



For my dear husband, Joseph who truly understands the importance of one's family
and
a special dedication to
Grandma A gnes N elke
who always had a kitchen filled with wonderful foods and smells for hers
and
For our Family and Friends who fill our lives with adventure and joy





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## flPPETIZERS , DIPS 8 THINGS


"t is extraordinary how music sends one back into memories of the past -- and it is the same with smells.

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## Buffalo Wings Excellentee

From Elaine Swyt

Picked this one up from a bulletin board a long time ago. Tried it and it's very good. Easy, too

24
3
3
1 small
2 tbsp
fryer wings
peanut oil
margarine bottle Tabasco Sauce vinegar

Cut off wing tip at joint and discard. separate rest of wing at joint.

Brush with peanut oil. Arrange single layer in baking pan, Bake in preheated oven at 425 degrees for 10 min , then at 350 degrees for 30 min .

Next, broil about 5 minutes until golden brown. (The wings can be brushed with peanut oil and put on the grill until cooked also, I like them both ways).

When the wings are almost done cooking, melt the margarine and add Tabasco sauce and vinegar. Gently toss wings with hot sauce mixture, Serve hot or refrigerate and keep cool untill ready to munch. Refrigerate leftovers.


## Gucumber Sanđwiches

These dainty finger sandwiches are wonderful for teas, showers or a quick and healthy noon-day snack. so simple, but very pleasantly refreshing.

1 whole cucumber - thinly peeled \& sliced
1/4 cup vegetable oil
1/4 cup vinegar
Real butter
Slices of white or brown bread - crusts cut off
Mix oil and vinegar in medium bowl. Place cucumber slices in mixture and soak for 1/2 hour. Lightly butter the insides of two bread slices, Drain cucumber slices and place in a double layer between bread. Cut sandwich into 4 quarters and serve.

Experiment with how many cucumbers you will need for each 4 quarter sandwich.



## Vefveeta Glassic Nacho Dip

From Mary Reuss
Makes about 3 Cups

| $1 / 2$ | cup |
| :--- | :--- |
| 2 | tablespoons |
| 1 | pound |
| $14^{1 / 2}$ | ounces |

chopped onion
margarine
Velveeta Mexican Pasteurized Process
Cheese Spread with Jalapeno Peppers - cubed
canned tomatoes - drained
Saute' onions in margarine. Reduce heat to low.
Add remaining ingredients. Stir until process cheese spread is melted.
Serve hot with tortilla chips.
Mierowave preparationi Combine onions with bulter and microwave on HGAH for 1-1/2 minutes. Add the rest of the ingredients and cook on HGHt for 5 minutes. Stir after 3 minutes.

You can substitute minced sweet red peppers for the canned tomatoes.






There is nothing wrong with the world that a sensible woman could not settle in an afternoon.

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## Hot Spiced Wine

We picked up this recipe from our days skiling at Sugar Bowl.

| 1 | guart | water |
| :--- | :--- | :--- |
| $1 / 4$ | cup | lemon juice |
| 2 | cups | sugar |
| $1 / 2$ | teaspoon | cinnamon |
| $1 / 2$ | teaspoon | ground cloves |
| $1 / 2$ | gallon | Burgundy wine |

Heat all ingredients gradually, then bring to a quick boil. Remove and let sit 1 hour. Skim off the bulf. Add syrup to 1/2 gallon of inexpensive Burgundy wine. Simmer only. Serve hot or warm.


## Russian Tea

From Elaine Swyt

My mom, Lorraine Nelke, gave this to me years ago, when I was in college, she used to send me tins of the tea in my care packages back in the late '60's. I've adapted it a little, but it's been so long, I can't remember where I've changed it.

| 2 | cups | Tang instant orange drink |
| :--- | :--- | :--- |
| 10 | ounces | powdered lemonade |
| $1 / 2$ | cup | instant tea |
| $11 / 2$ | cups | sugar |
| $1 / 2$ | teaspoon | cinnamon |
| $1 / 2$ | teaspoon | ground cloves |

M'x all well and store in air tight jar.


To serve, add two heaping teaspoons to one cup hot water.


## Red Satin Puneb

From Elaine Swyt

Makes About 35 Little Junch Cups Full

We've tried this at several of our parties, It's always a popular alternative to soft drinkes, You can spire it if you wish but it tastes nice and bubbly just the way it is.

| 1 | quart | apple juice |
| :--- | :--- | :--- |
| 2 | pints | cranberry juice |
| 4 | liters | 7-Up (Two 2-Liter bottles) |

Refrigerate fruit juice and 7-up, At serving time, combine cranberry juice and apple juice in a punch bowl. Slowly pour in 7-Up. Add ice cubes or freeze up 7-Up in a jello mold and place in the bottom of the punch bowl.



