

# **BREAKFAST FOODS**

## **Alice's Eggs**

### **Kate Littrell**

2 cups grated cheese  
¼ cup butter  
1 cup half & half  
1 teaspoon salt  
¼ teaspoon pepper  
2 teaspoons dry mustard  
12-16 eggs, beaten  
optional: chopped ham or bacon bits

Grease 8x12 inch baking pan. Put the cheese on the bottom of the pan and dot with butter. Pour mixture of eggs, salt, pepper, dry mustard and half & half over cheese. Add ham chunks or bacon bits (optional). Bake at 325 degrees for 40 minutes. Serves 12. I got this recipe from Shay McGovern, an old friend from Eagle Grove. I have no idea who Alice is or was. This is a very filling breakfast dish.

## **Breakfast Casserole**

### **Lindsay Littrell**

6 pieces of bread, torn up into 1-inch pieces  
12 eggs, beaten  
3 cups milk  
chopped green pepper  
chopped onion  
1 pound sausage, browned and drained  
salt and pepper to taste  
any other spices that you might like  
grated cheese

Put torn up pieces of bread into the bottom of a 9x13 inch baking pan. Mix eggs and milk together. Add chopped vegetables, sausage (can use cooked and crumbled bacon if you don't have any sausage, but sausage works and tastes better), salt, pepper, and spices. Pour over the bread pieces and sprinkle the grated cheese on top. Cover and refrigerate overnight. Bake at 350 degrees for one hour.

## **Dutch Baby (Pannekoeken type Dutch Pancake)**

### **Martha Matern**

¾ C. flour  
1 C. skim milk  
4 t. margarine  
4 eggs  
2 C. sliced Granny Smith Apples  
Cinnamon

Heat a cast iron skillet in 450 oven. Remove from oven and put margarine in pan to melt. Cook sliced apples covered in microwave 3-5 minutes. In a bowl, combine milk and flour. Beat in eggs one at a time. Place apples in middle of pan and pour egg mixture over them. Sprinkle with cinnamon. Bake 20-30 min. at 450 till high and fluffy and brown. Makes 4 servings.

Notes:

1. This can be baked in a 9x13 pan if you don't have a large cast iron skillet.
2. I got this recipe from a weight watching friend but nobody here notices that!

## **Feather Pancakes**

### **Kate Littrell**

1 cup flour  
2 Tbsp baking powder  
2 Tbsp sugar  
¾ to 1 cup milk  
½ tsp salt  
1 slightly beaten egg  
2 Tbsp melted shortening or salad oil

Combine eggs, milk and shortening. Add dry ingredients and beat smooth.

## **Grumbled Eggs**

### **Kate Littrell**

This recipe really depends on what ingredients you have on hand or want to use.

Cut ½ pound of bacon into about 1 inch pieces. Brown in a frying pan until almost done. Add chopped onions, chopped green and/or red peppers, a can of mushrooms (if desired; I never do because I really don't like mushrooms, but you *could* add them at this point, or anything else you wanted to add to your taste) and continue frying until bacon is done, but not too crispy, and the vegetables are cooked, but not too mushy. It's a science, really. Pour off most of the bacon grease.

In a bowl, mix 6-12 eggs, depending on the amount of people you are serving, grated cheese, maybe 1/8 cup half & half, again if you have it on hand and if desired, and any spices that you want to put into the dish. I generally use chopped parsley, chives, pepper, and basil, but you can put whatever spices you like. I don't add salt until the eggs are cooked because someone, Bill Nelles (an old neighbor and the father of Lindsay's best friend, Heather, also an avowed gourmet cook) perhaps?, told me that putting the salt in earlier makes the eggs tough. I don't know if that's true but now I add the salt/seasoned salt after the eggs are cooked.

Add the egg mixture to the cooked bacon/vegetable mixture and continue frying until eggs are cooked through to desired consistency (scrambled). Add salt or seasoned salt to taste.

**APPETIZERS  
AND  
BEVERAGES**

## **Benedict's Smoothies**

### **Ben/Bridget Matern**

Grab whatever kind of fruity things you can find and throw it in a blender and then blend it. Then pour it in a glass.

## **Festive Cracker Spread**

### **Becky Varley**

2 8 oz. pkg. cream cheese\*, softened  
3 green onions, finely chopped  
½ green pepper, finely chopped  
½ red pepper, finely chopped  
2 small cans (or equivalent) crushed pineapple, well-drained  
½ cup chopped pecans, toasted  
1 ½ tsp Lawry's seasoning salt

Mix together all ingredients and serve with crackers.

\*Light cream cheese works well, but not fat-free.

## **Good (& easy) Chili Dip**

### **Pat Dinwiddie**

1 16 oz. can stewed tomatoes, chopped into small pieces  
1 4 oz. can Ortega green chopped chilies  
2 8 oz packages cream cheese

Saute a small amount of chopped onions in margarine. Add the rest of the ingredients. Season with a small amount of cumin and chili powder. Serve hot with tortilla chips.

## **Instant Hot Chocolate**

### **Chris Ellis**

- 1 8 qt. box dry non-fat milk
- 1 8 oz. jar non-dairy creamer
- 1 1 lb. can Hershey Instant Chocolate mix
- 1 cup powdered sugar
- 1 tsp. salt
- 1 12 oz. pkg. mini chocolate chips

Mix all ingredients well and store in an airtight container. This more than fills a 3 lb. coffee can.

Use 1/2 cup per cup of hot water. This is very good with frozen cool whip on top!

## **Mocha Smoothies**

### **Martha Matern**

- 1 1/2 Cups Milk (I like to use whole milk- skim or others work fine)
- 1 - 1 1/2 T. instant coffee
- 2 T. Nestle's Quik powder or chocolate syrup or similar
- 2 T Sugar
- (optional 1 or 2 T. powdered coffee creamer)

Combine in blender with 8 large ice cubes.

May decorate in inside sides of clear glasses with drizzled chocolate syrup just before pouring the smoothie into the glass.

Of course, everything can be adjusted to taste or your blender size.

To make ahead: The powdered ingredients can be mixed together in large batches. Use about 1/4 cup (or more to taste) of the powder mix in a blender with the milk and ice.

## **Liver Paste**

### **Hugh Matern**

1 lb. braunschweiger  
1 tbsp Worcestershire sauce  
1 tsp lemon juice  
1 small can evaporated milk  
1 package dry onion soup mix  
1 8 oz. package cream cheese  
garlic powder to taste

Blend well and store in refrigerator.

## **Liz's spiced nuts recipe**

### **Liz Jasper**

½ tsp. salt  
1 egg white  
½ cup sugar  
½ tsp. cinnamon  
½ tsp. cloves (ground)  
½ tsp. allspice  
½ tsp. nutmeg  
2 ½ cups walnuts (pecans can be substituted)

Preheat oven to 250°. Grease a large cookie sheet (10" x 14")

Slightly beat together the salt and egg white. Add the sugar and spices and mix well. Add the nuts and coat well.

Turn onto greased cookie sheet and bake at 250° for one hour. After taking out cookie sheet, when done, immediately take off nuts into a Tupperware bowl or any air tight container (if left on the cookie sheet they will stick to it).

## **Microwave Caramel Corn**

### **Kate Littrell**

4 quarts popped corn  
1 cup brown sugar  
½ cup margarine  
¼ cup corn syrup

Microwave for 3 minutes on High. After bringing to a boil, cook 2 minutes on High. Remove from microwave and add ½ tsp. of soda. Put corn and mixture into a large paper sack and shake well. Cook for 1 minute and shake again. Cook 1 minute. Take out of bag and cool.



**MAIN DISHES  
AND  
CASSEROLES**

## **California Casserole**

### **Pat Dinwiddie**

4 lbs. ground chuck  
2 large onions, chopped  
2 garlic cloves, minced  
¼ cup chili powder (or to taste)  
6 cups tomato sauce  
1 tsp sugar  
1 ½ tbsp salt  
2 cups sliced black olives  
2 cups shredded cheddar cheese  
2 4 oz. cans diced green chilies  
24 corn tortillas  
4 cups small curd cottage cheese  
2 eggs  
1 lb. thinly sliced jack cheese  
1 cup chopped green onions (optional)  
1 cup sour cream (optional)

Brown meat in batches in a large heavy frying pan. Do not put too much meat in the pan at once or it will cause the temperature to drop and the meat will turn gray instead of brown. Sprinkle chili powder over meat and mix well. Add tomato sauce, sugar, salt, chopped onions, minced garlic, half of the olives and all of the diced green chilies. Simmer over very low heat 15 minutes. Cut tortillas into quarters. Beat cottage cheese and eggs together. Set aside. Spread 1/3 of the meat mixture in the bottom of a 6 quart casserole. Cover with ½ lb. sliced jack cheese, half the cottage cheese/ egg mixture and 1/3 of the tortillas, repeat, finishing with a final layer of meat. Top with shredded cheese and bake at 350°, uncovered until casserole is thoroughly heated and cheese is melted. Serve with chopped green onions, sour cream and olives on the side, if desired. This can be made ahead of time and refrigerated.

