

COLLECTION OF RECIPES IN A 3X5 CARD FORMAT

DESSERTS & SNACKS

SALADS

MAIN DISHES

SAUCES

MISCELLANEOUS

DESSERTS
&
SNACKS

BANANA BREAD

Ingredient	Quantity	Ingredient	Quantity
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Crisco	½ Cup	Flour, Plain	1 ½ Cup
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Sugar	1 Cup	Eggs	2 Medium
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Soda	1 tsp	Salt	1 pinch
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Pecans	½ C, chopped	Bananas	3 Large, crushed
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Mix Crisco, sugar and eggs well; sift dry ingredients 3 times. Add to first mixture. Add bananas and nuts. Bake in loaf pan at 350 F for 45 - 50 minutes. Check with toothpick to ensure loaf is done.



BLUEBERRY COBBLER

1 2/3 c. sugar, divided 1/2 c. butter, softened
1 1/2 c. self-rising flour 1 1/2 tsp. cinnamon, divided
3/4 c. half-and-half 4 c. blueberries
1/2 c. butter melted

Beat 1 c. sugar and 1/2 c. softened butter at medium speed until creamy. Add flour, 1/2 tsp. cinnamon and half-and-half, beating at low speed until blended. Stir together blueberries, 1/2 c. melted butter, 2/3 c. sugar, and 1 tsp. Cinnamon. Spread half blueberry mixture lightly greased 13X9 dish. Spoon flour mixture in mounds over blueberry mixture. Bake at 400 for 35 to 40 min. Serve warm.

BLUEBERRY MUFFINS

2 cups Bisquick 1/3 cup sugar 2 tsp oil
1 Egg 2/3 or 3/4 cups milk
1 cup Blueberries

Blend all ingredients except blueberries until uniform. Fold in blueberries. Divide mixture into a 12 compartment muffin tin. (It helps to spray the inside of each compartment with Pam (or something similar) to aid in release of the muffins.

Bake at 400° F until done

BUTTERMILK ICE CREAM

5 cups Buttermilk

2 ½ c Sugar

1 – 2 cups Crush Fruit

1 pint Half & Half

3 ¾ tsp Vanilla flavoring

Mix all ingredients in a large bowl. Pour into ice cream freezer (at least one gallon). Freeze mixture as per instructions for your ice cream freezer.

Yield: Approximately one gallon.

CRACKER CANDY

Jelly roll pan or cookie sheet lined with foil. Yield: 40 squares.

40 saltine crackers 1 c. brown sugar

1 c. butter 1 (12 oz) pkg milk chocolate morsels

Layer saltines on pan. In saucepan, melt butter and brown sugar. Bring to boil. Cook for 3 minutes. Spread over crackers. Bake for 5 minutes at 400 degrees. Sprinkle chocolate morsels over crackers. Let stand for 5 minutes, then spread. Cool in refrigerator until hard. Remove foil and break into pieces.



CRACKER JACKS

20 c. popped corn 1 c. salted peanuts 2 c. brown sugar
1/2 c. corn syrup 1 c. oleo 1/4 c. molasses
1/2 tsp soda

Combine sugar, corn syrup, molasses and oleo and boil for 5 minutes. Stir often.

Remove from heat and add soda. Mix well.

Have popped corn and peanuts in deep pan. Pour syrup over. Mix.

Put in oven for 1 hr. at 250 degrees. Stir every 15 minutes.



CINNAMON COFFEE CAKE

Mix first six ingredients until moist. Turn speed to high and add one egg at the time. Beat 8 minutes on high speed. Mix sugar and cinnamon. Pour batter into greased bundt pan. Sprinkle $\frac{1}{4}$ sugar/ cinnamon mixture over batter. Do this two more times and sprinkle top with last part sugar mixture. Bake at 350 for 40 minutes. Mix last four ingredients to make Topping. Add "Topping."

Ingredient	Quantity	Ingredient	Quantity
Yellow Cake Mix	1 Box	Eggs	4 Medium
Vanilla Jello Inst. Pudding	1 Box	Sugar	1/4 cups
Crisco Shortening	3/4 Cups	Cinnamon	2 tsp
Water	3/4 Cups	Powdered Sugar	1 c, packed
Vanilla	1 tsp	Butter Flavoring	$\frac{1}{2}$ tsp
Milk	2 tbs + as needed		

CHEESE BALL

4 oz chipped beef
3 whole spring onions
2_8oz pkg cream cheese (softened)
2 Tbsp parsley_chopped

Combine cream cheese with parsley. Chop onions and add reserving some of green ends. Chop beef into small pieces and add. Chill. Shape into ball and press remainder of onions into ball. Refrigerate for at least a week.

*I used dried, beef but it makes the cheese ball very salty.

