

12 Servings

First made this recipe in 2008 when we had a bumper crop of pears.

- 4 cups pears, peeled, cored and chopped**
- 2 cups sugar**
- 3 cups all-purpose flour**
- 1 teaspoon salt**
- 1 1/2 teaspoons baking soda**
- 1/2 teaspoon ground nutmeg**
- 1/2 teaspoon ground cinnamon**
- 1/4 teaspoon ground cloves**
- 2 each eggs**
- 2/3 cup canola oil**
- 1 cup pecans, chopped**

Combine the pears (sprinkle with Fruit Fresh) and the white sugar and let stand for one hour.

Preheat oven to 325 degrees F. spray a 10" bundt pan with non-stick cooking spray.

Slightly beat the eggs and combine them with the oil, chopped pecans and pear mixture.

Stir the flour, salt, baking soda, nutmeg, cinnamon and cloves. Stir in the pear mixture. Pour batter into the prepared bundt pan.

Bake at 325 degrees F for 1 hour and 10 minutes. Remove from oven and let cool 30 minutes before removing from pan.

Amount Per Serving

Calories 467 Calories from Fat 178

Percent Total Calories From:

Fat 38% Protein 4% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	20 g	30%	
Saturated Fat	2 g	9%	
Cholesterol	35 mg	12%	
Sodium	308 mg	13%	
Total Carbohydrate	67 g	22%	
Dietary Fiber	2 g	6%	
Sugars	0 g		
Protein	5 g		

Vitamin A 2% Vitamin C 4% Calcium 0% Iron 5%

Fresh Rhubarb Pie

8 Servings

Strawberries may be substituted for 1/2 the rhubarb to make a Strawberry-Rhubarb pie. Use the minimum amount of sugar.

FOR A 9" PIE

1 1/3 cups sugar, (or up to 2 cups)
6 tablespoons flour
4 cups rhubarb, cut up
1 1/3 tablespoons butter

FOR A 8" PIE

1 cup sugar, (or up to 1 1/2 cups)
4 1/2 tablespoons flour
3 cups rhubarb, cut up
1 tablespoon butter

For mild flavor, choose early pink rhubarb. If tender and pink, do not peel. Cut into 1" pieces. (1 lb. makes 2 cups). Amount of sugar depends on tartness of rhubarb. Early rhubarb requires less sugar. Make your pie shallow.

Make pastry for 2 crust pie of desired size. Line pie pan. Mix together sugar, flour, and rhubarb. Pour into pastry lined pan. Dot with butter. Cover with top crust. Cut steam vents in crust and sprinkle with sugar.

Bake at 425 F. for 40 to 50 minutes or until crust is nicely browned and juice begins to bubble through slits. Serve slightly warm.

Amount Per Serving

Calories 327 Calories from Fat 32

Percent Total Calories From:

Fat 10% Protein 2% Carb. 88%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	2 g	11%	
Cholesterol	9 mg	3%	
Sodium	37 mg	2%	
Total Carbohydrate	72 g	24%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 10% Calcium 0% Iron 3%

Frozen Cinnamon Apples

8 Servings

1 cup sugar
1 cup water
1/2 cup red hots candy
8 to 12 medium apples

Combine sugar, water, and red hots. Cook over medium heat, simmering 5 minutes. Peel apples, cut in half, and core. Cook in syrup a few at a time, just until tender. Cool, package, and date. Freeze. Good for up to nine months.

To use: Partially thaw apples and place on relish plate or a serving dish. Serve plain or fill center with cream cheese nut mixture.

Amount Per Serving

Calories 230 Calories from Fat 6

Percent Total Calories From:

Fat 3% Protein 1% Carb. 97%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	1%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	4 g	16%	
Sugars	0 g		
Protein	0 g		

Vitamin A 2% Vitamin C 19% Calcium 0% Iron 2%

Frozen Strawberry Supreme

16 Servings

A refreshing, not too sweet, summer dessert.

- 1/4 cup margarine, melted**
- 2 cups ginger snaps, crushed**
- 1 3 oz. package cream cheese**
- 1 14 oz. can sweetened condensed milk**
- 3 cups frozen strawberries, thawed**
- 2 tablespoons lemon juice**
- 1/2 teaspoon almond extract**
- 2 cups Cool Whip**

Stir melted margarine and crushed cookies together until well blended. Press in bottom of 9 x 9" dish, reserving 2 tablespoons for garnish.

In large bowl, beat cream cheese till fluffy. Slowly add sweetened condensed milk, beating until smooth. In blender, puree berries. Add these and lemon juice and almond extract to cheese mixture. Stir to blend all. Fold in Cool Whip. Pour into crust. Sprinkle with reserved crumb mixture. Freeze 4 hours, then garnish with fresh strawberries if desired.

Amount Per Serving

Calories 138 Calories from Fat 62

Percent Total Calories From:

Fat 45% Protein 7% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	3 g	15%	
Cholesterol	14 mg	5%	
Sodium	81 mg	3%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 6% Vitamin C 22% Calcium 0% Iron 2%

Fruit and Cream Tart

16 Servings

- 1 3 oz. package cream cheese
- 3/4 cup sugar
- 1 tablespoon milk
- 1 tablespoon orange rind, grated
- 2/3 cup heavy cream
- 2 tablespoons cornstarch
- 1/4 cup water
- 1/2 cup orange juice
- 1/4 cup lemon juice
- 1 pint fresh strawberries
- 2 medium, sliced bananas
- 1 12 oz. can mandarin oranges, drained
- 1 pastry for 2 crust 9" pie

Roll pastry to a 15" circle. Place in a 14" pizza pan. Form 1/2" rim; flute edges. Prick crust with fork. Bake in a 425 F. oven for 12 minutes or until brown. Cool on rack.

Combine cream cheese, 1/4 c. of the sugar, milk and orange rind. Beat until smooth. Add heavy cream. Beat until thick. Spread over crust and chill.

Combine 1/2 cup sugar and cornstarch in saucepan. Stir in water and juices. Cook, stirring until mixture boils. Cook 1 minute.

Reserve 3 strawberries. Hull and slice remaining berries. Arrange around inner edge of crust. Add a ring of bananas, a ring of oranges, and a ring of bananas. Place whole berries in center. Spoon sauce over fruit. Chill 2 hours.

Makes 12 to 16 servings.

Amount Per Serving

Calories 122 Calories from Fat 52

Percent Total Calories From:

Fat 42% Protein 3% Carb. 54%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	9%	
Saturated Fat	4 g	18%	
Cholesterol	20 mg	7%	
Sodium	21 mg	1%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 5% Vitamin C 28% Calcium 0% Iron 1%

Fruit Punch

0 Servings

- 1 6 oz. can frozen lemonade concentrate
- 1 8 oz. can crushed pineapple
- 1 10 oz. package frozen strawberries, thawed
- 2 quarts ginger-ale
vodka

Blend in blender, lemonade, pineapple, and strawberries. Chill. Before serving add 2 quarts of chilled ginger-ale. Add vodka if desired.

Amount Per Serving

Calories 536 Calories from Fat 6

Percent Total Calories From:

Fat 1% Protein 1% Carb. 79%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	13 mg	1%	
Total Carbohydrate	106 g	35%	
Dietary Fiber	2 g	10%	
Sugars	0 g		
Protein	2 g		

Vitamin A 6% Vitamin C 245% Calcium 0% Iron 19%

Fruit Salad with Michigan Dried Cherries

4 Servings

4 **tablespoons vegetable oil**
1/4 **teaspoon salt**
1/4 **teaspoon fresh ground black pepper**
1 **cup dried cherries**
1 **apple, Granny Smith, thinly sliced**
1 **orange, peeled and cut into small sections**
1/4 **cup salted cashews**
1 1/2 **cups Belgian endive**
1 1/2 **cups spinach**
1 1/2 **cups Boston lettuces**

For dressing, whisk together Dried Cherry Vinegar, oil, salt, and pepper. Arrange greens on serving plate, add dried cherries, fruit, and cashews. Serve with dressing. Yield; 4-5 servings.

Amount Per Serving

Calories 313 Calories from Fat 162

Percent Total Calories From:

Fat 52% Protein 5% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	2 g	12%	
Cholesterol	0 mg	0%	
Sodium	167 mg	7%	
Total Carbohydrate	34 g	11%	
Dietary Fiber	3 g	12%	
Sugars	0 g		
Protein	4 g		

Vitamin A 39% Vitamin C 54% Calcium 0% Iron 10%

Fudge Bars

40 Servings

- 2 cups brown sugar, packed
- 1 cup butter
- 2 eggs
- 2 teaspoons vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 2 cups oatmeal
- TOPPING:**
- 1 12 oz. package chocolate chips, (2 cups)
- 1 10 oz. can sweetened condensed milk
- 2 tablespoons butter
- 1 pinch salt
- 1 teaspoon vanilla

Mix first 7 ingredients until crumbly. Save 1 1/2 cups for the top. Pat the rest in a greased jelly roll pan 15 x 10 x 1".

Melt topping ingredients together. Pour fudge mixture over bottom layer, put the reserved crumbs on top (drop crumbs by teaspoonful). Bake for 25 minutes at 350 F.

Amount Per Serving

Calories 183 Calories from Fat 85

Percent Total Calories From:

Fat 46% Protein 6% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	5 g	27%	
Cholesterol	27 mg	9%	
Sodium	146 mg	6%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 4%

Fudge Sauce

8 Servings

Heaven. No purchased fudge sauce can compare.

- 3/4 cup sugar**
- 3 tablespoons unsweetened cocoa**
- 1 dash salt**
- 2 tablespoons water**
- 1 6 oz. can evaporated milk**
- 2 tablespoons butter**
- 1 teaspoon vanilla**

In saucepan, combine sugar, cocoa, and salt. Blend in water. Stir to dissolve cocoa. Add milk and bring to boiling. Boil gently till thick; 3 to 4 minutes. Stir often. Remove from heat and add butter and vanilla. Cover and chill. Serve warm, if desired. Makes 1 cup.

Amount Per Serving

Calories 138 Calories from Fat 43

Percent Total Calories From:

Fat 31% Protein 5% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	7%	
Saturated Fat	3 g	15%	
Cholesterol	14 mg	5%	
Sodium	103 mg	4%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 3% Vitamin C 1% Calcium 0% Iron 2%

Gary's Venison Chili

10 Servings

- 2 **tablespoons unsalted butter**
- 3 **medium onions, sliced**
- 1/2 **green bell pepper, diced**
- 2 **pounds ground venison**
- 2 **12 oz. cans red kidney beans, drained**
- 2 **16 oz. cans canned stewed tomatoes**
- 1 **4 oz. can diced mild green chiles, drained**
- 2 **tablespoons Worcestershire sauce**
- 1 **pinch dry mustard**
- 2 **tablespoons chopped fresh parsley**
- 1 **teaspoon ground oregano**
- 1 **pinch ground cumin**
- 1 **tablespoon chili powder**
- 2 **tablespoons bottled salsa sauce**
- 1 **12 oz. can beer**

In large kettle over medium heat, melt butter. Add onions and green pepper. Saute, stirring, 3 minutes. Add venison and saute, using spoon to break up chunks, until browned.

Add remaining ingredients and stir thoroughly to blend. Bring to boil over high heat. Reduce heat to low, cover and simmer 3 hours, stirring occasionally. Taste and adjust seasonings if necessary. Makes 8 to 10 servings.

Amount Per Serving

Calories 234 Calories from Fat 46

Percent Total Calories From:

Fat 20% Protein 44% Carb. 33%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	2 g	12%	
Cholesterol	83 mg	28%	
Sodium	649 mg	27%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	26 g		

Vitamin A 19% Vitamin C 42% Calcium 0% Iron 28%

German Sweet Chocolate Cake

12 Servings

CAKE

- 4 ounces dark sweet chocolate
- 1/2 cup boiling water
- 1 cup butter or margarine
- 2 cups sugar
- 4 egg yolks
- 1 teaspoon vanilla
- 2 1/4 cups all-purpose flour, sifted
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk
- 4 egg whites, stiffly beaten

FROSTING

- 1 cup evaporated milk
- 1 cup sugar
- 3 egg yolks, slightly beaten
- 1/2 cup butter
- 1 teaspoon vanilla
- 1 1/2 cups flaked coconut
- 1 cup pecans, chopped

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, one at a time, beating well after each addition. Blend in vanilla and chocolate. Sift flour with soda and salt, add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into 3 9-inch layer pans, lined on the bottoms with waxed or parchment paper. Bake at 350 F. for 30 to 35 minutes. Cool. Frost tops only.

Coconut-Pecan Frosting:

Combine evaporated milk, sugar, egg yolks, butter, and vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add coconut and pecans. Cool until thick enough to spread, beating occasionally. Makes 2 1/2 cups.

Amount Per Serving

Calories 727 Calories from Fat 359
 Percent Total Calories From:
 Fat 49% Protein 5% Carb. 46%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	40 g	61%	
Saturated Fat	19 g	97%	
Cholesterol	189 mg	63%	
Sodium	492 mg	20%	
Total Carbohydrate	83 g	28%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	9 g		

Vitamin A 22% Vitamin C 1% Calcium 0% Iron 7%

Ginger Creams

Fluffy ginger cakes, topped with white icing

24 Servings

One of Steve's favorites.

- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup molasses
- 1 teaspoon baking soda, dissolved in 1/2 cup hot water
- 2 cups flour, sifted
- 1/2 teaspoon salt
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon

Mix together thoroughly: shortening, sugar, egg, and molasses

Stir in: soda and water

Sift together and stir in: flour, salt, ginger, nutmeg, cloves, and cinnamon

Chill dough. Drop rounded teaspoonfuls about 2" apart on a lightly greased baking sheet. Bake until set...just until, when touched lightly with finger, almost no imprint remains. While slightly warm, frost with Quick Cream Icing.

Bake a 400 F. Time: 7 to 8 minutes

Amount Per Serving

Calories 94 Calories from Fat 24

Percent Total Calories From:

Fat 26% Protein 6% Carb. 68%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	3 g		4%
Saturated Fat	0 g		2%
Cholesterol	9 mg		3%
Sodium	92 mg		4%
Total Carbohydrate	16 g		5%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 7%

Gingery Meatballs

6 Servings

- 1 1/2 pounds lean ground beef**
- 1/4 cup bread crumbs**
- 1 egg**
- 2 tablespoons dry sherry wine**
- 2 tablespoons soy sauce**
- 1 8 oz. can water chestnuts, drained and coarsely chopped**
- 1/3 cup green onions, sliced**
- 2 tablespoons fresh ginger root, grated**
- cornstarch**
- 3 tablespoons vegetable oil**
- 2 1/2 pounds Napa cabbage, cut in 1/2" strips**
- 1/2 cup beef broth**
- 1 pinch sugar**

Combine the beef, bread crumbs, egg, dry sherry, 1 Tablespoon of soy sauce, water chestnuts, onions and ginger in a large bowl. Mix to blend thoroughly and taste for seasonings. Form beef mixture into 6 equal balls. Roll balls in cornstarch to coat evenly. Pour the oil in a saute pan and place over high heat. When hot, add the beef balls and saute for about 10 minutes, turning often to brown on all sides. Remove the balls with a slotted spoon.

Cover the bottom of a cassarole with half of the cabbage. Place the beef balls over the cabbage and cover with the remaining cabbage. Combine the beef stock with the remaining soy suace and the sugar. Pour over the beef and cabbage. Bring mixture to a boil, cover, reduce heat to medium low and simmer for 25 minutes. Serve directly from the cassarole or transfer to a heated serving plate. Top with additional sliced green onions if desired.

Amount Per Serving

Calories 395 Calories from Fat 224
 Percent Total Calories From:
 Fat 57% Protein 28% Carb. 16%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	25	g	38%
Saturated Fat	8	g	39%
Cholesterol	115	mg	38%
Sodium	567	mg	24%
Total Carbohydrate	15	g	5%
Dietary Fiber	5	g	20%
Sugars	0	g	
Protein	27	g	

Vitamin A 7% Vitamin C 81% Calcium 0% Iron 22%

Golden Cabbage Toss

6 Servings

Try without the sunflower seeds for a lower-fat version.

- 3 cups cabbage, shredded**
- 1 8 ounce canned pineapple rings, drained and halved**
- 1 cup carrots, shredded**
- 1/4 cup raisins**
- 1/4 cup unsalted sunflower seeds**
- 1/3 cup low-fat orange yogurt**

In a bowl combine cabbage, pineapple, carrot, raisins, and sunflower seeds. Spoon yogurt over cabbage mixture and toss to coat. Makes 6 servings.

Amount Per Serving

Calories 61 Calories from Fat 2

Percent Total Calories From:

Fat 3% Protein 6% Carb. 91%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	14 mg	1%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	1 g		

Vitamin A 104% Vitamin C 36% Calcium 0% Iron 3%

Green Beans Fermier

8 Servings

- 2 16 oz. cans green beans**
- 6 slices bacon, diced**
- 1/2 cup onions, diced**
- 1/4 cup flour**
- 2 cubes chicken boullion**
- 1/8 teaspoon pepper**
- 1/2 cup shredded cheddar cheese**
- 1 1/2 cups water, or bean liquid**

Placed drained beans in a casserole. Cook bacon and onion in a pan until browned. Stir in flour. Gradually add water or liquid, boullion and pepper. Cook until sauce is very thick. Combine beans and sauce. Mix well. Sprinkle with cheese. Bake 30 minutes at 350 F. or until mixture is hot and bubbly.

Amount Per Serving

Calories 123 Calories from Fat 50

Percent Total Calories From:

Fat 40% Protein 20% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	8%	
Saturated Fat	3 g	13%	
Cholesterol	13 mg	4%	
Sodium	147 mg	6%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	6 g		

Vitamin A 17% Vitamin C 35% Calcium 0% Iron 8%

Green Pie

6 Servings

- 2 packages frozen chopped broccoli, thawed in colander**
- 3/4 cup celery, chopped**
- 1/4 cup onions, chopped**
- 1 cup Minute Rice, uncooked**
- 1 10 3/4 ounce can cond. cream of mushroom soup**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 1 cup cheddar cheese, grated**
- OR**
- 1 6 oz. jar cheese whiz**
- 1 stick margarine, melted**
- salt and pepper, to taste**
- sunflower seeds**
- slivered almonds**

Mix together all ingredients except almonds or sunflower seeds. If using grated cheddar cheese mix in with other ingredients, if using cheese whiz, spoon over top.

Put in buttered casserole dish and bake at 350 F. for 45 minutes.

Top with sunflower seeds or slivered almonds.

Amount Per Serving

Calories 201 Calories from Fat 137

Percent Total Calories From:

Fat 68% Protein 14% Carb. 18%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	6 g	31%	
Cholesterol	24 mg	8%	
Sodium	1158 mg	48%	
Total Carbohydrate	9 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	7 g		

Vitamin A 11% Vitamin C 4% Calcium 0% Iron 4%

Grilled Marinated Pork Kebabs

10 Servings

4 to 5 pounds pork roasts
1 cup soy sauce
1/2 teaspoon salt
Juice from freshly squeezed lemon
1 1/2 cups sugar
2 1/2 teaspoons pepper
5 cloves garlic, minced
1 cup dry white wine
1/2 pound fresh mushrooms
1 pineapple, fresh, cubed

Slice pork in 1 1/2-inch cubes. Place in bowl. Mix next 7 ingredients and pour over meat. Cover and marinate in refrigerator one to two days. Thread pork on skewers with mushrooms and pineapple. Grill over gray coals for 20 minutes, turning occasionally. Brush once with marinade.

Amount Per Serving

Calories 530 Calories from Fat 126

Percent Total Calories From:

Fat 24% Protein 30% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	22%	
Saturated Fat	5 g	23%	
Cholesterol	109 mg	36%	
Sodium	1847 mg	77%	
Total Carbohydrate	57 g	19%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	40 g		

Vitamin A 1% Vitamin C 54% Calcium 0% Iron 18%

Guthrie Yeast Rolls

21 Servings

- 2 cups lukewarm water
- 1/2 cup sugar
- 1 1/2 teaspoons salt
- 2 packages active dry yeast
- 1 egg
- 1/4 cup soft shortening
- 6 1/2 to 7 cups sifted flour

Mix together water sugar and salt. Sprinkle yeast over all. Stir in egg. Add shortening. Mix in flour, adding 2 additions as necessary until dough is easy to handle. Knead until smooth.

Round up dough. Rub surface with soft shortening. Cover with waxed paper and a damp cloth. Refrigerate. When fresh rolls are desired, cut off amount as needed, shape, and place in a greased baking pan. Let rise until impression remains when dough is lightly touched with finger, approximately 1 1/2 to 2 hours. Bake 12-15 minutes at 400 F.

Amount Per Serving

Calories 186 Calories from Fat 30

Percent Total Calories From:

Fat 16% Protein 10% Carb. 74%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	5%	
Saturated Fat	1 g	3%	
Cholesterol	10 mg	3%	
Sodium	170 mg	7%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	5 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 3%

Ham Tetrazzini

8 Servings

A good way to use leftover holiday ham. Very filling.

- 2 tablespoons margarine**
- 1/2 cup green or red bell peppers, chopped**
- 1/2 cup onions, chopped**
- 1 4 oz. can mushrooms**
- 1 10 3/4 ounce can cond. cream of mushroom soup**
- 1 cup sour cream**
- 1 12 oz. package medium egg noodles**
- 1/4 pound Monterey Jack cheese, shredded**
- 3/4 to 1 pound lean cooked ham, sliced in long pieces**

In a quart saucepan, melt butter; saute onion and green pepper. Remove from heat. Stir in soup, sour cream, and mushrooms. In a buttered baking dish, 9" x 14", layer 1/3 of the noodles, 1/2 of the cheese, and 1/2 of the ham, and 1/2 of the soup mixture. Repeat layering. End with final 1/3 of the noodles. Dot with butter. Bake at 350 F. for 35 to 45 minutes. Bake uncovered.

Amount Per Serving

Calories 239 Calories from Fat 162

Percent Total Calories From:

Fat 68% Protein 22% Carb. 10%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	7 g	34%	
Cholesterol	41 mg	14%	
Sodium	828 mg	34%	
Total Carbohydrate	6 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	13 g		

Vitamin A 9% Vitamin C 12% Calcium 0% Iron 4%

Ham-Stuffed Manicotti

8 Servings

*A different idea for leftover ham.
Recipe can easily be doubled for a larger group.*

- 8 manicotti shells**
- 1/2 cup onions, chopped**
- 1 tablespoon vegetable oil**
- 3 cups ground, fully cooked ham**
- 1 4 oz. can mushrooms, sliced, drained**
- 1 cup Swiss cheese, shredded, divided**
- 3 tablespoons grated Parmesan cheese**
- 1/4 to 1/2 cup green bell peppers, chopped**
- 3 tablespoons butter or margarine**
- 3 tablespoons all-purpose flour**
- 2 cups milk**
- Paprika**
- chopped fresh parsley**

Cook manicotti according o package directions; set aside. In a large skillet, saute onion in oil until tender. Remove from the heat. Add ham, mushrooms, half of the Swiss cheese and Parmesan; set aside. In a saucepan, saute green pepper in butter until tender. Stir in flour until thoroughly combined. Add milk; cook stirring constantly, until thickened and bubbly. Mix a quarter of the sauce into ham mixture. Stuff shells with about 1/3 cup of filling each. Place in a greased 11 x 7 x 2" baking dish. Top with remaining sauce; sprinkle with paprika. Cover and bake at 350 F. for 30 minutes or until heated through. Sprinkle with parsley and remaining Swiss cheese before serving.

Amount Per Serving

Calories 311 Calories from Fat 147

Percent Total Calories From:

Fat 47% Protein 24% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	8 g	42%	
Cholesterol	56 mg	19%	
Sodium	708 mg	29%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	19 g		

Vitamin A 8% Vitamin C 21% Calcium 0% Iron 6%

Hamburger Stroganoff

4 Servings

- 1 pound lean ground beef**
- 1/2 cup onions, chopped**
- 1/4 cup butter**
- 2 tablespoons flour**
- 1 teaspoon garlic salt**
- 1/4 teaspoon pepper**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 1 cup sour cream**
- 2 cups hot cooked noodles**

In large skillet, cook and stir ground beef and onion in butter until onion is tender. Stir in flour, garlic salt and pepper; cook 5 minutes, stirring constantly. Remove from heat. Stir in soup; simmer uncovered 10 minutes. Stir in sourcream; heat through. Serve over noodles.

Amount Per Serving

Calories 641 Calories from Fat 416

Percent Total Calories From:

Fat 65% Protein 19% Carb. 17%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	46 g	71%	
Saturated Fat	20 g	98%	
Cholesterol	157 mg	52%	
Sodium	837 mg	35%	
Total Carbohydrate	27 g	9%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	30 g		

Vitamin A 21% Vitamin C 4% Calcium 0% Iron 19%

Hello Dolly Bars

30 Servings

- 1 stick butter, (1/2 cup)**
- 14 graham crackers**
- 1 cup nuts, chopped**
- 1 cup coconuts**
- 1 cup chocolate chips**
- 1 cup sweetened condensed milk**

Melt butter in a 9 x 13 pyrex dish. Cover with cracker crumbs. Combine nuts, coconut, chips. Cover crumb mixture. Cover with the milk. Do NOT stir. Bake at 350 F. for 25 minutes. Cool and cut into bars.