## **Chicken Chow Mein**

### **Kate Littrell**

3 cups sliced celery  
1 cup sliced onion  
1 can sliced mushrooms, drained  
1 can bean sprouts, drained  
1 can sliced water chestnuts, drained  
2 whole chicken breasts, cooked, or equivalent  
1 can chicken broth (or 1 ½ cup water and 2 chicken bouillon cubes)  
¼ cup soy sauce  
¼ cup water  
3 teaspoons cornstarch

Coat the bottom of a deep frying pan with a little oil. Stir-fry celery, onions and mushrooms over medium high heat until crisp/tender. Sometimes I'll add other vegetables, such as broccoli, pea pods or whatever I might have on hand, to the stir-fry ingredients, as long as the amount equals four or so cups total. Add the bean sprouts, water chestnuts and cut up chicken and heat through. Stir cornstarch into ¼ cup water and add the chicken broth and soy sauce. Stir this mixture into the vegetables and chicken and cook until sauce thickens. Serve over steamed rice and chow mein noodles.

## **Chicken No-Peek Casserole**

### **Gladys Doyle**

2 cans cream soup (chicken, celery, etc.)  
2 cans water  
1 cup raw rice  
½ package dry onion soup mix  
1 chicken, chopped up

Mix together the cream soup, water, and rice. Top with the chopped up chicken and sprinkle with the dry soup mix. Seal with foil and bake 2 hours at 350°. No peeking!

## **Chicken Lasagna**

### **Kate Littrell**

3 cups cooked chicken, diced  
1 recipe mushroom sauce  
8 oz. white American cheese, shredded  
6-8 lasagna noodles  
1 24 oz. container cottage cheese  
½ cup grated parmesan cheese

#### Mushroom sauce

½ cup onion, chopped  
¼ cup green pepper  
¼ cup red pepper  
1 small can mushrooms  
3 Tbsp butter  
1/3 cup milk  
1 10 ½ oz. can cream of chicken soup  
½ tsp. Basil

Cook onion and green pepper in butter. Add mushrooms toward the end of cooking. Stir in the rest of the ingredients.

Cook noodles as directed, drain, rinse in cold water. Place half the noodles in a 13 x 9 x 2 inch pan. Cover with half each of the mushroom sauce, cottage cheese, chicken, white American cheese and Parmesan cheese. Repeat layers. Bake at 350 degree oven for 45 minutes.

## **Chicken Pot Pie**

### **Martha Matern**

Pet Ritz Deep Dish Pie Crust (double crust)

Filling:

3 Boneless Skinless Chicken Breasts-cooked and cut into chunks  
2 cans cream of potato soup  
1 jar chicken gravy (15 oz.)  
16 oz. Frozen mixed vegetables

Stir together filling ingredients and place in pie crust. Top with second crust following the pie crust directions. Bake 350 about 1 hour. Serves 6-8.

Notes:

1. This is a great meal to make ahead and/or bring to a 'sick' friend. They can just throw it in the refrigerator and bake it at meal time.
2. Yes, I've been known to cook those frozen chicken breasts on a plate in the microwave at 50% power.
3. I usually put aluminum foil around the edges of the crust (for the first half of the baking time) to keep them from getting too brown in the oven.

## **Pizza Casserole**

### **Jody Ellis**

1 lb Hamburger, cooked  
1 small onion, chopped  
½ tsp garlic salt  
1 tsp oregano  
½ cup water  
1 15 oz. can tomato sauce  
egg noodles, cooked

Mix ingredients together in a 9x13 pan. Add 1 cup shredded mozzarella cheese and 1 cup shredded cheddar cheese. Put sliced pepperoni over cheese to cover the top. Bake 30 minutes in a 350° oven.

## **Chinese Casserole**

### **Kate Littrell**

3 cups chopped celery  
1 onion, chopped  
1 7 oz can tuna or 1 chicken cooked and cut up.  
1 10 ½ oz can cream of chicken soup  
1 10 ½ oz can cream of mushroom soup  
3 tbsp milk  
1 tbsp soy sauce  
1 can chow mein noodles  
½ cup cashew nuts

Chop celery and onion into large pieces. Combine all ingredients except noodles and nuts. Turn into well-greased casserole. Bake in 350 degree oven for 30 minutes. Combine noodles and nuts. Stir half into hot casserole. Sprinkle remaining noodle-nut mixture on top; bake 15 minutes longer.

## **Creamy Chicken Pasta**

### **Heather Littrell**

1 cup cooked chicken breast, cubed  
4 tbsp butter, separated  
½ cup onion, chopped  
1 stalk of celery, chopped  
½ of a red pepper, chopped  
1 small can sliced mushrooms  
2 tbsp flour  
1 cup milk  
¾ cup shredded cheese, plus more for the top  
½ tsp basil  
rotini noodles (about ½ pound), cooked

Cook the onion, celery, pepper and mushrooms in 2 tablespoons butter until tender, 15-20 minutes.

Make a white sauce with 2 tablespoons butter, the flour and the milk. When thickened, add the ¾ cups cheese and stir until melted. Stir in the basil.

Mix together the pasta, the vegetables, the cheese sauce and the chicken in an oven proof casserole dish, sprinkle with cheese, and bake about 20 minutes at 350°.

## Easy Beef Lasagna

### Martha Matern

Sauce:

1 # Ground Beef

1 Cup chopped onions

1 ½ of 28 oz. Jars of Tomato, Onion and Garlic Prego or your favorite spaghetti sauce.

Cheese Mixture:

18 oz. Cottage Cheese or Ricotta

1 egg

¼ tsp. Pepper

8 oz. Lasagna noodles (don't boil these, they go in dry)

8 oz. Grated Mozzarella cheese

Parmesan Cheese

Brown ground beef and onions, drain. Add spaghetti sauce and let simmer while preparing rest of stuff. Beat together Cottage cheese, egg and pepper.

Layer into PAM sprayed 9x13 pan as follows:

One layer of **uncooked** lasagna noodles

Half of the sauce

Another layer of uncooked lasagna noodles

Half of the cottage cheese mixture

Half of the mozzarella

A third layer of uncooked lasagna noodles

Rest of the cottage cheese mixture

Rest of the mozzarella

Rest of the sauce

Sprinkle top with parmesan

Bake 350 for 1 hour covered. Then finish off with 10-15 minutes uncovered. (Can sprinkle additional mozzarella on for last few minutes). Let stand for 10 minutes before cutting.

## **Grandma Matern's Barbecued Pork Chops**

### **Pat Dinwiddie**

6 pork chops  
1 tbsp flour  
1 tsp dry mustard  
1 tsp celery salt  
½ tsp cloves  
½ cup catsup  
1 small chopped onion  
1 bay leaf  
salt and pepper

Place the pork chops into a roaster Mix together all remaining ingredients. Pour mixture over the pork chops. Add ½ cup hot water. Bake 1 hour in a moderate oven.

## **Sauce for pasta or rice**

### **Heather Littrell**

½ onion  
1 carrot  
¼- ½ red pepper  
2 tbsp oil  
1 15 oz. can tomato sauce  
½ tsp. sugar  
½ basil

Chop up the vegetables into small pieces. A food processor will accomplish this in seconds. Heat the oil in a frying pan and add the vegetables. Cook over medium-low heat for ten minutes. Add the tomato sauce, sugar and basil and cook for another five or ten minutes. Puree smooth. Season if necessary.

## **Lillian Matern's Scalloped Potatoes and Ham**

### **Liz Jasper**

1 can Cream of celery soup  
1 can Cream of potato soup  
1 cup milk  
1 cup sour cream  
1 Pkg (2#) Southern style frozen potatoes (cubed.)  
16 oz. cubed cooked ham.

Stir together the soups, the milk and the sour cream. Add the potatoes and cubed ham.  
Bake at 350° for about an hour.

## **Taco Casserole**

### **Paul Baker**

1 tube of crescent rolls  
2 lb. hamburger  
2 packages taco seasoning  
1 large container sour cream  
Velveeta cheese  
Nacho cheese Doritos  
Taco fixin's - lettuce, tomato, onions, salsa, black olives, anything you want

Brown the hamburger and add the taco seasoning and sour cream. Mix it up. Unroll the crescent rolls and press them into the bottom of a 9x13 inch cake pan - to cover the bottom. Spread the hamburger out on top of the "crust". Slice the cheese and cover the meat. Crush the Doritos and cover the cheese. Bake it in the oven for 25-30 minutes, until the chips start to turn brown. Remove from the oven and cut into individual pieces. Serve topped with taco fixin's.

## **Spinach Meat Loaf**

### **Jody Ellis**

2 lbs. lean ground beef  
1 10 oz. package frozen chopped spinach, thawed but not drained  
½ cup Italian seasoned bread crumbs  
2 eggs  
½ tsp salt  
¼ tsp pepper  
½ tsp finely chopped garlic  
1/3 cup chopped onion  
¼ cup milk  
¼ cup grated Parmesan cheese

Mix together all ingredients except the ground beef. Mix in the ground beef. Grease a 9x13 pan. Form mixture into loaf. Bake in a 350° oven for about 2 hours until done. You can add a small can of tomato sauce to top of meatloaf before baking if you wish.