GINGERBREAD Deluxe

2 c. sifted flour	1 tsp ginger	½ c. butter or Crisco
¾ tsp salt	¾ tsp cinnamon	2/3 c. sugar
2 tsp baking powder	1/8 tsp cloves	2/3 c. sorghum molasses
¼ tsp baking soda	2 medium eggs	¾ c. boiling water

Sift together flour, salt, baking powder, soda and spices.

Cream together shortening and sugar. Beat in eggs, one at a time.

Gradually add molasses, beating constantly (scrape beaters and sides).

Blend in flour, using slow speed on mixer.

Add water; mix until smooth.

Pour into well-greased and floured square pan or iron skillet.

Bake in 350 °F oven for 35 to 45 minutes.

Serve warm.

Makes 9 servings.

(Over)

LEMON-BLACKBERRY CRISP

4 c. fresh blackberries	1/4 c. sugar
2 Tbsp cornstarch	3 Tbsp lemon juice
25 vanilla wafers, crushed	1/2 c. uncooked regular oats
1/2 c. brown sugar	1/4 c. flour
1/2 tsp cinnamon	1/2 c. butter, melted

Place blackberries in lightly greased 11X7 dish. Sprinkle with 1/4 c. sugar. Stir together cornstarch and lemon juice; stir into berries. Combine vanilla wafers and next 4 ingredients. Stir in butter until crumbly. Sprinkle over berries. Bake at 400 for 30 minutes or until lightly brown.

NUT FINGERS

Cream together in small mixing bowl at high speed:

½ stick Oleo 1 Egg 1 cup Dark Brown Sugar

Add:

2 cups Flour

Press in bottom of an 8" x 12" x 2" pan.

Using same bowl and beaters (unwashed) cream:

½ stick Oleo 1 cup light brown sugar 1 large egg

Beat at high speed until light and fluffy. Then add:

1 cup Shredded Coconut ¾ cups chopped nuts.

Place by spoonfuls over bottom layer. Use table knife to gently spread over entire bottom layer.

Bake at 325 °F for 40 minutes (Over for Icing)

ICING FOR NUT FINGERS

1 ½ cups XXXX sugar

Juice of 1 lemon (strained)

Drizzle over surface, then brush with pastry brush to cover top.

Cut into 30 finger-sized bars while hot and lift out of pan to cool on table.

PEANUT BRITTLE

In a heavy sauce pan over medium heat stir to mix only

1 cup White Karo

1/2 cup water

2 cups sugar

When it reaches a good boil stir in;

1 Tbsp, oleo

When it reaches 260 stir in;

2 cups raw peanuts

Stir constantly to prevent burning peanuts.

Over

When the temperature reaches 310° remove from heat and stir in:

1 tsp, salt

1 ½ tsp baking soda

1 tsp. vanilla

Stir until most of the foam disappears then pour on a well-buttered cookie sheet, spread and let cool until it can be handled. Pull out very thin. Break into pieces.

Pumpkin Goopy Butter Cakes

1 (18 1/4-oz) pkg yellow cake mix 1 egg 8 Tbsp. butter

Filling: 1 (8-oz) package cream cheese, softened

1 (15-ounce) can pumpkin 1 (16-oz) box powdered sugar 3 eggs

8 Tbsp. butter, melted 1 tsp nutmeg 1 tsp cinnamon 1 tsp vanilla

Preheat oven to 350 degrees F. Combine all of the ingredients and mix well.

Pour batter into a lightly greased 13 x 9-in. baking pan.

Prepare filling. In a large bowl, beat the cream cheese and pumpkin until smooth. Add the eggs, vanilla, and butter, and beat together.

Next, add the powdered sugar, cinnamon, nutmeg, and mix well. Spread pumpkin mixture over cake batter and bake for 40 to 50 minutes. Make sure not to overbake as the center should be a little goopy. Serve with fresh whipped cream. Yield: : 6 to 8 Prep Time: 30 min. Cook Time: 50 minutes

PUMPKIN SWIRL CHEESECAKE

Filling:

3 8 oz pkg cream cheese, softened
1 c. sugar, divided 1 c. canned pumpkin
1 tsp vanilla 3 eggs
¼ tsp. nutmeg / 1 tsp. cinnamon / Dash of cloves

Crust:

2 c. finely crushed Nabisco
Ginger snaps
½ c. finely chopped pecans
6 Tbsp. butter, melted

Mix crust ingredients: press onto bottom and 2 inches up side of 9-inch spring-form pan.

Filling: Beat cream cheese, ¾ c. of sugar and vanilla until well blended. Add eggs, 1 at a time, mixing on low speed after each addition just until blended.

Reserve 1 ½ c. batter. Stir remaining ¼ c. sugar, pumpkin and spices into remaining batter. Spoon half pumpkin batter over crust. Top with spoonfuls of one half reserved plain batter. Repeat layers. Cut through batter with knife several times for marble effect. Bake at 325 for 55 min. Loosen cake from side of pan; cool before removing side of pan. Refrigerate at least 4 hours.

