

# What's COOKing?



*LVHPC*  
*SHARED RECIPES*  
*2016*

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# Appetizers

## ABC DIP

- 1/2 c. slivered almonds, toasted
- 1 1/4 c. mayonnaise
- 2 tbsp. cream cheese, softened
- 4 slices bacon, cooked and crumbled
- 1 1/2 c. shredded sharp Cheddar
- 2 scallions, thinly sliced
- Kosher salt
- Freshly ground black pepper

1. In a serving bowl, combine almonds, mayonnaise, cream cheese, bacon, cheddar, and scallion. Season to taste with salt and pepper.

Stacy Howard

## Bev's Cheese Dots

1 stick butter, room temperature  
1 c grated cheese, room temperature  
1 c sifted flour  
pinch of red pepper (I like more)

1 c Rice Krispies cereal  
salt

Cream the first set of ingredients well and then add in Rice Krispies and mix.

Roll into small balls and place on greased cookie sheet.

Press lightly with finger.

Sprinkle lightly with salt.

Bake 15-25 minutes at 375° until crispy.

Genie Cormode

## **Corn Salsa**

Mix all ingredients:

- 2 cans Mexican corn (drained)
- 1 can Rotel tomatoes
- 2 cups grated cheddar cheese
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/4 tsp garlic powder
- 1/2 tsp tabasco sauce (or more, as desired)
- red pepper flakes (optional)
- 1 can black beans, drained (optional)

Serve with tortilla chips

Amanda Hansen

## **Janet's Salsa**

1 – 1 1/2 lrg yellow onion (depending on how much onion you like)

1 bunch cilantro

2 limes

6 Roma tomatoes

4 cans (14.5 oz) diced tomatoes with green chilies Garlic salt

– 1 tsp approx.

Lawry seasoned salt – 1 tsp approx.

Chop onion, cilantro and tomatoes and place in glass or ceramic bowl. (This salsa will leave a lingering smell in a plastic bowl.) Put canned tomatoes in blender or food processor and lightly puree, pour pureed tomatoes into bowl. Squeeze limes into mixture, add garlic salt and Lawry's to taste.

This makes a large batch of salsa.

Nancy Fisher

## **Frank's RedHot Buffalo Chicken Dip from Frank's Red Hot**

5 ingredients, 560 calories, 20 minutes

2 cups cooked chicken (shredded)  
8 oz Philadelphia Cream Cheese (softened)  
1/2 cup Frank's RedHot Original AOT! Cayenne Pepper Sauce (or Frank's Red Hot) (registered trade mark) Buffalo Wings Sauce) 1/2  
cups Bob's Big Boy Blue Cheese dressing  
1/2 cups shredded medium cheddar cheese

Read full directions on Frank's Red Hot website

Nancy Fisher

## **Easter Punch**

1 can frozen lemonade  
1 large can or 1 can of frozen pineapple juice  
2 liter bottle of Sprite  
Water as needed  
1 or 2 pints orange sherbet

Joanne Salyards

## **Lemon Drop Cocktail ~**

For one drink:

1 teaspoon heaping superfine sugar  
1 oz. fresh lemon juice Stir well together.  
Fill glass with ice.  
3 oz. Citrus Vodka 1/2 oz.  
Citrus Triple-Sec Stir well.

Dampen the rim of a cocktail glass with water, or lemon juice. Dip glass in sugar.

ENJOY ~ Nancy Burton ~

## **SNACK MIX ~**

8 cups crushed potato chips (you can also substitute with 8 cups popcorn) 6 cups  
Chex cereal (if you don't have enough Chex add your own cereal such as  
Cheerios, or mix it up  
4 cups small pretzels  
4 cups salted peanuts  
1 1/2 cups packed light brown sugar  
12 Tablespoons butter  
1/4 cup plus 2 T. light corn syrup  
2 teaspoons vanilla  
3/4 t. baking soda

Preheat oven to 300 degrees. Line 2 baking sheets with foil.

In large bowl, combine chips, pretzels, cereal, and peanuts. In medium saucepan,  
combine the sugars, butter & corn syrup.

Cook medium heat, stirring, until the mixture comes to a boil. Reduce the heat to  
medium low and simmer. No stirring for 5 minutes. Remove the saucepan from the heat  
and carefully stir in vanilla and baking soda. Pour over chip mixture and stir until coated.  
Divide the mixture between the prepared baking sheets and bake, stirring every 10  
minutes, for 30 minutes. Transfer the pans to wire racks and let cool completely -  
continuing to stir occasionally as the snack mix cools.

ENJOY ~~~Nancy Burton

# Breads

## **Moist Banana Bread or Muffins**

2 cubes butter  
2 cups sugar (I use 1 c. sugar and 1/2 c. Splenda)  
7 ripe bananas, mashed  
4 eggs, beaten  
2 1/2 c. sifted flour  
1/2 tsp. salt  
2 tsp. baking soda  
1/2 c. chopped walnuts  
1/2 c. dried cranberries  
1/2 c. chocolate chips

Cream butter and sugar, add bananas and eggs.  
Sift flour, salt and baking soda and blend into banana mixture. Do not mix too much.