## **Sweet and sour pork**

### **Lillian Matern**

Cubed pork (Recipe calls for fresh pork, but I use leftover pork roast)  
1 cup pineapple juice  
½ cup water  
1/3 cup vinegar  
¼ cup firmly packed brown sugar  
2 tbs cornstarch  
½ tsp salt  
1 tbs soy sauce

½ to ¾ cup thinly sliced green pepper  
½ cup thinly sliced onion  
1 2 pound can pineapple tidbits, drained

Combine pineapple juice, water, vinegar cornstarch, brown sugar, salt and soy sauce in large skillet. Cook until clear and slightly thickened (about 2 minutes). Add pork to sauce and cook on low heat until flavors are absorbed. Add green pepper, onion and pineapple tidbits and cook 2 or 3 minutes. Serve over hot rice if desired.

## **Spring Vegetable Lasagne**

### **Chris Ellis**

Cooking spray

8 cups chopped torn Swiss Chard (about 3/4 pound)

2 cups chopped yellow squash

1 1/2 cups chopped onion

1 cup chopped red bell pepper

1 cup shredded carrot

1/2 teaspoon salt

1 tablespoon butter

4 garlic cloves, crushed

2 tablespoons all-purpose flour

1 1/2 cups fat-free milk

6 tablespoons (1 1/2 oz.) grated Parmesan cheese, divided

1 cup fat-free ricotta cheese

1 cup fat-free cottage cheese (I leave this out with NO ill-effects!)

1 cup (4 ounces) grated Asiago cheese, divided

1/2 teaspoon dried oregano

6 no-boil lasagna noodles (such as Barilla or Vigo)

Preheat oven to 375 degrees. Heat a Dutch oven coated with cooking spray over medium-high heat. Add chard, squash, onion, bell pepper, carrot, and salt; saute 10 minutes or until tender.

Melt butter in a saucepan over medium heat. Add flour, and cook 1 minute. Stir constantly with a whisk. Gradually add milk, stirring with a whisk until blended. Cook until thick (for about 4 minutes). Remove from heat, add 1/4 cup Parmesan. Stir until cheese melts.

Combine ricotta, cottage cheese, 1/2 cup Asiago, and oregano in a bowl.

Spread 2 tablespoons milk mixture in the bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over milk mixture, top with half of the ricotta mixture, half the vegetable mixture, and 1/2 cup milk mixture. Repeat layers, ending with noodles. Spread remaining milk mixture over noodles. Sprinkle with 1/2 cup Asiago cheese and 2 tablespoons Parmesan. Bake at 375 degrees for 45 minutes. Let stand 15 minutes. Yield: 6 servings

## **Dad's Italian Sausage Tortellini Bake**

### **Lillian Matern**

1 pound Italian sausage  
½ cup chopped onion  
1 can spaghetti sauce  
1 package tortellini (cheese or mushroom stuffed)  
5 slices (approx.) provolone cheese for topping

Brown sausage and onion, drain and put in greased pan (we use 8" x 12" pan). Cook tortellini according to package directions, drain and add to sausage, etc. Pour spaghetti sauce over top and put provolone cheese over top of ingredients. Bake for about 45 minutes (covered with aluminum foil if desired.)

## **Vegetarian Pasta**

### **Heather Littrell**

8 ounces dried mafalda or fettuccine, broken in half  
1 medium red, yellow, or green sweet pepper, cut into bite-size strips (1 cup)  
1 medium leek or 4 green onions, sliced  
1 cup evaporated milk  
2 tsp all-purpose flour  
2 tsp snipped fresh dill or ½ tsp dried dill weed  
¾ cup shredded Havarti or Swiss cheese  
1 small tomato, seeded and chopped  
¼ cup pecan halves, toasted  
Grated parmesan cheese (optional)

Cook mafalda or fettuccine according to package instructions, adding sweet pepper and leek or onions for the last 4 minutes of cooking. Drain well; keep warm.

Meanwhile, for sauce, in a saucepan use a fork or wire whisk to stir together evaporated milk, flour, dill, ¼ teaspoon salt, and 1/8 teaspoon white pepper. Cook and stir over medium heat till slightly thickened and bubbly. Cook and stir for 1 minute more. Add cheese; stir till melted. Stir in tomato; heat through.

To serve, stir ½ cup of the sauce into pasta mixture; toss gently to coat. Serve remaining sauce over pasta. Top with pecans and, if desire, Parmesan cheese.

## **Vegetable Lasagna**

### **Martha Matern**

#### Sauce:

8 oz. Fresh sliced mushrooms

1 ½ Cups chopped onions

2 cloves garlic- chopped

2 T. Butter

1 ½ of 28 oz. Jars of Garden Combination Extra Chunky Prego or your favorite spaghetti sauce.

Optional ½ cup sherry

#### Cheese Mixture:

18 oz. Cottage Cheese or Ricotta

1 egg

¼ tsp. Pepper

2 10 oz. Packages frozen spinach-(thawed, drain and squeeze out excess water)

8 oz. Lasagna noodles (don't boil these, they are used dry)

8 oz. Grated Mozzarella cheese

Parmesan Cheese

Sauté mushrooms, onions and garlic in butter. Add spaghetti sauce and wine and keep warm while preparing rest of stuff.

Beat together Cottage cheese, egg and pepper. Fold the spinach into this mixture.

Layer into PAM sprayed 9x13 pan as follows:

One layer of **uncooked** lasagna noodles

Half of the sauce

Another layer of uncooked lasagna noodles

Half of the cottage cheese spinach mixture

Half of the mozzarella

A third layer of uncooked lasagna noodles

Rest of the cottage cheese spinach mixture

Rest of the mozzarella

Rest of the sauce

Sprinkle top with parmesan

Bake 350 for 1 hour covered. Then finish off with 10-15 minutes uncovered. (Can sprinkle additional mozzarella on for last few minutes). Let stand for 10 minutes before cutting.

## **Wild Rice Casserole**

### **Kate Littrell**

1 box seasoned wild rice  
1 pound ground beef  
½ cup chopped onion  
2 stalks celery, chopped  
1 small can slice mushrooms  
1 can cream of mushroom soup  
Shredded cheese

Cook the wild rice according to the package instructions. Brown the ground beef along with the chopped onion and celery. Stir together the wild rice, the ground beef the can of mushrooms and the can of cream of mushroom soup in an oven proof bowl. Sprinkle with cheese and bake in a 350° oven for 45 minutes or until cooked through.

Variation: To make this recipe vegetarian you can brown the vegetables in butter rather than with the ground beef, and then just mix the wild rice together with the vegetables and soup.

**BREADS  
AND  
MUFFINS**

## **Banana nut bread**

### **Lillian Matern**

½ Cup margarine  
3 eggs  
1 Cup sugar  
2 tbs. sour milk  
5 mashed bananas  
2 Cups flour  
1 tsp soda  
½ tsp salt  
1 tsp vanilla  
½ Cup chopped nuts

Cream sugar, margarine, and eggs. Stir in sour milk, vanilla and bananas. Stir in dry ingredients and pour into greased loaf pans. Bake 45 min. to an hour in 350-degree oven.

## **Blueberry Bread**

### **Chris Ellis**

1 pkg. white cake mix  
1 can blueberry pie filling  
3 eggs

Mix together. Divide mixture into two greased and floured loaf pans.

Topping: ¾ cup flour  
½ cup powdered sugar  
½ cup margarine (cold)

Cut margarine into mixture. Sprinkle on top of blueberry mixture, covering completely.

Bake in pre-heated oven at 350 degrees for 50 minutes. Topping should be lightly browned.

## **Coffee Cake Muffins**

### **Heather Littrell**

3 tbsp all-purpose flour  
3 tbsp brown sugar  
¼ tsp ground cinnamon  
2 tbsp butter or margarine  
3 tbsp chopped walnuts or pecans  
1 ½ cups all-purpose flour  
½ cup granulated sugar  
1 ¼ tsp baking powder  
½ tsp ground cinnamon  
¼ tsp ground ginger  
¼ tsp baking soda  
¼ tsp salt  
¼ cup butter or margarine  
1 beaten egg  
½ cup buttermilk or sour milk

Grease twelve 2 ½ inch muffin cups or line with paper bake cups; set aside.

For the topping, in a small mixing bowl stir together the 3 tablespoons flour, brown sugar, and the ¼ teaspoon cinnamon. Cut in the 2 tablespoons butter or margarine till mixture resembles coarse crumbs. Stir in walnuts or pecans; set aside.

In a medium mixing bowl stir together the 1 ½ cups flour, granulated sugar, baking powder, the ½ teaspoon cinnamon, ginger, baking soda, and salt. Cut in the ¼ cup butter or margarine till mixture resembles coarse crumbs.

In another medium mixing bowl combine the egg and buttermilk or sour milk. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).

Spoon half of the batter into the prepared muffin cups, filling each 1/3 full. Top with half of the topping, the remaining batter, and the remaining topping. Bake in a 400° oven for 15 to 18 minutes or till golden. Cool in muffin cups on a wire rack for 5 minutes. Remove muffins from muffin cups; serve warm.