RASPBERRY MUFFINS

1 1/2 cup flour 1 1/2 tsp baking powder 1/2 tsp salt
1/3 cup sugar 3/4 cup milk 4 tbsp softened butter
1 beaten egg 1 tsp vanilla extract 1 cup fresh raspberries

Preheat oven to 375. Sift together flour, baking powder, and salt.

In a large bowl mix the sugar, milk, butter, and egg.

Add flour mixture.

Fold in raspberries.

Mix until moistened.

Bake 25-30 minutes or until explodes.

Makes 6 giant muffins in our muffin cups.

RED, WHITE, AND BLUE PIE

½ c. sugar	1 tsp. vanilla	2 Tbsp. Cornstarch
½ c. flour	1 9-in. Baked crust	2 Tbsp. Strawberry
1½ c. half-and-half	1 ½ c. blueberries	Gelatin
2 eggs	2/3 c. sugar	2/3 c. water
3 pints fresh strawberries		

Combine sugar and flour in saucepan; gradually whisk in half-and-half and eggs. Bring to a boil whisking constantly; boil 1 min. Add vanilla; cool. Spoon custard mixture into baked pastry. Arrange blueberries on top. Combine 2/3 c. sugar and gelatin and gradually add 2/3 c. water. Bring to a boil, stirring constantly; boil 1 min. Pour half over blueberries. Chill 30 min. Arrange strawberries over blueberries and drizzle with remaining gelatin. Chill.

Scandinavian Apple Cake

The flavor of this spicy breakfast cake intensifies overnight, so bake it ahead – the flavor only gets better. 4 cups peeled, cored, and finely chopped cooking apples 1 cup sugar 2 tsp. vanilla 2/3 cup melted butter or oleo 2 tsp. ground cinnamon 1 cup chopped walnuts 3/4 tsp. ground allspice 2 eggs, slightly beaten 1 tsp. baking soda 2 cups all-purpose flour 1 tsp. baking powder Powdered sugar (optional) 1/8 tsp. salt Chopped walnuts (optional) 1/4 tsp. ground cardamom (over)

Scandinavian Apple Cake (Cont'd)

In a large mixing bowl combine apples, sugar, the 1 cup walnuts, and the melted butter. Stir in eggs and vanilla. In a medium mixing bowl stir together flour, cinnamon, baking powder, soda, allspice, cardamom, and salt. Add dry ingredients to apple mixture, stirring just until combined. Spread batter into a greased and floured 13x9x2-inch baking pan or a 10-inch fluted tube pan. Bake in a 350 oven about 30 minutes for the rectangular pan or 50 minutes for the tube pan, or until a wooden toothpick inserted near the center comes out clean. (For tube pan, cool 20 minutes and invert to remove from pan onto a wire rack.) Sprinkle warm cake with sifted powdered sugar and additional chopped walnuts, if desired. Serve warm. Makes 12 to 16 servings.

Tomato Pie (LAM)

1 pie shell (regular or potato)

1 -- 2 garlic cloves, minced

2 -- 3 medium tomatoes, sliced

Fresh herbs (basil, parsley, oregano),
chopped

4 -- 5 green onions, chopped

1 cup (or less) mayonnaise

3/4 cup Parmesan or Cheddar cheese

Prepare pie crust and line dish. If using potato crust, bake as instructed in recipe. If using regular pie crust, pre-bake at 425F about 6 minutes, cool.

Slice tomatoes. Make two layers thick in bottom of crust. Top with chopped green onions, garlic and herbs.

Combine mayonnaise and cheese. Spread on top of green onions and tomatoes.

Bake at 350F 20 -- 30 minutes. Serve immediately. Yields: 6 servings (over)

Potato Crust

2 raw potatoes, shredded

2 TBSP shredded onion

2 eggs

Salt to taste

Combine potatoes and onions. *Add* salt. Beat eggs, and add to potato mixture to make crust.

Bake (without filling) at 350F about 30 minutes. Remove from oven and add tomato filling as recipe directs and bake again 20 - 30 minutes.

WHITE BUTTERMILK CAKE WITH COCONUT FILLING

Mix: 3 c. sifted cake flour $\frac{1}{2}$ tsp. Soda

$1\frac{1}{2}$ tsp. Baking powder $\frac{1}{2}$ tsp. Salt

Cream together: 1 c. Crisco or butter 2 c. sugar

Add 6 egg whites, one at a time beating well after each addition.

Add alternately: 1 c. buttermilk and flour mixture. Add 1 tbsp whiskey.

Reserve 1 cup for filling. Bake remainder in layers at 325° F until brown.

COCONUT FILLING: Grate a fresh coconut. Save liquid. Set aside enough grated coconut for garnish. Set aside $\frac{1}{4}$ cup coconut liquid.