Amount Per Serving

Calories 135 Calories from Fat 64

Percent Total Calories From:

Fat 48% Protein 7% Carb. 45%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	3 g	16%	
Cholesterol	4 mg	1%	
Sodium	62 mg	3%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 4%

Herbed Roast

12 Servings

Best served over cooked home-made egg noodles. Flavorful!

- 4 pounds Beef rolled rump roast**
- 1/2 cup beef consomme**
- 1 onion, sliced**
- salt and pepper**
- 1 clove garlic, minced**
- rosemary**
- 1 1/2 tablespoons flour**

Brown meat. Put on trivet in kettle and set meat on it. Add liquid and onion, cover tightly and simmer one hour (or in 350 F. oven). Remove meat to cutting board and cool 15 to 20 minutes. Cut into slices. Thicken gravy and add garlic. Put meat back in kettle and sprinkle each layer with seasonings. Cover and simmer 1 1/2 to 2 hours, until for tender (Oven temperature 325 F.). Serve meat and gravy over cooked home-made egg noodles.

Amount Per Serving

Calories 11 Calories from Fat 0

Percent Total Calories From:

Fat 4% Protein 11% Carb. 84%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	97 mg	4%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 0%

Honey Snap Snaps

24 Servings

- 2 1/4 cups flour**
- 1 1/2 teaspoons baking soda**
- 1 teaspoon ground ginger**
- 1/2 teaspoon ground cinnamon**
- 1/4 teaspoon ground cloves**
- 1 cup brown sugar, packed**
- 3/4 cup solid vegetable shortening**
- 1 egg**
- 1/4 cup honey**
- water and granulated sugar for dipping cookies**

Into a large bowl, sift flour, baking soda, ginger, cinnamon, and cloves.

Into another large bowl, cream brown sugar, and shortening, mixing well. Blend in egg and honey. Beat well with wooden spoon. Add dry ingredients gradually and mix.

Shape dough into about 4 dozen walnut-size balls. Dip half of each ball in water, then in sugar. Place sugared sides up on ungreased cookie sheet.

Bake at 350 F. for 12 to 15 minutes, or until cookies are delicately browned.

Amount Per Serving

Calories 134 Calories from Fat 61

Percent Total Calories From:

Fat 45% Protein 4% Carb. 50%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	10%	
Saturated Fat	1 g	5%	
Cholesterol	9 mg	3%	
Sodium	56 mg	2%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

Hot Fruit Salad

12 Servings

A nice side dish for the Breakfast Souffle.

- 1 16 oz. can canned Bartlett pear halves**
- 1 8 oz. can apricot halves in syrup**
- 1 14 oz. can canned pineapple chunks**
- 1 8 oz. can mandarin oranges**
- marachino cherries**
- lemon**
- 1/4 cup brown sugar**
- 1/4 teaspoon nutmeg**
- 1/4 teaspoon cinnamon**
- 1/8 teaspoon ground cloves**
- 2 tablespoons butter**
- sour cream**

Drain fruit, reserving 3/4 cup of syrup. Arrange fruit in a 2 quart casserole dish and sprinkle with lemon juice. Combine syrup, brown sugar, nutmeg, cinnamon, cloves, and butter. Bake 20 to 30 minutes. Serve warm. Top with sour cream, if desired.

Amount Per Serving

Calories 89 Calories from Fat 18

Percent Total Calories From:

Fat 21% Protein 2% Carb. 78%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	6%	
Cholesterol	5 mg	2%	
Sodium	24 mg	1%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	0 g		

Vitamin A 6% Vitamin C 10% Calcium 0% Iron 2%

Hot Potato Salad

10 Servings

- 8 potatoes
- 1 green bell pepper
- 3 eggs, scrambled
- 1 onion, minced
- 8 slices bacon
- 2/3 cup vinegar
- 1 1/2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons water
- 1 cup sour cream

Cook potatoes until done. Dice. Add diced green pepper, onion, and eggs. Fry and dice bacon, add the sugar, vinegar, water and salt. When liquid is boiling, add diced vegetables and scrambled eggs. After thoroughly warmed through, fold in sour cream and warm through. Serve hot.

Amount Per Serving

Calories 304 Calories from Fat 89

Percent Total Calories From:

Fat 29% Protein 12% Carb. 59%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	3 g	17%	
Cholesterol	78 mg	26%	
Sodium	378 mg	16%	
Total Carbohydrate	45 g	15%	
Dietary Fiber	1 g	6%	
Sugars	0 g		
Protein	9 g		

Vitamin A 5% Vitamin C 58% Calcium 0% Iron 13%

Italian Spaghetti

6 Servings

- MEAT BALLS**
- 1 pound lean ground beef**
 - 2 ounces Parmesan cheese**
 - salt and pepper**
 - 1/2 cup cracker crumbs**
 - 2 eggs**
- SAUCE**
- 4 4 oz. cans tomato paste**
 - 4 4 oz. cans water**
 - 1 medium, chopped onion**
 - 4 ounces Parmesan cheese, (rest of container)**
 - 2 cloves garlic**
 - salt and pepper**

Meatballs; Mix together all ingredients and brown in skillet or under broiler.

Sauce: Mix together ingredients and simmer several hours on low heat. Add meatballs and cook till they are heated through.

Amount Per Serving

Calories 433 Calories from Fat 207

Percent Total Calories From:

Fat 48% Protein 30% Carb. 22%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	23 g	35%	
Saturated Fat	11 g	53%	
Cholesterol	146 mg	49%	
Sodium	1112 mg	46%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	33 g		

Vitamin A 43% Vitamin C 57% Calcium 0% Iron 25%

Jean's Meatloaf

6 Servings

- 1 pound lean ground beef**
- 1/4 teaspoon salt**
- 1/4 teaspoon celery salt**
- 1/4 teaspoon pepper**
- 1/2 teaspoon sugar**
- 4 crackers, broken up**
- 1 tablespoon onions**
- 1 egg**
- milk, enough to mix well**

Mix together all ingredients and bake 1 hour at 350 F.

Amount Per Serving

Calories 181 Calories from Fat 110

Percent Total Calories From:

Fat 61% Protein 36% Carb. 4%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	5 g	23%	
Cholesterol	88 mg	29%	
Sodium	234 mg	10%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	16 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 8%

Jean's Pie Crust

8 Servings

Good for the freezer.

- 4 cups flour**
- 1 3/4 cups shortening**
- 1 teaspoon salt**
- 1 tablespoon sugar**
- 1 tablespoon vinegar**
- 1 egg**
- 1/2 cup water**

Mix with fork the flour, shortening, sugar, and salt. Beat egg and add to vinegar. Add water. Then add to dry ingredients.

Mold dough into a ball and chill at least 15 minutes. Can be left in refrigerator 3 days or frozen until ready to use.

Amount Per Serving

Calories 685 Calories from Fat 458

Percent Total Calories From:

Fat 67% Protein 4% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	51 g	78%	
Saturated Fat	8 g	40%	
Cholesterol	27 mg	9%	
Sodium	300 mg	12%	
Total Carbohydrate	49 g	16%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	7 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 5%

Jello Punch

40 Servings

Color changes depending on the flavor of Jello you choose.

- 2 6 oz. packages jello, (large boxes)**
- 4 cups hot water**
- 2 each pineapple juice, (46 oz. cans)**
- 2 12 oz. cans frozen orange juice concentrate**
- 12 ounces water**
- 2 12 oz. cans frozen lemonade concentrate**
- 12 ounces water**
- 4 quarts ginger-ale**

Put in 3 gallon jars. Refrigerate. Before serving, add 4 quarts ginger-ale.

Amount Per Serving

Calories 94 Calories from Fat 1

Percent Total Calories From:

Fat 1% Protein 5% Carb. 94%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	28 mg	1%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 44% Calcium 0% Iron 1%

Juli Ann's Pink Fluff

10 Servings

- 1 20 oz. can cherry pie filling
- 1 16 oz. can sweetened condensed milk
- 1 16 oz. can canned crushed pineapple in juice
- 1 cup nuts, chopped
- 1 8 oz. package Cool Whip

Mix together and refrigerate.

Amount Per Serving

Calories 334 Calories from Fat 101

Percent Total Calories From:

Fat 30% Protein 8% Carb. 62%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	3 g	17%	
Cholesterol	15 mg	5%	
Sodium	65 mg	3%	
Total Carbohydrate	52 g	17%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	6 g		

Vitamin A 4% Vitamin C 9% Calcium 0% Iron 5%

Kringle

24 Servings

4 cups unbleached flour
3 tablespoons sugar
1 teaspoon salt
1 cup unsalted butter
3 eggs, large, separated
1 package active dry yeast
1 cup milk, (105 F. to 130 F.)

SUGAR ICING

1 1/2 cups powdered sugar
3 tablespoons milk
1/4 teaspoon vanilla

PECAN FILLING (enough for 2 Kringles)

6 tablespoons unsalted butter
3/4 cup light brown sugar, packed
1/2 cup pecans, chopped

ALMOND FILLING (enough for 2 Kringles)

1/2 cup unsalted butter
1 cup sugar
1 8 oz. can almond filling
1/4 cup milk

CHERRY FILLING (enough for 2 Kringles)

1 cup tart red cherries, in juice
1 cup sugar
1/8 teaspoon salt
3 tablespoons cornstarch
1/4 teaspoon almond extract

Blend flour, sugar, and salt in electric mixer. Cut in butter.

Beat egg yolks lightly in small bowl. Add yolks and yeast to milk. Stir to dissolve yeast; add mixture to dough. Mix on low speed until soft dough forms. Do not overbeat. Put dough in clean bowl, cover with plastic wrap and refrigerate at least 2 hours or up to 48 hours.

Divide dough into 4 equal parts. Return 3 parts to bowl, cover, and refrigerate while working with 1 part. Roll dough into a 8 x 20 inch rectangle. Spread filling down center 3 inches of dough to within an inch of each 8" end.

In grease-free bowl, beat egg whites on low speed until foamy. Then increase speed until whites hold stiff peaks. Do not overbeat. Spread 1/4 of whites over Kringle filling. Fold over one side of dough, then the other so that there is a 1 1/2" overlap of doughs covering filling. Pinch dough together at seam and ends.

Gently place kringle seam side down on baking sheet, shaping into oval or horseshoe shape. Prick in several places with fork. Roll, fill and shape remaining 3 Kringles; cover each with a towel and let rise 30 minutes.

Preheat oven to 400 F. Bake each Kringle individually 20 to 25 minutes or until golden brown. Prepare sugar icing while Kringles bake. While Kringles are hot gently press tops with hot pad to expel trapped air. Spread with sugar icing while hot.

SUGAR ICING

Combine ingredients and stir until smooth.

PECAN FILLING

Cream butter and sugar until fluffy. Spread on dough. Then spread egg white, then sprinkle with nuts.

ALMOND FILLING

Cream butter and sugar. Beat in almond filling and milk until smooth.

CHERRY FILLING

Combine 2/3 c. of the cherry juice, sugar, salt and cornstarch. Set aside 15 minutes. Bring to a boil till thickened. Remove from heat and add cherries and extract and cool.

Amount Per Serving

Calories 364 Calories from Fat 156

Percent Total Calories From:

Fat 43% Protein 4% Carb. 53%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17 g	27%	
Saturated Fat	10 g	48%	
Cholesterol	67 mg	22%	
Sodium	128 mg	5%	
Total Carbohydrate	48 g	16%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	4 g		

Vitamin A 14% Vitamin C 1% Calcium 0% Iron 4%

Lasagne

8 Servings

- 1 package lasagne noodles
- 1 1/2 pounds lean ground beef
- 1 pound cottage cheese
- 1/2 cup Parmesan cheese
- 2 eggs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 package mozzarella cheese, (1 cup)
- 1 16 oz. can tomato juice
- 2 6 oz. cans tomato paste

Brown meat, add tomato juice and paste. Simmer until meat is heated through. Cook noodles in salt water. Combine cheeses, eggs, and seasonings, except mozzarella. In a 13 x 9 x 2- inch pan, layer noodles, cottage cheese mixture, mozzarella, and 1/2 of the meat sauce. Repeat, ending with mozzarella on top. Bake in 375 F. oven for 30 minutes. let stand 5 minutes before cutting.

Amount Per Serving

Calories 339 Calories from Fat 168

Percent Total Calories From:

Fat 50% Protein 36% Carb. 15%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	19 g	29%	
Saturated Fat	8 g	41%	
Cholesterol	126 mg	42%	
Sodium	1229 mg	51%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	30 g		

Vitamin A 32% Vitamin C 47% Calcium 0% Iron 19%

Lemon-Lime Chiffon Pie

8 Servings

- 1 3 oz. package lemon pudding
- 1 3 oz. package lime jello
- 2 1/4 cups water
- 2 eggs
- 2 egg whites
- 1/2 cup sugar
- 1 lime slice, (for garnish)

Stir pudding and jello until well mixed. Beat water and eggs until well mixed; stir into gelatin mixture. Cook over low heat until mixture thickens and coats spoon (do not boil). Refrigerate, stirring occasionally, until mixture mounds when dropped from spoon (about 5 minutes). Beat egg whites and add sugar gradually. Fold gelatin into egg whites. Pour mixture into cooled Coconut Crumb Crust. Refrigerate until completely set.

Amount Per Serving

Calories 73 Calories from Fat 11

Percent Total Calories From:

Fat 16% Protein 13% Carb. 71%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	2%	
Saturated Fat	0 g	2%	
Cholesterol	53 mg	18%	
Sodium	30 mg	1%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 1% Calcium 0% Iron 1%

Lemon-Pecan Bars

24 Servings

- 3/4 cup butter or margarine, softened**
- 1 1/2 cups all-purpose flour**
- 1/3 cup powdered sugar**
- 1 tablespoon fresh lemon peels, grated and divided**
- 1 14 oz. can sweetened condensed milk**
- 7 ounces shredded coconut**
- 1 cup pecans, chopped**

Preheat oven to 350 F. In large bowl, combine butter, flour, sugar, and 2 teaspoons of the lemon peel. Beat with an electric mixer at medium speed until the mixture comes together in large crumbs. Pat the crumb mixture into a 9 x 13 baking dish. Bake for 15 minutes.

Meanwhile, combine condensed milk and the remaining 1 teaspoon lemon peel. Sprinkle the coconut evenly over the baked cookie layer. Drizzle the condensed milk mixture evenly over the coconut. Top with chopped pecans, pressing them down lightly. Continue to bake for 20 minutes, or until golden brown.

Amount Per Serving

Calories 217 Calories from Fat 120

Percent Total Calories From:

Fat 55% Protein 5% Carb. 40%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	20%	
Saturated Fat	7 g	37%	
Cholesterol	21 mg	7%	
Sodium	102 mg	4%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 6% Vitamin C 2% Calcium 0% Iron 2%

Lime Jello Salad

8 Servings

- 1 3 oz. package lime jello
- 1 cup hot water
- 1 cup pineapple juice
- 1 8 oz. package cream cheese
- 1/2 cup celery, chopped
- 1 package Dream Whip
- 1 14 oz. can crushed pineapple

Mix cream cheese with celery. Add drained crushed pineapple. Add to medium firm jello and fold in one envelope of prepared Dream Whip. Let Set.

Amount Per Serving

Calories 120 Calories from Fat 89

Percent Total Calories From:

Fat 75% Protein 8% Carb. 18%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	6 g	31%	
Cholesterol	31 mg	10%	
Sodium	91 mg	4%	
Total Carbohydrate	5 g	2%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 8% Vitamin C 6% Calcium 0% Iron 3%

Luscious Almond Cheesecake

16 Servings

- 1 1/2 cups quick cooking rolled oats, or old-fashioned, uncooked
- 1/2 cup almonds, finely chopped
- 1/3 cup brown sugar, packed
- 1/3 cup margarine, melted
- 2 8 oz. packages cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon almond extract, (or vanilla)
- 3 eggs
- 1 16 oz. package sour cream, (2 cups)
- 2 tablespoons granulated sugar

Heat oven to 350 F. Grease bottom and sides of a 9-inch springform pan. Combine first four ingredients; mix well. Press firmly onto bottom and 1 1/2 inches up sides of prepared pan. Bake 18 minutes. Cool. Beat cheese, sugar and 1/2 t. almond extract at medium speed of electric mixer until fluffy. Add eggs, one at a time beating well after each. Stir in 1 cup sour cream. Pour into prepared crust. Bake about 50 minutes or until center appears set. Spread combined remaining 1 cup sour cream, 1/2 t. extract and 2 T. sugar over cheesecake. Continue baking 10 minutes. Loosen cake from rim of pan. Cool; remove rim. Chill. Garnish with whipped cream, mandarin oranges, and almonds, if desired. 16 servings.

Amount Per Serving

Calories 309 Calories from Fat 211

Percent Total Calories From:

Fat 68% Protein 8% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	23 g	36%	
Saturated Fat	10 g	48%	
Cholesterol	82 mg	27%	
Sodium	153 mg	6%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	6 g		

Vitamin A 15% Vitamin C 0% Calcium 0% Iron 6%

Ma-Ma's Devils Food Cake

12 Servings

- 1 cup sour cream
- 1 cup sugar
- 1 egg, beaten
- 1 pinch salt
- 1 1/2 teaspoons shortening
- 1 teaspoon soda
- 2 1/2 tablespoons cocoa
- 1 cup flour

Grease and flour cake pans. Preheat oven to 350 F. Sprinkle soda on sour cream. Beat egg. Add sugar and cream together with soda and sour cream mixture. Sift flour, cocoa, and salt into mixture. Beat well. Put into greased pans. Bake at 350 F.

Amount Per Serving

Calories 162 Calories from Fat 49

Percent Total Calories From:

Fat 30% Protein 6% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	2 g	9%	
Cholesterol	25 mg	8%	
Sodium	216 mg	9%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 2%

Mandarin Orange Cake

12 Servings

CAKE

- 1 package white cake mix
- 4 eggs
- 1/2 cup oil
- 1 12 oz. can mandarin oranges, with juice

FROSTING

- 1 package instant vanilla pudding
- 1 package instant banana pudding
- 1 20 oz. can canned crushed pineapple in juice
- 1 8 oz. package Cool Whip

With spoon, not mixer, combine cake ingredients and mix well. Pour into 3 -9" layer pans that have been greased and floured. Bake at 325 F. for 20 to 30 minutes. Chill in the refrigerator a few hours.

Combine frosting ingredients and frost between and on top of cake, then sides. Keep refrigerated!

Amount Per Serving

Calories 137 Calories from Fat 97

Percent Total Calories From:

Fat 71% Protein 7% Carb. 22%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	1 g	5%	
Cholesterol	71 mg	24%	
Sodium	21 mg	1%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 7% Calcium 0% Iron 2%

Marmalade Bars

36 Servings

- 1 1/2 cups all-purpose flour, stirred
- 1/2 teaspoon baking soda
- 1/2 cup butter
- 1 cup sugar
- 1 large egg
- 1 tablespoon orange rind, grated
- 1 teaspoon vanilla
- 1/3 cup plain yogurt
- 1/3 cup thick orange marmalade
- 1/2 cup nuts, finely chopped
- 3 tablespoons sugar
- 3 tablespoons orange juice

Stir together the flour and soda. Cream butter and sugar; beat in egg, orange rind and vanilla. Stir in flour mixture alternately with yogurt; stir in marmalade. Turn into a well-grased 15 x 10 x 1" jellyroll pan and spread evenly; sprinkle with the nuts. Bake in a pre-heated 350 F. oven for 25 minutes. Stir together sugar and orange juice. Spoon mixture over top of cookies. While still warm, cut into bars.

Amount Per Serving

Calories 93 Calories from Fat 34

Percent Total Calories From:

Fat 37% Protein 5% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	2 g	9%	
Cholesterol	13 mg	4%	
Sodium	41 mg	2%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 2% Vitamin C 1% Calcium 0% Iron 1%

Meat Loaf and Scalloped Potato Casserole

8 Servings

- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 1/2 cups soft bread crumbs
- 1 envelope Lipton onion soup
- 1/3 cup catsup
- 3/4 cup warm water
- 5 potatoes, medium
- 3/4 cup American cheese, cubed
- 1 10 3/4 ounce can cond. cream of mushroom soup

Mix together beef, eggs, bread crumbs, soup mix, catsup and water. Pat into a 9 x 13" pan from edge to edge. Slice 5 medium potatoes, parboil until tender. Drain, layer on top of the meat, season with salt.

Next, layer about 3/4 c. American cheese (such as Velveta). Pour undiluted cream of mushroom soup over top of all. Bake at 350 F. for 1 hour.

Amount Per Serving

Calories 553 Calories from Fat 221

Percent Total Calories From:

Fat 40% Protein 23% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	38%	
Saturated Fat	10 g	48%	
Cholesterol	140 mg	47%	
Sodium	831 mg	35%	
Total Carbohydrate	51 g	17%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	32 g		

Vitamin A 6% Vitamin C 35% Calcium 0% Iron 26%

Merry Cherry Bars

40 Servings

- 1 cup butter or margarine
- 1 cup granulated sugar
- 1 egg
- 1/2 teaspoon almond extract
- 2 cups flour
- 1/4 teaspoon salt
- 3/4 cup candied cherries, RED, coarsely chopped, divided
- 1/2 cup M & M's, coarsely chopped, color appropriate to season
- 1 cup powdered sugar, sifted
- 5 tablespoons warm water

Beat together butter and sugar until light and fluffy. Blend in egg and almond extract. Add combined flour and salt; mix well. Stir in 1/2 c. cherries. Spread dough into ungreased (15 1/2 x 10 1/2 x 1 inch) jelly roll pan. Sprinkle with remaining 1/4 cup cherries and candy; press in lightly. Bake at 300 F. for 30 to 35 minutes or until edges are very lightly browned. Cool thoroughly. Combine powdered sugar and water, mixing until smooth. Drizzle over cherry-candy topping; cut into bars to serve.

Amount Per Serving

Calories 108 Calories from Fat 43

Percent Total Calories From:

Fat 40% Protein 3% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	7%	
Saturated Fat	3 g	15%	
Cholesterol	18 mg	6%	
Sodium	63 mg	3%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 0% Calcium 0% Iron 1%

Mexican-Style Chicken Kiev

8 Servings

- 8** **skinless boneless chicken breast halves, (pounded to about 1/4" thickness)**
- 1** **6 oz. can canned diced mild green chiles**
- 4** **ounces Monterey Jack cheese, cut into 8 strips**
- 1/2** **cup fine dry bread crumbs**
- 1/4** **cup Parmesan cheese, grated**
- 1** **tablespoon chili powder**
- 1/2** **teaspoon salt**
- 1/4** **teaspoon ground cumin**
- 1/4** **teaspoon black pepper**
- 6** **tablespoons butter, melted**
- TOMATO SAUCE**
- 1** **16 oz. can tomato sauce**
- 1/2** **teaspoon ground cumin**
- 1/3** **cup green onions, sliced**
- salt and pepper**
- liquid hot pepper sauce, (Tabasco)**

Put 2 T. chilies and 1 Jack cheese strip in the center of each chicken piece. Roll up and tuck ends under. Combine bread crumbs, Parmesan Cheese, chili powder, salt, cumin, and pepper. Dip each stuffed chicken in shallow bowl containing melted butter and roll in crumb mixture. Place chicken rolls, seam side down, in a 9" x 13" baking dish and drizzle with a little melted butter. Cover and chill 4 hours or overnight. Bake uncovered at 400 F. for 20 - 30 minutes or until done. Serve with Tomato sauce.

Tomato Sauce;

Combine ingredients in saucepan and season to taste. Heat well.

Amount Per Serving

Calories 349 Calories from Fat 161

Percent Total Calories From:

Fat 46% Protein 41% Carb. 13%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	27%	
Saturated Fat	10 g	49%	
Cholesterol	119 mg	40%	
Sodium	1231 mg	51%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	36 g		

Vitamin A 29% Vitamin C 39% Calcium 0% Iron 12%

Miami University Chicken

8 Servings

- 1/2 cup cottage cheese
- 1 3 oz. package cream cheese
- 1/2 cup sour cream
- 1 10 3/4 ounce can cond. cream of chicken soup
- 1 4 oz. can diced mild green chilies
- 3 cups cooked chicken, diced
- 3 cups cooked rice, (cooked in chicken broth)
- 1 cup Monterey Jack cheese, grated
- 2 tomatoes, coarsely chopped
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 3/4 cup corn chips, coarsely crushed

Blend cottage cheese, cream cheese, and sour cream until smooth. Add mixture to remaining ingredients except corn chips. Pour into greased 2 quart casserole dish. Sprinkle with chips. Bake at 350 F. for 25 to 30 minutes.

Amount Per Serving

Calories 381 Calories from Fat 162

Percent Total Calories From:

Fat 42% Protein 25% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	8 g	40%	
Cholesterol	74 mg	25%	
Sodium	682 mg	28%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	24 g		

Vitamin A 15% Vitamin C 14% Calcium 0% Iron 13%

Michigan Dried Cherry Vinegar

8 Servings

- 1 cup Michigan dried cherries**
- 2 cups white wine vinegar**
- 1 cup Michigan dried cherries**
- 2 cups white wine vinegar**

Combine Michigan Dried Cherries with white wine vinegar in a glass container. Cover and allow to steep for 2 days at room temperature. Heat just to boiling point, strain through cheesecloth, discard cherries. Cool and store in tightly sealed container. Yield: 2 cups.