**CAKES  
AND  
BARS**

## **Aunt Arlene's Rum Cake**

### **Mark Matern**

#### **Cake**

1 pkg Duncan Hines Butter Recipe yellow cake mix  
1 regular size package vanilla pudding mix (not instant)  
4 eggs  
½ cup oil  
½ cup rum  
½ cup water

4 oz pecans

#### **Topping**

1 cup sugar  
1 stick butter (1/2 cup)  
¼ cup rum  
¼ cup water

Grease & flour bundt pan. Place 4 oz. chopped pecans in bottom of pan. Beat cake ingredients and pour into pan. Bake 1 hour @ 325. Prepare topping and pour over cake before the last 5 minutes of baking.

Topping: Boil 5 minutes, pour slowly over cake and return to oven for 5 minutes. Let cake cool in pan 35 minutes, then invert onto serving plate.

Notes: This is one of my favorites that my Aunt Arlene used to make. I've taken this to buffet's at work and always brag about my Aunt Arlene's wonderful cooking.

## **Dump Cake**

### **Becky Varley**

1 can crushed pineapple, undrained  
1 can cherry pie filling (same size as pineapple)  
1 yellow pudding-type cake mix (dry)  
1 ½ sticks margarine, melted  
¾ cup chopped walnuts

In a 9" x 13" cake pan, mix pineapple and pie filling. Top with the dry cake mix and drizzle with the melted margarine. Sprinkle with the chopped nuts and bake at 350° until it bubbles in the middle.

## **Caramel Chocolate Chip Bars**

### **Lillian Matern**

1 package Duncan Hines caramel flavored cake mix  
2 eggs  
¼ cup water  
¼ cup firmly packed brown sugar  
¼ cup softened margarine  
1 cup mini-chocolate chips  
½ cup chopped nut meats

Combine margarine, eggs, brown sugar and water and then stir in cake mix. Mixture will be thick. Stir in chocolate chips and nut meats. Spread in greased pan and bake in 375-degree oven for 24 to 27 minutes. Cool and cut into bars.

## **Cake Brownies**

### **Martha Matern**

2 c. flour  
2 c. sugar  
2 sticks butter or margarine  
3 ½ T. cocoa  
½ c. buttermilk  
1 t. baking soda  
2 eggs  
1 t. vanilla

In large bowl, combine flour and sugar.

In saucepan (or microwave) heat butter, 1 cup water and cocoa to a boil. Pour over dry ingredients and mix well.

Add buttermilk and baking soda. Mix. Add eggs and vanilla.

Spread evenly in greased jelly roll pan (10 ½ x 15 ½”) and bake at 350 for about 25 minutes. Check for doneness with toothpick in center. While baking prepare frosting.

Frost immediately. Sprinkle with M&M’s or other decorations before frosting sets up, if desired. Cool before cutting.

Frosting for cake brownies:

1 stick butter or margarine  
3 ½ T. cocoa  
1 lb powdered sugar  
1 t. vanilla  
1 or 2 T. milk

While brownies are baking melt butter. Add the cocoa, then the powdered sugar, vanilla and milk. Stir until smooth, adding a few drops more milk if too thick. Cover frosting until brownies are finished baking, then spread frosting onto warm brownies.

## **Fruit Basket Cake**

### **Pat Dinwiddie**

1 box cake mix, yellow or white

1 package instant vanilla pudding mix

1 8 oz. package cream cheese

1 ½ cup milk

1 large can crushed pineapple, drained

4 or 5 sliced bananas

1 package coconut (optional)

1 large container Cool Whip

Bake the cake, using a 10x13 jelly roll pan. Bake in a 350° oven for 20-25 minutes. Cool and then turn out onto a foil covered cardboard or large tray.

Mix together the pudding mix, cream cheese and milk and spread on the cake.

Spread the pineapple on top of the pudding mix. Layer sliced bananas. Frost entire top and sides with Cool Whip. You can add chopped nuts on top. This makes a really large and good dessert for a crowd, and is surprisingly good the next day if there is any left over.

## **Jody's Candy Hamburgers**

Hello all!

Just forwarding the recipe for the candy hamburgers that Jody made for the reunion. Mom asked that I send it on.....Joe

### **Candy Hamburgers**

1 box regular Nilla Wafers

1 bag small peppermint patties

1 jar white vanilla frosting

sesame seeds

Karo light corn syrup

red and yellow food coloring

Mix red food coloring with a small bowl of frosting (for the "ketchup")

Mix yellow food coloring with a small bowl of frosting (for the "mustard")

\*Add yellow frosting to inside of a Nilla wafer

- \*Add red frosting to the inside of another Nilla wafer
- \*put peppermint pattie inside and put together
- \* put small drop of corn syrup on top of wafer
- \* sprinkle a few sesame seeds on top

Refrigerate if not serving right away

Enjoy!!

## **Raspberry Cake**

### **Chris Ellis**

- 1 white cake mix with pudding in the mix
- 3 oz. pkg. raspberry Jell-O
- 1 10 oz. containers frozen raspberries (thaw but do not drain)
- 12 oz. container cool whip

Mix cake mix as directed on box (eggs, oil, water, etc.). Using a spoon, stir in pkg. of Jell-O and one container of raspberries (untrained). Bake as directed on the box. Cool.

For frosting, stir together the other pkg. of raspberries with juice and cool whip. Refrigerate.

\*\*Strawberries and strawberry Jell-O may be substituted.

## **Matt and Mels's Peanut Butter Rice Krispie Bars**

### **Matt Matern**

- 1 16oz bag marshmallows (the fresher, the better)
- Approx. 1 to 1 ½ cups peanut butter (I prefer chunky)
- Approx. 2-3 Tablespoons margarine (I use Country Crock Churn Style)
- Approx. 6 to 7 cups Rice Krispies (also the fresher, the better)

(Optional chocolate chip butterscotch topping is approx. 2/3 chocolate chips 1/3 butterscotch chips)

Melt marshmallows, peanut butter and margarine in large mixing bowl in microwave for 2 min 30 seconds. Mix thoroughly and let cool for a bit. In my opinion, the main thing is to have the mix on the thinner side. If I think it's too thick I'll add more marshmallows or margarine. Rice Krispies won't mix thoroughly if it's too thick.

Use any sized greased cookie sheet or cake pan, depending on the thickness or qty of bars wanted.

Added note: You can adjust ingredient amounts as wanted. This is more of a guideline. Mel doesn't agree with all my amounts but hers turn out very similar anyway. She says less margarine.

### **Keep One/Take One Caramel Apple Cake** **Mark Matern**

4 cups peeled and chopped apples  
1  $\frac{3}{4}$  C. sugar  
 $\frac{1}{2}$  C. light corn syrup

2  $\frac{1}{4}$  C. cake flour  
2 t. baking soda  
2 t. cinnamon  
 $\frac{1}{2}$  t. salt  
 $\frac{1}{2}$  C. shortening  
2 large eggs  
2 t. vanilla  
 $\frac{1}{2}$  c. chopped pecans

Crumble topping:  
4 T. shortening or butter  
 $\frac{1}{2}$  C. flour

½ C. sugar

½ C. chopped pecans

(Cut together topping ingredients in medium bowl with pastry blender or fork.)

### Mrs. Richardson's Butterscotch Caramel Ice Cream Topping

In bowl, combine apples, sugar and corn syrup; mix well, set aside.

Preheat oven to 350 and lightly grease two 8 or 9 " round cake pans.

Prepare crumble topping and set aside.

In separate mixing bowl, sift together flour, baking soda, cinnamon and salt.

In large mixing bowl, mix shortening, eggs and vanilla. (Mixture will look curdled) Add flour mixture. Mix well; add apple mixture and nuts.

Pour batter into pans; sprinkle batter with crumble topping. Bake about 45 minutes or until toothpick in center comes out clean. Place cakes (still in pan) on cooling rack to cool. Can turn out of pan onto plate (right side up!) or serve in pan. Warm ¼ - ½ cup of the caramel topping and drizzle over the cakes anytime before serving. Each cake makes 8 servings.

Notes: Great with ice cream (but then again, what isn't?)

## **Raspberry Brownies**

**Heather Littrell**

1 cup all-purpose flour

¾ cup unsweetened cocoa

½ teaspoon baking powder

½ teaspoon salt

1 cup butter or margarine (2 sticks)

1 ½ cups sugar

4 large eggs

¾ cup seedless raspberry jam

2 teaspoons vanilla extract

1. Preheat oven to 350 degrees F. Grease 13" by 9" metal baking pan.
2. On waxed paper, combine flour, cocoa, baking powder, and salt. In 3-quart saucepan, melt butter over medium-low heat. Remove saucepan from heat; with wire whisk, stir in sugar. Add eggs, 1 at a time, beating well after each addition. Stir in jam and vanilla, whisking until well mixed. With spoon, stir flour mixture into chocolate mixture just until blended. Spread batter in pan.

3. Bake brownie 30 to 35 minutes or until toothpick inserted 2 inches from edge comes out almost clean. Cool in pan on wire rack.
4. When cool, cut brownie lengthwise into 6 strips, then cut each strip crosswise into 6 pieces.