Mix: 2 c. sugar 1 c. coconut liquid + reg. milk to make 1 cup

1 c. raw cake batter

Cook for few minutes. Add grated coconut and cook until thick. Use for filling and “icing.” Garnish with reserved coconut and moisten top layer with reserved ($\frac{1}{4}$ c.) raw coconut liquid. Stack while hot. ✓

ZUCCHINI BREAD

1 c. oil	3 c. flour	1/2 tsp. baking powder
2 c. sugar	1 tsp soda	2 c. grated unpeeled zucchini
3 eggs	1 tsp. salt	1 c. chopped nuts or raisins
3 tsp. vanilla	2 tsp cinnamon	

Beat well: oil, sugar, eggs, and vanilla

Sift together: flour, soda, salt, cinnamon and baking powder.

Add to first mixture alternately with grated unpeeled zucchini

Add chopped nuts or raisins

Bake in 2 greased and floured loaf pans in 350 degree oven for 60 minutes.

SALADS

Apple-Carrot Salad

2 cups shredded carrots
1 1/2 cups diced, un-peeled apples
1/2 cup raisins
1/4 cup chopped walnuts

1/2 cup mayonnaise or salad dressing
(I use Hellman's Light)
1 Tbs lemon juice
1 Tbs honey
Lettuce leaves (optional)

Combine first 4 ingredients; set side, combine mayonnaise, lemon juice, and honey, stirring well. Pour dressing over carrot mixture, toss until coated. Cover and chill 2 _ 3 hours. Serve on lettuce leaves, if desired.

YIELD: 6 servings

From: Billie Chapman

MINTED VEGETABLE SALAD

2 large tomatoes, chopped 1 red pepper chopped
1 cucumber, chopped 1 bunch green onions, chopped
1 c. chopped fresh parsley 1/3 c. chopped fresh mint
1/3 c. sliced ripe olives 1/2 c. chopped radishes
1 garlic clove, pressed 1 Tbsp. Olive oil
1/4 c. lemon juice 1/2 tsp pepper

Combine ingredients in bowl; cover and chill at least 1 hour or over night. Serve on lettuce leaves.

SAUERKRAUT SALAD

1 (1lb. 11oz) can sauerkraut	¾ c. sugar
1 c. diced celery	1 c. diced green pepper
¼ c. diced onion	3 Tbsp. vinegar
½ tsp. salt	1/8 tsp. pepper
1 tsp. celery seed	3 Tbsp. diced pimentos
1/3 c. salad oil	

Drain sauerkraut in colander for 15 minutes. Cut into 1" pieces with kitchen scissors if shredded is used. Place in large mixing bowl. Add remaining ingredients; mix well. Store, covered in refrigerator for at least 24 hours. Keeps indefinitely. Makes 10 servings.

WAGON WHEEL SALAD

1 pkg (12oz) Hodgson Mill Veggie Wagon Wheels
1 cup black olives, drained and sliced 1 med. bell pepper, sliced
1 cup carrots, sliced ½ cup olive oil 6 Tbsp vinegar
1 ½ tsp. Salt ½ tsp garlic powder ½ tsp sweet basil
¼ cup chopped parsley 1 jar red pimento

Cook pasta according to package directions: drain. Place pasta, olives, pimento, bell pepper and carrots in a bowl. Combine remaining ingredients, pour over pasta mixture. Chill (the longer the better). Serves 4 to 6. (For a heartier salad add 8 oz pepperoni slices.)

MAIN DISHES

Cream of Zucchini Soup

1 lb. or more zucchini	1/8 tsp white pepper
1/2 cup water	1/4 tsp Bon Appetit
1 cup milk PLUS 1/2 cup light cream	1 tblsp instant minced onion
(Alternate: 1 1/2 cup total skim milk)	1 tsp. Season-All
2 chicken bouillon cubes	1/2 tsp. parsley flakes
2 tblsp oleo	2 tblsp flour

Boil zucchini unpeeled with water, onion, Season-All, parsley and 1 bouillon cube until tender. Puree in blender.

Make white sauce of oleo, flour, pepper, Bon Appetit, 1 bouillon cube, milk, cream. When smooth & hot, mix with puree. Simmer until ready to serve. Can serve hot or cold. Can freeze after first step (Pureed before adding white sauce)

GRILLED CORN WITH MAPLE VINAIGRETTE

6 ears fresh corn with husks 1/4 c. unsweetened brewed tea

1/2 c. oil 3 Tbsp/ balsamic vinegar

2 Tbsp. Maple syrup 1 garlic clove, minced

1/4 tsp salt 1/4 tsp. Pepper

Remove outer husks from corn; pull back inner husks. Remove silks. Cover corn with water 30 minutes. Drain and pat dry. Pull husks over corn. Stir together tea and next 6 ingredients in small mixing bowl. Grill corn over medium heat 20 minutes. Pull back husks, leaving attached. Brush with vinaigrette.