Amount Per Serving

Calories 100 Calories from Fat 1

Percent Total Calories From:

Fat 1% Protein 4% Carb. 95%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	2 mg	0%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 2%

Mile High Shredded Beef

8 Servings

- 3 pounds chuck roast, or round steak
- vegetable oil
- 1 cup onions, chopped
- 1/2 cup celery, chopped
- 2 cups beef broth, or bouillon
- SAUCE
- 1/2 cup beef broth, (reserved from cooking beef mixture, above)
- 1 clove garlic, minced
- 1 teaspoon salt
- 3/4 cup catsup
- 4 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 3 drops tabasco sauce
- 1 bay leaf
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce

Brown beef in hot oil on both sides, adding onion and celery at last minute. Combine beef, vegetables and broth in covered Dutch oven or crock pot. Simmer, covered, 3 to 4 hours, or until tender. Cool; shred beef, separating into strands. Drain vegetable; combine with beef. Reserve Broth; skim off any fat. To make sauce, mix beef, vegetables, reserved 1 1/2 cups beef broth, garlic, salt, catsup, brown sugar, vinegar, mustard, chili powder, Tabasco, bay leaf, paprika, garlic powder, and Worcestershire sauce. Simmer all ingredients together until heated thoroughly. Remove bay leaf. (This mixture keeps well in crock pot on low heat.) Serve with potato rolls or buns.

Amount Per Serving

Calories 323 Calories from Fat 109

Percent Total Calories From:

Fat 34% Protein 51% Carb. 15%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	4 g	20%	
Cholesterol	120 mg	40%	
Sodium	892 mg	37%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	41 g		

Vitamin A 7% Vitamin C 9% Calcium 0% Iron 29%

Mint Julep

8 Servings

- 1 cup sugar**
- 1 cup water**
- 1 bunch fresh mint**
- crushed ice**
- 24 ounces bourbon whiskey**

Mint Syrup:

In medium saucepan, combine sugar and water. Boil for 5 minutes, without stirring. Pour over a handful of mint and gently crush the mint with a spoon. Refrigerate syrup mixture overnight in a closed jar. Remove mint leaves and continue to refrigerate. This syrup mixture will keep for several weeks.

For each serving:

Mint Leaves

Crushed Ice

2 tablespoons mint syrup

2 tablespoons water

3 ounces bourbon

Crush a few mint leaves in the bottom of an 8-ounce glass; crush mint with a spoon. Then fill glass with crushed ice. Add mint syrup, water, and bourbon. Stir until glass is frosted. To serve, garnish with a fresh sprig of mint.

Amount Per Serving

Calories 315 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 32%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	25 g		8%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Mint Snowballs

36 Servings

- 1 cup margarine**
- 1/2 cup powdered sugar**
- 2 tablespoons water**
- 2 cups flour**
- 1/2 cup quick cooking rolled oats**
- FROSTING:**
- 2 cups powdered sugar**
- 1/4 cup milk**
- 1/2 teaspoon mint extract**
- shredded coconut**

Cream and mix in order given. Shape into small balls about the size of a walnut. Place on ungreased baking sheet. Will not brown, except lightly on the bottom. Bake 25 to 30 minutes at 325 F.

Frosting: Mix all ingredients until smooth. Dip cookies in frosting to completely cover, then roll in shredded coconut.

Amount Per Serving

Calories 157 Calories from Fat 85

Percent Total Calories From:

Fat 55% Protein 4% Carb. 42%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	15%	
Saturated Fat	5 g	23%	
Cholesterol	0 mg	0%	
Sodium	63 mg	3%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 2%

Molasses Crinkles

24 Servings

- 3/4 cup shortening**
- 1 cup brown sugar, packed**
- 1 egg**
- 1/4 cup molasses**

- 2 1/4 cups flour, sifted**
- 1/4 teaspoon salt**
- 1/2 teaspoon cloves**
- 1 teaspoon cinnamon**
- 1 teaspoon ginger**

Mix together thoroughly: Shortening, sugar, egg, and molasses

Sift together and stir in: flour, soda, salt, cloves, cinnamon, and ginger

Chill dough. Roll into balls the size of large walnuts. Dip tops in sugar. Place sugared side up, 3" apart on cookie sheet. Sprinkle each cookie with 2 or 3 drops of water to produce a crackled surface. Bake just until set, but not hard. Bake at 375 f. for 10 to 12 minutes.

Amount Per Serving

Calories 136 Calories from Fat 67

Percent Total Calories From:

Fat 49% Protein 4% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	1 g	6%	
Cholesterol	9 mg	3%	
Sodium	32 mg	1%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 5%

Molasses Wheat Bread

12 Servings

3 1/2 cups whole wheat flour
2 1/2 to 3 cups bread flour
1 tablespoon sugar
1 tablespoon salt
2 packages active dry yeast
2 cups milk
1/2 cup light molasses
1/4 cup margarine

Generously grease two 8" x 4" or 9" x 5" loaf pans. In a large bowl, combine 1 c. whole wheat flour, 1 1/2 c. bread flour, sugar, salt, and yeast. In medium saucepan, heat milk, molasses, and margarine to very warm (120 F. to 130 F.) Add warm liquid to flour mixture. Blend at low speed until moistened; blend 3 minutes at medium speed. By hand, stir in remaining 2 1/2 c. whole wheat flour and 1/2 c. bread flour until dough is stiff. Knead 8 to 10 minutes until smooth and elastic.

Place dough in a greased bowl, turning to grease all sides. Cover loosely with plastic wrap and cloth towel. let rise in warm place about 1 hour, until light and doubled in size. Punch dough down. Divide dough into 2 parts, shape into balls. Allow to rest on counter, covered with inverted bowl for 10 minutes. Shape into 2 loaves. Place in prepared pans. Bake for 35 to 40 minutes at 350 F. or until loaves sound hollow when tapped. Cool on wire racks.

Amount Per Serving

Calories 331 Calories from Fat 57

Percent Total Calories From:

Fat 17% Protein 12% Carb. 71%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	2 g	8%	
Cholesterol	6 mg	2%	
Sodium	651 mg	27%	
Total Carbohydrate	58 g	19%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	10 g		

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 19%

Molded Gazpacho Salad

10 Servings

- 2 envelopes unflavored gelatin
- 1 19 oz. can tomato juice
- 1/2 cup lemon juice
- 1/2 teaspoon hot pepper sauce
- 2 cloves garlic, small, minced
- 1 onion, medium, grated
- 1/2 teaspoon salt
- 1 green bell pepper, medium, finely chopped
- 2 tomatoes, medium, peeled and chopped
- 1 cucumber, large, peeled, seeded, and finely chopped

In a small saucepan, sprinkle gelatin over tomato juice and let stand 5 minutes to soften. Place over low heat and stir constantly until gelatin is dissolved. Cool.

In mixing bowl, combine lemon juice, hot pepper sauce, garlic, onion, and salt. Add tomato-gelatin mixture and mix well. Chill until slightly thickened, stirring occasionally.

Stir in green pepper, cucumber, and tomato. Turn into lightly oiled 6 cup mold and chill until set.

Makes 8 to 10 servings.

Amount Per Serving

Calories 40 Calories from Fat 2

Percent Total Calories From:

Fat 4% Protein 23% Carb. 73%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	316 mg	13%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 10% Vitamin C 51% Calcium 0% Iron 3%

Molded Mints

100 Servings

- 1** **8 oz. package cream cheese**
- 6 to 7** **cups powdered sugar**
- 1** **teaspoon flavoring, your choice**

Soften cream cheese. Add powdered sugar until it works in; may have to knead it in. Use sugar molds. Turn out onto waxed paper. May be stored in freezer indefinitely.

Amount Per Serving

Calories 37 Calories from Fat 7

Percent Total Calories From:

Fat 19% Protein 2% Carb. 79%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	2%	
Cholesterol	2 mg	1%	
Sodium	7 mg	0%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 0%

Mounds Bars

18 Servings

Tastes like Peter Paul Mounds Bar, very sweet, more like a candy than a cookie.

- 2 cups graham crackers, crushed**
- 1/2 cup powdered sugar**
- 1 cup butter**

- 1 10 oz. can sweetened condensed milk**
- 2 cups coconuts, shredded**

- 1 cup chocolate chips**
- 3 HERSHEY'S milk chocolate bars**

Mix graham crackers, sugar and butter together and press into a 9 x 13" pan. Bake 10-15 minutes at 350 F. Let cool about 15 minutes.

Mix sweetened condensed milk and coconut. Spread on first layer and bake 10 to 15 minutes at 350 F. Let cool.

Melt chocolate chips and Hershey bars and spread on top.

Amount Per Serving

Calories 323 Calories from Fat 191

Percent Total Calories From:

Fat 59% Protein 4% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	21 g	33%	
Saturated Fat	12 g	60%	
Cholesterol	35 mg	12%	
Sodium	196 mg	8%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 9% Vitamin C 1% Calcium 0% Iron 5%

Mrs. Field's Chocolate Chip Cookies

a good imitation of the original

60 Servings

Best served warm! Makes lots...may be cut in half.

- 1 pound butter, (do not substitute)**
- 2 1/2 cups sugar**
- 2 cups dark brown sugar**
- 3 eggs**
- 2 tablespoons vanilla**
- 6 cups flour**
- 1 1/2 teaspoons salt**
- 1 1/2 teaspoons baking soda**
- 2 cups nuts, chopped**
- 2 12 oz. packages chocolate chips**

Cream together in large bowl for 3 to 4 minutes: butter, sugar, brown sugar, eggs and vanilla. In separate bowl, mix flour, salt and baking soda. Add dry ingredients to creamed mixture. Add in chocolate chips and nuts, if desired. Place dough on cookie sheet in round, ping-pong ball size mounds, leaving plenty of room between mounds. Bake in middle of oven for 8 to 10 minutes.

Take out while still a bit underdone (may look sort of raw) and leave on sheet to cool. (about 8 minutes). Then remove. Use dough that day. Do not try to refrigerate. (editor's note: Why not refrigerate? Try and see what happens).

Amount Per Serving

Calories 246 Calories from Fat 116

Percent Total Calories From:

Fat 47% Protein 5% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	20%	
Saturated Fat	7 g	33%	
Cholesterol	27 mg	9%	
Sodium	147 mg	6%	
Total Carbohydrate	29 g	10%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 4%

Nancy's Apple Crisp

6 Servings

- 5 apples, sliced**
- 1 tablespoon lemon juice**
- 1/4 teaspoon lemon rind**
- 1 cup sugar**
- 1/4 teaspoon salt**
- 5 tablespoons butter**
- 2/3 cup flour**
- 1/2 teaspoon cinnamon**
- 1/4 teaspoon nutmeg**

Wash, pare, core, and slice apples and place in a shallow baking dish. Pour water and lemon juice over apples. Mix 1/2 cup sugar with the cinnamon, nutmeg, and sprinkle over apples. Blend remaining sugar, flour, salt, lemon rind, and butter together and sprinkle over apples. Pat down gently with spoon. Bake for about 50 minutes at 350 F.

Amount Per Serving

Calories 380 Calories from Fat 93

Percent Total Calories From:

Fat 25% Protein 2% Carb. 73%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	6 g	31%	
Cholesterol	26 mg	9%	
Sodium	195 mg	8%	
Total Carbohydrate	70 g	23%	
Dietary Fiber	3 g	14%	
Sugars	0 g		
Protein	2 g		

Vitamin A 9% Vitamin C 18% Calcium 0% Iron 4%

Nancy's Pie Crust

8 Servings

- 3 cups flour**
- 1 1/2 cups shortening**
- 1/2 teaspoon salt**
- Mix:**
- 5 tablespoons cold water**
- 1 tablespoon lemon juice**
- 1 egg**

Sift together flour and salt. Cut in shortening with pastry blender till pieces are the size of small peas. Beat liquids and add to flour mixture. Gather up with fingers and form into a ball. Refrigerate until dough is cool. Roll out.

Amount Per Serving

Calories 560 Calories from Fat 393

Percent Total Calories From:

Fat 70% Protein 4% Carb. 26%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	44 g	67%	
Saturated Fat	7 g	34%	
Cholesterol	27 mg	9%	
Sodium	154 mg	6%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	6 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 4%

Nancy's Steak Sauce

4 Servings

1 1/4 cups shallots, chopped
OR
1 1/4 cups green onions, chopped
1 1/4 cups red wine
2 tablespoons parsley, finely chopped
1 stick butter
salt, to taste

Combine shallots and wine, heat just to the boiling point. Add butter and salt to taste. Stir until butter is melted. Add parsley and spoon over steak slices.

Amount Per Serving

Calories 132 Calories from Fat 27

Percent Total Calories From:

Fat 20% Protein 6% Carb. 37%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	5%	
Saturated Fat	2 g	9%	
Cholesterol	8 mg	3%	
Sodium	337 mg	14%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 132% Vitamin C 18% Calcium 0% Iron 11%

Naturalist Sugar Cookies

12 Servings

1/2 cup flour
2 cups whole wheat flour
1 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/2 cup butter or margarine, softened
4 tablespoons milk
1 teaspoon vanilla
2 eggs
1 tablespoon water
Decorations: raisins, dates, dried apricots, sunflower seed flaked coconut, almonds, peanuts, walnuts, pecans

Place flour, whole wheat flour, sugar, baking powder, baking soda, nutmeg, butter, milk, vanilla and one egg in large bowl of electric mixer.

Blend at very low speed for about 3 minutes. Mix at medium speed for 3 to 5 minutes until dough is well-blended and mixture is a crumble-moist consistency.

Line cookie sheets with foil. Draw a 3" circle on foil for body of rabbit, a 2" circle head and 2" x 1/2" wide rabbit ears.

Take 1/4 c. of the dough for body. Turn out in body circle and press evenly with fingers to edges. Take 1 T dough for ears, using 1/2 T for each and pressing down firmly.

Beat remaining egg with 1 T water. Brush surface of cookie lightly with egg wash.

Decorate rabbit using raisins for eyes, slivers of date for whiskers, bits of apricot for cheeks and bow tie, sunflower nuts on ears and sprinkle of wheat germ or coconut on the body.

Bake at 350 F. for 15 minutes. Cool on rack.

Makes 8 to 12 large cookies.

Amount Per Serving

Calories 243 Calories from Fat 82

Percent Total Calories From:

Fat 34% Protein 8% Carb. 59%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	5 g	26%	
Cholesterol	57 mg	19%	
Sodium	156 mg	6%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	0 g	2%	

Sugars 0 g
Protein 5 g

Vitamin A 7% Vitamin C 0% Calcium 0% Iron 6%

Nestle Toll House Cookies

Chocolate Chip Cookies

30 Servings

1/2 cup butter or margarine
1/2 cup shortening
3/4 cup brown sugar, packed
3/4 cup sugar
1 teaspoon vanilla
2 eggs
2 1/4 cups unsifted flour
1 teaspoon baking soda
1 teaspoon salt
1 12 oz. package chocolate chips
1 cup nuts, chopped

In large bowl, combine and beat until creamy: butter or margarine, shortening, sugars and vanilla. Beat in eggs. Add dry ingredients and mix well. Stir in chocolate chips and nuts. Drop by rounded teaspoonful onto cookie sheet and bake at 375 F. for 8 to 10 minutes.

Amount Per Serving

Calories 225 Calories from Fat 123

Percent Total Calories From:

Fat 55% Protein 5% Carb. 40%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	5 g	26%	
Cholesterol	22 mg	7%	
Sodium	142 mg	6%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 4%

Noodles with Clam Sauce

4 Servings

- 6 ounces fine egg noodles, (1/2 package)**
- 1/2 cup onions, chopped**
- 1 clove garlic, minced**
- 1/3 cup margarine**
- 1 8 oz. can minced clams**
- 1/2 cup cream, or milk**
- 3 tablespoons parsley, minced**
- 1/4 cup Parmesan cheese, grated**
- salt and pepper**

Cook noodles as directed on package. Saute onion and garlic in butter. Add clams and cream. Toss with noodles. Stir in parsley and cheese. Season with salt and pepper.

Amount Per Serving

Calories 333 Calories from Fat 232

Percent Total Calories From:

Fat 70% Protein 22% Carb. 8%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	26 g	40%	
Saturated Fat	9 g	43%	
Cholesterol	69 mg	23%	
Sodium	665 mg	28%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	19 g		

Vitamin A 30% Vitamin C 26% Calcium 0% Iron 94%

North Woods Wild Rice Soup

4 Servings

- 1/4 cup butter
- 1/2 cup onions, chopped
- 8 ounces fresh mushrooms, sliced
- 1/2 cup carrots, sliced
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups chicken broth
- 12 ounces evaporated skim milk
- 1 cup wild and long grain rice, cooked
- 1 cup cooked chicken, chopped
- 4 ounces Neufchatel cheese, (reduced fat cream cheese) - cubed

Melt butter. Add onion, mushrooms and carrots. Cook and stir over medium heat until carrots are tender. Stir in flour, salt & pepper. Add broth all at once. Cook and stir until bubbly. Stir in evaporated milk, wild rice, chicken and cream cheese. Cook and stir over medium heat until cheese is melted.

Amount Per Serving

Calories 428 Calories from Fat 202

Percent Total Calories From:

Fat 47% Protein 22% Carb. 31%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	22 g	34%	
Saturated Fat	13 g	65%	
Cholesterol	86 mg	29%	
Sodium	1472 mg	61%	
Total Carbohydrate	34 g	11%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	23 g		

Vitamin A 100% Vitamin C 10% Calcium 0% Iron 13%

Nothing Cookies

24 Servings

- 2 egg whites**
- 1/8 teaspoon salt**
- 1/8 teaspoon cream of tartar**
- 1 teaspoon vanilla**
- 1/2 cup sugar**
- 1 6 oz. package chocolate chips**

Beat egg whites until frothy. Add salt and cream of tartar. Beat until very stiff. Add sugar gradually. Add chocolate bits and vanilla. Drop by teaspoonful onto cookie sheet. Bake at 325 F. about 30 minutes or until light brown.

Amount Per Serving

Calories 58 Calories from Fat 23

Percent Total Calories From:

Fat 39% Protein 4% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	4%	
Saturated Fat	1 g	7%	
Cholesterol	0 mg	0%	
Sodium	18 mg	1%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 1%

O'Henry Oatmeal Bars

50 Servings

The wife of Johnny Fisher at A. M. Castle Metals in San Francisco used to send this in to work for a treat.

- 4 cups oatmeal**
- 1 cup brown sugar, packed**
- 1/2 cup shortening**
- 1/2 cup butter**
- 1/2 cup Karo light corn syrup**
- 1 teaspoon vanilla**
- 1 dash salt**
- 1 12 oz. package chocolate chips**
- 3/4 cup peanut butter**

Mix together all except chocolate chips and peanut butter. Press in a cookie sheet 11 x 16 x 1". Bake 15 minutes at 350 f. Do not overbake till bubbly. Cool slightly.

Melt 2 cups chocolate chips and 3/4 c. peanut butter. Spread over baked mixture. Put in refrigerator. Cut while still warm.

Amount Per Serving

Calories 145 Calories from Fat 80

Percent Total Calories From:

Fat 55% Protein 6% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	3 g	17%	
Cholesterol	5 mg	2%	
Sodium	29 mg	1%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 4%

Oatmeal and Apple Butter Bars

12 Servings

Like Date Bars but not as sweet.

- 2 cups old-fashioned oatmeal**
- 1 cup flour**
- 3/4 cup sugar**
- 1/4 teaspoon salt**
- 1/2 teaspoon cinnamon**
- 3/4 cup butter or margarine, softened**
- 1 cup apple butter**

Preheat oven to 350 F. In large bowl, combine oats, flour, sugar, salt, and cinnamon. Add the butter and beat with a electric mixer on low speed until mixture is crumbly. Pat 1/2 the mixture (about 2 cups) into the prepared baking pan. Spread apple butter evenly over crumb layer. Sprinkle remaining crumbs over apple butter and press them down gently. Bake for 30 to 35 minutes or until golden.

Amount Per Serving

Calories 296 Calories from Fat 114

Percent Total Calories From:

Fat 39% Protein 5% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	20%	
Saturated Fat	7 g	37%	
Cholesterol	31 mg	10%	
Sodium	167 mg	7%	
Total Carbohydrate	42 g	14%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 9% Vitamin C 1% Calcium 0% Iron 5%

Oatmeal Berry Cookies

24 Servings

- 1 cup butter
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 3 cups oatmeal
- 1 1/2 dried berry mix (or raisins)

Blend ingredients. Bake @ 350 degrees for 10-12 minutes.

Amount Per Serving

Calories 179 Calories from Fat 79

Percent Total Calories From:

Fat 44% Protein 7% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	5 g	25%	
Cholesterol	38 mg	13%	
Sodium	168 mg	7%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 7% Vitamin C 0% Calcium 0% Iron 5%

Oatmeal Cake

12 Servings

A Twin Pines winner!

CAKE

- 1 cup quick cooking rolled oats
- 1 1/4 cups boiling water
- 1/2 cup butter
- 1 cup brown sugar, packed
- 1 cup sugar
- 2 eggs
- 1 1/3 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon nutmeg

ICING

- 1 stick butter
- 1/4 cup cream
- 2/3 cup brown sugar
- 1 cup coconuts
- 1 cup nuts, chopped
- 1 teaspoon vanilla

Soak rolled oats in boiling water. Add oatmeal mixture to remaining cake ingredients. Beat for 2 minutes. Bake at 350 F. for 30 to 35 minutes.

Icing:

Melt butter; add remaining ingredients. Stir well. Spread over hot cake and broil until brown, about 5 minutes. Watch carefully!

Amount Per Serving

Calories 407 Calories from Fat 175

Percent Total Calories From:

Fat 43% Protein 6% Carb. 51%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	19 g		30%
Saturated Fat	9 g		46%
Cholesterol	63 mg		21%
Sodium	303 mg		13%
Total Carbohydrate	52 g		17%
Dietary Fiber	1 g		2%
Sugars	0 g		
Protein	6 g		

Vitamin A 9% Vitamin C 1% Calcium 0% Iron 10%

Oatmeal Cookies

30 Servings

from the Quaker Oats box

- 3/4 cup shortening**
- 1 cup brown sugar, packed**
- 1/2 cup sugar**
- 1 egg**
- 1/4 cup water**
- 1 teaspoon vanilla**
- 1 cup flour**
- 1 teaspoon salt**
- 1/2 teaspoon baking soda**
- 3 cups oats**

Cream shortening and sugars. Mix in egg and water. Add dry ingredients. Stir in oats. Bake at 350 F. for 12 - 15 minutes.

Amount Per Serving

Calories 129 Calories from Fat 58

Percent Total Calories From:

Fat 45% Protein 6% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	1 g	5%	
Cholesterol	7 mg	2%	
Sodium	95 mg	4%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 3%

Oatmeal Drop Cookies

a spicy oatmeal cookie

30 Servings

1/2 cup shortening
1 1/4 cups sugar
2 eggs
6 tablespoons molasses
1 3/4 cups flour, sifted
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
2 cups rolled oats
1/2 cup nuts, chopped
1 cup raisins

Mix together thoroughly: shortening, sugar, eggs, and molasses

Sift together and stir in: flour, soda, salt, and cinnamon

Stir in: Rolled oats, nuts, and raisins

Drop by rounded teaspoonful about 2 " apart on a lightly greased baking sheet. Bake until lightly browned.

Temperature: 400 F Time: bake 8 to 10 minutes

Amount Per Serving

Calories 160 Calories from Fat 52

Percent Total Calories From:

Fat 32% Protein 6% Carb. 61%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	6 g		9%
Saturated Fat	1 g		5%
Cholesterol	14 mg		5%
Sodium	114 mg		5%
Total Carbohydrate	25 g		8%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 7%

Oatmeal Molasses Bars

30 Servings

- 1/3 cup margarine
- 1/2 cup sugar
- 1/2 cup molasses
- 2 eggs
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 cup raisins
- 3/4 cup quick-cooking oatmeal
- 1/2 cup nuts, chopped

Cream together margarine and sugar, then beat in molasses and eggs. Mix together flour, soda and salt. Add to creamed mixture alternately with milk. Stir in raisins, oats, and nuts and turn into a greased 9 x 12 inch pan. Bake in 375 F. oven for 25 to 30 minutes. Cool and cut into squares.

Amount Per Serving

Calories 112 Calories from Fat 35

Percent Total Calories From:

Fat 32% Protein 8% Carb. 60%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	1 g	4%	
Cholesterol	15 mg	5%	
Sodium	89 mg	4%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 8%

Oatmeal Raisin Chews

a Mrs. Field's recipe

18 Servings

a good chewy cookie, doesn't flatten out.

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1 cup quick cooking rolled oats, (not instant)
1 cup dark brown sugar, packed
1/2 cup white sugar
1 cup butter, softened
2 tablespoons honey
2 teaspoons pure vanilla extract
2 large eggs
1 1/2 cups raisins
1/2 cup walnuts, chopped

Preheat oven to 300 F.

In a medium bowl combine flour, soda, salt, and oats. Mix well with wire whisk and set aside.

In a large bowl, blend sugars with electric mixer set at medium speed. Add butter and mix to form a grainy paste. Scrape down sides of bowl, then add honey, vanilla and eggs. Mix at medium speed until fully combined.

Add the flour mixture, raisins and walnuts, and blend at low speed just until combined. Do not overmix.

Drop by rounded tablespoons onto ungreased cookie sheets, 2 inches apart. Bake for 18 to 22 minutes or until cookies are light golden brown. Immediately transfer cookies with a spatula to a cool flat surface.