## **Blonde Brownies**

**Liz Jasper**

¼ cup butter  
1 cup brown sugar  
1 egg  
1 tsp vanilla  
½ cup all purpose flour  
1 tsp double acting baking powder  
½ tsp salt  
½ to 1 cup finely chopped nuts or  
¾ cup grated coconut or  
½ to 1 cup chocolate chips

Preheat oven to 350 degrees.

Melt butter in a saucepan. Stir brown sugar into it until dissolved. Cool these ingredients slightly. Blend in egg and vanilla. Sift then measure flour. Resift it with baking powder

and salt. Stir these ingredients into the butter mixture. Add nuts or coconut or chocolate chips. Pour batter into greased 9x9 pan. Bake 20-25 minutes.

## **Caramel Cashew Squares**

### **Martha Matern**

#### **INGREDIENTS:**

3/4 cup all-purpose flour, stirred or sifted before measuring  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
2 eggs, slightly beaten  
1/2 cup granulated sugar  
1/2 cup brown sugar, packed  
1/2 cup chopped salted cashews  
2 tablespoons melted butter  
1/4 cup light brown sugar, packed  
1 1/2 tablespoons half-and-half  
1/3 cup chopped salted cashews

## PREPARATION:

Preheat oven to 350°. Sift flour together with baking powder and salt.

Put eggs in a mixing bowl; add sugar and 1/2 cup brown sugar. Blend in 1/2 cup of cashews and flour mixture. Turn mixture into a 9-inch square baking pan. Bake 20 to 25 minutes, until crust springs back when lightly touched.

### Cashew Topping:

Put melted butter in a small mixing bowl. Stir in 1/4 cup brown sugar, cream, and 1/3 cup chopped cashew nuts. Immediately spread over hot baked cookie crust, covering top completely. Place under broiler for about 1 minute, or until topping bubbles and browns lightly. Cut while still warm then cool completely in pan on rack.

Makes about 36 cashew squares.

**DESSERTS  
AND  
TREATS**

## **Banana Split Dessert**

### **Jaime Littrell**

2 cups graham cracker crumbs  
½ cup melted butter or margarine  
2 cups powdered sugar  
2 eggs  
1 cup butter, softened  
6 (or so), bananas, peeled and sliced  
1 (20 ounce) can pineapple, crushed or tidbits, drained  
1 quart fresh strawberries, sliced  
1 (16 ounce) container Cool Whip, thawed  
1 cup chopped nuts (optional)

Combine cracker crumbs and melted butter or margarine thoroughly and press into bottom of 9x12 inch baking pan. Chill in freezer for at least 15 minutes. In the medium bowl of an electric mixer combine powdered sugar, eggs and softened butter; beat at medium speed for 20 minutes. (This step is important, so don't try to save time). Spread buttercream mixture evenly over chilled crust. Place bananas evenly on top of buttercream and spoon pineapple evenly over top of bananas. Distribute strawberries over pineapple and spread Cool Whip evenly all over. Sprinkle with chopped nuts, if desired (personally, I don't like nuts, but you might), and refrigerate for at least 3 hours or overnight before serving. I took this dessert twice to potlucks at work and everyone really liked it. It has now become my specialty!

## **Blueberry or Cherry Dessert**

### **Kate Littrell**

1 pack graham crackers (20), crushed  
½ cup butter, melted  
½ cup sugar

Mix together and pat in 8x8 inch baking pan

2 eggs  
8 ounce cream cheese  
½ cup sugar  
½ teaspoon vanilla

Mix together until fluffy. Spread on graham cracker crust and bake at 375 degrees for 15 minutes or until golden brown. Cool. Spread blueberry or cherry pie filling on top and refrigerate. Serve with whipped cream or ice cream.

## **Brownie Pudding Cake**

### **Heather Littrell**

1 cup flour  
2 tsp baking powder  
½ tsp salt  
¾ cup sugar  
2 tbsp cocoa  
½ cup milk  
1 tsp vanilla  
2 tbsp shortening or butter, melted  
¾ cup chopped nuts  
¾ cup brown sugar  
¼ cup cocoa  
1 ¾ cups hot water

Sift together the flour, baking powder, salt, sugar, and 2 tablespoons cocoa. Add milk, vanilla, and shortening and mix until smooth. Add nuts. Pour into a greased 8 x 8 inch baking pan. Mix brown sugar and cocoa and sprinkle over batter. Pour hot water over entire batter. Bake in a 350° oven for 40 to 45 minutes.

## **Homemade Vanilla Ice Cream (without an ice cream machine)**

### **Heather Littrell**

2 cups cream  
1 cup whole milk  
¾ cup sugar  
1 tsp vanilla extract (or a little bit of powdered vanilla bean)  
1 pinch salt

Mix all the ingredients together in a bowl with a lid (metal works well). Stir until the sugar is dissolved. Cover and stick in the freezer. Beat with the beaters and scrape the sides every hour and a half. By about the third time it should be ready. This mixture can also be frozen in an ice cream machine if desired.

## **Cherry Berries on a Cloud**

### **Jody Ellis**

6 egg whites  
½ tsp cream of tartar  
¼ tsp salt  
1 ½ cups sugar

filling:

2 packages (3 oz. each) cream cheese, softened  
¾ cup sugar  
1 tsp vanilla extract  
2 cups whipping cream, whipped  
2 cups miniature marshmallows

topping:

1 can (21 oz.) cherry pie filling  
2 cups sliced fresh strawberries  
1 tsp. lemon juice

In a mixing bowl, beat egg whites, cream of tartar and salt until foamy. Gradually add the sugar, beating on high until stiff peaks form. (Do not underbeat). Spread evenly in a greased 13x9x2 baking pan. Bake at 275° for 1 hour, turn off oven (do not open door). Let cool in oven overnight or at least 12 hours. Beat cream cheese, sugar and vanilla until smooth. Gently fold in cream and marshmallows. Spread over meringue. Chill for 4 hours. Cut into 16 pieces. Combine topping ingredients and spoon ¼ cup over each piece.

## **Key Lime Pie**

### **Dominic Matern**

2 Nilla Vanilla Pie Crusts  
1 C. Nellie and Joe's Key Lime Juice  
3 cans sweetened condensed milk  
½ pint whipping cream  
1 t. vanilla  
1 T. sugar

Put sweetened condensed milk in a bowl. Add lime juice slowly and blend until smooth. Pour into crusts and chill at least a couple of hours.

Whip cream with a teaspoon of vanilla and a tablespoon of sugar and spread on top of pies before serving.

## **Hot Fudge Sauce Supreme**

### **Liz Jasper**

¾ cup half-and-half  
1 ¾ cups sugar  
3 Tbsp light corn syrup  
3 oz (3 squares) unsweetened chocolate (as good as you can find)  
3 Tbsp unsalted butter  
1 tsp vanilla  
½ tsp salt

Combine half-and-half, sugar and syrup in a saucepan and cook over moderate heat, stirring constantly, until mixture comes to a boil. Reduce heat and simmer, stirring, until sugar is dissolved. Remove from heat, add chocolate, and stir until melted. Stir in butter, vanilla and salt. Serve warm over almost anything! It is also quite nice served cold.

## **Mini Chocolate Chip Dip**

### **Becky Varley**

1 stick butter, softened  
1 8 oz. pkg. cream cheese, softened  
¼ tsp vanilla  
¾ cup powdered sugar  
2 tsp brown sugar  
½ bag mini chocolate chips

Combine butter, cream cheese and vanilla. Mix well and add sugars and chocolate chips. Serve with chocolate graham crackers.

## **Fudge Truffle Cheesecake**

### **Chris Ellis**

1 chocolate crumb crust (recipe below)  
3 8 oz. pkg. cream cheese, softened  
1 14 oz. can sweetened condensed milk  
2 cups (12 oz.) semi sweet chocolate chips, melted  
4 eggs  
2 tsp. vanilla extract

Preheat oven to 300 degrees. Prepare chocolate crust. In large bowl beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add remaining ingredients, mix well. Pour into prepared pan. Bake 1 hour and 5 minutes. Cool. Chill. Refrigerate leftovers.

Chocolate crumb crust

Combine 1 1/2 cup vanilla wafer crumbs, 1/2 cup powdered sugar, 1/3 cup unsweetened cocoa and 1/3 cup margarine (melted). Press firmly on bottom of nine inch springform pan.

\*\*I serve this with warm caramel ice cream topping.

## **Puttin' on the Ritz**

### **Martha Matern**

3 cups (16 oz.) chopped dates  
2 cans sweetened condensed milk  
1 & 1/3 cups chopped pecans  
Ritz crackers (about 1 1/2 16 oz. Packages)

#### Frosting

12 oz. Cream cheese (room temp)  
3/4 cup Butter (room temp)  
6 cup powdered sugar  
1T Vanilla

Cook dates and sweetened condensed milk in double boiler till thick. Stir in pecans and spread mixture on Ritz crackers. Bake on a cookie sheet at 350 degrees for 8 minutes. Cool.

Beat together remaining ingredients and frost cookies. These freeze wonderfully. Makes about 12 dozen +.