GRILLED VEGETABLE MEDLEY

2 large yellow squash cut in 3/4 in. slices

1 large zucchini, cut in 3/4 in. slices

1 yellow pepper, cut into 1 inch squares

1 red pepper, cut into 1 inch squares

1 pound fresh mushrooms, halved

10 small new potatoes, halved

1 pound baby carrots

1/2 c. olive oil

1 (1-ounce) envelope dry onion soup mix

1 1/2 tsp fresh or dried rosemary

Toss veggies with oil. Sprinkle with soup mix and rosemary. Tear aluminum foil sheets. Place equal portions veggies on foil. Drug store wrap. Grill 40 minutes. ✓

HAM-AND-CHEESE LAYERED CASSEROLE

12 (3/4 in-thick) Italian bread slices 2 c. milk

1 c. chopped cooked ham 1/2 tsp. garlic powder

2 c. shredded mozzarella cheese 1/4 tsp. onion powder

3 eggs 1/4 tsp. pepper

Place 6 bread slices in lightly greased 11X7 dish. Sprinkle with ham and 1/2 cheese. Top with remaining bread slices. Stir together eggs and next 4 ingredients; pour over bread. Bake at 350 for 40 minutes. Sprinkle with remaining cheese; bake 5 more minutes. Let stand 5 minutes before serving.

HERB-CRUSTED PORK TENDERLOIN WITH HORSERADISH-ROASTED NEW POTATOES

2 pounds new potatoes	1/4 c. butter, melted
2 Tbsp. Horseradish	1/2 tsp salt
1/2 tsp. Pepper	1/2 c. fine, dry breadcrumbs
1/3 c. chopped fresh basil	3 Tbsp. olive oil
1 Tbsp pepper	1 tsp salt
3 Tbsp chopped fresh thyme	1 1/2 pounds pork tenderloins
2 Tbsp chopped fresh parsley	

Peel 1-inch strip around each potato. Place potatoes in large bowl. Add butter, horseradish, salt, and pepper and toss gently. Place on lightly greased rack in broiler pan. Bake at 425 for 20 minutes. Stir together breadcrumbs, basil, oil, salt, pepper, and thyme. Moisten tenderloins with water; press crumb mixture over tenderloins on rack with potatoes. Bake 25 minutes

POLENTA TRIANGLES

½ c. butter divided	1 medium onion, diced
2 garlic cloves, minced	4 (14 ½ oz) cans chicken broth
2 c. yellow cornmeal	½ c. shredded Parmesan cheese
¼ c. whipping cream	Tbsp. Chopped chives
½ tsp salt	½ tsp pepper

Melt ¼ c. butter in large saucepan; add onion and garlic and saute until tender. Stir in broth and bring to boil. Stir in cornmeal; reduce heat, and simmer, stirring often, 10 minutes. Stir in cheese, cream, chives, salt, pepper. Pour into lightly greased 13X9 pan. Chill at least 8 hours. Cut polenta into 6 squares and each square into two triangles. Melt 2 Tbsp. Butter. Cook polenta triangles until lightly browned turning once. Serve with Vegetable Ragout



POTATO SOUP

4 cups Peeled Potatoes, cubed
1 10 ½ oz can Condensed Chicken Broth
1 cup Celery, Thinly sliced
½ cup Carrots, Chopped
½ cup Onions, Chopped

2 tbsp Parsley, fresh or dried
1 dash Dill
1 ½ tsp Salt
1/8 tsp Pepper

3 ½ cups Milk
1 tbsp pimento
2 tbsp Butter

3 tbsp Plain Flour
½ cups Milk

Cook first 9 ingredients until tender.

Add Pimento and 3 ½ cups of milk

Blend flour and ½ cup of milk. Stir constantly until thickened.

Add: Butter SERVES: 6 to 8. Freezes well ✓

Quick Pumpkin Soup

2 cups (one 16_ounce can) pumpkin

4 cups chicken broth

2 tsp curry powder

1/2 tsp onion powder

1/2 cup sour cream or plain yogurt

Combine and simmer together the first four ingredients. Pour into serving bowls. Swirl in sour cream or yogurt. Yield: 8 3/4 cup servings.

SPICY GRILLED KABOBS

2 Tbsp. minced fresh or 2 tsp. dried thyme

2 Tbsp. minced fresh or 2 tsp. dried oregano

2 Tbsp. minced fresh or dried rosemary

½ tsp. Salt

½ tsp pepper

1/4 to ½ red pepper

2 (1 ½ pound) sirloin steak, cut into 1-inch cubes

Combine all seasonings in a bowl and crush mixture with the back of a spoon and place in a heavy-duty zip-lock plastic bag. Add steak, seal, and shake to coat.

Thread on skewers and chill up to 2 hours. Grill 5 min. On each side or until done to taste.