Amount Per Serving

Calories 295 Calories from Fat 120

Percent Total Calories From:

Fat 41% Protein 5% Carb. 54%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	13 g		21%
Saturated Fat	7 g		34%
Cholesterol	51 mg		17%
Sodium	194 mg		8%
Total Carbohydrate	40 g		13%
Dietary Fiber	0 g		2%
Sugars	0 g		
Protein	4 g		

Vitamin A 9% Vitamin C 1% Calcium 0% Iron 6%

Oatmeal Wheat Rounds

36 Servings

- 1 cup whole wheat flour
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, packed
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup raisins
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1 egg
- 1/2 teaspoon vanilla
- 3/4 cup quick cooking rolled oats
- 1/4 cup walnuts, chopped

In mixer bowl, combine whole wheat flour, sugars, baking powder, baking soda, and salt. Add shortening, egg and vanilla; beat till blended. Stir in oats, raisins, and nuts. Shape dough into 1 1/4" balls. Place 2" apart on an ungreased cookie sheet. Flatten balls with bottom of glass, moistened with water. Bake in 350 F. oven for 10 to 12 minutes. Cool 1 minute. Remove to wire rack.

Amount Per Serving

Calories 80 Calories from Fat 36

Percent Total Calories From:

Fat 45% Protein 5% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	1 g	3%	
Cholesterol	6 mg	2%	
Sodium	35 mg	1%	
Total Carbohydrate	10 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

Old Fashioned Lemon Sauce

8 Servings

Nice over gingerbread or bread pudding.

1 cup sugar
1/2 cup butter
1/4 cup water
1 egg, well beaten
3/4 teaspoon grated fresh lemon peels
3 tablespoons lemon juice

In medium saucepan, combine all ingredients. Heat to boiling over medium heat, stirring constantly. Makes about 1 cup.

Amount Per Serving

Calories 215 Calories from Fat 109

Percent Total Calories From:

Fat 51% Protein 2% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	7 g	37%	
Cholesterol	58 mg	19%	
Sodium	126 mg	5%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 10% Vitamin C 5% Calcium 0% Iron 1%

Old-Fashioned Valentine Sugar Cookies

30 Servings

- 4 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 cup butter or margarine
- 1 1/2 cups sugar
- 1 egg
- 1/2 cup sour cream
- 1 teaspoon vanilla extract

Sift flour with baking powder, soda, salt, and nutmeg; set aside. In large bowl of electric mixer, at medium speed, beat butter, sugar, and egg until light and fluffy. At low speed, beat in sour cream and vanilla until smooth. Gradually add to flour mixture, beating until well combined. With rubber scrapper, form dough into 6 balls. Wrap in plastic wrap or waxed paper; refrigerate several hours or overnight. Preheat oven to 375 degrees F. Lightly grease cookie sheets (or spray with PAM). On a well-floured surface, roll dough, one part at a time, 1/4" thick. Cut out shapes with cookie cutters. Sprinkle lightly with colored sugar, if desired. Bake until set and barely toasted brown on the edges. Times varies depending on size of cookies, usually 6-12 minutes. Cool one minute on cookies sheet, then slide carefully off onto rack to cool completely.

Amount Per Serving

Calories 166 Calories from Fat 66

Percent Total Calories From:

Fat 40% Protein 5% Carb. 55%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	7 g		11%
Saturated Fat	4 g		21%
Cholesterol	25 mg		8%
Sodium	131 mg		5%
Total Carbohydrate	23 g		8%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 1%

Orange Cookies

15 Servings

Double for family amount.

- 1 1/3 cups flour**
- 1/2 teaspoon baking powder**
- 1/4 teaspoon baking soda**
- 1/2 cup sugar**
- 3 tablespoons shortening**
- 3 tablespoons butter**
- 1 egg**
- 1/3 cup buttermilk**
- 1 teaspoon orange peel, finely shredded**
- 2 tablespoons orange juice**

Stir together flour, baking powder and soda. Set aside.

Beat together sugar, shortening and butter. Add egg; beat till fluffy. Beat in buttermilk, peel and orange juice. Add dry ingredients; beat till combined.

Drop by teaspoonfuls onto ungreased cookie sheets. Bake in 350 F oven for 10 minutes. Remove. Cool on racks.

Frost with orange icing.

Amount Per Serving

Calories 121 Calories from Fat 51

Percent Total Calories From:

Fat 42% Protein 6% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	9%	
Saturated Fat	2 g	10%	
Cholesterol	21 mg	7%	
Sodium	59 mg	2%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 2% Calcium 0% Iron 1%

Orange Cream Fruit Salad

4 Servings

A refreshing fruit salad served in a pineapple boat.

- 1 large pineapple**
- 1 cup seedless red grapes**
- 1 kiwi, peeled, sliced 1/4-inch, cut in quarters**
- 11 ounces canned mandarin oranges, drained**
- 8 ounces Land O'Lakes light sour cream**
- 1 tablespoon sugar**
- 1 tablespoon orange juice**
- 1/2 teaspoon grated orange peel**
- 1/4 cup toasted flaked coconut**

Cut pineapple in half lengthwise. Cut each half in half lengthwise again forming quarters. Remove pineapple from shell leaving shell intact. Cube pineapple; reserve shell for serving. In large bowl combine cubed pineapple and all remaining salad ingredients; set aside. In medium bowl stir together all dressing ingredients (last 5 listed) except coconut. Pour over salad; toss gently to coat. Cover; refrigerate at least 1 hour. Just before serving, place pineapple shells on large lettuce-lined platter or individual plates. Spoon salad into pineapple shells; sprinkle with coconut.

Amount Per Serving

Calories 443 Calories from Fat 68

Percent Total Calories From:

Fat 15% Protein 5% Carb. 79%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	3 g	17%	
Cholesterol	9 mg	3%	
Sodium	88 mg	4%	
Total Carbohydrate	88 g	29%	
Dietary Fiber	3 g	13%	
Sugars	0 g		
Protein	6 g		

Vitamin A 18% Vitamin C 192% Calcium 0% Iron 11%

Orange Frosting

Frosing for Orange Cookies

15 Servings

- 2 cups powdered sugar, sifted**
- 2 teaspoons orange peel, finely shredded**
- 2 to 3 tablespoons orange juice**
- 2 cups powdered sugar, sifted**
- 2 teaspoons orange peel, finely shredded**
- 2 to 3 tablespoons orange juice**

Beat together all ingredients to make a spreadable, thick frosting.

Amount Per Serving

Calories 130 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 100%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 4% Calcium 0% Iron 0%

Orange Jello Salad

10 Servings

- 2 3 oz. packages orange jello**
- 2 cups hot water**
- 1 pint orange sherbet**
- 1/2 pint whipped cream, whipped**
- 1 6 oz. can mandarin oranges**

Dissolve jello in hot water. Let congeal. Whip until fluffy, then add 1 pint sherbet. Fold in whipped cream and oranges. Refrigerate.

Amount Per Serving

Calories 71 Calories from Fat 19

Percent Total Calories From:

Fat 26% Protein 4% Carb. 70%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	7%	
Cholesterol	7 mg	2%	
Sodium	25 mg	1%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 2% Vitamin C 1% Calcium 0% Iron 0%

Orange Julius

4 Servings

Cool and refreshing!

- 1 cup milk**
- 1 cup water**
- 1 teaspoon vanilla**
- 2 to 3 teaspoons sugar**
- 1 6 oz. can frozen orange juice concentrate**
- ice**

Blend all ingredients in blender until smooth. Add 5-7 ice cubes and blend until frothy.

Amount Per Serving

Calories 117 Calories from Fat 19

Percent Total Calories From:

Fat 16% Protein 10% Carb. 73%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	6%	
Cholesterol	8 mg	3%	
Sodium	31 mg	1%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	3 g		

Vitamin A 4% Vitamin C 99% Calcium 0% Iron 1%

Orange-Pecan Muffins

12 Servings

1/2 cup sugar
1/2 cup orange juice
1 egg, slightly beaten
2 tablespoons oil
2 cups Bisquick
1/2 cup orange marmalade
1/2 cup pecans, chopped

Topping

1/4 cup sugar
1 1/2 tablespoons flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 tablespoon butter

Preheat oven to 400 F. Grease muffin tin or line with paper cups. combine sugar, orange juice, egg, and oil in medium bowl and blend well. Add Bisquick and beat vigorously 30 seconds. Stir in marmalade and pecans. Turn into muffin tin.

TOPPING;

Combine dry ingredients and cut in butter until mixture is crumbly. Sprinkle over batter and bake 20 to 25 minutes.

Amount Per Serving

Calories 165 Calories from Fat 62

Percent Total Calories From:

Fat 37% Protein 3% Carb. 60%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	1 g	6%	
Cholesterol	20 mg	7%	
Sodium	17 mg	1%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 2% Vitamin C 7% Calcium 0% Iron 2%

Oriental Chicken Cabbage Salad

6 Servings

- 1 whole chicken breast, cooked, cut, and slivered or 2-5 oz. cans white chicken meat
- 2 tablespoons sesame seeds, toasted
- 2 ounces slivered, toasted almonds
- 1/2 head cabbage, finely shredded
- 2 green onions, chopped fine
- 1 3 oz. package chicken flavored Ramen noodles
- SALAD DRESSING
- 1/2 package Ramen noodle seasoning mix
- 3 tablespoons sugar
- 1/2 cup vegetable oil, (try including about 2-3 Tablespoons of sesame oil in this)
- 3 tablespoons wine vinegar
- 1 teaspoon salt
- 1/2 teaspoon pepper

Combine the chicken with seed, almonds, cabbage, onion, and UNCOOKED noodles which have been broken apart. Add the dressing; toss to blend. Cover; refrigerate until serving time. Serve cold. Makes 6 generous servings.

Amount Per Serving

Calories 351 Calories from Fat 247

Percent Total Calories From:

Fat 70% Protein 15% Carb. 15%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	27 g	42%	
Saturated Fat	4 g	18%	
Cholesterol	26 mg	9%	
Sodium	426 mg	18%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	13 g		

Vitamin A 3% Vitamin C 60% Calcium 0% Iron 8%

Oven Freezer Corn

1 Servings

**1 corn
stick butter**

Shuck and clean corn. Cut off ear and fill 9 x 13 pan till approximatly 1/2 full.
Cut 1 stick butter (1/2 c.) over the corn. Cover with foil. Bake at 350 F. for 20 minutes. Stir and bake another 10 minutes if necessary.

Cool/ Pack/ Freeze

Amount Per Serving

Calories 104 Calories from Fat 102

Percent Total Calories From:

Fat 99% Protein 1% Carb. 1%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	7 g	35%	
Cholesterol	31 mg	10%	
Sodium	116 mg	5%	
Total Carbohydrate	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 9% Vitamin C 0% Calcium 0% Iron 0%

Overnight French Toast

6 Servings

Serve with warmed maple syrup or pureed berries.

- 2 each eggs
- 2 each egg whites
- 1/3 cup sugar
- lemon zest, of 2 grated lemons
- dash salt
- 2 cups milk
- 1 teaspoon vanilla
- OR
- 1 teaspoon orange liqueur
- 1 loaf French bread
- OR
- 1 loaf Italian bread, cut into 12 3/4" thick slices
- nutmeg, freshly grated
- butter, melted

Butter well a 9 x 13 inch baking pan or a baking sheet with sides.

In a large, shallow dish, beat together the eggs, egg whites, sugar, lemon zest (yellow part only of the lemon rind) and salt.

Beat in the milk and vanilla.

Dip the slices into the egg mixture, turning to thoroughly soak. Place slices in the prepared baking dish so that the sides do not touch. Drizzle any leftover egg mixture over the slices. Cover with plastic wrap and refrigerate overnight.

When ready to bake, preheat the oven to 400 degrees.

Lightly drizzle melted butter over the top of each slice. Put in the preheated oven and bake until the slices are puffy and the top is lightly browned, 15 to 20 minutes. Serve hot.

Amount Per Serving

Calories 168 Calories from Fat 58

Percent Total Calories From:

Fat 35% Protein 16% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	3 g	17%	
Cholesterol	87 mg	29%	
Sodium	196 mg	8%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	7 g		

Vitamin A 6% Vitamin C 2% Calcium 0% Iron 3%

Overnight French Toast

6 Servings

Serve with warmed maple syrup or pureed berries.

- 2 each eggs
- 2 each egg whites
- 1/3 cup sugar
- lemon zest, of 2 grated lemons
- dash salt
- 2 cups milk
- 1 teaspoon vanilla
- OR
- 1 teaspoon orange liqueur
- 1 loaf French bread
- OR
- 1 loaf Italian bread, cut into 12 3/4" thick slices
- nutmeg, freshly grated
- butter, melted

Butter well a 9 x 13 inch baking pan or a baking sheet with sides.

In a large, shallow dish, beat together the eggs, egg whites, sugar, lemon zest (yellow part only of the lemon rind) and salt.

Beat in the milk and vanilla.

Dip the slices into the egg mixture, turning to thoroughly soak. Place slices in the prepared baking dish so that the sides do not touch. Drizzle any leftover egg mixture over the slices. Cover with plastic wrap and refrigerate overnight.

When ready to bake, preheat the oven to 400 degrees.

Lightly drizzle melted butter over the top of each slice. Put in the preheated oven and bake until the slices are puffy and the top is lightly browned, 15 to 20 minutes. Serve hot.

Amount Per Serving

Calories 168 Calories from Fat 58

Percent Total Calories From:

Fat 35% Protein 16% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	3 g	17%	
Cholesterol	87 mg	29%	
Sodium	196 mg	8%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	7 g		

Vitamin A 6% Vitamin C 2% Calcium 0% Iron 3%

Oyster Crackers with Original Ranch

16 Servings

- 8 cups oyster crackers**
- 1/4 cup vegetable oil**
- 1 packet ranch dressing mix, Hidden Valley Original Ranch**

Place crackers in a large resealable plastic bag. Pour oil over crackers and toss to coat. Add dressing mix; toss to coat. Spread in a jelly roll pan. Bake at 250 degrees for 15-20 minutes; cool. Store in an airtight container.

Amount Per Serving

Calories 213 Calories from Fat 75

Percent Total Calories From:

Fat 35% Protein 7% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	13%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	639 mg	27%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	4 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 9%

Parmesan Beef Patties

8 Servings

- 1/4 cup flour
- 2 eggs
- 1/2 cup dried bread crumbs
- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon salt
- 2 tablespoons salad oil
- 1 16 oz. jar spaghetti sauce
- 1 8 oz. package mozzarella cheese, slices

Prepare Basic Beef Patty Mixture. In pie plate, with fork, beat eggs. Mix bread crumbs, parmesan cheese, and salt. Coat each patty with flour; then dip in beaten egg; then coat in breadcrumb mixture. In skillet over medium high heat in hot salad oil, cook patties until browned on both sides. Spoon spaghetti sauce over patties. Reduce heat to low, cover, and cook 35 minutes. Put cheese on top of patties. Cook until cheese is melted. Makes 8 servings.

Amount Per Serving

Calories 239 Calories from Fat 134

Percent Total Calories From:

Fat 56% Protein 20% Carb. 24%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	15 g	23%	
Saturated Fat	6 g	30%	
Cholesterol	81 mg	27%	
Sodium	787 mg	33%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	12 g		

Vitamin A 18% Vitamin C 12% Calcium 0% Iron 6%

Party Cheese Ball

24 Servings

Better if made at least one day ahead of time. May be frozen (thaw before serving).

- 2 8 oz. packages cream cheese, softened**
- 2 cups sharp cheddar cheese, shredded**
- 1 tablespoon pimiento strips, chopped**
- 1 tablespoon onions, chopped**
- 1 tablespoon Green Peppers, chopped**
- 2 teaspoons Worcestershire sauce**
- 1 teaspoon lemon juice**
- pecans, finely chopped**

Combine softened cream cheese, lemon juice, Worcestershire sauce, pimiento, onions and green pepper. Add cheddar cheese, mixing until well blended. Shape into 1 large or 2 smaller balls and roll in chopped nuts (or shredded, dried beef). Chill. Serve with crackers.

Amount Per Serving

Calories 106 Calories from Fat 88

Percent Total Calories From:

Fat 83% Protein 14% Carb. 3%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	6 g	31%	
Cholesterol	31 mg	10%	
Sodium	115 mg	5%	
Total Carbohydrate	1 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	4 g		

Vitamin A 8% Vitamin C 1% Calcium 0% Iron 2%

Pat-in-the-Pan Crust

Crust for Pineapple Cheesecake Squares

12 Servings

- 2 cups flour**
- 2/3 cup butter or margarine, softened**
- 1/2 cup almonds, finely chopped and toasted**
- 1/2 cup powdered sugar**

Mix all ingredients in medium bowl with fork until crumbly. Press firmly and evenly in bottom of ungreased rectangular pan 13 x 9 x 2 inches. Bake until set; 15 to 20 minutes.

Amount Per Serving

Calories 224 Calories from Fat 122

Percent Total Calories From:

Fat 54% Protein 6% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	7 g	34%	
Cholesterol	28 mg	9%	
Sodium	105 mg	4%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 8% Vitamin C 0% Calcium 0% Iron 3%

Peaches and Cream Cheesecake

9 Servings

Good, served warm or cold!

- 3/4 cup flour**
- 1 teaspoon baking powder**
- 1/2 teaspoon salt**
- 1 3 oz. package vanilla pudding, dry, NOT INSTANT**
- 3 tablespoons butter or margarine**
- 1 egg**
- 1/2 cup milk**
- 1 16 oz. can peaches, sliced, or pineapple chunks**
- 1 8 ounce cream cheese, softened**
- 1/2 cup sugar**
- 3 tablespoons reserved peach juice**
- 1 tablespoon sugar**
- 1/2 teaspoon cinnamon**

Preheat oven to 350 F. Grease the bottom and sides of a 9" deepdish or 10" pie pan. Combine flour, baking powder, salt, pudding mix, butter, egg, and milk in large mixer bowl; beat 2 minutes at medium speed; pour into a prepared pan.

Place fruit over batter.

Combine cream cheese, sugar, and juice in small mixer bowl. Beat 2 minutes at medium speed. Spoon to within 1" of the edge of the batter.

Combine sugar and cinnamon. Sprinkle over cream cheese filling.

Bake at 350 F. for 30 to 35 minutes or until crust is golden brown. Filling will appear soft. Store in refrigerator.

Amount Per Serving

Calories 253 Calories from Fat 124

Percent Total Calories From:

Fat 49% Protein 7% Carb. 44%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	8 g	42%	
Cholesterol	64 mg	21%	
Sodium	296 mg	12%	
Total Carbohydrate	28 g	9%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	5 g		

Vitamin A 17% Vitamin C 6% Calcium 0% Iron 4%

Peaches in Champagne

6 Servings

- 8 peaches, very ripe, divided**
- 2 tablespoons sugar**
- 1 cup sugar**
- 10 to 12 blanched almonds**
- 1 1/2 cups chilled Champagne**
- 1/2 cup riesling or dry white wine, chilled**

Chill peaches in refrigerator at least 4 hours. Peel peaches. Halve 3 of the peaches and sprinkle with 2 T. sugar. Set aside.

Place almonds in blender and blend until finely ground. Cut remaining 5 peaches into chunks and add to almonds in blender. Puree until smooth.

Transfer pureed peaches to bowl and add remaining 1 c. sugar, champagne, and riesling. Stir gently to blend, taking care not to release too many bubbles.

Place 1 peach half in each of 6 glass soup bowls. Spoon peach mixture over halves. Makes 6 servings.

Amount Per Serving

Calories 236 Calories from Fat 9

Percent Total Calories From:

Fat 4% Protein 2% Carb. 89%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	12 mg		0%
Total Carbohydrate	52 g		17%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	1 g		

Vitamin A 12% Vitamin C 13% Calcium 0% Iron 5%

Peachy Dessert

12 Servings

An easy last-minute dessert. Mixed in the pan!

- 1 20 oz. can peaches, sliced**
- 1 package butter brickle cake mix, or butter pecan cake mix**
- 1 stick margarine, melted**
- 1/2 cup walnuts, or pecans, chopped**

Pour undrained peaches in a 9 x 13" cake pan. (These can be cut into smaller pieces if desired.) Sprinkle cake mix over peaches. Pour melted margarine over cake mix. Use fork to combine ingredients until all cake mix is moistened. Sprinkle nuts over top. Bake at 350 F. approximately 30 to 35 minutes or until toothpick inserted comes out clean. Serve warm or cold topped with Cool Whip.

Amount Per Serving

Calories 66 Calories from Fat 37

Percent Total Calories From:

Fat 56% Protein 6% Carb. 38%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	12 mg	0%	
Total Carbohydrate	6 g	2%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 6% Vitamin C 5% Calcium 0% Iron 1%

Peanut Butter Chip Chocolate Cookies

30 Servings

- 1 cup butter or margarine**
- 1 1/2 cups sugar**
- 2 eggs**
- 2 teaspoons vanilla**
- 2 cups all-purpose flour**
- 2/3 cup cocoa**
- 3/4 teaspoon baking soda**
- 1/2 teaspoon salt**
- 2 cups Reese's peanut butter chips, (12 oz. bag)**

Cream butter, sugar, eggs, and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Drop by easpoonfuls onto ungreased cookie sheet OR chill until firm enough to handle and shape into 1" balls. Flatten slightly with a fork. Bake at 350 F. for 8 to 10 minutes. Cool one minute before removing form cookie sheet onto wire rack. About 5 dozen 2 1/2" cookies.

Amount Per Serving

Calories 138 Calories from Fat 61

Percent Total Calories From:

Fat 44% Protein 5% Carb. 51%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	10%	
Saturated Fat	4 g	20%	
Cholesterol	31 mg	10%	
Sodium	140 mg	6%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 2%

Peanut Butter Quickies

24 Servings

- 2 cups finely ground graham cracker crumbs**
- 1 cup sugar**
- 3/4 cup evaporated milk**
- 3/4 cup peanut butter**

Mix together; drop by rounded teaspoons on greased cooke sheet. Bake at 350 F. for 15 minutes or until slightly puffed but STILL SOFT. Makes 4 dozen.

Amount Per Serving

Calories 124 Calories from Fat 48

Percent Total Calories From:

Fat 38% Protein 10% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	8%	
Saturated Fat	1 g	6%	
Cholesterol	2 mg	1%	
Sodium	57 mg	2%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

Pecan Tassies

24 Servings

These are like a minature pecan pie.

- 3 ounces cream cheese**
- 1/2 cup butter**
- 1 cup flour**

- 1 egg**
- 3/4 cup brown sugar, packed**
- 1 tablespoon butter, softened**
- 1 teaspoon vanilla**
- 1 dash salt**
- 2/3 cup pecans, chopped and divided**

Let cream cheese and butter soften to room temperature; blen together. Stir in flour. Chill about 1 hour. Shape into 2 dozen 1" balls; place into an ungreased 1 3/4" muffin pan. Press dough evenly against bottoms and sides of each.

Filling:

Beat together remaining ingredients until smooth. Sprinkle 1/3 C. pecans in pastry-lined pans. Add filling. Sprinkle another 1/3c. pecans. Bake at 325 F for 25 minutes.

Amount Per Serving

Calories 110 Calories from Fat 71

Percent Total Calories From:

Fat 65% Protein 5% Carb. 30%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	8 g		12%
Saturated Fat	4 g		19%
Cholesterol	24 mg		8%
Sodium	70 mg		3%
Total Carbohydrate	8 g		3%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	1 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 2%

Pepperoni Pizza

6 Servings

- 1 8 oz. package pepperoni**
- 2 cups mozzarella cheese, shredded**
- 1 cup provolone cheese, shredded**
- Parmesan cheese**

Make pizza dough as indicated. Spread completely with pizza sauce. (Go light, Probably will only use about 2/3's of the recipe). Place pepperoni evenly on top of sauce. Mix cheeses together (may be able to buy them that way, try Kraft). Sprinkle on top of pepperoni. Place on bottom rack in cold oven, turn oven to 500 F. and bake 17 to 20 minutes, depending on oven. Cheese will be bubbly and slightly browned around the edges.

Amount Per Serving

Calories 370 Calories from Fat 275

Percent Total Calories From:

Fat 74% Protein 23% Carb. 3%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	31 g	47%	
Saturated Fat	15 g	74%	
Cholesterol	75 mg	25%	
Sodium	1128 mg	47%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	21 g		

Vitamin A 9% Vitamin C 0% Calcium 0% Iron 4%

Petite Cherry Cheesecake

24 Servings

These can be frozen and thawed for an easy family desert.

2 8 oz. packages cream cheese
3/4 cup sugar
2 eggs
1 tablespoon lemon juice
1 teaspoon vanilla
24 vanilla wafer cookies
1 21 oz. can cherry pie filling
24 baking cups

Beat cream cheese, sugar, eggs, lemon juice, and vanilla until light and fluffy.

Line muffin pan with paper cups and place a vanilla wafer in the bottom of each. Fill cups 2/3 full with cream cheese mixture. Bake at 350 F. for 15 to 20 minutes or until set. Top each with about 1 Tablespoon of the pie filling. Chill.