Tips: I cook the dates and sweetened condensed milk in a glass bowl in the microwave stirring frequently until thick. Also, I use a cake-decorating tip to frost the cookies and then press a pecan half gently into the frosting on each cookie.

For smaller batch (3 or 4 dozen):

1 cup dates  
1 cup sweetened condensed milk  
1/2 cup chopped pecans  
4 oz. Cream cheese  
1/4 cup butter  
2 c powdered sugar  
1 t vanilla



# **SALADS**

## **English Pea Salad**

### **Chris Ellis**

1 can tiny English peas  
1 can shoepeg or white corn (small)  
1 can French style green beans

Drain all three well.

Add 1 chopped bell pepper  
1 chopped onion  
1 cup chopped celery  
1 jar chopped pimiento

Dressing:

Mix together:  
1/2 cup oil  
3/4 cup vinegar  
1 cup sugar  
1 tsp salt  
1 tsp pepper  
1 tbsp pepper  
1 tbsp water

Heat these to boiling. Cool and pour over vegetables. Serve cold.

## **Frances Rud's Coleslaw Dressing**

### **Lillian Matern**

2 cups sugar  
2 cups vegetable oil  
1 cup vinegar

1 small onion, chopped  
1 tsp paprika  
1 tsp celery seed  
1 tsp salt  
½ tsp dry mustard

Beat with mixer until well blended. Unused portion can be stored in refrigerator some time.

## **Liz's Layered Jello**

### **Liz Jasper**

Approx. 7 3 oz pkgs Jello, assorted flavors  
1 12 oz can evaporated milk  
Cool Whip

Clear layer:

Dissolve 1 pkg Jello in ½ cup boiling water. Add ½ cup cold water.

Cloudy layer:

Dissolve 1 pkg Jello in ½ cup boiling water. Add ½ cup evaporated milk and ½ cup cold water.

Instructions:

Alternate clear and cloudy layers of Jello, starting with a clear layer. Allow Jello to set up between layers, it takes about 1 hour for each layer. I usually aim for 7 layers depending on the size of the bowl, but any amount is fine. I've heard it's cute in a 9x13" pan and cut into squares.

Last step:

Once all Jello layers have set up, frost with Cool Whip.

## **Mom's Potato Salad**

### **Kate Littrell**

10 red potatoes, washed with bad spots removed  
10 eggs  
1/2 large onion, diced  
salt and pepper to taste

#### Dressing:

2 cups light or regular miracle whip (I really don't like fat-free, the "light" is my concession to lower calories but I'm not sure the amount of calories that you might save is enough to warrant going out and buying the light if you don't already have it on hand)  
1/4 cup milk  
3 heaping teaspoons sugar  
1/8 to 1/4 cup pickle relish, depending on whether the kids like pickle relish in stuff - Lindsay never did but I think her tastes have changed (improved?) since she was little

Hard boil the eggs, chill, peel and dice. Dice the potatoes, while still raw. This saves time and I don't think hurts the taste any. It also saves you from having to handle hot potatoes if you are in a hurry, which I always seem to be while making potato salad. I also like to use red potatoes and leave the peels on but you can use white potatoes and peel, if desired. Boil diced potatoes until cooked through but not mushy. This is the tricky part. It doesn't take very long after they come to a boil to have the potatoes cooked, maybe five to eight minutes? Drain the potatoes, put in a large bowl, add the diced hardboiled eggs, diced onions and salt and pepper to taste. Mix the ingredients for the dressing in a separate bowl and pour over the potatoes, eggs and onions. I have also been known to add mustard to the dressing ingredients, but I don't like to add very much, certainly not enough to turn the dressing yellow. Just a squirt or two. Using a large spoon or spatula, stir dressing in to blend well. Chill until ready to eat.

## **Napa Cabbage Salad**

### **Becky Varley**

1 large head Napa cabbage, shredded  
1 bunch green onions, chopped  
2/3 cup margarine  
1 pkg. sliced almonds  
2 pkg. uncooked Ramen noodles, crushed  
1 cup oil  
½ cup vinegar  
¼ cup sugar  
1 seasoning packet from Ramen noodles

Mix vegetables in large bowl. Sauté the almonds and the crushed Ramen noodles in the 2/3 cup margarine until light brown. Mix dressing ingredients (oil, vinegar, sugar, seasoning packet). Immediately before serving, toss all together.

Option: I often serve the noodle/almond mixture on the side, as they get very mushy if there is any salad left over.

## **Pineapple Pretzel Salad**

### **Jody Ellis**

1 15 oz. can crushed pineapple, drained well  
8 oz. cream cheese, softened  
½ cup sugar  
8 oz. Cool Whip, thawed

1 cup coarsely chopped pretzels  
½ cup sugar  
½ cup melted butter or margarine

Cream sugar and cream cheese together until well blended. Add Cool Whip and drained pineapple. Mix together and refrigerate.

Mix together the pretzels, sugar and butter and spread on a cookie sheet. Bake at 400° for about 7 minutes. Stir once or twice while baking. Cool.

Add pretzel mixture to cream cheese and pineapple mixture right before serving.

## **Oriental Chicken Salad**

### **Martha Matern**

Dressing:

¼ C. sugar

¼ C. vinegar

½ C. oil

1 t. salt

1 t. accent (MSG)

dash of pepper

Combine all dressing ingredients. Make at least a few hours ahead of time and refrigerate.

Salad-suggested portions or make to taste:

1 head lettuce

3 boneless skinless chicken breasts cooked and cut up (I cook the boneless chicken breasts in a frying pan in a little butter with salt and pepper)

¼ Cup green onions sliced

¼ Cup Sunflower seeds

½ Cup Chow Mien Noodles

Optional: broccoli, cauliflower, water chestnuts, etc.

Toss together with dressing and serve.

We served this recipe to Mark's brother Dave and his wife Mun, who not only is from Thailand but owns two wonderful Thai restaurants. Mun raved about how wonderful this was (like everyone else does, of course) and asked for this recipe so she could adapt it for her restaurants. When she served her version to us much later, it seemed to me to have very little in common with this recipe! But it was wonderful. Oh well, this is close to being a famous Thai dish.

## **Sunny Cauliflower Broccoli Toss**

**Jody Ellis**

### Dressing:

½ cup mayonnaise or Miracle Whip  
2 tbsp sugar  
1 tbsp cider vinegar

### Salad:

5 slices bacon, cooked and crumbled  
2 cups fresh cauliflower  
2 cups fresh broccoli, cut up  
¼ cup sliced green onions  
¼ cup sunflower seeds  
¼ cup raisins

In a small bowl, combine all dressing ingredients. Blend with wire whisk until smooth. Set aside.

Cook bacon until crisp. Drain and crumble into pieces.

In large bowl, combine bacon and all remaining salad ingredients, toss gently. Pour dressing over salad, and toss to coat.

Sprinkle with additional sunflower seeds if desired.



**SOUPS  
AND  
SANDWICHES**

## **Bologna Salad Sandwiches**

### **Jaime Littrell**

16 ounces, or so, of bologna, sliced into fourths  
¼ onion, cut into pieces  
½ cup Miracle Whip  
2 tablespoons pickle relish

Throw bologna and onion into food processor. Process until a little chunky. Mix in a bowl with Miracle Whip and pickle relish. Serve on bread.

## **Caribbean Chicken Wrap**

### **Erin Baker**

Grilled Chicken (cut up into bite size pieces)  
Lettuce  
Honey Mustard Dressing  
Mandarin Orange Slices  
Sliced Almonds  
Shredded Cheese  
Tortillas

Place a half a cup of lettuce in the center of a tortilla. Next add some grilled chicken, mandarin oranges, sliced almonds, and shredded cheese on top of the lettuce. Finally, pour some honey mustard dressing over the top. Wrap it up and enjoy!

## **Dumplings For Soup (instead of - or in addition to noodles)**

### **Rose Baker**

4-5 eggs beaten with a fork  
2-3 cups flour  
salt and pepper

Salt and pepper the eggs in a medium-to-small mixing bowl. Add the flour to the eggs. The dough will be thick and sticky. Drop it into boiling soup by teaspoonfuls. They will swell. Cook them for 20 minute to 1/2 hour.

## **German potato soup**

### **Liz Jasper**

2 tsp. Vegetable oil  
1 small onion, finely chopped  
½ tsp. caraway seeds  
1 (10 oz.) can condensed cream of celery soup  
2 cups fat-free or low-fat milk  
1 cup diced boiling potatoes  
1 Tbsp. chopped fresh dill or 1 tsp. dried dill

Heat oil in a saucepan over medium-high heat. Add onions and caraway seeds and sauté until the onions begin to color, 2 to 3 minutes.

Add soup, milk and potatoes and bring to a boil. Reduce heat and simmer, stirring occasionally until potatoes are tender, about 10 minutes. Add dill and stir until heated through. Do not allow the soup to boil. Season with salt and pepper. Serves 3.

## **Homemade Noodles for Soup**

### **Rose Baker**

3 eggs beaten with a fork  
close to 3 cups flour  
rolling pin  
salt and pepper  
plenty of counter space - 2 square feet

You can add salt and pepper to the eggs in a medium mixing bowl.