SKILLET SQUASH SANDWICHES

1 medium yellow squash 1 small zucchini

1 shallot, minced 1 Tbsp olive oil

4 plum tomatoes, quartered 1/2 tsp salt

1/2 tsp pepper 1 Tbsp red wine vinegar

1/2 c. mayo 2 Tbsp. Chopped fresh basil

2 garlic cloves, minced 4 sandwich rolls, split

8 mozzarella cheese slices 16 fresh basil leaves

Cut squash and zucchini lengthwise into slices. Saute shallot in hot oil until tender. Add squash and zucchini and cook stirring occasionally until crisp-tender. Add tomato and salt, pepper and vinegar; cook, stirring occasionally until tomato is thoroughly heated. Combine mayo, chopped basil and garlic. Spread on roll tops. Spoon half veggies on bottom rolls, top with 2 slices cheese, remaining veggies and basil leaves. Add tops. ✓

STUFFED CORNISH HEN ACADIANA

1 ½ c. dried, crumbled cornbread	½ c. thinly sliced red pepper
¾ c. sliced canned mushrooms	½ c. thinly sliced yellow pepper
½ c. diced smoked sausage	½ c. thinly sliced celery
½ c. diced ham	2 cloves garlic, minced
½ c. thinly sliced scallions	1 Tbsp Creole seasoning
2 large Cornish hens	1 16oz can tomato sauce
¾ c. chicken broth	1 16oz can whole tomatoes
1 Tbsp oil	2 bay leaves
½ c. thinly sliced onions	minced parsley
½ c. thinly sliced green pepper	

See next card for direction

Preheat oven to 500 degrees. Combine cornbread, mushrooms, sausage, ham, scallions and chicken broth. Stuff hens and tie legs. Bake uncovered 20 minutes, remove and set aside, lower oven to 350 degrees. While hens are baking – heat oil. Add onion, peppers and celery. Sauté until tender. Add garlic and seasonings; sauté 2 minutes. Add tomato sauce, tomatoes and bay leaves. Heat to boiling; reduce heat and simmer uncovered 20 minutes. Place hens in sauce and bake tightly covered until hens are done – about 50-60 minutes. Cut hens in half. Spoon sauce over and sprinkle with parsley.

I do not stuff hens but bake as indicated and then bake in tomato sauce. Split and serve over wild rice.

SWEDISH MEAT BALLS

Blend 1 can Celery Soup with ½ cup Water

Measure ¼ cup soup mixture – combine with 1 pound Ground Beef,
2./3 cups Dry Bread Crumbs, 1 Egg (slightly beaten), 2 Tbsps Minced
Onion,

1 Tbsp Chopped Parsley, 1 tsp Salt,

¼ tsp Nutmeg, ¼ tsp Garlic Powder, ¼ tsp Ground Pepper.

Shape into balls and brown in skillet.

Add remaining soup mixture and

1 to 2 Tbsp minced Dill Pickle (if desired)

Cover and cook about 20 minutes

Turkey Corn Chili

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

1 large bell pepper, chopped

1 1/2 pounds light and dark meat
cooked turkey meat, diced

1 tsp cayenne pepper sauce

1 (32-oz) can chunky crushed
tomatoes

2 scallions, white & greens, chopped

1 bay leaf, fresh or dried

Coarse salt

1 jalapeno pepper, seed and chop

1 1/2 to 2 tablespoons chili powder

1 1/2 to 2 tablespoons ground cumin

2 cups frozen corn kernels

2 cups prepared chicken stock or
broth

Heat a deep pot over medium high heat. Work close to the stove for your chopping. Add oil to your pot, 1 turn of the pan, and add vegetables as you chop them.
(over)

Turkey Corn Chili (Side 2)

Add bay leaf and cook vegetables 5 minutes, stirring frequently, reducing heat if veggies start to stick. Stir in diced turkey meat and season with chili powder, cumin, and cayenne sauce. Season with a little salt, to taste. Add corn, tomatoes, and broth. Combine your chili well, adjust seasonings, reduce heat to medium low, and simmer for 7 to 10 minutes. Garnish chili with chopped scallions.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Difficulty: Easy

VEGETABLE RAGOUT

2 zucchini	2 yellow squash
1 pound fresh asparagus	1 ½ qts. Water
¾ tsp. Salt	½ c. shelled pink or black-eyed peas
½ c. shelled lima beans	1 c. small fresh green beans
2 (3.4 oz) shiitake mushrooms	¼ c. butter divided
2 shallots, minced	3 garlic cloves, minced
1 (14 ½ oz) can chicken broth	1 c. dry white wine
1 c. whipping cream	½ c. chopped fresh dill
½ tsp pepper	

Cut squash lengthwise. Scoop out seeds and discard. Dice and set aside. Bring water and ½ tsp. Salt to boil. Add peas, limas and cook 5 minutes. Add zucchini, yellow squash, asparagus and green beans and cook 2 minutes or until crisp tender. Plunge into ice water, drain and set aside. Thinly slice mushroom caps. Melt 2 Tbsp. Butter; add mushroom slices and saute 3 to 5 minutes. Remove.