## Herb Focaccia

From Elaine Swyt
serves 8
This is especially good, fresh. Compared to the store bought brands, it's heaven. Especially good with pasta dishes.


Knead dough. This will get a little sticky, so be sure to use flour frequently, as you knead. Allow to rest as directed, covering with a large enough bowl. I use a canning pot.

If using round bafing pans, divide dough in half, roll into two 9-inch sections. Otherwise, mold out dough in the pizza pan to about 10 inches


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## Lemon Tea Bread

I've adapted this recipe from one in the Kitchenaid coorbook. It is one of Joe's favorite, I've adapted it to be lowfat, but do the real thing if you don't have to count them "awful fat grams."


Place butter, sugar and eggs in mixer bowl. Use a flat beater, turn to medium-Gigh (speed 6 on a Kitchenaid Classic) and beat 1 minute. Stop and scrape bowl.

Combine flour, bafing powder and salt, At just above stir speed (Speed level 2), ald 1/3 of the flour mixture alternately with 1/2 the milk, beating about 15 seconds after each addilion. Repeat until all ingredients are used. Stop and scrape bowl. At lowest (stir)
speed, quickly add walnuts and lemon peel.

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Scones are wonderful for tea, for breaffast or even with soup. Serve with marmalade, butter and jam preserves.


Preheat oven to 400 degrees,
Mix first 5 ingredients together in large bowl. Blend in the shortening, raisins and currants, Then add the milk and beaten egg. Split into two rolls, Roll each out on floured board to about $1 / 4$ inch thick. Cut into triangles, Brush with egg and water if you like. Baree 15-20 minutes,

234 Calories per Serving
Total Fat: 9.6 g (Saturated: 2.5g)
Cholesterol: 19mg
Sodium: 250 mg
N utritional N ote: If you use lowfat substitutes, calories will be about 65 less per serv ing and fat grams can be decreased by about half.

This is an easy one, but so good.

| 2 |  | Pillsbury Hungry Jacks |
| :--- | :--- | :--- |
| $1 / 2$ | cup | sugar |
| 1 | teaspoon | cinnamon |
| 1 | cup | brown sugar |
| 1 | stick | margarine |



Cut Hungry Jaces into fourths, Roll sugar and cinnamon into Hungry Jackes, put into a bundt pan.

Boil brown sugar and margarine for one minute. Pour over the dough in the bundt pan.

Bare at 350 degrees for $35-40$ minutes.






| 3 | ounces | cream cheese |
| :--- | :--- | :--- |
| $1 / 4$ | cup | butter or margarine - firm |
| 2 | cups | Bisquick ® bafing mix |
| $1 / 3$ | cup | millR |
| Filling of your choice (jam, coored fruit,etc) |  |  |
| 1 | cup | powdered sugar |
| $1 / 2$ | teaspoon | vanilla |
| 3 | teaspoons | mill |



Heat oven to 425 degrees,
Cut cream cheese and margarine into bafing mix and pastry blender until mixture resembles small peas. Stir in milk. Turn dough onto lightly floured clothcovered board. Knead 10 times, Roll dough into rectangle, $12 \times 8$ inches; place on greased cookie sheet.

Spread fruit or jam filling lengthwise down center of rectangle. Fold strips over filling, overlapping about 3/4 inch.

Bake until golden brown, about 20 minutes, Cool.
To make the frosting' Mix 1 cup powdered sugar, $1 / 2$ teaspoon vanilla and 3 to 4 teaspoons milk until smooth and of desired consistency. Drizzle with the frosting mix.

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## Raspberry Goffee Gake

From Jan Nelke

Serves 10

| 3 | ounces |
| :--- | :--- |
| $1 / 4$ | cup |
| 2 | cups |
| $1 / 3$ | cup |
| $1 / 2$ | cup |

cream cheese
butter or margarine
Bisquick
milk
raspberry Jam
Cut cream cheese and butter into Bisquick until crumbly. Blend in the milk. Turn onto a lightly floured surface, Knead dough 8-10 times, Roll dough onto wax paper to approximately a $12 \times 8$ inch rectangle. Flip onto a greased cookie sheet and remove wax paper, Spread raspberry preserves down center, Maree 2-1/2" cuts, $1^{\prime \prime}$ apart down both sides. Fold strips over filling. Baree 12-15 minutes,

Drizzle with an icing made of a blend of powdered sugar, mille and vanilla.