2 loaves of bread, bake at 350 for up to 50 minutes.

Muffins, line pans with paper liners. Fill 3/4 full, bake 350 for 20 to 25 minutes.

Helen Otten

## **Oatmeal Pancakes (Betty Crocker cookbook (1950's))**

Mix:

1 1/2 cups rolled oats  
2 cups buttermilk  
2 eggs, beaten

Beat in:

1/2 cup sifted Flour  
1 tsp sugar  
1 tsp. soda  
1/2 tsp. salt

Heat a lightly oiled griddle or frying pan over medium high heat. Pout or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Jane Riggs – “We have these almost once a week!”

### **Christine's Waffles**

1 c. oil  
1 1/2 c. milk  
2 eggs

2 c. sifted flour (I've used wheat flour before and like it, but don't skip the sifting)  
1 T baking powder  
1 t sugar  
1/2 t salt

1. Sift together the dry ingredients.
2. Blend together the wet ingredients.
3. Add the dry ingredients to the wet and blend well.
4. Cook in a waffle iron.

Genie Cormode

### **Cold Oven Popovers**

2 eggs (do not beat)  
1 cup milk  
1 cup flour  
1/2 tsp. salt

Mix altogether and disregard any lumps. Pour into well greased muffin tin filling 3/4 full.  
Put into COLD OVEN.

Turn on oven to 450 and bake for 30 minutes.  
*Very important NOT to open oven while cooking.*  
Kate Reese

### **Monica's Buttermilk Cornbread**

1/2 cup (1 stick) butter melted  
2/3 cup white sugar  
2 eggs  
1 cup buttermilk  
1/2 tsp baking soda  
1 cup cornmeal  
1 cup flour  
1/2 tsp salt  
1 cup frozen corn

Preheat oven to 375. Grease an 8x8 pan

Stir together melted butter & sugar, add eggs and beat until well blended. Add buttermilk & baking soda and stir until well mixed.

Stir in cornmeal, flour & salt, mix until well blended. Add corn, stir until just blended.

Pour into prepared pan. Bake for 30 - 40 minutes.

Monica CadwalladerOlsker



## **CROUTONS ~**

1 loaf of day old French bread, cut into cubes - size doesn't matter  
Olive oil, or vegetable oil a cookie sheet very well Place cubes into oil.  
Sprinkle with 4 T. Onion Powder  
4 T. Garlic Powder  
4 T. Parmesan Cheese  
Sprinkle with salt & pepper

Bake at 400 degrees until golden brown - approximately 20 minutes. Stirring once.

Nancy Burton

## **Irish Soda Bread**

2 cups all-purpose flour  
1 Tablespoon sugar  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 cup butter  
1 egg beaten  
2/3 cup buttermilk  
1/2 cup currants  
1 tsp caraway seeds (optional)

Mix dry ingredients then cut in butter. Beat egg into buttermilk and add to dry ingredients. Stir in currants. Turn out on to a floured surface. Knead two or three times and shape into a ball. Put in a greased 8" pan and cut a deep cross into the top. Brush top with milk.

Bake at 375 for 40-45 minutes.

Kate Reese

### **Scones – Friendship Teas LVHPC**

Mix:

2 c. flour  
1 T. baking powder  
2 T. sugar  
Zest of one lemon

Dice one cold stick of butter.

Cut butter into flour mixture until small crumb mixture forms.

Add:

2 beaten eggs  
1/3 c. milk

Mix until soft sticky dough forms.

Drop by spoonfuls onto a baking sheet. Brush with 1 beaten egg white and sprinkle with sugar. Bake 400 15 minutes.

Karen Nehrenz

### **Lemon Curd**

Use double boiler method:

3 eggs beaten  
3/4 c. sugar  
1/2 c. fresh lemon juice  
Zest of one lemon

Whisk over simmering water until thick pudding-like texture (about 10 minutes.) Cool and refrigerate.

Karen Nehrenz

### **Tea Bread**

1 cup raisins – soak overnight in  
1 cup of cold tea  
1 cup brown sugar  
Pinch salt  
2 cups all-purpose flour  
2 tsp baking powder  
1/2 tsp. baking soda  
1 beaten egg

Mix all ingredients together. Pour into a 8x4 well-greased loaf pan.

Bake 325 for one hour.

This recipe has NO FAT.

Kate Reese

# Desserts

## **Applesauce Cake**

This recipe was given to me by a Mennonite woman from Mercersburg, PA

1/2 cup soft butter  
2 cups sugar  
1 large egg  
1 1/2 cups applesauce  
2 1/2 cup all-purpose flour  
1/2 cup water  
1 1/2 tsp baking soda  
1/4 tsp salt  
3/4 tsp cinnamon  
1/2 tsp ground cloves  
1/2 tsp allspice  
1 cup chopped nuts

Cream butter and sugar then add egg.

Sift dry ingredients and add alternately with applesauce and water.