Amount Per Serving

Calories 147 Calories from Fat 70

Percent Total Calories From:

Fat 47% Protein 6% Carb. 47%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	4 g	22%	
Cholesterol	40 mg	13%	
Sodium	74 mg	3%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 2%

Pina Colada Cake

12 Servings

CAKE

- 1 package white cake mix
- 1 3 oz. package instant coconut cream pudding, or instant vanilla pudding
- 4 eggs
- 1 cup flaked coconuts
- 1/2 cup water
- 1/3 cup dark rum, (80 proof)
- 1/4 cup oil

FROSTING

- 1 8 oz. can crushed pineapple, in juice
- 1 3 oz. package instant coconut cream pudding
- 1/3 cup dark rum, (80 proof)
- 1 9 oz. package Cool Whip, thawed

Blend all ingredients except coconut in large mixer bowl. Beat 4 minutes at medium speed of electric mixer. Pour into 2 greased and floured 9" layer pans. Bake at 350 F. for 25 to 30 minutes; remove and cool on racks. Fill and frost; sprinkle with coconut. Chill. Refrigerate leftover cake.

Frosting;

Combine all ingredients except whipped topping in a bowl; beat until well blended. Fold in thawed Cool Whip.

Amount Per Serving

Calories 119 Calories from Fat 76

Percent Total Calories From:

Fat 64% Protein 8% Carb. 4%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	13%	
Saturated Fat	3 g	14%	
Cholesterol	71 mg	24%	
Sodium	22 mg	1%	
Total Carbohydrate	1 g	0%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 2%

Pineapple Cheesecake Squares

12 Servings

- 2 8 oz. packages cream cheese, softened**
- 1/2 cup sugar**
- 2 eggs**
- 2/3 cup unsweetened pineapple juice**
- 1/4 cup all-purpose flour**
- 1/4 cup sugar**
- 1 20 oz. can crushed pineapple, well drained, reserve 1 cup juice**
- 1/2 cup whipping cream**

Heat oven to 350 F. Bake crust. Beat cream cheese in medium bowl until smooth and fluffy; beat in 1/2 cup sugar and the eggs. Stir in 2/3 c. pineapple juice. Pour cream cheese mixture over hot crust. Bake just until center is set, about 20 minutes. Cool completely.

Mix flour and 1/4 cup sugar in 2 quart saucepan. Stir in 1 cup reserved pineapple juice. Heat to boiling over medium heat; stirring constantly. Boil and stir 1 minute. Remove from heat; fold in pineapple. Cool completely. Beat whipping cream in chilled bowl until stiff. Fold into pineapple mixture. Spread carefully over dessert. Cover loosely and refrigerate until firm, about 4 hours. Cut into about 3 inch squares. Makes 12 servings.

Amount Per Serving

Calories 248 Calories from Fat 160

Percent Total Calories From:

Fat 64% Protein 7% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	27%	
Saturated Fat	11 g	54%	
Cholesterol	91 mg	30%	
Sodium	126 mg	5%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	4 g		

Vitamin A 15% Vitamin C 3% Calcium 0% Iron 4%

Pineapple Cookies

24 Servings

Won a blue ribbon with this recipe my first year of 4-H in Eaton, Ohio.

- 1 cup shortening**
- 1 cup brown sugar, packed**
- 1 cup white sugar**
- 2 eggs, beaten**
- 1 No. 2 can crushed pineapple**
- 4 cups sifted flour**
- 1 1/2 teaspoons baking soda**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon salt**
- 1 teaspoon vanilla**

Cream together first four ingredients. Mix in pineapple and then the dry ingredients. Drop by teaspoonful onto an ungreased cookie sheet. Bake at 400 F. for 8 to 10 minutes.

Amount Per Serving

Calories 231 Calories from Fat 92

Percent Total Calories From:

Fat 40% Protein 5% Carb. 56%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	2 g	8%	
Cholesterol	18 mg	6%	
Sodium	115 mg	5%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 6% Calcium 0% Iron 3%

Pineapple Pasta Salad

0 Servings

- 1/2 pound pasta, cooked (rotini works well)
- 6 eggs, hard-boiled
- 1 14 oz. can canned pineapple tidbits in juice, drained
- 1/2 to 3/4 pound cooked chicken, ham, or turkey (diced)
- pimientos, (makes it pretty)
- cashews
- 1 cup celery, chopped
- DRESSING**
- salad dressing
- 1/2 teaspoon mustard
- 1 teaspoon sugar
- salt, to taste
- pepper, to taste

Mix all except cashews with dressing. Add cashews just before serving.

Amount Per Serving

Calories 1729 Calories from Fat 417

Percent Total Calories From:

Fat 24% Protein 30% Carb. 46%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	46 g	71%	
Saturated Fat	13 g	64%	
Cholesterol	1611 mg	537%	
Sodium	1863 mg	78%	
Total Carbohydrate	200 g	67%	
Dietary Fiber	3 g	12%	
Sugars	0 g		
Protein	128 g		

Vitamin A 48% Vitamin C 78% Calcium 0% Iron 91%

Pineapple Rum Slush

14 Servings

- 3/4 cup frozen pineapple juice concentrate, (from 12 oz. can)**
- 1 6 oz. can frozen limeade concentrate, thawed**
- 4 1/2 cups cold water**
- 3/4 cup rum**
- 3 1/2 cups 7-Up**

In large non-metal container, combine all except 7-Up. Blend well. Cover, freeze overnight.
Before serving, let mixture stand for 20 to 30 minutes until slushy. For each serving, spoon 1/2 c. slush into glass and add 1/4 c. 7-Up. Serve immediately.

Amount Per Serving

Calories 27 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 0%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Pizza Dough

6 Servings

- 3 3/4 cups all-purpose flour, (approximately)**
- 1 tablespoon vegetable oil**
- 2 packages quick rise yeast**
- 1 teaspoon salt**
- 1 cup water, lukewarm**
- 1/2 teaspoon sugar**
- 3 3/4 cups all-purpose flour, (approximately)**
- 1 tablespoon vegetable oil**
- 2 packages quick rise yeast**
- 1 teaspoon salt**
- 1 cup water, lukewarm**
- 1/2 teaspoon sugar**

Combine flour, yeast, salt and sugar in mixing bowl and stir. Add vegetable oil and water. Mix together all ingredients. Knead by hand for 3 minutes; shape; put in bowl; cover and let rise until double in volume. Punch down; divide into 2 equal pieces and shape into round balls for 2-12" pizzas or leave in one piece for a 16" pizza. Let dough rest for 4 minutes. Roll out approximately 12" or 16" in diameter. Spray Crispi Crust Pizza Pan lightly with no-stick vegetable cooking spray and wipe off excess. Place on Pizza Pan; (Be sure to trim or tuck under any edges that hang over the edge of the pan.) let rise for 10 to 15 minutes. Add sauce, toppings and cheese. Place on bottom rack in COLD oven, turn oven to 500 F. and bake 17 to 20 minutes, depending on oven.

Amount Per Serving

Calories 599 Calories from Fat 55

Percent Total Calories From:

Fat 9% Protein 11% Carb. 80%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	9%	
Saturated Fat	1 g	4%	
Cholesterol	0 mg	0%	
Sodium	778 mg	32%	
Total Carbohydrate	120 g	40%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	16 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10%

Pizza Dough

6 Servings

- 3 3/4 cups all-purpose flour, (approximately)**
- 1 tablespoon vegetable oil**
- 2 packages quick rise yeast**
- 1 teaspoon salt**
- 1 cup water, lukewarm**
- 1/2 teaspoon sugar**
- 3 3/4 cups all-purpose flour, (approximately)**
- 1 tablespoon vegetable oil**
- 2 packages quick rise yeast**
- 1 teaspoon salt**
- 1 cup water, lukewarm**
- 1/2 teaspoon sugar**

Combine flour, yeast, salt and sugar in mixing bowl and stir. Add vegetable oil and water. Mix together all ingredients. Knead by hand for 3 minutes; shape; put in bowl; cover and let rise until double in volume. Punch down; divide into 2 equal pieces and shape into round balls for 2-12" pizzas or leave in one piece for a 16" pizza. Let dough rest for 4 minutes. Roll out approximately 12" or 16" in diameter. Spray Crispi Crust Pizza Pan lightly with no-stick vegetable cooking spray and wipe off excess. Place on Pizza Pan; (Be sure to trim or tuck under any edges that hang over the edge of the pan.) let rise for 10 to 15 minutes. Add sauce, toppings and cheese. Place on bottom rack in COLD oven, turn oven to 500 F. and bake 17 to 20 minutes, depending on oven.

Amount Per Serving

Calories 599 Calories from Fat 55

Percent Total Calories From:

Fat 9% Protein 11% Carb. 80%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	6 g		9%
Saturated Fat	1 g		4%
Cholesterol	0 mg		0%
Sodium	778 mg		32%
Total Carbohydrate	120 g		40%
Dietary Fiber	0 g		2%
Sugars	0 g		
Protein	16 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10%

Pizza Sauce

8 Servings

- 1 10 3/4 ounce can tomato puree
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 teaspoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1 10 3/4 ounce can tomato puree
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 teaspoons grated Parmesan cheese
- 1/2 teaspoon salt

Combine ingredients and blend well. Will make enough for 1 - 16" pizza or 2 - 12" pizzas.

Amount Per Serving

Calories 43 Calories from Fat 4

Percent Total Calories From:

Fat 9% Protein 16% Carb. 75%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	0 g		1%
Saturated Fat	0 g		1%
Cholesterol	1 mg		0%
Sodium	325 mg		14%
Total Carbohydrate	8 g		3%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	2 g		

Vitamin A 21% Vitamin C 45% Calcium 0% Iron 4%

Pizza Sauce

8 Servings

- 1 10 3/4 ounce can tomato puree
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 teaspoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1 10 3/4 ounce can tomato puree
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 teaspoons grated Parmesan cheese
- 1/2 teaspoon salt

Combine ingredients and blend well. Will make enough for 1 - 16" pizza or 2 - 12" pizzas.

Amount Per Serving

Calories 43 Calories from Fat 4

Percent Total Calories From:

Fat 9% Protein 16% Carb. 75%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	0 g		1%
Saturated Fat	0 g		1%
Cholesterol	1 mg		0%
Sodium	325 mg		14%
Total Carbohydrate	8 g		3%
Dietary Fiber	1 g		3%
Sugars	0 g		
Protein	2 g		

Vitamin A 21% Vitamin C 45% Calcium 0% Iron 4%

Popovers

6 Servings

Easy to make but plan ahead as they take at least 40 minutes to bake.

1 1/4 cups milk
1 1/4 cups flour
1/2 teaspoon salt
3 jumbo eggs

Preheat oven to 425 F.

Pour milk into medium size mixing bowl. Add flour and salt. With rotary beater or wire whisk, beat until well blended. Do not overbeat. One at a time, add the eggs, beating in each until completely blended.

Pour batter into popover cups, filling 3/4 full. Do not scrape bowl.

Bake at 425 F. for 20 minutes. Reduce oven temperature to 325 F. and continue baking 15 to 20 minutes or until golden brown. Serve immediately.

Amount Per Serving

Calories 160 Calories from Fat 40

Percent Total Calories From:

Fat 25% Protein 19% Carb. 56%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	2 g	9%	
Cholesterol	113 mg	38%	
Sodium	251 mg	10%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	7 g		

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 4%

Porcupine Meatballs

4 Servings

- 1 pound lean ground beef**
- 1 egg**
- 1 chopped onion**
- 1/4 teaspoon sage**
- salt**
- pepper**
- 1/4 cup rice, which has been brought to a boil in water or stock**

Form the above into balls and arrange in a shallow casserole. Add 1 can tomato soup and 1 can water. Bake in moderate (350 F.) oven for 1 hour.

Jane's note: Try this with cream of mushroom soup.

Amount Per Serving

Calories 323 Calories from Fat 164

Percent Total Calories From:

Fat 51% Protein 32% Carb. 18%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	7 g	35%	
Cholesterol	132 mg	44%	
Sodium	378 mg	16%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	25 g		

Vitamin A 2% Vitamin C 5% Calcium 0% Iron 16%

Pork Chops and Spanish Rice

4 Servings

- 4 to 6** pork chops
- 4 to 6** slices onions, (one on top of each chop)
- instant rice, enough to fill the spaces between chops
(rice approximately triples, 1/3 c. = 1 c.)
- salt and pepper, to taste
- celery salt, to taste
- tomato juice, enough to cover all ingredients

Bake at 350 F. for 1 1/2 to 2 hours.

Amount Per Serving

Calories 263 Calories from Fat 68

Percent Total Calories From:

Fat 26% Protein 48% Carb. 27%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	3 g	13%	
Cholesterol	74 mg	25%	
Sodium	552 mg	23%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	31 g		
Vitamin A 0% Vitamin C 22% Calcium 0% Iron 7%			

Potato Casserole

12 Servings

- 8 potatoes, precooked (15 minutes) and sliced**
- 8 ounces Velveta cheese**
- 1 1/2 cups mayonnaise**
- 1/2 pound bacon, fried crisp and crumbled**
- 1/2 cup green olives, sliced**

Mix all together and put in a 9 x 13" casserole dish. Bake at 350 F. for 1 hour.

Amount Per Serving

Calories 388 Calories from Fat 236

Percent Total Calories From:

Fat 61% Protein 6% Carb. 34%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	26 g	40%	
Saturated Fat	5 g	26%	
Cholesterol	16 mg	5%	
Sodium	412 mg	17%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	5 g		

Vitamin A 2% Vitamin C 38% Calcium 0% Iron 10%

Potato Chip - Chicken Casserole

6 Servings

- 3 cups cooked chicken, diced**
- 1 cup celery, diced**
- 1/2 cup slivered almonds, toasted**
- 1 cup mayonaise**
- 1/2 teaspoon salt**
- 2 teaspoons onions, minced**
- 2 tablespoons lemon juice**
- 1/2 cup cheddar cheese, grated**
- 1 cup potato chips, crushed**

Combine all except potato chips. Turn into ovenproof casserole dish, cover, and bake 10 minutes at 350 F. Top with crushed potato chips and bake uncovered 10 minutes.

Amount Per Serving

Calories 248 Calories from Fat 126

Percent Total Calories From:

Fat 51% Protein 39% Carb. 10%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	4 g	19%	
Cholesterol	62 mg	21%	
Sodium	330 mg	14%	
Total Carbohydrate	6 g	2%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	24 g		

Vitamin A 3% Vitamin C 10% Calcium 0% Iron 8%

Potato Pancakes

4 Servings

- 4 large potatoes**
- salt**
- 1 pinch baking powder**
- 2 eggs, well beaten**

Grate 4 large potatoes on crosswise grater. Season with salt. Add pinch of baking powder. Add 2 eggs, well beaten.

Spoon onto hot greased griddle or skillet. Let brown on one side before turning. Serve with syrup if desired. Good with sausage.

Amount Per Serving

Calories 254 Calories from Fat 24

Percent Total Calories From:

Fat 10% Protein 13% Carb. 78%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	4%	
Saturated Fat	1 g	4%	
Cholesterol	106 mg	35%	
Sodium	426 mg	18%	
Total Carbohydrate	49 g	16%	
Dietary Fiber	2 g	7%	
Sugars	0 g		
Protein	8 g		

Vitamin A 3% Vitamin C 51% Calcium 0% Iron 16%

Potato with Creamed Chipped Beef

1 Servings

- 1 potato
- 1 package Banquet Creamed Chipped Beef

Bake potato in microwave. Cut slit in top of creamed chipped beef bag and microwave for 3 to 4 minutes. Cut open potato, mash as desired, and top with gravy.

Amount Per Serving

Calories 217 Calories from Fat 2

Percent Total Calories From:

Fat 1% Protein 9% Carb. 90%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	16 mg	1%	
Total Carbohydrate	49 g	16%	
Dietary Fiber	2 g	7%	
Sugars	0 g		
Protein	5 g		

Vitamin A 0% Vitamin C 51% Calcium 0% Iron 14%

Powdered Sugar Glaze

8 Servings

For Raisin-Pecan Cinnamon Rolls

- 1 1/4 cups powdered sugar, sifted**
- 1 teaspoon corn syrup**
- 1/2 teaspoon vanilla**
- half and half, or light cream**
- 1 1/4 cups powdered sugar, sifted**
- 1 teaspoon corn syrup**
- 1/2 teaspoon vanilla**
- half and half, or light cream**

In a bowl, stir together powdered sugar, corn syrup, vanilla, and enough half and half or light cream (1 to 2 T) to make a drizzling consistency.

Amount Per Serving

Calories 155 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 100%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	2 mg	0%	
Total Carbohydrate	39 g	13%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 1%

Prize-Winning Meat Loaf

8 Servings

A Twin Pines staple, introduced by my roommate, Deb Watts.

1 1/2 pounds lean ground beef
3/4 cup oats, uncooked
1/4 cup onions, chopped
1/4 teaspoon pepper
1 cup tomato juice
1 egg, beaten

Combine all ingredients thoroughly. Pack firmly into an ungreased loaf pan or baking dish. Bake at 350 F. for 1 hour and 15 minutes. Let stand 5 minutes before slicing.

Amount Per Serving

Calories 228 Calories from Fat 123

Percent Total Calories From:

Fat 54% Protein 34% Carb. 12%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	14 g	21%	
Saturated Fat	5 g	26%	
Cholesterol	86 mg	29%	
Sodium	169 mg	7%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	19 g		
Vitamin A 4% Vitamin C 10% Calcium 0% Iron 11%			

pudding Cheesecake

9 Servings

- 1 1/4 cups graham cracker crumbs, finely crushed**
- 1/4 cup sugar**
- 6 tablespoons butter**
- 1 8 oz. package cream cheese, softened**
- 2 cups cold milk**
- 2 tablespoons sugar**
- 1 3 oz. package instant vanilla pudding, or instant lemon pudding**

Combine crumbs, 1/4 c. sugar, and butter. Press firmly on the bottom of 8" square pan. Chill while preparing filling. Beat cream cheese until very soft. Blend in 1/2 c. milk. Add remaining milk, 2 T. sugar and the pie filling mix. Beat as directed on package for pie. Pour into the prepared crust. Chill until firm, at least 2 hours.

Amount Per Serving

Calories 274 Calories from Fat 175

Percent Total Calories From:

Fat 64% Protein 7% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	19 g	30%	
Saturated Fat	12 g	59%	
Cholesterol	56 mg	19%	
Sodium	259 mg	11%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	5 g		

Vitamin A 14% Vitamin C 1% Calcium 0% Iron 4%

Pumpkin Bread

12 Servings

1 1/2 cups sugar
1/2 cup oil
1 egg
16 ounces canned pumpkin
2 1/2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1 cup chopped Diamond walnuts
1/2 cup raisins

Heat oven to 350 degrees F. Grease 9x5-inch loaf pan. Combine sugar, oil and egg; beat until light and fluffy. Blend in pumpkin. Combine flour, baking soda, cinnamon, nutmeg and cloves. Add to pumpkin mixture; beat until smooth. Fold in walnuts and raisins. Spoon into greased pan. Bake at 350 degrees F. for 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool on wire rack.

Amount Per Serving

Calories 387 Calories from Fat 145

Percent Total Calories From:

Fat 38% Protein 5% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	1 g	7%	
Cholesterol	18 mg	6%	
Sodium	147 mg	6%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	5 g		

Vitamin A 168% Vitamin C 4% Calcium 0% Iron 8%

Pumpkin Cheesecake Bars

16 Servings

- 1 cup flour
- 1/3 cup brown sugar, packed
- 5 tablespoons butter, softened
- 1/2 cup pecans, finely chopped
- 1 8 oz. package cream cheese, softened
- 3/4 cup sugar
- 1/2 cup canned pumpkin
- 2 eggs, slightly beaten
- 1 1/2 teaspoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon vanilla

Combine flour and brown sugar in medium bowl. Cut in butter to make a crumb mixture. Stir in nuts. Set aside 3/4 cup of the mixture for topping. Press remaining mixture into bottom of 8 x 8 x 1 1/2" baking pan. Bake in preheated 350 F. oven for 15 minutes. Cool slightly. Combine cream cheese, sugar, pumpkin, eggs, cinnamon, allspice, and vanilla in large mixer bowl. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake an additional 30 to 35 minutes. Cool before cutting into bars.

Amount Per Serving

Calories 196 Calories from Fat 105

Percent Total Calories From:

Fat 53% Protein 6% Carb. 40%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	18%	
Saturated Fat	6 g	29%	
Cholesterol	52 mg	17%	
Sodium	88 mg	4%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 41% Vitamin C 1% Calcium 0% Iron 4%

Pumpkin Cookie Bars

32 Servings

- 1 cup flour
- 1/2 cup quick cooking rolled oats
- 1/2 cup brown sugar, firmly packed
- 1/4 cup nuts, chopped
- 1 3/4 teaspoons cinnamon
- 1/2 cup butter, melted
- 1 cup canned pumpkin
- 3/4 cup evaporated milk, undiluted
- 1 egg, slightly beaten
- 1/3 cup sugar
- 1/2 teaspoon allspice
- 1/4 teaspoon salt

Combine flour, oats, brown sugar, nuts, and 1 teaspoon cinnamon. Add butter; mix until crumbly. Press into bottom of 13 x 9 x 2" baking dish. Bake in moderate oven (350 F.) for 20 to 25 minutes. Remove from oven. Reduce oven temperature to 325 F.

Combine remaining ingredients. Pour over crust. Bake in slow oven (325 F.) for 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely.

Amount Per Serving

Calories 81 Calories from Fat 38

Percent Total Calories From:

Fat 46% Protein 7% Carb. 46%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	4 g	6%	
Saturated Fat	2 g	11%	
Cholesterol	16 mg	5%	
Sodium	57 mg	2%	
Total Carbohydrate	9 g	3%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 36% Vitamin C 1% Calcium 0% Iron 2%

Pumpkin Cookies

24 Servings

- 1 cup shortening
- 1 cup sugar
- 1 cup canned pumpkin
- 1 teaspoon cinnamon
- 1 cup raisins
- 1 egg
- 2 cups flour
- 1 teaspoon soda
- 1/2 teaspoon salt
- Canned white icing tinted orange

Cream shortening, sugar, and pumpkin. Add egg and mix well. Add sifted dry ingredients and raisins. Drop by teaspoon on greased cookie sheet. Bake at 375 F. for 10 to 12 minutes. Makes 4-5 dozen.

Frosting: Use canned icing and tint orange. Decorate with raisins.

Amount Per Serving

Calories 185 Calories from Fat 89

Percent Total Calories From:

Fat 48% Protein 4% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	2 g	8%	
Cholesterol	9 mg	3%	
Sodium	53 mg	2%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 45% Vitamin C 1% Calcium 0% Iron 3%

Pumpkin Pie

8 Servings

- 2 eggs, slightly beaten
- 1 14 oz. can canned pumpkin
- 3/4 cup sugar
- 1 12 oz. can evaporated milk
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves

Mix filling ingredients in order given. Pour into unbaked pie shell. Bake at 425 F. for 15 minutes. Reduce heat to 350 F. and bake for 45 minutes more.

Makes 2 small or 1 large pie.

Amount Per Serving

Calories 172 Calories from Fat 42

Percent Total Calories From:

Fat 24% Protein 12% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	5 g	7%	
Saturated Fat	2 g	12%	
Cholesterol	66 mg	22%	
Sodium	209 mg	9%	
Total Carbohydrate	28 g	9%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	5 g		

Vitamin A 223% Vitamin C 5% Calcium 0% Iron 6%

Quick Cream Icing

24 Servings

White icing for Ginger Creams

- 3/4 cup powdered sugar, sifted**
- 1/4 teaspoon vanilla**
- 1 tablespoon cream, enough to make easy to spread**

Blend together and spread on cooled cookies.

Amount Per Serving

Calories 17 Calories from Fat 1

Percent Total Calories From:

Fat 8% Protein 0% Carb. 91%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	1 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Quick Cream Icing

24 Servings

White icing for Ginger Creams

- 3/4 cup powdered sugar, sifted**
- 1/4 teaspoon vanilla**
- 1 tablespoon cream, enough to make easy to spread**

Blend together and spread on cooled cookies.

Amount Per Serving

Calories 17 Calories from Fat 1

Percent Total Calories From:

Fat 8% Protein 0% Carb. 91%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	1 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Quick Jambalaya

6 Servings

Cornbread (or a Crusty French) and a salad makes this a complete meal.

- 1 8 oz. package brown and serve mild sausage links**
- 2 cups instant rice, uncooked**
- 2 cups water**
- 1 16 oz. can canned stewed tomatoes**
- 1 12 oz. package shrimp, frozen, cleaned, raw**
- 2 tablespoons instant minced onion**
- 2 teaspoons instant chicken boullion**
- 1 teaspoon salt**
- 1/4 teaspoon thyme**
- 1/4 teaspoon chili powder**
- 1/8 teaspoon cayenne, red pepper**
- 1/2 cup green bell peppers, chopped**

Cut sausage links into 1-inch diagonal slices. Place in skillet; brown as directed on package. Add remaining ingredients except green pepper. Heat to boiling, stirring occasionally. Reduce heat; simmer uncovered 10 minutes, stirring occasionally. Stir in green pepper. Heat through.

Amount Per Serving

Calories 160 Calories from Fat 69

Percent Total Calories From:

Fat 43% Protein 40% Carb. 17%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	3 g	13%	
Cholesterol	127 mg	42%	
Sodium	923 mg	38%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	16 g		

Vitamin A 13% Vitamin C 40% Calcium 0% Iron 15%

Quick Pecan Rolls

18 Servings

- 18** frozen yeast rolls, or 1 loaf frozen yeast bread, cut into 18 pieces
- 1** package butterscotch pudding mix, not instant
- 1/2** stick butter, melted
- 1/2** cup brown sugar, packed
- 3/4** teaspoon cinnamon
- 1** cup pecan halves

Place frozen rolls in greased bundt pan. Sprinkle pudding mix over rolls. Drizzle butter over pudding mix. combine brown sugar, cinnamon, and pecan halves and distribute mixture over butter. Let rise overnight, do not refrigerate. Next morning, preheat oven to 350 F. and bake 30 minutes. Invert on serving plate.