Total Fat: $11 \mathrm{~g}($ Saturated: 4.9 g$) \quad 209$ C alories per Serving
Sodium: 362 mg


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## Susan's Mother's Goffee Gate

From Mary Reuss
"Sue's Mother" is not a relation. She is a woman from church that a teacher friend of Mary's once knew. Mary's daughter, Meghan Swyt, says this coffee caree is "absolute heaven."

| 1 | package | yellow cake mix |
| :--- | :--- | :--- |
| 1 | package | coconut frosting |
| 4 |  | eggs |
| $1^{1 / 2}$ | cups | sour cream |

Make up the yellow cake, using 4 eggs
 and 1-1/2 cups sour cream instead of the usual eggs and water. Spread 1/2 the care mixture in a $9 \times 13$ pan. Spread 1/2 the dry frosting mix over the cake mixture. Then glob on the other half of the caree mixture. Sprinfle with the rest of the dry frosting mix. Dot with butter.

Bare at 350 degrees for $35-45$ minutes.
330 Calories per Serving
Total Fat: 15.4 g (Saturated: 6.1g)
Cholesterol: 101 mg Sodium: 385 mg

N utritional $N$ ote: U sing lowfat substitutes will decrease by nearly 100 calories and cut the fat grams in half.


## GHKES



Principles have no real force ex cept when one is well fed.
M ark Twain

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## Gocont-Garrot Gafe

From Grandma Betty Prayner*

Serves About 16
This is a real Git when Grandma Betty visits the Swyt Gousehold.

| $1-3 / 4$ | cups |
| :--- | :--- |
| 2 | teaspoons |
| 2 | teaspoons |
| 1 | teaspoon |
| 2 | cups |
| $1-1 / 2$ | cups |
| 4 | large |
| 2 | teaspoons |
| 2 | cups |
| 8 | ounces |
| 1 | cup |
| 1 | cup |
| $1 / 2$ | cup |
| Cream | Cheese Frosting |
| 1 | cup |


pecan halves

Preheat oven to 350 degrees, Grease and flour three 8-inch square cake pans, Combine flour, baring soda, cinnamon and salt.

In large bowl of electric mixer, at figh speed, beat sugar, oill, eggs and vanilla until blended. At low speed, gradually beat in flour mixture. At medium speed, beat until blended. Stir in carrots, pineapple, coconut, chopped pecans and the raisins.


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## Dark Secret Grocolate Gake

This is Jodie's old favorite. She got it from the side of a cocoa tin. It's always moist and "more-ish" (everyone wants more and more), It's also nice with a good rich chocolate icing. But it's not a dieter's dream.

| $1 / 2$ | cup | butter or margarine <br> $1 / 4$ |
| :--- | :--- | :--- |
| cups | sugar <br> 2 | eggs - beaten |
| $1 / 4$ | cup | cocoa |
| 2 | cups | self-rising flour |
| 1 | teaspoon | bafing soda |
| 1 | cup | boiling water |
| 1 | teaspoon | vanilla extract |

Mocha leing

| 3 | cups |
| :--- | :--- |
| 1 | tbsp |
| $1 / 4$ | cup |
| 3 | tbsp |

powdered sugar


Preheat oven to 350 degrees ( 180 degrees $C_{1}$ ), Grease 2 round cake pans or a bundt pan.

Cream butter and sugar. Add remaining ingredients and blend well. pour into prepared tins and baree approximately 30 minutes for round tins or 45 minutes for bundt pan.


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## Dirt Gafe

What a fun idea this one is:

| $1 / 2$ | stick | softened margarine |
| :--- | :--- | :--- |
| 8 | ounces | softened cream cheese |
| 1 | cup | powdered sugar |
| $3^{1 / 2}$ | cups | milk |
| 7 | ounces | vanilla instant pudding mix |
| 12 | ounce | container of whipped topping |
| 20 | ounce | package of Oreo Coofies - crushed |
| 1 Plastic Flower pot (8 inches) |  |  |



Total Fat: 23.3 g (Saturated: 12.59)
563Calories per Serving
Cholesterol: 41mg
Sodium: 612 mg


## Orange-Ghocolałe Gafe

Joe really loves chocolate carees, This one is delicious, I've gradually adapted this recipe to lowfat substitutes and "voila", it not only still tastes great, you simply can't feel guilty.