Melt remaining 2 Tbsp. Butter; add shallots and garlic and saute until tender. Stir in broth and wine; bring to a boil. Reduce heat, and simmer, stirring occasionally, 15 minutes to reduce to 1 cup. Add veggies, 1/4 tsp. Salt, whipping cream, dill, and pepper, cook, stirring often until thoroughly heated. Serve immediately over polenta triangles.



VEGGIES WITH MAYONNAISE SAUCE

Cook Frozen Vegetables and mix with Sauce. To prepare Sauce, mix all the remaining ingredients in a bowl and stir until uniform.

Ingredient	Quantity
Lima Beans	2 package - frozen
English Peas	2 package - frozen
Green Beans	1 package - frozen
Mayonnaise	1 ½ Cups
Eggs	3 Hard-boiled/grated
Onion	1 Medium, grated
Worcestershire sauce	1 tbs

Ingredient	Quantity
Lemon juice	1 lemon
Garlic salt	1 Dash
Tabasco	1 Dash
Prepared mustard	1 tbs



Zucchini-Basil Pasta

6 sm Zucchini

2 tspSalt

1 lb Bow Tie Pasta

¼ cupOlive Oil

2 cupsFresh Basil (packed)

3 TbspButter

½ cup Parmijano-Reggiano (grated Parmesan)

Cut Zucchini crosswise in ⅛ inch slices. Toss with salt in a colander. Let drain 45 minutes. Pat dry.

Cook pasta in salted water until tender. Ladle out to drain reserving 1 cup of pasta cooking water.

Heat oil in heavy skillet until hot but not smoking. Saute zucchini about 7 minutes. Reduce heat to low and stir in half the basil.

Stir in pasta and butter and gently toss until butter is melted. Stir in ½ cup pasta water and gently toss. Add more water if pasta becomes dry. Stir in ½ cup cheese, remaining basil and salt and pepper (to taste).

SAUCES

BARBECUE SAUCE FOR CHICKEN - I

1/4 c. water	3 Tbsp ketchup
2 Tbsp melted butter	2 Tbsp cider vinegar
2 Tbsp Worcestershire sauce	1 Tbsp lemon juice
1 tsp salt	1 tsp dry mustard
1 tsp paprika	2 tsp chili powder
1/4 tsp dried crushed red pepper	

Stir together ingredients and set aside. Grill chicken 10 minutes on each side. Brush with sauce; grill 20-25 more minutes basting and turning frequently.

BARBECUE SAUCE FOR CHICKEN - II

1 (11.5 oz) can tomato juice	3/4 c. white vinegar
3 Tbsp butter	1 Tbsp sugar
2 tsp salt	1 tsp pepper
1/4 tsp dry mustard	1/8 tsp red pepper
1 1/2 Tbsp Worcestershire sauce	1 bay leaf

Mix ingredients and bring to a boil; reduce heat and simmer stirring occasionally, 10 minutes.

Baste chicken.

BBQ Sauce

1/4 cup Worcestershire sauce
2 Tbsp brown sugar
3 tsp ground black pepper
1/2 tsp allspice

2 cups white vinegar
2 Tbsp lemon juice
3 tsp red pepper

Combine ingredients in saucepan and simmer for 10 minutes.
Serve hot or at room temperature.

BASIL VINEGARETTE

1 cup fresh basil leaves 1/4 cup roasted 1/4 cup balsamic vinegar 3 cups
garlic 2 tablespoons grated Parmesan olive oil salt and pepper to taste
cheese

Directions In a blender, combine the basil, garlic, cheese and vinegar. Slowly blend in the oil. Add salt and pepper to taste.

HERB DRESSING

1 teaspoon salt	1/2 teaspoon white sugar	1/4 cup white wine vinegar	2/3 cup
teaspoon freshly ground black pepper	1/2	salad oil	1 tablespoon dried basil
teaspoon dry mustard	1/2 teaspoon paprika	1/2	teaspoon Worcestershire sauce

Directions Measure the salt, sugar, pepper, mustard, paprika, vinegar, oil, basil and Worcestershire sauce into a medium jar. Shake well and chill.

Lemon Hard Sauce

1/4 c. heavy cream	1 1/4 c. XXXX sugar	1 Tbsp lemon juice
1/2 c. butter or oleo	1 tsp grated lemon rind	

Whip cream; set aside.

Cream butter with same beaters.

Add sugar; beat until light and fluffy.

Add lemon rind and juice.

Fold in whipped cream.

Chill.

Serve spoonful on each square of gingerbread.

PESTO

2/3 cup pine nuts	3 cups fresh basil leaves, firmly packed (remove stems, wash/dry)
1/4 cup Olive Oil	1/4 cup grated Parmesan cheese
2 medium garlic cloves, minced	1 tsp. Salt or to taste
2/3 cup Olive Oil	

Place nuts, garlic, 1/4 cup olive oil and basil leaves in food processor or blender; process until evenly pureed, about 15 seconds. Transfer mixture to a bowl.