Add the flour to the eggs a little at a time, until you end up with a big ball of dough. You'll have to use your hands after a while to get all that flour mixed in. Put some flour on the ball and knead or press it in. You have enough flour when the dough is hardly sticky anymore.

Put some flour on the counter and coat the rolling pin to prevent sticking. Roll the dough out into a big flat shape. It doesn't matter what shape except it should be an even thickness of about 1/4 inch. You can keep sprinkling flour on the counter and rolling pin and dough to prevent sticking.

Then, starting with the edge closest to you roll it up so you have a tubular shape.

Slice off coils that are about 1/2 inch wide - or however wide you want your noodles. Keep in mind that they'll swell when you cook them. Then unroll the coils and pull or break them into 2-3 inch segments - and they're ready to cook.

This makes enough noodles for a big batch of soup.

## **Taco Soup**

### **Becky Varley**

1 lb. ground turkey  
1 onion, chopped  
1 can corn, undrained  
1 can pinto beans, undrained  
1 can hot chili beans, undrained  
1 can Mexican-style tomatoes, undrained  
1 pkg. taco seasoning  
1 pkg. Hidden Valley Ranch dressing mix (dry)

Brown the turkey and the onion, drain. Combine with the rest of the ingredients and simmer for 1 hour.

## **Turkey Noodle Soup Out of Left-over Turkey**

### **Rose Baker**

Leftover Turkey  
Bouillon cubes  
Salt  
Pepper  
Sliced carrots  
Chopped celery  
Onion  
Homemade noodles

After you take the meat off the carcass (hopefully a few cups), put the bones in a big pan and fill it with water. If you have gravy left over you can add it also for flavor. Boil it gently for an hour or so. Then pour it through a strainer to get all the junk out of the broth. If there is any meat left on the bones you should put it back in the soup. You can add a few bouillon cubes if it still needs flavor after you add salt and pepper. Bring it back to a boil. Then cut up your left over meat and add it to the broth. Add 2 cups (or so) of sliced carrots, chopped celery and onion. Maybe not 2 cups of onion - but you can use your own judgment on that. Then add the noodles and cook it for another 1/2 hour or so until the veggies and noodles are done.

## **Tuna Burgers**

### **Jody Ellis**

¼ lb. American cheese, shredded  
3 hard boiled eggs. Chopped  
1 can tuna, drained  
3 tbsp green pepper  
2 tbsp chopped onion  
½ cup Miracle Whip  
2 tbsp sweet pickles  
chopped green olives

Mix everything together. Fill buns with mixture, wrap with foil and bake in a 350° oven for 20 minutes.

## **Vegetable Bean soup**

### **Liz Jasper**

1 Tbsp. Olive oil  
1 ½ cups thinly sliced leek (about 2 large)  
1 cup finely chopped carrot  
1 cup thinly sliced celery  
4 cups fat-free, less-sodium chicken broth  
2 cups finely chopped baking potato (about ¾ pound)  
1 cup water  
½ tsp. salt  
½ tsp. dried rosemary  
¼ tsp. black pepper  
2 garlic cloves, minced  
1 (15.8 oz.) can Great northern beans or other white beans, drained  
1 (14.5 oz.) can no-salt-added stewed tomatoes, undrained  
4 cups thinly sliced napa (Chinese) cabbage (about 1 pound)  
2/3 cup chopped fresh flat-leaf parsley

Heat oil in a large Dutch oven over medium heat. Add leek, carrot, and celery; cook 8 minutes or until tender, stirring occasionally. Stir in broth and next 8 ingredients (broth through tomatoes); bring to a boil.

Reduce heat; simmer 20 minutes or until vegetables are tender. Stir in cabbage; cover and cook 1 minute or until cabbage wilts. Stir in parsley.

## **Vegetable Cheese Soup**

### **Becky Varley**

2 cups diced potatoes  
1 cup diced carrots  
1 cup diced celery  
1 cup diced onion  
4 chicken boullion cubes  
4 cups water  
1 10 oz. pkg. frozen broccoli\*  
1 10 oz. pkg. frozen cauliflower\*  
1 10 oz. pkg. frozen mixed vegetables\*  
2 cans cream of chicken soup  
1 soup can water  
1 lb. Velveeta, cubed

Boil potatoes, carrots, celery, onion and boullion cubes in the 4 cups water for 30 minutes. Add the frozen vegetables, the soup and the can of water. Simmer 30 more minutes. Add Velveeta. Cook until cheese melts. Serve.

\*Option: Instead of the individual packages of frozen vegetables use 1 16 oz. bag of mixed vegetables and one 16 oz. bag of frozen California mix vegetables.

## **Veggie Wraps**

### **Erin Baker**

Lettuce  
Tomatoes  
Ranch Dressing  
Shredded Cheese  
Tortillas  
Green Peppers  
Black Olives

Place half a cup of shredded lettuce in the center of a tortilla. On top of the lettuce, add all or any of the above ingredients that you would like. Wrap it up and enjoy!

## **Wild Rice Soup with Bacon**

### **Mark Matern**

2 to 3 strips thick sliced bacon, diced  
2/3 cup wild rice, rinsed  
½ cup onion, chopped  
½ cup carrots, diced  
½ cup celery, finely cut  
4 to 4 ½ cups chicken stock  
1 to 1 ½ cups heavy cream  
1 T. butter, softened  
1 T. flour  
Salt and white pepper  
2 T. minced fresh parsley

Fry bacon in soup kettle or pot, drain and reserve 2 T. of the bacon fat. Sauté rice, onion, carrots and celery in bacon fat for 5 minutes. Return bacon to the kettle. Stir in 4 cups of the stock. Heat, stirring constantly, to boiling; reduce heat.

Simmer covered, stirring occasionally, until rice is tender, about 40 minutes. Stir in 1 cup of the cream. Mix the butter and flour together and whisk into the soup. Cook, stirring constantly, until the soup thickens and bubbles, about 1 minute.

Stir in part or all of the remaining ½ cup of stock and ½ cup of cream if a thinner soup is desired. Season to taste with salt (careful with the salt...it's easy to get too salty) and pepper. Sprinkle with chopped parsley before serving. Makes about 8 cups.

## **Hobo Soup**

### **Jody Ellis**

1 lb. hamburger, cooked and drained  
2 (19 oz.) cans minestrone soup  
1 can ranch style beans  
1 can diced rotel tomatoes and chiles

Mix together all ingredients in a soup pot. Serve with shredded cheddar cheese and fritos.

## **Double Corn Chowder**

### **Liz Jasper**

2 slices bacon, cut into 1" pieces  
1 small onion, chopped  
1 large potato, peeled, cut into ½ " pieces  
½ red bell pepper, chopped  
2 cups low-fat (2%) milk  
1 chicken boillion cube  
1 can (15 oz.) creamed corn  
1 cup fresh or frozen corn kernels  
1 tsp. chopped fresh thyme or ½ tsp. dried thyme  
salt and pepper to taste

In large saucepan over medium heat, cook bacon and onion until lightly browned. Add potato and pepper. Cook 2 minutes.

Add milk and boillion cube. Bring to a simmer (do not boil) over low heat until vegetables are tender and soup thickens slightly, 8 to 10 minutes.

Add creamed corn, corn kernels, and thyme. Heat through, 3 to 4 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Warm over low heat, stirring frequently; thin with more milk if needed).

**VEGETABLES  
AND  
SIDE DISHES**

## **Calico beans**

### **Lillian Matern**

½ pound hamburger  
½ pound bacon  
1 cup onion, diced

½ cup ketchup  
½ cup brown sugar  
½ cup white sugar  
1 tsp salt  
1 tsp dry mustard  
2 tsp vinegar

1 can lima beans  
1 can kidney beans  
1 can pork & beans  
1 can red beans  
1 can butter beans

Brown and drain the hamburger, bacon, and onion. Add the ketchup, sugars, and seasonings. Add the beans. Bake in casserole dish in oven or put in crock pot as long as needed.

## **Donna's Corn Bake**

### **Martha Matern**

1 can cream-style corn  
1 can kernel corn-drained  
1 stick margarine-melted  
1 egg beaten  
1 cup sour cream  
1 package Jiffy corn muffin mix.

Grease WELL a 3 qt. Casserole. Mix all ingredients together and pour into casserole. Bake 350 for 45-60 minutes.

Notes: Eat this sparingly if you can, it is rich.

My friend Donna got this recipe from a family she knows in Bayfield, WI. They served it at all their family gatherings and my kids love it at holidays!

## **Roasted Fingerling Potatoes**

**Liz Jasper**

2 pounds small fingerling potatoes  
6 cloves garlic, crushed  
Extra-virgin olive oil, for drizzling, 1 to 2 tablespoons  
Salt and pepper

Heat oven to 500 degrees F.

Spread potatoes out on a cookie sheet. Scatter garlic over potatoes. Coat lightly with extra-virgin olive oil and season potatoes with salt and pepper. Roast until tender, about 20 minutes.