Pour into a 9x13 pan.

Bake 350 for 45-50 minutes

Dust with confectioner's sugar.

Kate Reese

## **Potato Candy**

1 small potato (cooked)  
1 tsp. butter  
1 tsp. milk  
1 lb. confectioners sugar

Blend potato, butter and milk. Add sugar. Roll out when thick and spread with peanut butter. Roll up and slice into 1/2 inch pieces.

(This is an old-fashioned Amish candy)

Kate Reese

## **Buckeye Candy**

3 lbs. confectioner's sugar  
2 lbs. peanut butter  
1 lb. butter  
1 12 oz. pkg chocolate chips  
Paraffin

Mix sugar, butter and peanut butter and form into balls. Chill. In double boiler melt chocolate chips, then add 1/2 slab paraffin. Use a toothpick to hold ball and lower into chocolate leaving an area uncovered at the top (this forms the eye for the buckeye.)

Place on cookie sheet to cool and get firm, make approximately 200 pieces.

Darlene McPherson

## **Rockyroad Candy Logs**

16 oz. pkg. chocolate chips  
2 Tbs. margarine  
1 egg – beaten  
3 c. miniature marshmallows  
1 c. chopped walnuts  
Powdered sugar

Melt chips and margarine over low heat or in microwave.

Add beaten egg and mix thoroughly – let cool slightly.

Combine marshmallows and nuts in a large bowl.

Add chocolate mixture to marshmallows and mix until all are coated. Divide into 2 portions.

Form each portion into a log about 8" long on waxed paper covered with powdered sugar. (This is a somewhat messy task.)

Refrigerate for a few hours or freeze until ready to use. Slice as needed.

Ellie Miller

## **Chocolate Cinnamon Bars**

2 c. sifted flour  
1 t. baking powder  
1/1/3 c. sugar  
4 t. cinnamon  
1/2 c. shortening or butter  
1/2 c. soft butter  
1 egg and 1 egg separated  
1 6 oz. pkg. chocolate chips  
1/2 c. chopped walnuts

Sift together, flour, baking powder, 1 c. sugar and 3 t. cinnamon. Add the butter, shortening (or more butter), egg and egg yolk. Blend well. Turn onto lightly greased 15x20x3/4 pan and spread evenly. Beat egg white slightly and brush over mixture in pan. Combine remaining 1/3 c. sugar, cinnamon, chocolate chips and walnuts. Spread over top. Bake 350 for 25 minutes. Cool and cut into bars.

Darlene McPherson

## **Chocolate Toffee Bars**

4 oz. saltine crackers (1 sleeve)  
1 cup butter  
1 cup sugar  
2 cups semisweet chocolate chips

1. Preheat oven to 375 degrees F.
2. Line cookie sheet with aluminum foil or silicone baking sheet and then spread the saltine crackers in single layer.
3. In a saucepan combine the sugar and the butter. Bring to a boil (stirring frequently) and boil for 3 minutes. Immediately pour over saltines and spread to cover crackers completely.
4. Bake at 375 degrees F. for 7 to 8 minutes. Remove from oven and sprinkle chocolate chips over the top. Bake 3 more minutes. Cool completely in refrigerator and break into pieces.

Joanne Salyards

## **Gram's Lemon Pound Cake**

(350 3/4 hr. then 325 1/4 hr.)

Cream:

1 c. butter 1/2 c.

Crisco Add:

3 c. sugar

5 eggs – 1 at a time – beat well.

Add alternately:

3 c. flour

1/2 t. baking powder

1/4 t. salt With:

1 c. milk

1/2 oz. (1/2 small bottle) of lemon extract

Grease tube pan well around bottom tube Cool 15 minutes.

Glaze Heat:

2 c. confectioner sugar

3 T. lemon juice

Pinch salt

1 lemon rind, grated

Pour on cooled cake.

Peg Kaltenberger source: Helen Steinmann, N.C.

# Main Dish

## Chicken Fiesta

1 c. chopped cooked chicken  
1 pt. sour cream  
1 chopped onion  
1/2 c. chicken broth  
1 can chopped Ortega chilies  
1 c. cream of chicken soup  
1 dz corn tortillas  
Grated Jack cheese

Cut tortillas into bite size pieces. Fry in hot oil. Mix first 6 ingredients together.

Layer in 9 x 13" pan starting with chips then chicken mix then cheese – repeat layers

Bake 45 minutes at 350 or until golden brown.

I find it is best to let set a few minutes before serving.

I often “tweek” this recipe according to how many I am serving etc. I always use more chicken. I find the low fat products work fine. Instead of frying totillas ready prepared chips can be used, just be sure they are unsalted. I would suggest buying from a restaurant.

Enjoy, Ellie  
Miller

## Cedric's Casserole

Melt 3 Tbls. butter in fry pan.

Saute 1 medium onion (chopped up.)

Add 1 lb. lean ground beef seasoned with 1/2 tsp salt and 1/4 tsp. pepper Cook until pink is gone, but not browned.