Amount Per Serving

Calories 60 Calories from Fat 40

Percent Total Calories From:

Fat 67% Protein 3% Carb. 30%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	1 g	3%	
Cholesterol	1 mg	0%	
Sodium	4 mg	0%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

Quick Toffee Bars

24 Servings

- 12 graham crackers, whole, broken into quarters**
- 1 cup butter**
- 1/2 cup sugar**
- 1 cup nuts, chopped**
- 1 cup semi-sweet chocolate chips**

Line a 15 x 10 x 1" jelly roll pan with buttered wax paper. Put graham cracker sections on paper. Combine butter and sugar in saucepan. Melt over medium heat; let boil gently 3 minutes. Spoon over graham crackers; spread evenly. Sprinkle nuts on top. Bake at 325 F. for 10 minutes; cool. Spread melted chocolate chips over all. After chocolate sets, peel off paper. Cookies can be frozen. Yield; 48 toffee bars.

Amount Per Serving

Calories 151 Calories from Fat 102

Percent Total Calories From:

Fat 67% Protein 4% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	5 g	27%	
Cholesterol	21 mg	7%	
Sodium	127 mg	5%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 3%

Raisin Puffs

35 Servings

- 1 cup water
- 1 1/2 cups raisins
- 3 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 1 cup margarine, softened
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup sugar
- 1 teaspoon ground cinnamon

In saucepan, boil water. Add raisins; boil till water is gone. Cool. Combine flour, soda and salt.

Beat together sugar and margarine until combined. Add eggs and vanilla; beat well. Add dry ingredients to beaten mixture; beat till blended. Stir in raisins.

Combine 1/2 c. sugar and cinnamon. Shaped dough into 1 inch balls; roll in cinnamon sugar mixture. Place 2" apart on cookie sheet.

Bake in 375 F oven for 8 minutes. Remove; cool on wire rack.

Amount Per Serving

Calories 164 Calories from Fat 51

Percent Total Calories From:

Fat 31% Protein 5% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	9%	
Saturated Fat	1 g	5%	
Cholesterol	12 mg	4%	
Sodium	123 mg	5%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 2%

Raisin-Pecan Cinnamon Rolls

8 Servings

4 1/2 to 5 cups all-purpose flour
1 package active dry yeast
1 cup milk
1/3 cup margarine or butter
1/3 cup sugar
1/2 teaspoon salt
3 eggs
3/4 cup brown sugar, packed
1/4 cup all-purpose flour
1 tablespoon cinnamon
1/2 cup margarine or butter
1/2 cup light raisins
1/2 cup pecans, chopped
1 tablespoon half and half, or light cream

In a large mixer bowl, combine 2 1/4 cups of the flour and the yeast.

In a small saucepan, heat the milk, the 1/3 c. margarine or butter, the 1/3 cup sugar, and salt just till warm (120 F. to 130 F.) and margarine is almost melted, stirring constantly. Add to flour mixture. Add eggs. Beat with an electric mixer on low speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining 2 1/4 to 2 3/4 cups flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a greased bowl, turning once. Cover; let rise in a warm place till double (about 1 hour).

For filling, combine brown sugar, the 1/4 cup flour, and cinnamon. Cut in remaining margarine or butter till crumbly; set aside.

Punch dough down. Turn onto a lightly floured surface. Cover and let rest for 10 minutes. Roll the dough into a 12-inch square.

Sprinkle filling over dough square; top with raisins and pecans. Roll up jelly-roll style; pinch edges to seal. Slice roll into eight 1 1/2-inch pieces. Arrange dough pieces, cut side up, in a greased 12-inch deep-dish pizza pan or a 13 x 9 x 2" baking pan.

Cover dough loosely with clear plastic wrap, leaving room for rolls to rise. Refrigerate dough for 2 to 24 hours. Uncover and let stand at room temperature for 30 minutes. (Or, for immediate baking, don't chill dough. Instead, cover loosely; let dough rise in a warm place till nearly double, about 45 minutes.)

Break any surface bubbles with a greased toothpick. Brush dough with half and half or light cream. Bake in a 375 F. oven for 25 to 30 minutes or till light brown. If necessary to prevent overbrowning, cover rolls loosely with foil the last 5 to 10 minutes of baking. Remove rolls from oven. Brush again with half and half or light cream. Cool for 1 minute. Carefully invert cinnamon rolls onto a wire rack. Cool slightly. Invert again onto a serving platter. Drizzle with Powdered Sugar Glaze.

APPLE CINNAMON ROLLS; Prepare rolls as directed except substitute 1 cup finely chopped apple for the raisins in the filling.

Amount Per Serving

Calories 651 Calories from Fat 249

Percent Total Calories From:

Fat 38% Protein 8% Carb. 54%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	28 g	43%	
Saturated Fat	5 g	26%	
Cholesterol	85 mg	28%	
Sodium	415 mg	17%	
Total Carbohydrate	88 g	29%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	13 g		

Vitamin A 19% Vitamin C 2% Calcium 0% Iron 14%

Ratatouille

6 Servings

- 2 cups yellow onions, diced
- 3 cups mushrooms, sliced
- 2 garlic cloves, crushed
- 1 cup red bell peppers, cut into 1/2-inch pieces
- 1 cup green bell peppers, cut into 1/2-inch pieces
- 1 1/2 pounds eggplants, cut into 3/4-inch cubes
- 1 pound zucchini, cut 1/4-inch thick
- 1 pound squash, cut 1/4-inch thick
- 1 cup tomatoes, diced
- 1/4 teaspoon thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon savory
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil

In a heavy skillet heat olive oil, add onions and saute them until transparent. Add mushrooms and bell peppers and saute until all moisture is evaporated. Add garlic and herbs, saute 1/2 minute, add eggplant and saute another 1/2 minute before adding the tomatoes. Simmer until eggplant is almost tender. Add squash and zucchini, cook until all the ingredients are tender. Just before serving add the black pepper. If you like spicy food, add a pinch of crushed red pepper.

Note: Crushed, canned tomatoes may be substituted for fresh.

Amount Per Serving

Calories 140 Calories from Fat 30

Percent Total Calories From:

Fat 22% Protein 14% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	3 g	5%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	14 mg	1%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	3 g	11%	
Sugars	0 g		
Protein	5 g		

Vitamin A 33% Vitamin C 136% Calcium 0% Iron 12%

Red Snapper Casserole

6 Servings

- 1 1/2 pounds red snapper, or other firm fleshed fish (6-4 oz. fillets)**
- flour, seasoned with salt and pepper**
- 3 to 4 tablespoons butter**
- 6 ounces green chili sauce**
- 12 ounces Monterey Jack cheese, grated**
- 2 tablespoons fresh, minced parsley**

Preheat oven to 350 F. Coat fillets with seasoned flour and saute in butter. Transfer fillets to casserole, top with sauce and cheese. Bake about 12 minutes. Sprinkle with parsley.

Amount Per Serving

Calories 369 Calories from Fat 220

Percent Total Calories From:

Fat 60% Protein 40% Carb. 1%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	24 g	38%	
Saturated Fat	15 g	74%	
Cholesterol	106 mg	35%	
Sodium	414 mg	17%	
Total Carbohydrate	1 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	36 g		

Vitamin A 19% Vitamin C 3% Calcium 0% Iron 6%

Reece Cup Cookies

18 Servings

1 package Pillsbury sugar cookies
36 mini Reece cups, unwrapped

Form small balls with sugar cookie dough and place into cups of mini-tart pan. Bake for 10-12 minutes or until done. Upon removing from oven, immediately place an unwrapped Reece cup in the middle of each cup. Cool and remove from pan. Makes 36 cookies.

Amount Per Serving

Calories 0 Calories from Fat 0

Percent Total Calories From:

Fat 0% Protein 0% Carb. 0%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Reese-Like Bars

24 Servings

- 1 pound powdered sugar**
- 1 1/2 cups graham cracker crumbs**
- 2 sticks margarine**
- 1 1/2 cups peanut butter**
- 1/2 pound HERSHEY'S milk chocolate bars**

Mix together sugar and graham cracker crumbs. Melt margarine. Add margarine and peanut butter to sugar and cracker crumbs. Reserve 2 Tablespoons of the mix and press remainder into a 9" x 12" pan. Melt chocolate. Add 2 T. mix and spread on peanut butter layer.

Amount Per Serving

Calories 260 Calories from Fat 113

Percent Total Calories From:

Fat 43% Protein 8% Carb. 48%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	19%	
Saturated Fat	2 g	9%	
Cholesterol	2 mg	1%	
Sodium	58 mg	2%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	5 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 3%

Reese Cookies

36 Servings

More of a candy than a cookie.

- 1 cup peanut butter**
- 1 cup sugar**
- 1 egg**
- Hershey candy kisses**

Mix first three ingredients well and chill. Roll into small balls. Place on a cookie sheet. press a kiss in the center of each cookie. Bake at 350 F for 5 minutes only. Let cool on sheet before removing.

Amount Per Serving

Calories 69 Calories from Fat 33

Percent Total Calories From:

Fat 48% Protein 11% Carb. 41%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	1 g	4%	
Cholesterol	6 mg	2%	
Sodium	3 mg	0%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	2 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 1%

Refreshing Lemon Surprise

12 Servings

- 1 1/2 cups graham cracker crumbs**
- 2 tablespoons sugar**
- 1/4 cup butter, melted**
- 12 slices lemons, thin, no seeds**
- 1 quart nutty coconut ice cream**
- 3/4 cup raspberry preserves**
- 1 quart lemon mousse ice cream**
- raspberry, fresh or frozen, for garnish**
- lemon, half slices, for garnish**

Blend cracker crumbs, sugar, and butter together. Press mixture into bottom of 9" springform pan. Chill. Stand lemon slices around sides of pan. Carefully spread softened nutty coconut ice cream over the crust into an even layer; making sure that lemon slices remain upright. Freeze at least 30 minutes to firm. Spread raspberry preserves over ice cream layer. Freeze. Spoon lemon mousse ice cream in thin layer over raspberry preserves and smooth. Cover with plastic wrap and freeze until serving time.

Before serving, remove rim from springform pan, lift dessert off bottom of pan and place dessert on serving plate. Garnish with raspberries and lemon slices. Makes 12 servings.

Amount Per Serving

Calories 171 Calories from Fat 45

Percent Total Calories From:

Fat 27% Protein 4% Carb. 69%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	5 g	8%	
Saturated Fat	3 g	13%	
Cholesterol	10 mg	3%	
Sodium	114 mg	5%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	2 g		

Vitamin A 3% Vitamin C 56% Calcium 0% Iron 5%

Refrigerator Bran Muffins

30 Servings

2 1/2 cups buttermilk, (or sour milk)
1/2 cup oil
2 eggs
3 cups bran flakes cereal, with or without raisins
2 1/2 cups flour
1 cup sugar
1 1/4 teaspoons soda
1 teaspoon baking powder
1 teaspoon salt
1/2 cup nuts, chopped

In large bowl, combine buttermilk, oil, and eggs; beat well. Add remaining ingredients, stirring JUST until moistened. Store batter in tightly covered container in refrigerator for up to 4 weeks. When ready to bake, heat oven to 400 F. Spoon batter into prepared muffin cups, filling 1/2 full. Bake at 400 F. for 20 to 25 minutes or until toothpick inserted in center comes out clean. Immediately remove from pans. Serve warm.

Amount Per Serving

Calories 142 Calories from Fat 50

Percent Total Calories From:

Fat 35% Protein 9% Carb. 56%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	8%	
Saturated Fat	1 g	3%	
Cholesterol	15 mg	5%	
Sodium	158 mg	7%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 6%

Rhubarb Crisp

9 Servings

This recipe came from a church cookbook.

1/2 cup margarine
1 cup brown sugar
1 cup flour, sifted
3/4 cup oatmeal
4 cups diced rhubarb
1 cup sugar
2 tablespoons cornstarch
1 cup water
2 teaspoons vanilla

Mix first 4 ingredients until crumbly. Spread half into creased 9 x 9" pan. Place rhubarb over this. Cook remaining ingredients until slightly thick. Pour over rhubarb. Put remaining dry mixture over the top. Bake 1 hour at 350 F.

Amount Per Serving

Calories 330 Calories from Fat 97

Percent Total Calories From:

Fat 29% Protein 4% Carb. 67%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	2 g	9%	
Cholesterol	0 mg	0%	
Sodium	125 mg	5%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 10% Vitamin C 5% Calcium 0% Iron 6%

Rhubarb Kuchen

9 Servings

- 1 cup flour
- 1 tablespoon flour
- 1 1/2 tablespoons baking powder
- 1/8 teaspoon salt
- 2 tablespoons butter or margarine
- 1 egg
- 2 tablespoons milk
- 1 3 oz. package strawberry jello
- 1/3 cup sugar
- 3 tablespoons flour
- 5 cups rhubarb, cut up
- 2/3 cup sugar
- 1/3 cup flour
- 3 tablespoons butter or margarine

Combine the 1 c. flour, sugar, salt, and baking powder. Cut in butter.

Beat egg with the milk. Add to flour mixture. Stir until moistened. Pat dough in a 9 X 9" pan.

Combine jello, 1/3 c. sugar, and 3 T. flour. Add to rhubarb and mix. Pour into crust-lined pan.

Combine remaining 2/3 c. sugar and 1/3 c. flour. Cut in 3 T. butter. Sprinkle over rhubarb filling. Bake 45 minutes at 375 F. or until rhubarb is tender.

Cool and cut into squares.

Amount Per Serving

Calories 254 Calories from Fat 66

Percent Total Calories From:

Fat 26% Protein 6% Carb. 68%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	7 g		11%
Saturated Fat	4 g		21%
Cholesterol	41 mg		14%
Sodium	283 mg		12%
Total Carbohydrate	43 g		14%
Dietary Fiber	1 g		2%
Sugars	0 g		
Protein	4 g		

Vitamin A 7% Vitamin C 6% Calcium 0% Iron 3%

Rump Roast with Vegetables

8 Servings

- 1/2 cup brandy**
- 1/2 cup water**
- 1/2 cup Italian salad dressing**
- 1 onion, chopped**
- 1 teaspoon salt**
- 3 pounds Beef Rump Roast**
- 2 tablespoons flour**
- 6 to 8 potatoes**
- 8 carrots**
- GRAVY**
- 1 1/2 cups marinade sauce**
- 1/2 cup cold water**
- 2 tablespoons flour**

Combine brandy, water, salad dressing, & salt. Put in bag with roast and let set 3 hours or overnight. Save sauce. Coat roast with flour and a little salt. Brown meat in oil in a dutch oven. Add onion and sauce. cover and bake in 325 F. oven 1 1/2 to 2 hours. Add vegetables and cook 20 to 30 minutes.

To make GRAVY: Combine flour and cold water. Stir into sauce and bring to a boil.

Amount Per Serving

Calories 532 Calories from Fat 121

Percent Total Calories From:

Fat 23% Protein 32% Carb. 38%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	13 g		21%
Saturated Fat	3 g		16%
Cholesterol	100 mg		33%
Sodium	520 mg		22%
Total Carbohydrate	51 g		17%
Dietary Fiber	2 g		9%
Sugars	0 g		
Protein	43 g		

Vitamin A 406% Vitamin C 52% Calcium 0% Iron 32%

Ruthie's Scalloped Corn

Cream Corn Casserole

8 Servings

- 1 16 oz. can whole kernel corn
- 1 16 oz. can canned cream-style corn
- 1 package Jiffy Corn Bread Mix
- 1 cup sour cream
- 1 stick margarine
- 1 egg
- 1/4 cup sugar

Mix all ingredients and turn into Pam sprayed 9" or similar casserole dish. Bake 1 hour at 350 F.

Amount Per Serving

Calories 211 Calories from Fat 79

Percent Total Calories From:

Fat 38% Protein 8% Carb. 55%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	3 g	14%	
Cholesterol	38 mg	13%	
Sodium	200 mg	8%	
Total Carbohydrate	29 g	10%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	4 g		

Vitamin A 8% Vitamin C 12% Calcium 0% Iron 3%

Salmon Loaf

6 Servings

- 1 10 3/4 ounce can cond. cream of celery soup**
- 1/3 cup mayonnaise**
- 1 egg, beaten**
- 1/2 cup onions, chopped**
- 1 cup cracker crumbs**
- 1/4 cup green bell peppers, chopped**
- 1 tablespoon lemon juice**
- 1 pound canned salmon, drained, boned, and flaked**

Mix together all ingredients. Place in a greased loaf pan (9 x 5 x 3"). Bake in a moderate 350 F. oven for one hour. Unmold and slice.

Amount Per Serving

Calories 270 Calories from Fat 153

Percent Total Calories From:

Fat 57% Protein 26% Carb. 18%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17 g	26%	
Saturated Fat	4 g	18%	
Cholesterol	82 mg	27%	
Sodium	658 mg	27%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	17 g		

Vitamin A 3% Vitamin C 10% Calcium 0% Iron 8%

Salsbury Steak

4 Servings

- 1 pound lean ground beef**
- 1 egg, beaten**
- 1/2 cup cracker crumbs**
- 1/4 cup onions, minced**
- 2 tablespoons catsup**
- 2 tablespoons water**
- 1 tablespoon Worcestershire sauce**
- 1 10 3/4 ounce can cond. cream of mushroom soup**

Combine all above ingredients except soup and make into patties. Flour and brown. Mix soup and 1 can water and pour over meat. Simmer 45 minutes, covered.

Amount Per Serving

Calories 397 Calories from Fat 226

Percent Total Calories From:

Fat 57% Protein 27% Carb. 16%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	39%	
Saturated Fat	9 g	44%	
Cholesterol	133 mg	44%	
Sodium	918 mg	38%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	26 g		

Vitamin A 3% Vitamin C 4% Calcium 0% Iron 17%

Sandy's Chocolate Cake

14 Servings

- 3 cups brown sugar, packed
- 1 cup butter or margarine, softened
- 4 eggs
- 2 teaspoons vanilla extract
- 2 2/3 cups all-purpose flour
- 3/4 cup cocoa
- 1/2 teaspoon salt
- 1 1/3 cups sour cream
- 1 1/3 cups boiling water
- FROSTING:**
- 1/2 cup butter or margarine
- 3 1 ounce squares unsweetened chocolate
- 3 1 ounce squares semisweet chocolate
- 5 cups confectioners' sugar
- 1 cup sour cream, (8 ounces)
- 2 teaspoons vanilla extract

In a mixing bowl, cream brown sugar and butter. Add eggs, one at a time, beating well after each addition. Beat on high speed until light and fluffy. Blend in vanilla. Combine flour, cocoa, bakings soda, and salt; add alternately with sour cream to creamed mixture. Mix on low just until combined. Stir in water until blended. Pour into three greased and floured 9" round baking pans. Bake at 350 F. for 35 minutes. Cool in pans 10 minutes; remove to wire racks to cool completely.

FROSTING:

In a medium saucepan, melt butter and chocolate over low heat. Cool several minutes. In a mixing bowl, combine sugar, sour cream and vanilla. Add chocolate mixture and beat until smooth. Frost cooled cake.

Amount Per Serving

Calories 733 Calories from Fat 321

Percent Total Calories From:

Fat 44% Protein 4% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	36 g	55%	
Saturated Fat	19 g	95%	
Cholesterol	129 mg	43%	
Sodium	360 mg	15%	
Total Carbohydrate	95 g	32%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	7 g		

Vitamin A 20% Vitamin C 1% Calcium 0% Iron 14%

Saucy Barbecued Venison

6 Servings

- 1 1/2 to 2 pounds chuck venison roast
- 1 1/4 cups beef broth
- 1 8 oz. can tomato sauce
- 1 cup catsup
- 1 large onion, chopped
- 1/3 cup orange juice
- 1/4 cup cider vinegar
- 1/4 cup lemon juice
- 1/4 cup chili sauce
- 1 clove garlic, minced
- 1/4 cup orange marmalade
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1/2 teaspoon liquid hot pepper sauce
- 1/4 teaspoon ground oregano

Place roast in a large Dutch oven; add water to cover. Cover and simmer 1 hour. Uncover and cook an additional hour - add more water as necessary.

Remove and discard bone. Chop meat and set aside.

Combine beef broth and remaining ingredients in Dutch oven; bring to boil. Stir in chopped meat; reduce heat, and simmer 1 to 1 1/2 hours.

Amount Per Serving

Calories 145 Calories from Fat 7

Percent Total Calories From:

Fat 5% Protein 8% Carb. 88%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	1%	
Cholesterol	0 mg	0%	
Sodium	886 mg	37%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	2 g	6%	
Sugars	0 g		
Protein	3 g		

Vitamin A 51% Vitamin C 50% Calcium 0% Iron 8%

Scalloped Pineapple

8 Servings

- 3** eggs, well beaten
- 2** cups sugar
- 2** sticks butter, melted
- 8** slices bread, cubed, French
- 1** pineapple, chunk, large can, drained

Mix together and put in well-greased casserole dish and sprinkle top with cinnamon. Bake uncovered in 350 degree oven for 40 minutes until brown on top. Serve warm.

Amount Per Serving

Calories 448 Calories from Fat 58

Percent Total Calories From:

Fat 13% Protein 5% Carb. 82%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	3 g	13%	
Cholesterol	88 mg	29%	
Sodium	200 mg	8%	
Total Carbohydrate	92 g	31%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	6 g		

Vitamin A 6% Vitamin C 58% Calcium 0% Iron 10%

Scalloped Potatoes with Pork Chops

6 Servings

- 1 **tablespoon shortening**
- 5 **cups potatoes, sliced**
- 6 **pork chops, 1/2" thick**
- 6 **1 ounce Kraft American cheese slices**
- 1 **teaspoon salt**
- 1/4 **teaspoon pepper**
- 1/2 **cup green onions, chopped**
- 1 **10 3/4 ounce can cond. cream of celery soup**
- 1 1/4 **cups milk**

Brown chops. Place half of the sliced potatoes in a greased baking pan (13 x 9 x 2"). Top with cheese. Add remaining potatoes. Place pork chops on potatoes. Sprinkle with salt and pepper. Cook onion in drippings in skillet. Add soup and milk. Heat, then pour over pork chops. cover with foil and bake in 350 F. oven for 1 hour. Remove cover and bake 30 minutes.

(May add a layer of sliced cabbage if your family likes this vegetable.)

Amount Per Serving

Calories 371 Calories from Fat 103

Percent Total Calories From:

Fat 28% Protein 36% Carb. 36%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	18%	
Saturated Fat	4 g	20%	
Cholesterol	81 mg	27%	
Sodium	484 mg	20%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	34 g		

Vitamin A 2% Vitamin C 35% Calcium 0% Iron 14%

Seven Layer Cookies

24 Servings

- 1 stick butter or margarine**
- 1 envelope graham crackers, crushed to crumbs**
- 1 cup coconuts**
- 1 cup chocolate chips**
- 1 cup butterscotch chips**
- 1 10 oz. can sweetened condensed milk**
- 1 1/2 cups pecans or walnuts**

Melt butter or margarine in 9 x 13" pan. Mix in graham cracker crumbs. Add a layer of each of the rest of the ingredients. Bake at 350 F. for 30 minutes.

Amount Per Serving

Calories 147 Calories from Fat 89

Percent Total Calories From:

Fat 60% Protein 5% Carb. 34%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	4 g	19%	
Cholesterol	5 mg	2%	
Sodium	25 mg	1%	
Total Carbohydrate	13 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 1% Vitamin C 1% Calcium 0% Iron 3%

Shapiro's Chocolate Cheesecake

16 Servings

A killer dessert, death by chocolate. Can be made ahead. Keeps great in the freezer for emergency company dessert.

CRUST

- 2 cups graham crackers, finely crushed
- 1/4 cup sugar
- 1/4 cup butter or margarine, melted

FILLING

- 4 8 oz. packages cream cheese, softened
- 1 1/2 cups sugar
- 6 eggs
- 1/2 cup unsweetened cocoa powder
- 1/2 cup hot water
- 4 ounces unsweetened chocolate, melted and cooled (4 squares)
- 1/4 cup butter or margarine
- 1 tablespoon vanilla

CRUST;

Stir together graham cracker crumbs, sugar and melted butter. Press into the bottom and 2" up the sides of a 10" springform pan. Set aside.

FILLING;

Beat together the cream cheese and sugar till combined. Add the eggs, one at a time, beating till combined. Stir together cocoa powder and hot water. Add to cream cheese mixture. Add cooled unsweetened chocolate, 1/4 c. melted butter, and vanilla, beating till combined. Pour mixture into prepared pan. Place in a shallow baking pan in oven. Bake in a 325 F. oven for about 1 hour or till center appears nearly set when you shake it. Cool for 15 minutes. Loosen crust from sides of pan. Cool for 30 minutes more. Remove sides of pan. Cool. Cover and chill at least 4 hours. Top with whipped cream and chocolate curls, if desired. Makes 1 - 10" cheesecake.