## **Martha's Mom's Cucumbers**

**Martha Matern**

For a gallon of sliced cucumbers and onions:

½ c sugar

4T salt

sprinkle the sugar and salt on the cucumbers and onions as you are putting them into container.

Pour a mixture of half vinegar and half water to cover the cukes.

Can add a few ice cubes or crushed ice when close to serving time.

Adjust to your tastes.



# **FOREIGN FEASTS**

## **Lentils**

### **Heather Littrell**

¾ cups dried lentils  
1 tsp bouillon  
bay leaves and whole unpeeled garlic cloves  
1 or 2 potatoes  
2 carrots  
oil  
2 small, thin slices French bread or 1 large slice  
½ cup chopped onion  
¾ cup tomato sauce  
1 tsp. paprika  
2 garlic cloves, peeled  
½ tbsp. parsley

Bring the dried lentils to a boil in lightly salted water. Boil two minutes and then remove from heat, cover, and let sit one hour. (or let soak overnight) Drain and rinse lentils and return to the pan and add about 4 cups water. Bring to a boil and then reduce heat, stir in the bay leaves, unpeeled garlic, and bouillon and let simmer, uncovered.

Peel and coarsely chop the potatoes and carrots and add to the simmering lentils, bring back to a boil, and continue simmering uncovered.

In a small frying pan, heat some oil, enough to cover the bottom of the pan. When the oil is hot, fry the one or two slices of bread until they are golden on both sides. Drain on paper towels.

In the same oil you used for the bread, dumping some off if necessary, cook the onions until soft, about ten minutes. Stir in the tomato sauce and paprika and cook for five to ten more minutes. Set aside.

Using the mortar and pestle (or the food processor which is much faster and easier) grind up the fried bread slices, the two peeled garlic cloves and the parsley.

Add the tomato and onion mixture and the fried bread mixture to the lentils and continue cooking over low heat, stirring frequently, until the vegetables and lentils are tender and much of the water is absorbed, about one hour total.

Season if needed and fish out the bay leaves and whole garlic cloves before serving.

## **Rice Soup with Ground Pork Mun**

This is the soup that Mun usually serves to overnight guests for breakfast in our house. It is often also used as a way of using leftover rice that is no longer so good to eat plain. This soup is meant to be very thick, more of a hearty rice porridge than a traditional soup.

As with almost all of Mun's recipes, the types and amounts of the ingredients used is always "to taste". You use whatever ingredients you have, and add them in the amounts necessary to end up with what you want to eat at that moment. To think that you could restrict the cooking process to a strictly defined set of rules borders on insult.

So, here is a list of the most common ingredients and maybe an idea of how much of them you will need. Read through the process of how to prepare the soup, and use your own good sense to decide how much of each of them you need. I would only add that you should start with small amounts, adding more later if necessary. Don't be afraid to add your own ingredients (cabbage? celery?).

Ground Pork (about one pound?)

Cooked Rice (remember, this is a kind of porridge, and rice is the main ingredient)

Cilantro (one bunch)

Garlic (a clove or two)

Celery Leaves (found at the top of celery stalks)

Thin Soy Sauce

Fish Sauce

Seasoning Sauce

Black Pepper

White Pepper

Sugar

### Prepare the Ground Pork:

Take a few sprigs of the cilantro and steam them. Chop a garlic clove. Mix a pinch of sugar, some of the seasoning sauce, some of the thin soy sauce, a fair amount of the black pepper, the steamed cilantro and the chopped garlic to the ground pork. Put this mixture in a blender and mix it up very well. When finished, form the ground pork mixture into bite sized balls.

### Prepare the Broth:

Add some thin soy sauce and some fish sauce to a pan of water and bring to a boil. Keep tasting and add more of whatever you think is needed (either more of the ingredients I've listed, or your own ideas).

### Make the Soup:

When the broth has come to a boil, add the ground pork balls and the cooked rice (remember: it is a porridge!). Continue to boil until the ground pork is cooked and the rice begins to “open up”. Keep tasting to see if it needs something. If it tastes salty, add a pinch of sugar. If it is too bland, add a little fish sauce. Add the celery leaves a minute or two before you plan to serve the soup.

#### Serve the Soup:

Add the soup to serving bowls. Sprinkle some white pepper in, and garnish with more sprigs of fresh cilantro. Set the white pepper and cilantro out on the table for guests to add more if they like more. Serve immediately.

## **Tortilla de patata (Spanish potato omelet)**

### **Heather Littrell**

4 medium potatoes, peeled and cut into small slices, about the size of a quarter (3-4 cups)  
½ cup oil (preferably olive oil) or enough to thoroughly cover the bottom of frying pan  
½ cup chopped onions  
½ tbsp salt  
4 large eggs

Heat the oil in a non-stick pan. It’s very important that the pan is in good shape and is non-stick, otherwise the omelet will not end up in one piece. Add the potatoes and onions and cook over low/ medium low heat until the potatoes are tender and starting to brown a little bit, stirring every 15 minutes- 30-45 minutes total. Add the salt during one of the stirring times. When the potatoes are cooked, drain off the oil and reserve. Add the eggs to the potatoes one at a time and stirring immediately with each egg so the egg doesn’t start to cook in the hot potatoes. (if there’s time, let the potatoes cool some before adding the eggs) Heat some of the reserved oil in the frying pan and add the potato egg mixture. Cook for five minutes or so, until the pan side of the omelet is browned. Bubbles should start forming on the top of the omelet. To turn the omelet: Set a large plate on top of the frying pan. Fold a dish towel in half diagonally and set it over the plate. Grab the plate and the pan all together, holding on to the hot pan using the sides of the dish towel that are hanging over the plate. Very carefully, flip it over so the plate now is on the bottom and the pan is on top. Pull off the pan- the omelet should be sitting on the plate. Add more of the reserved oil to the pan if necessary. Slide the omelet back into the pan and finish cooking until both sides are browned. To get the omelet out of the pan you can use the method described above, or you can just carefully dump the omelet onto the plate.

## **Spicy Sauce**

### **Dave Matern**

Fish Sauce  
Lime Juice  
Sugar  
Garlic  
Salt  
Pepper  
Chile Peppers  
Cilantro

The philosophy of making the sauce is to get balance of spicy, salty, sour and sweet flavors.

Start with equal parts fish sauce and lime juice. These liquids will provide the base of the sauce, so use as much of each as you need to arrive at the quantity of sauce you think you will need. Fresh squeezed lime juice is better, but not essential. The fish sauce provides the salty flavor, and the lime juice provides the sour flavor. Add a little bit of each at a time, and taste frequently until you get a balance of these flavors.

Add some sugar. Sugar is important, because it balances the fish sauce. Again, add a little bit of sugar at a time, and taste the results until you get a balance, and no single flavor dominates.

Add a little salt and pepper. Actually you can probably do without salt and pepper, but it wouldn't hurt to add a little bit.

Chop up some chile peppers and throw them in. This is another point at which you add a little bit at a time, tasting frequently until you get it where you want it. I like it burning hot, and so add a lot of the spiciest chiles I can find. Other folks may prefer it not quite so spicy. I have found that the small, Thai chiles work the best, but you can use whatever chiles you have available.

Mince some fresh garlic, and throw that in. Instructions that tell you to add a little at a time, tasting frequently, would seem redundant by now, but it's too late, since I've already given them.

Mun and I differ about how the cilantro should be used. I chop up the cilantro, and throw that directly into the sauce. Mun serves fresh, whole sprigs alongside the sauce.

Mix the ingredients, and taste it one last time. If you are unhappy with the taste because one particular flavor is dominating, then add whatever you think it needs to balance out that flavor. You are now done. If you are using the sauce in a meal and it begins to run low, you can add some more ingredients on the fly.

You can use this anywhere a hot sauce is appropriate. Mun taught me to drizzle this sauce directly on steaks and shrimp and other grilled meats. You can add some of this sauce to a lettuce salad, and add tomatoes and cucumber, and top with grilled steak. You can dice tomatoes and onions and cilantro and add to this sauce to make salsa. Mmmmm!

## **Homemade Taco Shells**

### **Kate Littrell**

2 cups cornstarch  
1 cup milk  
1 tsp salt  
½ cup margarine, melted  
¼ cup cornmeal  
4 beaten eggs

Mix together the cornstarch, milk and salt. Mix together the margarine, cornmeal and eggs and add to the cornstarch mixture. Stir until combined. Spray a nonstick frying pan and turn to medium to medium-high heat. When the pan is hot, pour ¼ cup batter into the hot frying pan, cook until slightly brown on one side, flip, and cook until done on both sides.

## **White Beans**

### **Heather Littrell**

3 15.8 oz. cans white beans, undrained (eg. Great northern)  
3-5 whole unpeeled cloves garlic  
bay leaves  
Bouillon cube  
1-2 potatoes peeled and chopped  
2 carrots peeled and sliced  
½ cup chopped onion  
1 Tbsp. olive oil for flavor (optional)

Dump the beans and their liquid into a large saucepan. Add the rest of the ingredients and additional water to cover a couple of inches. Bring to a boil, reduce heat and simmer, stirring frequently, until the vegetables are tender and much of the water has been absorbed, about an hour.