Layer in 9" x 13" or 2 qt. casserole:

4 Cups cut-up cabbage

Onion/beef mixture

4 more Cups cabbage

Top with 1 can Campbell's tomato soup. Bake covered for 1 hour.

This is my favorite casserole in the 56 years since I was married.

Barbara Shock

## **Phil's Low Fat Seafood Fettuccine**

1 tsp. oregano  
1 tsp. parsley  
1 tsp. Italian seasoning  
1 clove of garlic, minced  
1 green pepper, chopped  
1 red pepper (medium), chopped  
1 medium onion, chopped  
1/2 lb. fresh mushrooms, diced  
1 T. olive oil  
1/2 c. red wine  
1 pint low fat or non-fat milk  
10 to 16 oz. of light Velveeta cheese  
1 c. fat free Parmesan cheese  
1 c. sugar  
1 lb. of crab flakes  
1/2 lb. imitation scallops (scallop tasties – fat free)  
1/2 lb. imitation lobster (lobster tasties – fat free)  
2 lbs. fresh fettuccine

Saute mushrooms in red wine and olive oil. Add onion, pepper, garlic and seasoning; saute. Meanwhile, melt the cheese and sugar, add milk. Stir to a smooth consistency. Add to the sauteed vegetables/seasonings and seafood. Cook on low for 30 minutes. In the meantime, cook pasta for 10 to 12 minutes. When pasta is cooked, add directly to sauce/vegetable mixture. Serves 6 to 8.

Recipe Note: Goes well with Chardonay or a Pinot Giorgio.  
Phil Forno

## **Wild Rice**

1 pkg/box wild rice mix  
3/4 c. white rice  
1 pkg. brown and serve sausage  
1 can cheddar cheese soup  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 8 oz. can mushrooms  
2 T. soy sauce

Cook rice and brown sausage. combine rice, sausage, soups, mushrooms and soy sauce. Put in 13" x 9" pan.

Bake 325 for 45 minutes.

Lisa Guajardo



### **Crepes Ensenada**

12 tortillas  
12 thin slices ham  
1 lb. Jack cheese cut into ½ inch sticks  
1 small can chopped green chilis  
Cheese Sauce

Place 1 slice ham and 1 stick cheese on each tortilla. Place chilis along cheese. Roll tortilla and secure with wooden toothpick. Place rolled tortillas in a greased 13" x 9", or larger, baking pan. Pour the cheese sauce over the crepes to cover all. Bake at 350 degrees for 45 minutes.

#### **Cheese Sauce**

1/4 lb. butter  
1/2 cup flour  
1qt. milk  
3/4 lb. grated cheddar cheese  
1 tsp. prepared mustard  
1/2 tsp. salt  
dash of pepper

Melt butter and blend in flour. Add milk, grated cheese, mustard, salt and pepper. Cook and stir until smooth.

Marge Lentz

### **English Muffin Breakfast Strata**

6 English muffins, toasted  
1/2 pound Canadian bacon  
8 oz. sliced cheddar cheese  
1/3 c. grated Parmesan  
8 eggs  
3 cups milk  
1 1/2 tsp mustard  
Salt and pepper

Shingle toasted muffins in a 9" x 13" pan  
Place a slice of bacon and then a slice cheese on top of each.  
Mix together eggs and milk then add mustard and salt and pepper to taste.  
Pour over muffins. Sprinkle Parmesan over the top.  
(At this point you can put it in the fridge overnight or let it sit in the fridge for a few hours.)  
Bake at 350 for 90 minutes.

Kate Reese

## **Tamale Pie**

1 lb. hamburger  
1 can tomatoes  
1 can corn  
1 med. onion, chopped  
1 tsp. salt  
1/4 c. butter  
1 c. olives (black)  
1 c. salad oil

Cook above ingredients 15 minutes.

Add:

2 c. milk, 3 eggs and 1 1/2 c. corn meal, chili powder to taste. Bake 350 for 45 minutes.

Ruth Kurtz

## **Baked Spaghetti**

1 lb. hamburger or ground. turkey  
1 minced onion, more if you want  
1 t. salt  
1/2 t. pepper  
2 t. Worcestershire sauce  
2 cans cream of celery soup  
1/2 lb. cheese – shredded  
1 lb. spaghetti  
Bread crumbs  
1 T. dry mustard  
1/4 c. pickle juice

Combine hamburger or turkey, onions, salt and pepper. Cook.  
Add celery soup and Worcestershire sauce. Grate cheese and cook spaghetti. Place layers of spaghetti and sauce in 9" x 13" casserole.

Top with cheese, bread crumbs, sprinkle with mustard and pickle juice.

Bake 350 for 20 to 25 minutes.  
Good with green beans, bread and salad.

Helen Otten

## Pad Thai Noodles

### Meat:

- 1/2 lb. chicken, thinly sliced
- 1/2 pound thawed cooked small shrimp, (65-100 per pound).