Amount Per Serving

Calories 468 Calories from Fat 293

Percent Total Calories From:

Fat 63% Protein 8% Carb. 30%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	33 g	50%	
Saturated Fat	19 g	96%	
Cholesterol	158 mg	53%	
Sodium	341 mg	14%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	9 g		

Vitamin A 23% Vitamin C 0% Calcium 0% Iron 12%

Sherry Bundt Cake

15 Servings

Moist and tasty!

- 1 package yellow cake mix**
- 1 package instant vanilla pudding**
- 1/2 teaspoon nutmeg**
- 4 large eggs**
- 3/4 cup cream sherry**
- 3/4 cup vegetable oil**

In a large bowl, combine all ingredients. Mix at low speed 1 minute, then at medium speed 3 minutes. Turn into greased and floured 10" bundt pan. Bake in 350 F. oven for 45 to 50 minutes until springy to the touch. Cool on rack 15 minutes. Turn out onto rack to cool completely. Dust with powdered sugar if desired.

Amount Per Serving

Calories 137 Calories from Fat 111

Percent Total Calories From:

Fat 81% Protein 5% Carb. 5%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	12 g	19%	
Saturated Fat	2 g	8%	
Cholesterol	57 mg	19%	
Sodium	18 mg	1%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 2% Vitamin C 0% Calcium 0% Iron 1%

Skier's French Toast

8 Servings

- 2 **tablespoons corn syrup**
- 1/2 **cup butter**
- 1 **cup brown sugar**
- 1 **loaf white bread, unsliced, firm, crusts trimmed (homemade is ideal)**
- 5 **eggs**
- 1 1/2 **cups milk**
- 1 **teaspoon vanilla**
- 1/4 **teaspoon salt**

Combine syrup, butter, and sugar in saucepan; simmer until syrup-like. Pour mixture over bottom of 9 x 13-in. pan. Slice bread into 12-16 slices; Place over syrup, layering as needed. Beat together eggs, milk, vanilla and salt. Pour over bread; cover. Refrigerate overnight. Bake, uncovered, at 350 F. for 45 minutes. Cut in squares, invert and serve with applesauce and breakfast sausage. Yield: 8 servings.

Amount Per Serving

Calories 262 Calories from Fat 147

Percent Total Calories From:

Fat 56% Protein 9% Carb. 35%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	9 g	46%	
Cholesterol	170 mg	57%	
Sodium	278 mg	12%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	6 g		

Vitamin A 14% Vitamin C 1% Calcium 0% Iron 7%

Skillet Supper

6 Servings

- 1 pound lean ground beef**
- 1/3 cup onions, chopped**
- 1 16 oz. can tomatoes, coarsely cut up**
- 1 8 oz. can tomato sauce**
- 1/8 teaspoon chili powder**
- salt and pepper, to taste**
- 1 10 oz. can whole kernel corn, drained**
- 1 cup elbow macaroni, uncooked**
- 3/4 cup water**
- 1 cup Swiss cheese, grated**

In large skillet, brown ground beef and onions; drain. Stir in tomatoes, tomato sauce and seasonings. Bring to a boil. Add corn, uncooked macaroni and water; return to a boil. Reduce heat, cover and simmer about 15 minutes, stirring occasionally until noodles are tender. Do not overcook. Sprinkle with cheese; cover and heat until cheese is melted. Serve from skillet. Makes 6-8 servings.

Amount Per Serving

Calories 374 Calories from Fat 155

Percent Total Calories From:

Fat 41% Protein 27% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17 g	26%	
Saturated Fat	8 g	39%	
Cholesterol	70 mg	23%	
Sodium	335 mg	14%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	25 g		

Vitamin A 23% Vitamin C 48% Calcium 0% Iron 16%

Smoky Joe's Pineapple Coleslaw

6 Servings

*Substitute green cabbage for the red unless you will be serving this IMMEDIATELY. The red cabbage turns the dressing an unattractive blue when it sits!
Substitute plain, non-fat yogurt for a lower-fat version.*

- 2 cups red cabbage, finely shredded**
- 2 cups green cabbage**
- 1 to 2 tablespoons sugar**
- 1 8 oz. can crushed pineapple**
- 2 dashes cinnamon**
- 2 dashes nutmeg**
- 1 cup sour cream, chilled**

Combine cabbages. Add sugar to crushed, undrained pineapple and simmer, uncovered, 5 minutes or until thick as drained pineapple. Add nutmeg and cinnamon and cool. Add cold sour cream and blend well. Chill. When ready to serve, pour dressing over cabbage and toss to coat cabbage well. Makes 6 servings.

Amount Per Serving

Calories 131 Calories from Fat 78

Percent Total Calories From:

Fat 59% Protein 6% Carb. 35%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	13%	
Saturated Fat	3 g	15%	
Cholesterol	15 mg	5%	
Sodium	23 mg	1%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	2 g		

Vitamin A 5% Vitamin C 51% Calcium 0% Iron 3%

Smooth'N Creamy Frosting

12 Servings

- 1 package instant pudding, (flavor of your choice)**
- 1/4 cup powdered sugar**
- 1 cup cold milk**
- 1 8 oz. package Cool Whip, thawed**

Combine pudding mix, sugar, and milk in small bowl. Beat slowly with rotary beater or at lowest speed of an electric mixer until well blended, about 1 minute. Fold in whipped topping. Spread on cake at once. Makes about 4 cups or enough for 2-9" layers.

Store frosted cake in refrigerator.

Amount Per Serving

Calories 23 Calories from Fat 6

Percent Total Calories From:

Fat 27% Protein 12% Carb. 61%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	1 g	1%	
Saturated Fat	0 g	2%	
Cholesterol	3 mg	1%	
Sodium	10 mg	0%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 0% Calcium 0% Iron 0%

Soda Cracker Chocolate Candy

30 Servings

35 to 40 soda crackers

- 1 cup butter or margarine**
- 1 cup brown sugar, packed**
- 1 1/2 cups semisweet chocolate chips**
- 1 1/2 cups walnuts, coarsely chopped**

Line a 15" x 10" x 1" baking pan with foil and coat with nonstick cooking spray. Place crackers in rows on foil. In a saucepan, melt butter; add the brown sugar and bring to a boil. Boil for 3 minutes. Pour over crackers and spread until completely covered. Bake at 350 F. for 5 minutes (crackers will float). Remove from the oven. Turn oven off. Sprinkle chocolate chips and walnuts over crackers. Return to the oven until chocolate is melted, about 3-5 minutes. Remove from the oven; using a greased spatula, press walnuts into chocolate. Cut into 1" squares while warm. Cool completely; remove candy from foil. Yield; about 5 dozen.

Amount Per Serving

Calories 171 Calories from Fat 119

Percent Total Calories From:

Fat 70% Protein 4% Carb. 27%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	13 g	20%	
Saturated Fat	6 g	30%	
Cholesterol	17 mg	6%	
Sodium	90 mg	4%	
Total Carbohydrate	11 g	4%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	1 g		

Vitamin A 5% Vitamin C 0% Calcium 0% Iron 3%

Soft Wholewheat Pretzels

12 Servings

- 2 1 pound frozen whole wheat bread doughs, (1 pound each), thawed**
- 1 egg white, slightly beaten**
- coarse salt**
- poppy seeds**
- sesame seeds**

Thaw bread in refrigerator overnight. Cut each loaf into 12 slices. Roll each slice into a rope approximately 14" long. Shape into pretzels by forming a knot and looping ends through. Arrange pretzels on a well-greased baking sheet. Let stand for 20 minutes. Brush egg white/water mixture onto pretzels and sprinkle with coarse salt or seeds. Place a shallow pan containing 1" of boiling water on a lower rack in the oven. Bake pretzels on a cookie sheet above the water at 350 F for 20 to 30 minutes or until golden brown.

Amount Per Serving

Calories 2 Calories from Fat 1

Percent Total Calories From:

Fat 33% Protein 58% Carb. 10%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	102 mg	4%	
Total Carbohydrate	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Sour Cream-Lemon Pie

8 Servings

Good and Easy!

- 1 cup sugar
- 3 1/2 tablespoons cornstarch
- 1 tablespoon lemon rind, grated
- 1/2 cup FRESH lemon juice
- 3 egg yolks, slightly beaten
- 1 cup milk
- 1/4 cup butter
- 1 cup sour cream
- 1 baked 9" pie shell
- 1 cup heavy or whipping cream, whipped
- lemon twists for garnish

Combine sugar, cornstarch, lemon rind, juice, egg yolks, and milk in heavy saucepan; cook over medium heat until thick. Stir in butter and cool mixture to room temperature. Stir in sour cream and pour filling into pie shell. Cover with whipped cream and garnish with lemon twists. Store in refrigerator.

Amount Per Serving

Calories 493 Calories from Fat 301

Percent Total Calories From:

Fat 61% Protein 4% Carb. 35%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	33 g	51%	
Saturated Fat	16 g	79%	
Cholesterol	149 mg	50%	
Sodium	238 mg	10%	
Total Carbohydrate	43 g	14%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	5 g		

Vitamin A 19% Vitamin C 15% Calcium 0% Iron 5%

Sour Cream-Raisin Pie

8 Servings

- 2 eggs, beaten
- 1 cup sugar
- 1 cup sour cream
- 1 teaspoon nutmeg, or cinnamon
- 1 cup raisins
- 1 teaspoon vinegar

Combine ingredients. Put in two pie crust and bake at 350 F. until brown.

Amount Per Serving

Calories 249 Calories from Fat 69

Percent Total Calories From:

Fat 28% Protein 5% Carb. 67%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	3 g	14%	
Cholesterol	65 mg	22%	
Sodium	30 mg	1%	
Total Carbohydrate	42 g	14%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 4% Vitamin C 1% Calcium 0% Iron 4%

Spicy Carrot Snack Cake

12 Servings

1 1/4 cups flour
1 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
2 teaspoons cinnamon
3/4 cup cooking oil
2 eggs
2 teaspoons vanilla
1 cup carrots, grated
1 cup nuts, chopped
1/2 cup raisins

Grease bottom only of a 8 or 9 inch square pan. Measure ingredients in order listed, up to carrots, into large mixer bowl. Blend 1 minute at low speed. Mix 2 minutes at medium speed.

Stir grated carrots, nuts, and raisins into batter. Bake at 325 F. for 40 to 45 minutes. Sprinkle with powdered sugar.

Amount Per Serving

Calories 349 Calories from Fat 185

Percent Total Calories From:

Fat 53% Protein 5% Carb. 42%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	21 g	32%	
Saturated Fat	2 g	10%	
Cholesterol	35 mg	12%	
Sodium	254 mg	11%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	5 g		

Vitamin A 53% Vitamin C 2% Calcium 0% Iron 6%

Spinach Quiche

6 Servings

- 3 eggs**
- 1 1/2 cups milk**
- 4 ounces Swiss cheese, (1 1/4 c.) shredded**
- 1/4 cup onions, chopped**
- 1 10 oz. package frozen chopped spinach, thawed and squeezed dry**
- 1/2 teaspoon salt**
- 1 pinch pepper**
- 1 8 oz. package refrigerated crescent rolls**

Beat eggs in a large bowl, stir in milk, cheese, onion, spinach, salt and pepper. Heat oven to 375 F. Unroll dinner rolls into triangle and fit into 9-inch pie plate. Press edges together to fit and seal. Extend the rolls up the sides of the pie plate to bake a border. Pour in egg mixture and bake 5 minutes; reduce heat to 325 F. and bake 55 to 60 minutes. (Until knife inserted in center comes out clean.) Cool slightly before serving.

Amount Per Serving

Calories 307 Calories from Fat 162

Percent Total Calories From:

Fat 53% Protein 19% Carb. 28%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	18 g	28%	
Saturated Fat	7 g	34%	
Cholesterol	132 mg	44%	
Sodium	651 mg	27%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	15 g		

Vitamin A 81% Vitamin C 21% Calcium 0% Iron 11%

Strawberry Pudding Salad

8 Servings

- 1 pint frozen strawberries, reserve juice
- 1 3 oz. package vanilla pudding, not instant
- 1 3 oz. package tapioca pudding, not instant
- 1 3 oz. package strawberry jello
- 2 bananas
- 2 cups whipped cream, or whipped topping

Pour strawberry juice and or water into 2 quart measure to make 2 cups liquid. Add puddings and gelatin. Microwave on high for 5 to 6 minutes or until mixture thickens and boils. Stir once or twice while cooking; cool. Add strawberries, bananas, and whipped cream.

Amount Per Serving

Calories 83 Calories from Fat 32

Percent Total Calories From:

Fat 38% Protein 4% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	5%	
Saturated Fat	2 g	11%	
Cholesterol	11 mg	4%	
Sodium	21 mg	1%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 4% Vitamin C 30% Calcium 0% Iron 2%

Strawberry Bread

12 Servings

A moist quick bread, unusual but tasty and different.

2 10 oz. packages frozen strawberries, thawed and undrained
4 eggs
1 1/4 cups oil
3 cups flour
1 teaspoon soda
1 teaspoon salt
3 teaspoons cinnamon
2 cups sugar
1 1/4 cups nuts, chopped

Mix strawberries, eggs, and oil. Sift dry ingredients and mix into strawberry mixture. Stir to blend well. Stir in nuts. Pour into 2 greased and floured 9" x 5" loaf pans. Bake at 350 F. about 1 hour.

Amount Per Serving

Calories 585 Calories from Fat 289

Percent Total Calories From:

Fat 49% Protein 5% Carb. 45%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	32 g	49%	
Saturated Fat	3 g	15%	
Cholesterol	71 mg	24%	
Sodium	219 mg	9%	
Total Carbohydrate	66 g	22%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	8 g		

Vitamin A 3% Vitamin C 33% Calcium 0% Iron 10%

Strawberry Ice Cream

20 Servings

- 1 pound honey**
- 1/2 teaspoon salt**
- 2 lemons, juiced**
- 4 pints half and half**
- 5 10 oz. packages sliced, sweetened frozen strawberries**

Mix, then chill, honey, salt, lemon juice, and half and half. Put mixture into container. Assemble ice cream maker. Crank slowly till slight pul is felt. Triple cranking speed for 5 minutes. Carefully remove container top, taking care not to let any salt or salt water into the mixture. Add thawed strawberries. Reassemble unit and continue to crank 15 to 20 minutes or until to thick to turn.

Amount Per Serving

Calories 234 Calories from Fat 101

Percent Total Calories From:

Fat 43% Protein 6% Carb. 51%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	7 g	35%	
Cholesterol	36 mg	12%	
Sodium	100 mg	4%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 9% Vitamin C 56% Calcium 0% Iron 4%

Strawberry Nut Loaf

6 Servings

- 3/4 cup butter or margarine
- 3/4 cup sugar
- 1 teaspoon vanilla
- 4 eggs
- 2 cups flour
- 1 cup oatmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup strawberry preserves
- 1/2 cup sour cream
- 1/2 cup nuts, chopped

Heat oven to 350 F. Grease and flour 9 x 5 inch loaf pan.

In large bowl, beat together butter, sugar, and vanilla until fluffy. Add eggs, one at a time, beating well after each addition.

In medium bowl, combine flour, oats, baking powder, and salt. In small bowl, combine preserves and sour cream. Add dry ingredients alternately with preserves mixture to butter mixture, blending well. Stir in nuts.

Pour into prepared pan. Bake about 45 minutes; tent bread with foil and continue baking 25 to 30 minutes, or until pick inserted in center comes out clean.

Cool 10 minutes. Remove from pan to wire rack. Cool before slicing.

Amount Per Serving

Calories 825 Calories from Fat 340

Percent Total Calories From:

Fat 41% Protein 7% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	38 g	58%	
Saturated Fat	18 g	89%	
Cholesterol	211 mg	70%	
Sodium	798 mg	33%	
Total Carbohydrate	108 g	36%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	14 g		

Vitamin A 24% Vitamin C 14% Calcium 0% Iron 14%

Strawberry Salad

16 Servings

Makes lots and looks pretty. Great for a pitch-in or entertaining.

- 2 3 oz. packages strawberry jello**
- 1 cup hot water**
- 2 10 oz. packages frozen sliced strawberries, thawed**
- 1 No. 2 can crushed pineapple, drained**
- 3 bananas, medium**
- 1 cup walnuts, chopped**
- 1 pint sour cream**
- 1/2 teaspoon red food coloring**

Dissolve jello in water and stir. Add pineapple, strawberries, bananas, and nuts. Pour 1/2 of the mixture into flat casserole. Let harden. Whip sour cream and spread over jello mixture. Cover and refrigerate 15 minutes. Add rest of jello mixture and cover. Refrigerate for 24 hours.

Amount Per Serving

Calories 138 Calories from Fat 99

Percent Total Calories From:

Fat 72% Protein 6% Carb. 22%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	3 g	13%	
Cholesterol	11 mg	4%	
Sodium	13 mg	1%	
Total Carbohydrate	8 g	3%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	2 g		

Vitamin A 3% Vitamin C 4% Calcium 0% Iron 2%

Supper Salad

8 Servings

- 1 package Creamette pasta rings, (7 oz.)
- 2 cups cucumbers, pared, thinly sliced
- 1 1/2 cups tomatoes, diced
- 1 6 oz. can shrimp, drained (or substitute tuna)
- 1/2 cup celery, chopped
- 1/4 cup green bell peppers, chopped
- 1/4 cup green onions, chopped
- 1 cup mayonnaise
- 1/2 cup Italian salad dressing
- 1 tablespoon prepared mustard
- 1 teaspoon dill weed
- 1 salt
- 1/8 teaspoon pepper
- 1 egg, hard cooked, sliced

Prepare Creamette rings according to package directions for salad use. Drain. combine rings, cucumbers, tomato, shrimp, celery, green pepper, and onion. Blend mayonnaise, Italian dressing, mustard, dill weed, salt and pepper. Toss rings with dressing. Chill. Garnish with egg slices.

Amount Per Serving

Calories 318 Calories from Fat 274

Percent Total Calories From:

Fat 86% Protein 8% Carb. 6%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	30 g	47%	
Saturated Fat	5 g	27%	
Cholesterol	78 mg	26%	
Sodium	514 mg	21%	
Total Carbohydrate	5 g	2%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	6 g		

Vitamin A 9% Vitamin C 24% Calcium 0% Iron 7%

Swedish Hot

26 Servings

- 1** gallon apple cider, - no preservative
- 1** pint vodka
- 1** quart ginger-ale
- 1/4** cup lemon juice
- 1 1/2** cups brown sugar
- 6 to 8** cinnamon sticks

Combine all ingredients except vodka. Perk and Chill. At serving time, re-perk and add vodka.

Amount Per Serving

Calories 146 Calories from Fat 1

Percent Total Calories From:

Fat 1% Protein 0% Carb. 72%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	2 mg	0%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 2% Calcium 0% Iron 2%

Sweet Potato Casserole

6 Servings

A lowfat alternative for Thanksgiving or any other holiday meal.

- 2 pounds canned yams, drained**
- 1/2 cup unsweetened apple juice**
- 1 tablespoon Butter Buds Sprinkles**
- 1 teaspoon Butter Buds Sprinkles**
- 1 tablespoon brown sugar**
- 1 teaspoon cornstarch**
- 1/4 teaspoon ground cinnamon**
- 1/4 cup pecans, chopped**

Preheat oven to 375 degrees F. Spray 1-quart shallow casserole with nonstick cooking spray. Place yams in medium-size bowl. In small saucepan, stir together apple juice, brown sugar, 1 tablespoon Butter Buds Sprinkles, cornstarch and cinnamon. Cook over medium heat, stirring constantly, 2 to 3 minutes or until thickened. Pour over yams and toss to coat. Spoon into casserole; sprinkle with pecans and remaining 1 teaspoon Butter Buds Sprinkles. Bake, covered, 20 minutes or until bubbly.

Amount Per Serving

Calories 244 Calories from Fat 34

Percent Total Calories From:

Fat 14% Protein 4% Carb. 82%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	6%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	60 mg	3%	
Total Carbohydrate	50 g	17%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	2 g		

Vitamin A 217% Vitamin C 42% Calcium 0% Iron 9%

Swiss Bliss

8 Servings

- 3 pounds beef top round steak, 3/4" thick**
- 1 package Lipton onion soup mix**
- 1 green bell pepper, sliced**
- 1 tomato, sliced**
- 1 cup tomato juice**
- 2 tablespoons steak sauce**
- 1 tablespoon cornstarch**
- salt and pepper, to taste**

Line large skillet with foil and butter generously. Slice steak in three inch strips. Sprinkle onion soup mix over steak and lay peppers and tomato around edge of steak. Mix tomato juice, steak sauce, and cornstarch together and pour over top. Cover with foil and bake in a 325 F. oven for 2 hours.

Amount Per Serving

Calories 237 Calories from Fat 57

Percent Total Calories From:

Fat 24% Protein 69% Carb. 7%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	6 g	10%	
Saturated Fat	2 g	11%	
Cholesterol	107 mg	36%	
Sodium	426 mg	18%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	41 g		

Vitamin A 6% Vitamin C 30% Calcium 0% Iron 22%

Taco Bake

6 Servings

- 1 pound lean ground beef**
- 1 onion, small, chopped**
- 3/4 cup water**
- 1 package taco seasoning mix, (1 1/4 ounces)**
- 1 16 oz. can tomato sauce**
- 1 8 oz. package shell macaroni, cooked and drained**
- 1 4 oz. can chopped green chilies**
- 2 cups cheddar cheese, shredded, divided**

In a skillet, brown ground beef and onion over medium heat; drain. Add the water, taco seasoning, and tomato sauce; mix. Bring to a boil; reduce heat and simmer for 20 minutes. Stir in macaroni, chilies, and 1 1/2 cups of the cheese. pour into a greased 1 1/2 quart baking dish. Sprinkle with the remaining cheese. Bake at 350 F. for 30 minutes or until heated through.

Amount Per Serving

Calories 517 Calories from Fat 223

Percent Total Calories From:

Fat 43% Protein 25% Carb. 32%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	25 g	38%	
Saturated Fat	13 g	63%	
Cholesterol	92 mg	31%	
Sodium	1405 mg	59%	
Total Carbohydrate	42 g	14%	
Dietary Fiber	2 g	9%	
Sugars	0 g		
Protein	32 g		

Vitamin A 29% Vitamin C 25% Calcium 0% Iron 23%

Taco Mac Salad

10 Servings

- 2 cups rotini, (spiral macaroni, uncooked)
- 1 pound lean ground beef
- 1 package taco seasoning mix, (1 1/4 oz.)
- 1/2 cup green bell peppers, chopped
- 1/2 cup onions, minced
- 1 cup cheddar cheese, grated
- 1 pint cherry tomatoes, halved
- 1/2 head lettuce, shredded
- salt and pepper, to taste
- 1/2 cup French salad dressing, (not cream style)

In sauce pan, cook macaroni according to package directions. Drain, rinse with cold water, and drain again.

In skillet, brown ground beef. Drain off fat. Add taco seasoning and mix well. Cool and chill.

In large bowl, combine macaroni, green pepper, onion, cheese, tomatoes, lettuce, salt and pepper. Stir to blend. Chill.

Just before serving, stir in seasoned ground beef and French dressing, tossing lightly. Makes 8 to 10 servings.

Amount Per Serving

Calories 304 Calories from Fat 148

Percent Total Calories From:

Fat 49% Protein 21% Carb. 31%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	6 g	32%	
Cholesterol	51 mg	17%	
Sodium	629 mg	26%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	16 g		

Vitamin A 10% Vitamin C 26% Calcium 0% Iron 8%

Tater-Tot Casserole

6 Servings

- 1 1/2 pounds lean ground beef, browned**
- 1 10 3/4 ounce can cond. cream of mushroom soup**
- 1 onion, chopped**
- 6 to 8 Kraft American cheese slices**
- 1/2 package tater-tots**

Combine ground beef, soup, and chopped onion in cassarole dish.(I add a sprinkle of basil, to taste.) Cover edge to edge with American cheese slices. Top with frozen tater-tots to cover. Bake at 400 F. for approximately 30 minutes.

Amount Per Serving

Calories 307 Calories from Fat 186

Percent Total Calories From:

Fat 61% Protein 31% Carb. 9%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	21 g	32%	
Saturated Fat	8 g	38%	
Cholesterol	80 mg	27%	
Sodium	483 mg	20%	
Total Carbohydrate	7 g	2%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	24 g		

Vitamin A 0% Vitamin C 4% Calcium 0% Iron 12%

Texas Shrimp/Rice Salad

8 Servings

- 4 1/2 cups water
- 1 1/2 pounds shrimp, small, unpeeled, raw
- 1 1/2 to 2 cups cooked rice
- 1 16 oz. can green beans, drained
- 1/2 cup pitted ripe olives, sliced
- 1/3 cup green onions, chopped
- 1/2 cup commercial Italian salad dressing
- 3 tablespoons chili sauce
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- curly salad greens

Bring water to boil in a large pot; add shrimp and return to boil. Reduce heat; simmer 3-5 minutes. Drain shrimp well; rinse with cold water. Cool shrimp; peel and devein. Combine shrimp, rice, beans, olives, and onions; toss well. Combine salad dressing, chili sauce, basil, pepper and garlic powder; mix well. Pour over rice mixture; chill. Serve over salad greens. Yield; 6 to 8 servings.