Slowly stir in cheese, salt, and 2/3 cup olive oil. Do not heat the pesto.

Makes 1 1/2 cups pesto, enough for 1 lb. pasta, cooked and drained.

(Do not over-drain the pasta.) In a large bowl, toss the pasta with the pesto. Serve hot. (Alternatively, allow each person to add pesto to pasta on his plate.)

Recommended pasta: Fettuccine, linguine, or gnocchi.

Freezes well.

MISCELLANEOUS

Apple Butter Recipe

Apples - peeled, cored, diced (approximately 5 quarts)

Sugar - approx 2 cups (Can substitute Splenda - may not need a full two cups)

Ground Cinnamon - 1 teaspoon

Ground Cloves - 1/4 teaspoon.

Add diced apples to a 5-qt crock pot and cook (with top on) for approx. 6 hrs.

(Settings for Crock pots vary - If the setting is Warm/Low/High - Choose Low.

If the setting allows you to choose a temperature, target for a little above 200 F.

There will be some bubbles on the top of the contents as the apples cook down.

If the setting is too high, it may "boil over" during the course of the cooking.)

At the end of this phase of cooking, strain the contents of the pot through a course strainer (to make it uniform). A Foley Mill works well for this.

Return the strained mixture to the crock pot and stir in sugar and spices.

Cook for 6 hrs with the top off. The color will be a rich reddish brown.

Yield is 4 pints (there may be a little left over - good for sampling.)

Put in 4 one-pint jars or 2 one-quart jars. Seal and process in a water bath.

Time in Water Bath is 10 minutes for pints and 15 minutes for quarts.

Remove and allow to cool.

CRANBERRY SHIMMER

2 (12 OZ) CANS LEMON-LIME SOFT DRINK

1 (32 OZ) CRANBERRY JUICE COCKTAIL

1 C. WHITE GRAPE JUICE

½ C. LIME JUICE

Stir together and serve over ice.

DRY RUB FOR PORK

INGREDIENTS:

4 tsps paprika

2-1/2 tsps black pepper

1 Tbsp garlic powder

1 Tbsp salt

1-1/2 tsps cayenne pepper

1-1/2 tsps onion powder

1-1/4 tsps dried oregano

1-1/4 tsps dried thyme

Optional: 1 tsp cumin and 1 tsp curry

DIRECTIONS:

In a medium bowl, combine the paprika, cayenne pepper, ground black pepper, garlic powder, onion powder, salt, oregano, and thyme. Mix well, and store in a cool, dry place in an airtight container.

DRY RUB SPICE MARINADE FOR BARBECUED MEATS

1/3 c. Kosher salt

1/3 c. brown sugar

2 tbsp. garlic powder

2 tbsp. paprika

1 tbsp. dried thyme

1 tsp. cayenne pepper

1 tsp. freshly ground pepper

Combine all ingredients, blending thoroughly. If reserving for later use, store in tightly capped jar.

To use, sprinkle heavily on all sides of meat and rub in well with fingers. Let meat stand at room temperature for 2 hours or lightly covered in refrigerator overnight.

MEXICAN CORNBREAD

1/2 can cream style corn 1 cup sour cream

Blend above ingredients together.

Place 1 green onion 2 eggs 2 jalapeno peppers 3/4 cup oil
in blender and blend until uniform.

Mix blended ingredients with corn and sour cream mixture.

Add 1 2/3 cups self-rising corn meal

Prepare hot skillet with 2 Tbsp Crisco and 1 Tbsp corn meal

Pour 1/2 of the above into the hot skillet

Cover with 3 oz grated cheddar cheese

Add remainder of mixture

Bake at 350° F for 35 minutes



PEAR PRESERVES

(From the Kitchen of Ethel Davis)

8	Cups	Canning Pears - peeled, cored and sliced (1/8" to 1/4" thick)	
2*	Cups	Sugar	1 1/2 * tsp. Ground Cinnamon
1/2	Cup	Water	

Mix sugar and cinnamon. In a thick-walled pan (or pot), alternate layers of pears and sugar-cinnamon mixture.

Add water

Cook on low-medium heat until pears are tender.

* Adjust sugar and cinnamon to taste - additional sugar and cinnamon can be added at the end to suit your taste.

Sterilize jars (pint or half-pint) and fill while jars and pears are hot. Seal jars and allow to cool. (It is not necessary to put the jars in a water bath or pressure cooker.)

SEASONED SALT

Combine the following ingredients, mix well and store in a jar with a tight-fitting lid:

½ tsp.	Cayenne pepper	1 tsp.	Parsley flakes (dried and well ground)
1 tsp.	Garlic powder		
1 tsp.	Chili powder	1 tsp.	Paprika
1 Tbsp.	Celery seed (ground well)	1 cup	Salt

To use, fill a clean, shaker-top spice bottle with the mixture as needed.