### Sauce:

- 1/4 cup fish sauce
- 1 tablespoon water
- 2 tablespoons soy sauce
- 1/4 cup white vinegar • 2 tablespoons paprika Stir-Fry:
- 12 ounces flat rice noodles
- 2 tablespoons oil
- 5 cloves garlic, finely minced or garlic pressed
- 1 bunch scallions, sliced
- 3 eggs, lightly beaten
- 3 cups bean sprouts
- 1/2 cup roasted unsalted peanuts, chopped
- 2 tablespoons of sugar or more )to taste)

1. In a medium bowl, place the thawed shrimp
1. In a 4 cup measuring cup or bowl, combine the fish sauce, water, soy sauce, vinegar, whisk and add the shrimp. Allow to soak for at least 20 minutes.
2. Soak the noodles according to package directions. Rinse & drain thoroughly.
3. Heat a large wok over medium high heat. Add in 1 tablespoon of oil, along with the garlic let cook for 30 seconds, then add the chicken and allow for the chicken to cook through, about 3-4 minutes per side. Remove the chicken to a plate.
4. Heat ¼ cup of oil in the wok and fry the noodles in small batches until they are tight mounds or clumps. Set aside and allow to drain off the oil.
5. Scramble the eggs in the pan until they cook, about 1 minute, then add the chicken, shrimp & marinade. Add the clumps of noodles and cook until they relax. Toss the pad thai using wooden spoons so that everything mixes together, let sauce thicken 1-2 minutes. Add bean sprouts and ¾ of the scallions and mix thoroughly.

Serve immediately topped with 1/4 of the scallions, chopped peanuts. Serve.

Bill Jeffers

### **Chicken Enchilada Ring**

2 c. cooked chicken  
1/4 c. chopped olives  
1 c. monterey jack blend/cheddar cheese  
4 oz. can chopped green chiles  
1/2 c. mayo  
1-2 tbsp. taco packet  
1 chopped roma tomato  
1/2 lime juice (1 tsp.)  
2/3 c. crushed corn tortilla chips  
2 8oz. packets crescent rolls

To arrange ring with crescent rolls lay with points to outside. Overlap corners of wide side of roll and form circle 5 to 6 inches in center.

Spread chicken mixture on to wide part of dough and fold over points. Points can be trimmed to fill in open spots.

Bake at 375 for 20-25 minutes.

Serve with salsa and sour cream.  
Nancy Fisher

### **Chalupa**

3 lb. boneless pork roast  
1 lb. pinto beans  
2 cloves garlic, chopped  
2 tbsp. chili powder  
1 tbsp. cumin seed  
1 tsp oregano  
1 can diced green chili  
1 tbsp. salt  
Water to cover roast

Combine pork, dry beans, garlic, chili powder, cumin, oregano, diced green chili and salt in a large pot. Add water to cover port roast. Bring to a boil cover and simmer for 6 hours. Break up meat and cook uncovered until thick about 45 minutes.

To serve: place a layer of corn chips on a plate and top with meat mixture.

Garnish with:

Cheddar cheese, green onion, tomato, avocado, black olives, lettuce, sour cream and salsa.

Gloria McLean

## **El Dorado Beef-Cheese Casserole**

1 lb. lean ground beef  
1/2 t. garlic salt  
1 c. chopped ripe olives  
1 c. (1/2 pt.) sour cream  
1 c. (1/2 pt.) small curd cottage cheese  
3 to 4 green chilies (canned) seeded and chopped  
1 pkg. (6 1/2 oz. tortilla chips  
2 c. (1/2 lb.) grated jack cheese  
1 tbsp instant minced onion  
2 8oz. cans tomato sauce

Fry beef until pink disappears and crumbly. Drain off fat. Add onion, garlic salt, tomato sauce and olives to beef.

Combine sour cream and cottage cheese with chiles. Crush tortilla chips slightly, reserving a few whole ones for garnish.

Place half the chips in bottom of well-buttered 2 1/2 qt. casserole. Add half the meat mixture, cover with half the sour cream mixture, sprinkle with half the grated cheese. Repeat layers.

Bake uncovered in moderate oven 350 30 to 35 minutes or until bubbly hot.

Garnish with reserved chips.

Variations: In place of beef use 3 cups minced chicken, turkey or roast beef.

Darlene McPherson

## **Stuffed Zucchini Boats**

(6 to 8 Servings)

Med. to large zucchini  
1 lb. ground beef  
1 small onion, chopped  
1 garlic clove, minced  
1 t. oregano leaves  
1/2 t. salt  
1/4 t. pepper  
1/4 c. grated Parmesan cheese  
1 can tomato soup  
1 cup (4 oz. grated mozzarella cheese)

Heat oven to 375. Cut off stem end of zucchini. Cut zucchini in half lengthwise; scoop out seed and pulp (reserve pulp), leaving 1/4 shell. In medium skillet, brown ground beef, onion, garlic and oregano. Drain fat, add chopped zucchini pulp, Parmesan cheese, 1/4 of soup, salt and pepper. Arrange zucchini shells in 13"x 9" pan. Spoon meat mixture into shells and pour remaining soup over top, sprinkle with additional Parmesan cheese.