Amount Per Serving

Calories 303 Calories from Fat 76

Percent Total Calories From:

Fat 25% Protein 28% Carb. 46%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	13%	
Saturated Fat	1 g	7%	
Cholesterol	166 mg	55%	
Sodium	315 mg	13%	
Total Carbohydrate	35 g	12%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	22 g		

Vitamin A 23% Vitamin C 23% Calcium 0% Iron 28%

The Ultimate Chocolate Cake

12 Servings

- 2 cups flour, unsifted**
- 2/3 cup cocoa**
- 1 1/4 teaspoons baking soda**
- 1/4 teaspoon baking powder**
- 1 2/3 cups sugar**
- 4 eggs**
- 1 teaspoon vanilla**
- 1 cup mayonnaise**
- 1 1/3 cups water**

Grease and flour bottoms of 2 (9") layer cake pans. Mix first 4 ingredients; set aside. In large bowl with mixer at high speed. Beat next 3 ingredients 3 minutes or until light and fluffy. At low speed beat in mayonnaise. Add flour mixture in 4 additions alternately with water, beginning and ending with flour. Pour into pans. Bake in 350 F. oven 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool in pans 10 minutes. Remove. Cool on racks. Frost. Makes 2 (9") layers.

FROM A MIX:

- 1 PKG. CHOCOLATE CAKE WITH PUDDING IN THE MIX
- 1/2 C. COCOA
- 1 C. MAYONNAISE
- 3 EGGS
- 1 1/3 C. WATER

In large bowl with mixer at low speed, beat together cake mix and cocoa. Add remaining ingredients; beat just until blended. Beat at medium speed 2 minutes. Pour into pans. Bake as for scratch recipe.

Amount Per Serving

Calories 361 Calories from Fat 155

Percent Total Calories From:

Fat 43% Protein 6% Carb. 51%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	17 g	26%	
Saturated Fat	4 g	18%	
Cholesterol	78 mg	26%	
Sodium	256 mg	11%	
Total Carbohydrate	46 g	15%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	5 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 6%

Thick and Chewy Cookies

36 Servings

- 1/2 cup butter or margarine
- 1 cup brown sugar, packed
- 1 cup granulated sugar
- 3 eggs
- 1 teaspoon vanilla
- 2 cups peanut butter, (1 pound)
- 4 1/2 cups quick-cooking oatmeal
- 2 teaspoons baking soda, (mix with oatmeal)
- 1 cup M & M's
- 1 cup raisins
- 1 cup semi-sweet chocolate chips

Beat butter and sugars with electric mixer until pale and fluffy. Beat in eggs, vanilla, and peanut butter until well-blended. Stir in oats mixture until a stiff dough forms. Stir in candies, raisins, chocolate. Form into 1" balls. Bake in 350 F. oven for 8 to 10 minutes.

Amount Per Serving

Calories 208 Calories from Fat 97

Percent Total Calories From:

Fat 47% Protein 11% Carb. 42%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	11 g	17%	
Saturated Fat	3 g	16%	
Cholesterol	25 mg	8%	
Sodium	81 mg	3%	
Total Carbohydrate	22 g	7%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	6 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 5%

Three Bean Casserole

8 Servings

- 1/2 pound lean ground beef
- 1/2 pound bacon
- 1 tablespoon instant minced onion
- 1/2 cup brown sugar
- 1/4 cup catsup
- 1 teaspoon dry mustard
- 1 10 3/4 ounce can pork and beans in tomato sauce
- 1 10 3/4 ounce can kidney beans
- 1 10 3/4 ounce can butter beans

Drain beans. Brown hamburger, bacon and onion. Add remaining ingredients. Put in a casserole dish and bake for one hour at 350 F.

Amount Per Serving

Calories 377 Calories from Fat 91

Percent Total Calories From:

Fat 24% Protein 24% Carb. 52%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	4 g	18%	
Cholesterol	31 mg	10%	
Sodium	432 mg	18%	
Total Carbohydrate	49 g	16%	
Dietary Fiber	3 g	13%	
Sugars	0 g		
Protein	23 g		

Vitamin A 3% Vitamin C 12% Calcium 0% Iron 35%

Toasted Coconut Crumb Crust

8 Servings

For Lemon-Lime Chiffon pie. Also try with Banana Cream or Vanilla pudding filling.

- 1 cup coconuts, flaked or shredded**
- 1 cup vanilla wafer cookies, crushed to crumbs (about 25 cookies)**
- 3 to 4 tablespoons butter, melted**
- 2 tablespoons sugar**

Spread coconut on cookie sheet and bake in 375 F. oven for 10 minutes or until lightly browned. Combine toasted coconut, vanilla wafer crumbs, butter, and sugar. Press firmly into a 9" pie plate. Bake at 375 F. for 6 to 8 minutes. Cool.

Amount Per Serving

Calories 90 Calories from Fat 69

Percent Total Calories From:

Fat 77% Protein 2% Carb. 21%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	6 g	28%	
Cholesterol	12 mg	4%	
Sodium	46 mg	2%	
Total Carbohydrate	5 g	2%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	0 g		

Vitamin A 3% Vitamin C 1% Calcium 0% Iron 1%

Toasted Coconut Crumb Crust

8 Servings

For Lemon-Lime Chiffon pie. Also try with Banana Cream or Vanilla pudding filling.

- 1 cup coconuts, flaked or shredded**
- 1 cup vanilla wafer cookies, crushed to crumbs (about 25 cookies)**
- 3 to 4 tablespoons butter, melted**
- 2 tablespoons sugar**

Spread coconut on cookie sheet and bake in 375 F. oven for 10 minutes or until lightly browned. Combine toasted coconut, vanilla wafer crumbs, butter, and sugar. Press firmly into a 9" pie plate. Bake at 375 F. for 6 to 8 minutes. Cool.

Amount Per Serving

Calories 90 Calories from Fat 69

Percent Total Calories From:

Fat 77% Protein 2% Carb. 21%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	8 g	12%	
Saturated Fat	6 g	28%	
Cholesterol	12 mg	4%	
Sodium	46 mg	2%	
Total Carbohydrate	5 g	2%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	0 g		

Vitamin A 3% Vitamin C 1% Calcium 0% Iron 1%

Trilby Cookies

a date sandwich cookie

24 Servings

These are a Holman/Johnson family Christmas tradition.

1/2 cup white sugar
1/2 cup brown sugar, packed
1 cup butter
3 cups oatmeal
3 cups flour
1/2 cup sour milk
1 tablespoon baking soda
1 tablespoon salt
1/2 pound dates, chopped
1 cup brown sugar, packed
1/2 cup water

Cream together sugars and butter. Mix in oatmeal, flour, soda, and salt alternately with sour milk. Roll thin and cut into 1 1/2" circles. Bake at 350 F until lightly brown. About 10 minutes. Watch closely.

Filling:

Cook dates, brown sugar, and water together on stove top until thick. Spread on cookie when cool. Top with another cookie.

Amount Per Serving

Calories 242 Calories from Fat 78

Percent Total Calories From:

Fat 32% Protein 6% Carb. 62%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	9 g		13%
Saturated Fat	5 g		25%
Cholesterol	21 mg		7%
Sodium	477 mg		20%
Total Carbohydrate	37 g		12%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	4 g		

Vitamin A 6% Vitamin C 0% Calcium 0% Iron 6%

Tuna Burgers

6 Servings

- 1 6 oz. can light tuna in water**
- 1 cup celery, chopped**
- 1/2 cup Velveta cheese, cubed**
- 1 onion, small, minced**
- 1/4 cup mayonnaise**
- salt and pepper, to taste**
- 6 buns**

Mix together all ingredients and spread mixture on buns. Wrap buns in aluminum foil and place on a baking sheet. Bake for 15 minutes. Serve hot.

Amount Per Serving

Calories 237 Calories from Fat 88

Percent Total Calories From:

Fat 37% Protein 21% Carb. 42%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	2 g	10%	
Cholesterol	11 mg	4%	
Sodium	569 mg	24%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	12 g		

Vitamin A 2% Vitamin C 6% Calcium 0% Iron 12%

Turtle Cake

15 Servings

- 14 ounces caramel candies**
- 5/8 cup evaporated milk**
- 1 package German chocolate cake mix with pudding**
- 3/4 cup butter**
- 2 cups chocolate chips**
- 2 cups pecans**

Melt caramels and evaporated milk. Prepare cake mix using only half the oil. Add butter. Put half of the batter in a 9 x 13" cake pan lined with greased foil. Bake at 325 F. for 12 to 14 minutes. Pour caramel mixture over cake. Sprinkle with half of chips and pecans. Add remaining batter. Bake 35 to 45 minutes. Cool. Frost with remaining chips and sprinkle with remaining pecans.

Amount Per Serving

Calories 440 Calories from Fat 277

Percent Total Calories From:

Fat 63% Protein 4% Carb. 34%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	31 g	47%	
Saturated Fat	13 g	65%	
Cholesterol	28 mg	9%	
Sodium	166 mg	7%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	1 g	6%	
Sugars	0 g		
Protein	4 g		

Vitamin A 8% Vitamin C 1% Calcium 0% Iron 7%

Twinkie Cake

15 Servings

- 10 Twinkies**
- 2 cups chocolate chips**
- 4 tablespoons sugar**
- 4 tablespoons water**
- 6 eggs**
- nuts, chopped**
- 1 9 oz. package Cool Whip**

Cut Twinkies in half, lengthwise. Lay in bottom of a 9 x 13" pan, filling side up. Cook water, sugar, and chocolate chips until melted. Col. Add egg yolks, one at a time, beating until smooth. Beat egg whites until stiff. Fold into chocolate mixture. Pour over Twinkies. Chill. When set, top with Cool Whip and sprinkle with nuts.

Amount Per Serving

Calories 171 Calories from Fat 91

Percent Total Calories From:

Fat 53% Protein 8% Carb. 39%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	16%	
Saturated Fat	5 g	26%	
Cholesterol	85 mg	28%	
Sodium	26 mg	1%	
Total Carbohydrate	16 g	5%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	3 g		

Vitamin A 3% Vitamin C 0% Calcium 0% Iron 5%

Vanderbilt's Fruitcake Cookies

24 Servings

Served to us at Jeff Vanderbilt's parents' home on Christmas Eve 1984.

1/2 cup butter, softened
1 cup sugar
2 eggs
1 teaspoon vanilla
2/3 cup flour, sifted
1 teaspoon baking powder
1/4 teaspoon salt
1 cup nuts, chopped
1/2 cup candied cherries, halved
1 cup dates, sliced and pitted
1 cup dried apricots, soft, sliced
very fine granulated sugar

Cream butter and sugar. Mix until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add sifted dry ingredients, nuts, and fruits. Mix well and spread batter in a greased 9 x 13" pan. Bake in 350 F. oven for about 30-45 minutes. Cut into bars and roll each bar lightly in very fine granulated sugar.

Amount Per Serving

Calories 176 Calories from Fat 66

Percent Total Calories From:

Fat 37% Protein 5% Carb. 57%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	7 g	11%	
Saturated Fat	3 g	15%	
Cholesterol	28 mg	9%	
Sodium	85 mg	4%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	1 g	2%	
Sugars	0 g		
Protein	2 g		

Vitamin A 16% Vitamin C 1% Calcium 0% Iron 4%

Vegetable Casserole Deluxe

8 Servings

A cheesy, tasty way to eat your vegetables.

- 1 pound carrots, sliced**
- 1 14 oz. can waxed beans, drained**
- 1 14 oz. can green beans, drained**
- 3/4 pound mozzarella cheese, sliced**
- 1 10 3/4 ounce can cond. cream of chicken soup**
- 1 10 3/4 ounce can cond. cream of mushroom soup**
- 1 stick butter, not margarine**
- 4 to 5 sliced medium onions**
- 1 8 oz. can mushrooms, drained**

Partially cook carrots. Layer carrots, beans, mozzarella cheese and soup in casserole dish. Saute onions and mushrooms in butter. Pour on top of soup, onion, mushrooms and melted butter. Bake about 45 minutes at 350 F. Use a deep casserole bowl or 9 x 13" pan.

Amount Per Serving

Calories 302 Calories from Fat 146

Percent Total Calories From:

Fat 48% Protein 17% Carb. 34%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	16 g	25%	
Saturated Fat	8 g	40%	
Cholesterol	41 mg	14%	
Sodium	809 mg	34%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	2 g	8%	
Sugars	0 g		
Protein	13 g		

Vitamin A 337% Vitamin C 35% Calcium 0% Iron 10%

Vegetable Medley

1 Servings

broccoli
cauliflower
mushroom
Zesty Italian salad dressing

In the microwave, steam cook bite-sized broccoli and cauliflower on high for 4 minutes. Add sliced mushrooms. Microwave an additional minute (times vary with quantity). Toss with Zesty Italian dressing and serve.

Amount Per Serving

Calories 268 Calories from Fat 20

Percent Total Calories From:

Fat 8% Protein 31% Carb. 62%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	2 g	3%	
Saturated Fat	0 g	2%	
Cholesterol	0 mg	0%	
Sodium	174 mg	7%	
Total Carbohydrate	41 g	14%	
Dietary Fiber	8 g	32%	
Sugars	0 g		
Protein	21 g		

Vitamin A 141% Vitamin C 1111% Calcium 0% Iron 34%

Velveeta Salsa Dip

8 Servings

Prepare only a half-recipe for a family dinner.

- 1 pound Velveeta Cheese**
- 1 8 oz. can picante salsa**
- 2 tablespoons cilantro, chopped**

Microwave velveeta and salsa in a 1 1/2 quart microwave safe bowl on high 5 minutes or until velveeta is melted, stirring after 3 minutes. Stir in cilantro. Serve hot with tortilla chips or vegetable dippers. Can easily be cut in half for a family dinner.

Amount Per Serving

Calories 0 Calories from Fat 0

Percent Total Calories From:

Fat 21% Protein 38% Carb. 41%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	0 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%

Very Blueberry Muffins

12 Servings

1 1/3 cups all-purpose flour
1 cup oats, quick or old-fashioned, uncooked
1/4 cup brown sugar, firmly packed
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 cup skim milk
1 egg, beaten
3 tablespoons vegetable oil
1 cup blueberries, fresh or frozen

Heat oven to 425 F. Spray 12 medium muffin cups with vegetable oil cooking spray or line with paper baking cups. Combine dry ingredients. Add milk, egg, and oil; stir just until dry ingredients are moistened. Fold in blueberries; fill prepared muffin cups 2/3's full. Bake 25 to 30 minutes or until light golden brown.

Amount Per Serving

Calories 138 Calories from Fat 40

Percent Total Calories From:

Fat 29% Protein 11% Carb. 60%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	7%	
Saturated Fat	1 g	3%	
Cholesterol	18 mg	6%	
Sodium	202 mg	8%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	0 g	1%	
Sugars	0 g		
Protein	4 g		

Vitamin A 2% Vitamin C 3% Calcium 0% Iron 4%

Wheat Germ Carrot Layer Cake

12 Servings

CAKE

- 1 cup wheat germ, packed
- 1 1/4 cups flour
- 1/2 cup whole wheat flour
- 1 cup brown sugar, packed
- 1/2 cup walnuts, finely chopped
- 1/4 cup cocoa
- 3 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1 teaspoon salt
- 2 1/4 cups carrots, finely grated
- 1 cup oil
- 1/2 cup milk
- 3 eggs, beaten
- 1 teaspoon vanilla

CREAM CHEESE FROSTING

- 1 8 ounce cream cheese
- 2 1/2 cups powdered sugar
- 1 1/2 teaspoons vanilla

Combine wheat germ, flours, brown sugar, walnuts, cocoa, baking powder, cinnamon, and salt in a large bowl. Stir to blend. Add remaining ingredients. Stir until evenly mixed. Turn into 3 greased 8" round layer cake pans. Bake in a 350 F. oven for 22 to 25 minutes, or until wooden pick inserted in center of cake comes out clean. Cool in pans 5 minutes. Invert onto racks to cool. Spread 1/3 of Cream Cheese Frosting on top of each layer. Stack layers. Refrigerate until ready to serve. Serves 10- 12.

CREAM CHEESE FROSTING:

Beat together cream cheese, powdered sugar, and vanilla until smooth. Mix in additional powdered sugar if needed to give good spreading consistency.

Amount Per Serving

Calories 545 Calories from Fat 277

Percent Total Calories From:

Fat 51% Protein 6% Carb. 43%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	31 g	47%	
Saturated Fat	6 g	32%	
Cholesterol	75 mg	25%	
Sodium	383 mg	16%	
Total Carbohydrate	58 g	19%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	9 g		

Vitamin A 123% Vitamin C 4% Calcium 0% Iron 12%

Wheatie Cookies

24 Servings

- 1 cup sugar
- 1 cup brown sugar, packed
- 1 cup shortening
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon vanilla
- 3 cups Wheaties cereal

Combine sugars and shortening. Add eggs and vanilla. Add dry ingredients. Stir in Wheaties. Drop by rounded teaspoon onto baking sheet and bake at 350 F for 10 minutes.

Amount Per Serving

Calories 194 Calories from Fat 90

Percent Total Calories From:

Fat 47% Protein 4% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	10 g	15%	
Saturated Fat	2 g	8%	
Cholesterol	18 mg	6%	
Sodium	173 mg	7%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	2 g		

Vitamin A 4% Vitamin C 3% Calcium 0% Iron 5%

Whiskey Cake

10 Servings

- 1 package yellow cake mix
- 1 cup milk
- 4 eggs
- 1 3 oz. package instant vanilla pudding
- 1/2 cup cooking oil
- 1 cup pecans, chopped
- GLAZE:**
- 1/2 cup bourbon whiskey
- 1/2 cup margarine
- 3/4 cup sugar

In mixing bowl, combine cake mix, milk, eggs, pudding mix, oil, whiskey, and pecans; stirring to blend well.

Pour batter into greased and floured 10" fluted tube pan. Bake at 325 F. for 55 minutes. Meanwhile, prepare glaze and keep hot. Place cake pan on rack. Loosen edges with thin spatula but do not remove from pan. Immediately pour glaze over top and down sides of cake. Let stand in pan for 4 hours. Invert pan to remove cake. Cover with plastic wrap and refrigerate 24 to 36 hours before serving. Makes 8 to 10 servings.

Glaze:

In saucepan, combine whiskey, margarine, and sugar. Cook over medium-high heat, stirring frequently, until margarine and sugar melt and all ingredients are thoroughly blended. Reduce heat to low and simmer until ready to use. Makes about 1 1/4 cups glaze.

Amount Per Serving

Calories 392 Calories from Fat 273

Percent Total Calories From:

Fat 70% Protein 4% Carb. 19%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	30 g	47%	
Saturated Fat	4 g	20%	
Cholesterol	88 mg	29%	
Sodium	145 mg	6%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	1 g	3%	
Sugars	0 g		
Protein	4 g		

Vitamin A 11% Vitamin C 1% Calcium 0% Iron 3%

Whole Wheat Banana Muffins

12 Servings

- 1 cup old-fashioned oatmeal, uncooked**
- 1 cup whole wheat flour**
- 3 tablespoons sugar**
- 2 1/2 teaspoons baking powder**
- 1 egg, large**
- 1 cup mashed, ripe bananas**
- 1/4 cup milk**
- 2 tablespoons vegetable oil**

Heat oven to 400 F. Grease or line muffin tin. Mix oats, flour, sugar, and baking powder in a large bowl. Beat egg in medium size bowl; stir in bananas, milk, and oil. Add to oat mixture, stirring until just combined. Bake 15 to 20 minutes.

Amount Per Serving

Calories 124 Calories from Fat 32

Percent Total Calories From:

Fat 26% Protein 11% Carb. 64%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	4 g	5%	
Saturated Fat	1 g	3%	
Cholesterol	18 mg	6%	
Sodium	82 mg	3%	
Total Carbohydrate	20 g	7%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	3 g		

Vitamin A 1% Vitamin C 3% Calcium 0% Iron 4%

Winter Fruit Salad

10 Servings

- 1 20 oz. can canned pineapple chunks, drained, juice reserved**
- 2 10 3/4 ounce can mandarin oranges, drained, juice reserved**
- 1 4 ounce vanilla pudding, not instant**
- 1 small, diced, peel left on**
- 4 bananas, cut into slices**

Put juice from pineapple and mandarin oranges in 1 quart saucepan. Add pudding mix and cook until mixture becomes clear. Cool. Add fruit and chill. Makes about 10 servings.

Amount Per Serving

Calories 79 Calories from Fat 3

Percent Total Calories From:

Fat 3% Protein 3% Carb. 93%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	1 mg	0%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	0 g	2%	
Sugars	0 g		
Protein	1 g		

Vitamin A 1% Vitamin C 14% Calcium 0% Iron 2%

Worthington's Pie

Lemon Meringue

8 Servings

A light, fresh tasting lemon pie. Be sure to cook filling in a glass or stainless steel pan, NOT aluminum.

9 egg yolks
1/2 cup sugar, plus,
3 tablespoons sugar
1 cup FRESH lemon juice
2 1/2 teaspoons lemon rind, grated
1/2 cup egg whites, (about 4 or 5)
1 pinch salt
1/2 cup sugar, plus,
1 tablespoon sugar

Whisk egg yolks and 1/2 c. plus 3 T sugar in a medium bowl until light; stir in lemon juice. Place over simmering water; cook, stirring constantly, until mixture thickens and heavily coats a spoon - about 10 minutes. Stir in 1 1/2 teaspoon of the lemon rind. Remove from the heat. Remove and reserve 1/3 cup of the lemon filling for decorative topping.

Beat egg whites and salt in large mixer bowl until soft peaks form. Gradually beat in 1/2 cup plus 1 Tablespoon sugar until stiff, about 3 minutes (whites should be firm enough to support a raw egg). Beat in remaining lemon rind. Gently fold 1/2 of the whites into warm lemon filling (do not overfold). Pour into prepared, baked crust, slightly mounding in the center.

Bake on center oven rack at 350 F. for 10 minutes. Remove pie from oven. Filling will be firm to fingertips, but slightly soft in center.

Fill large pastry bag with remaining egg whites. Pipe lattice design over baked filling. Bake on center oven rack at 400 F. until meringue browns - about 5 minutes. While hot, spoon reserved lemon filling into lattice diamonds. Cool on wire rack.

Amount Per Serving

Calories 206 Calories from Fat 50

Percent Total Calories From:

Fat 24% Protein 9% Carb. 67%

Nutrient	Amount per Serving	Value	% Daily
Total Fat	6 g		9%
Saturated Fat	2 g		9%
Cholesterol	231 mg		77%
Sodium	324 mg		14%
Total Carbohydrate	34 g		11%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	5 g		

Vitamin A 7% Vitamin C 25% Calcium 0% Iron 4%

Yummy Dessert

15 Servings

- 1 20 oz. can cherry pie filling**
- 1 20 oz. can canned crushed pineapple in juice**
- 1 each yellow cake mix**
- 1 cup butter or margarine, melted**
- 7 ounces coconuts**
- 1 cup walnuts, chopped**

Grease and flour a 9 x 13" pan. Add ingredients in order give. No mixing, no fuss. Just easy and delicious. Bake at 350 F. for 1 hour. Especially good with whipped topping or ice cream.

Amount Per Serving

Calories 287 Calories from Fat 196

Percent Total Calories From:

Fat 68% Protein 3% Carb. 29%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	22 g	34%	
Saturated Fat	12 g	60%	
Cholesterol	33 mg	11%	
Sodium	133 mg	6%	
Total Carbohydrate	21 g	7%	
Dietary Fiber	1 g	5%	
Sugars	0 g		
Protein	2 g		

Vitamin A 10% Vitamin C 7% Calcium 0% Iron 4%

Zesty 3-Bean Salad

10 Servings

- 2 medium-size limes**
- 1/2 12 oz. can thick and chunky salsa, (about 3/4 cup)**
- 1/3 cup salad oil**
- 1 1/2 teaspoons chili powder**
- 1 teaspoon salt**
- 1 16 oz. can black beans, drained**
- 1 16 oz. can kidney beans, drained**
- 1 16 oz. can garbanzo beans, drained**
- 2 celery stalks, thinly sliced**
- 1 small, thinly sliced red onion**
- 1 medium, diced tomato**

Into a large bowl, squeeze lime juice, stir in salsa, salad oil, chili powder, and salt. Add beans, celery, onion, and tomato; toss to mix. Serve salad at room temperature or cover and refrigerate to serve later.

Amount Per Serving

Calories 380 Calories from Fat 81

Percent Total Calories From:

Fat 21% Protein 21% Carb. 58%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	9 g	14%	
Saturated Fat	1 g	6%	
Cholesterol	0 mg	0%	
Sodium	468 mg	19%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	5 g	21%	
Sugars	0 g		
Protein	20 g		

Vitamin A 4% Vitamin C 20% Calcium 0% Iron 38%

Zucchini Bread

6 Servings

- 3 eggs
- 2 cups sugar
- 3 teaspoons vanilla
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 1 cup oil, or melted margarine
- 3 cups flour
- 1 teaspoon soda
- 1/4 teaspoon baking powder
- 2 cups zucchini, grated
- 1 cup nuts, chopped

Combine eggs and sugar. Add vanilla, salt, cinnamon, and oil. Fold in remaining ingredients. Pour batter into greased loaf pan and bake at 350 F. for 1 hour or until done.

Amount Per Serving

Calories 1014 Calories from Fat 462

Percent Total Calories From:

Fat 46% Protein 6% Carb. 49%

Nutrient	Amount per		% Daily
	Serving	Value	
Total Fat	51 g	79%	
Saturated Fat	5 g	23%	
Cholesterol	106 mg	35%	
Sodium	440 mg	18%	
Total Carbohydrate	124 g	41%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	14 g		

Vitamin A 6% Vitamin C 8% Calcium 0% Iron 16%