Bake covered with foil at 375 for 40 min. until tender. Sprinkle grated mozzarella over zucchini. Return to oven 5 minutes.

Helen Otten

## **Marion's Hot Ham 'N Cheese Rolls**

Kaiser rolls  
1/2 cup butter – softened  
1/4 cup mustard (your choice)  
Sliced Ham  
Sliced Cheese (your choice)

Combine butter and mustard. Spread on rolls then top with ham and cheese.

Wrap in foil.

Bake at 350 for 15 minutes

Kate Reese

# Meatless Main/Side Dish

## **Macaroni and Cheese**

(This is how my grandmother did it, which means that I don't have any exact measurements. )

1 package of elbow macaroni (I've used large and small-sized elbows.)  
1 lb. Cheddar cheese 1-2  
cans evaporated milk salt  
and pepper

Cook the macaroni according to the directions on the package. Drain. Grate the cheese.

In a deep casserole dish, place a 1/2 inch layer of the macaroni. Sprinkle with cheese. Add salt and pepper. Place another layer of macaroni, sprinkle with cheese. Add salt and pepper. Repeat. Try to do three layers. More is fine, so is fewer. Pour in the evaporated milk until you can barely see the milk when looking down on the casserole-- maybe 1 inch from the top. (It depends on how much macaroni you used. Too much milk will make it boil over, too little and it will be too dry.)

Place a piece of foil under your dish to catch any drips. Bake uncovered at 350 degrees for 45 minutes to 1 hour. When done, it should be bubbly and the top should be slightly browned.

In the future, adjust everything to your own taste.

Genie Cormode

## **Angel Hair with Feta and Sun-dried Tomatoes**

1 (16 oz.) pkg angel hair pasta  
1/4 cup olive oil  
4 cloves garlic, crushed  
3 oz. sun-dried tomatoes, softened and chopped (I use Trader Joe's Julienne-cut 3 oz. bag – no soaking required.)  
1 8oz pkg tomato basil feta cheese, crumbled (or substitute plain feta)  
1 cup grated Parmesan cheese  
1 bunch fresh cilantro, chopped  
Salt and pepper to taste

Cook pasta, drain, return to the pot.

Mix in olive oil, garlic, tomatoes, feta and Parmesan cheese. Stir in cilantro and season with salt pepper. Serve warm. Adjust ingredients according to preferences.

Toddi Harlan

source: Allrecipes.com (Nicole Fausthunt)

## **Helen's Mexican Rice**

4 1/2 cups cooked white rice (I use Uncle Ben's Instant Rice)  
2 cups sour cream  
4 oz. can chopped Ortega chilies  
4 oz. jar pimentos  
3/4 lb. sharp cheddar cheese

Shred 1/4 lb. cheese for top.

Mix together sour cream, chilies, and pimento.

Layer:

Start with Rice on the bottom.

Sour cream mix

Slices of cheese Repeat

layers:

Rice, Sour cream mixture and cheese slices Top with more rice and then the shredded cheese.

Helen Otten



## **Spinach, Rice and Feta Pie (Cooking Light Year: 1996 issue)**

2 tsp. margarine  
3/4 cup chopped onion  
2 tsp all-purpose flour  
1/2 tsp. salt  
1/4 tsp. pepper  
1 1/2 cups 1% low-fat milk 2 cups cooked long-grain rice 3/4 c.  
crumbled feta cheese, 3 oz. 1 large egg lightly beaten  
2 large egg whites  
10 oz. frozen chopped spinach thawed, drained, and squeezed very dry (I always  
refrigerate the frozen spinach in a bowl with a colander the day before to start the thawing process.) Olive  
oil-flavored cooking spray  
2 tbsps. grated Parmesan cheese (or more)

Preheat oven to 400. Melt mar. in large saucepan over medium heat. Add chopped  
onion, and saute 3 minutes. Stir in flour, salt and pepper. Gradually add milk, stirring with  
a whisk until well blended. Bring mixture to a simmer and cook 1 minute or until slightly  
thick, stirring constantly

Remove sauce pan from heat, and stir in the cooked, rice feta cheese, egg, egg whites  
and spinach. Pour mixture into a 9 inch pie plate coated with cooking spray.  
Sprinkle Parmesan cheese over pie. Bake pie at 400 degrees for 35 min. or until set.  
Broil 2 minutes or until pie is golden brown.

Toddi Harlan

# Salads

## Broccoli Salad

4 cups fresh broccoli – buds and stems – in bite size pieces  
2/3 cup raisins  
5 green onions, sliced  
10 slices bacon, fried and crumbled

Dressing:

3/4 to 1 cup mayonnaise  
2 T. tarragon or apple cider vinegar  
1/4 c. sugar (or to taste) – probably will want to increase sugar to 1/3 c. with larger amt. of mayonnaise

Place broccoli, raisins, onions and bacon to large bowl. Combine dressing ingredients, stirring well. Add dressing to broccoli mixture. Mix gently. Cover and refrigerate 2-3 hours before serving. Serves 6

Toddi Harlan source:  
Barb Gillogly

## Overnight Layered Salad

Layer in large bowl:

1 medium head lettuce, torn  
1 medium green bell pepper, chopped  
1 medium red bell pepper, chopped  
1 medium onion (chopped)  
1 1/4 cups green peas (frozen)

Spread with 1 cup mayonnaise (I use Miracle Whip) with 1 Tbls sugar

Sprinkle with

1 cup cheddar cheese (shredded)  
8 strips of bacon (cooked crisp and crumbled)  
3/4 cup Craisins (dried cranberries)

Refrigerate overnight. Toss and serve.  
(This is a favorite new recipe this year.)

Barbara Shock

## **Sweet Kale Salad**

1- 28 oz. Pkg. Sweet Kale / Frise Doux Mix (Costco)  
1- 8 oz. Can Garbanzo Beans, drained  
1/2 cup Cashews  
2 Chicken breasts, cooked and shredded  
1 cup Cranberries  
1 cup chopped apple  
Feta Cheese  
Sesame Salad Dressing (Costco)

Chop salad mix; add the remaining ingredients, including the salad dressing and cranberry mix that are included in the salad mix. Add enough Sesame Salad Dressing to taste. Garnish with Feta Cheese.

Marcia Edmondson

## **Hot Chicken Salad**

1 chicken cooked and cut up  
2 cans cream of chicken soup  
2 cups cooked rice  
1 4oz jar pimentos, chopped  
2 cups diced celery  
4 green onions, sliced  
1 cup mayonnaise  
1/2 cup sliced almonds  
2 T. lemon juice  
1 can sliced water chestnuts

Mix all together – top with crushed potato chips. Bake 35 minutes at 350. Serves 8 to 10.

Darlene McPherson

### **Walking Taco Salad**

(May be used as a dip)

Layer in a 9" x 13" Pyrex

1 #2 can refried beans  
1 small can diced green chilies  
2 small cans olives (drained)  
2 bunches green onions (chopped) to cover  
2 tomatoes, sliced (to cover)  
2 sliced avocados  
16oz. sour cream  
Grated cheddar cheese  
Tortilla Chips to cover

Darlene McPherson

### **Sea Foam Salad**

1 large 2 1/2 size can of pears  
1 large pkg. lime jello  
1 8oz cream cheese  
1 cup whipping cream

Heat the pear juice and pour over lime jello. Stir to dissolve. Then add cream cheese which has been mashed with 2 t. cream (some of the whipping cream.)

Place in frig to thicken to syrupy stage then add the pears which have been mashed with a fork. Fold in whipping cream, which has been whipped until stiff. Let set and enjoy.

Helen Otten

### **Snicker Salad**

- 1 large 20 oz carton Cool Whip
- 1 (3.4oz) pkg instant vanilla pudding
- 1 c. milk
- 3 Snicker candy bars
- 1 or 2 apples – Granny Smith, unpeeled

Mix pudding and milk. Add Cool Whip, Snickers, cut up into little pieces and apples, diced. Refrigerate. Can use 2 bananas also.

Helen Otten

### **Easier version of Snicker Salad**

- 1 8oz carton Cool Whip
- 3 Snickers candy bars
- 3 Granny Smith apples (unpeeled)

Helen Otten

# Soups

## **Taco Soup**

A Cormode family favorite)

2 lb ground hamburger or turkey  
1 onion, chopped  
1 pkg. Taco seasoning mix  
1 pkg. Ranch dressing mix  
2 small cans (4 oz each) chopped green chiles  
3 cans (15 oz each) diced tomatoes  
2 cans (15 oz each) hominy, drained  
2 cans (15 oz each) pinto beans, drained

grated cheese  
tortilla chips

Brown the meat and then dump everything except cheese and chips into a large crock pot. Cook on high 5 hours or low 8-10 hours. Serve in bowls and top with grated cheese. Use the chips to scoop or as a side or crush the chips and add them to the soup.

This is the way we like it. The original recipe says not to drain the hominy and beans and add water. That makes it soupier, but we like it more like a stew. The recipe is very forgiving and is great “vegetarian-style” without the meat as well as substituting black or kidney beans for the pinto beans and yellow corn for the hominy.

Genie Cormode

## **Cheese Vegetable Soup**

2 cups diced potatoes  
1 cup chopped carrots  
2 cups water  
6 chicken bouillon cubes or 6 tsp bouillon granules  
1 1/2 cups chopped onion  
1 cup chopped celery  
1/4 cup butter

Heat to boil. Reduce and simmer 30 minutes or until tender. Add 2 cups milk and 1/4 cup flour (combined) to simmering vegetables. Add 12 oz. shredded cheddar cheese (about 3 cups), 1 tsp dry mustard, 1/8 tsp cayenne pepper. Cook, stir until cheese melts. Stir in 1/2 cup beer and heat thoroughly. Serve with garnish of parsley.

Darlene McPherson

## **Chicken Wild Rice Soup Recipe**

Prep 30 min – Cook 1 hr plus – Makes 8-9 servings – Difficulty Medium

2 quarts chicken broth, low sodium (2 boxes)  
1/2 lb. fresh mushrooms, chopped  
1 cup finely chopped celery (3 stalks)  
1 cup shredded carrots  
1 1/2 cups finely chopped onion  
1 chicken bouillon cube  
1 tsp. dried parsley flakes  
1/4 tsp garlic powder  
1/4 tsp dried thyme  
1/4 cup butter, cubed  
1/4 cup all-purpose flour  
1 can (10 3/4 oz) condensed cream of mushroom soup, undiluted  
1/2 cup dry white wine or additional chicken broth (I did wine)  
3 cups cooked wild rice  
4 cups cubed cooked chicken or 2 pkgs. cooked chicken (.66 lb cooked shredded roast chicken)

1. Cook the wild rice (60-65 min.)
2. In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.
3. In Dutch oven, melt butter; stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine. Add rice and chicken; heat through. Yield: 14 servings (3 1/2 qrts.)

Mary Grasmick

## **Sopa de Tortilla/Tortilla Soup**

(Yucatan style is called Sopa de Lima since it's topped with Mexican lime juice. A family favorite from Harriet Archibald-Woodward)

### Ingredients

6 corn tortillas cut in strips  
1 onion, finely sliced  
3 tomatoes, finely chopped  
1 clove garlic  
Chicken stock and bits of chicken  
Salt and pepper  
Grated cheese

### Directions

Fry tortilla strips in hot oil, let brown lightly. Drain, set aside.

In a sauce pan, fry tomatoes, garlic, onion and chicken bits in a little oil. Season.

Add chicken stock. Let simmer.

When ready to serve, add tortilla strips, let simmer 3-5 minutes. Serve. Tortillas should still be crisp but not hard.

Top with grated dry Mexican cheese. Queso Jalisco is a good brand found in Mexican grocery stores. The cheese is very crumbly. If you like cilantro, also top with cilantro.

To make sopa de lima, squeeze fresh lime juice on top of your soup just before you eat it! Yum!

### Variation

Before serving the soup, put the tortilla strips in the bowls. Add strings of string cheese. Then, pour soup over tortilla strips and cheese. Top with lime juice and cilantro. A family favorite!

Harriet Archibald-Woodward



# Vegetables

## **Green Beans, Carrots and Bacon**

2 ½ pounds green beans, trimmed  
3 carrots, cleaned and chopped in 1 inch thin slices  
Kosher salt  
½ pound bacon, roughly chopped  
1 small yellow onion, finely chopped  
3 cloves garlic, minced  
¼ teaspoon red pepper flaked  
½ cup chopped toasted pecans  
Juice of ½ lemon

Toss green beans in a large pot of boiling salted water and cook until bright green, about 5 minutes. Drain the beans and shock in ice water. Drain the beans and pat dry.

Cook bacon in large skillet until crisp. Remove bacon and drain. Spoon off the excess grease, leaving 2 tablespoons in skillet. Add the onion and sauté until soft and tender. Sprinkle in garlic and red pepper flakes and sauté until fragrant. Add the green beans and pecans, cook until heated through, 5 – 6 minutes more. Return bacon to the pan, pour in the lemon juice and toss. Season with salt and pepper. Serves 6 – 8.

Marcia Edmondson

## **Refrigerator Pickles**

4 c. sugar  
4 c. vinegar  
1/4 c. salt  
1 1/3 tsp. turmeric  
1 1/3 tsp. celery seed  
1 1/2 tsp. dry mustard

Unpeeled cucumbers, sliced.

Put cucumbers in 4 quart jars and cover with mixture. Do not cook. Must be refrigerated. Leave for a week then eat. They keep a long time in frig.

Helen Otten

## **Hash Brown Potato Bake**

(serves 15)

2 lb. bag frozen hash brown potatoes  
1 onion, grated or chopped fine  
16 oz. sour cream  
1 can cream of chicken soup – no water  
2 cups shredded cheddar cheese

Mix 2 tbsp. of melted butter with 2 cups of mashed corn flakes (it takes 3 1/2 to 4 cups of flakes)

Mix sour cream and soup together.

First put potatoes in 9" x 13" baking glass pan, then the onions. Spread on shredded cheese. Put the mixed cream/soup over all. Then sprinkle buttered mashed corn flakes over top and bake for 55 minutes at 375.

(If you want more of a chicken dish I have added a little more sour cream and some milk (maybe 1/8 to 1/4 cup) and used a can of chunk chicken (10 oz size)

Helen Otten

## **Zucchini Stuffing Casserole**

4 cups diced zucchini (unpeeled)  
1 cup sour cream  
1/2 cup butter or margarine  
1/4 cup chopped onion  
1 can cream of chicken soup  
1 box chicken Stove Top stuffing

Melt margarine. Add chicken soup, sour cream and onions.

Add zucchini and stuffing mix.

Put in greased 1 1/2 quart dish. Bake at 350 for 45 minutes to 1 hour until set and brown on top.

Mary Grasmick