Unsweetened cocoa powder

| 1 | package | 2-layer size devil's food cake mix |
| :--- | :--- | :--- |
| 8 | ounces | lowfat or nonfat yogurt - plain |
| 2 | tablespoons | orange peel - finely shredded |
| $1 / 2$ | cup | orange juice |
| $1 / 4$ | cup | Egg Beaters |
| 2 |  | egg whites |
| 2 | tablespoons | canola oil |
| 1 | teaspoon | ground cinnamon |
| $1 / 2$ | cup | water * |

for the kings:

| $1 / 2$ | cup | powdered sugar - sifted |
| :--- | :--- | :--- |
| 1 | tbsp | unsweetened cocoa powder |
| 2 | tbsps | orange juice |
| $1 / 4$ | teaspoon | vanilla extract |
| $1 / 2$ | cup | powdered sugar - sifted |
| 1 | teaspoon | orange juice |
| $1 / 4$ | teaspoon | vanilla extract |



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## Raspberry Ghocolate GBeesecafe

| 9 | ounces |
| :--- | :--- |
| 6 | tablespoons |
| 2 | teaspoons |
| $11 / 2$ | pounds |
| $1 / 2$ | cup |
| 6 | ounces |
| $1 / 2$ | cup |
| 4 | large |
| $1 / 2$ | cup |
| 2 | cups |
| $1 / 2$ | cup+2 tbsp |
| 1 | cup |
| $1-1 / 2$ | pints |
| Fresh mint leaves |  |
| Raspberry sauce |  |

FOR CRUST: Position rack in center of oven and preheat to 350 degrees, Butter 9-inch diameter springform pan with 2-3/4 inch Gigh sides, Grind cookies in processor. Add butter and sugar and blend until moist crumbs form. Press onto bottom and 2-1/4 inches up sides of pan.
chocolate wafer coories
unsalted butter - melted
sugar
cream cheese - room temperature
sugar
bittersweet or semisweet chocolate - melted
raspberry liqueur
eggs
whipping cream
sour cream
sugar
whipping cream - chilled fresh raspberries


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## Rum Gafe

Maree 1-2 days ahead. It actually gets moister that way.

| 1 | prg | yellow care mix |
| :--- | :--- | :--- |
| 1 | small | vanilla pudding mix |
| $1 / 2$ | cup | rum |
| $1 / 2$ | cup | oil |
| $1 / 2$ | cup | water |
| 4 |  | eggs |
| $3 / 4$ | cup | chopped nuts |
| Glaze | cup | sugar |
| $1 / 2$ | cup | butter or margarine |
| $1 / 4$ | cup | water |
| $1 / 4$ | cup | rum |

Mix all cake ingredients together and then pour into well-greased and floured bundt pan with a bottom lined with $3 / 4$ cup chopped nuts (i.e. pecans), Baree at 350 degrees ( 325 degrees convection) for 50-60 minutes until bouncy and golden. Just before removing carke from oven, prepare the glaze.

For the Rum Glaye: Heat 1 cup sugar, $1 / 2$ cup butter, 1/4 cup water and $1 / 4$ cup rum in a saucepan over medium heat until boiling. Boill 3 minutes,

Remove care from oven. While still in the pan, pour $1 / 2$ hot glaze over it. Let stand 10 minutes. Remove cafee from pan onto rack over a cookie sheet and pour over the rest of the glaze. Continue until glaze is all soaked up.

560 Calories per Serving
Total Fat: 23.4g (Saturated: 7g)
N utritional $N$ ote: Lowfat subs saves you 140 calories and half your



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From Lorraine Nelke

This is an extremely moist caree. We like it with a light glaze, using orange suice, Great when you have too many zucchini.

| 2-1/2 | cups | flour - unsifted |
| :--- | :--- | :--- |
| $1 / 2$ | cup | cocoa |
| $2^{1 / 2}$ | teaspoons | bafing soda |
| $11 / 2$ | teaspoons | salt |
| 1 | teaspoon | cinnamon |
| $3 / 4$ | cup | bulter or margarine |
| 2 | cups | sugar |
| 3 |  | eggs |
| 2 | teaspoons | vanilla |
| 1 |  | grated orange rind |
| 2 | cups | Zucchini - coarsely grated with peel |
| $1 / 2$ | cup | mille |
| 1 | cup | chopped nuts (pecans or walnuts), optional |

Combine flour, cocoa, baring powder, soda, salt and cinnamon, Beat together butter, sugar, add eggs one at a time. Stir in flavorings, zucchini, alternately stir in dry ingredients with milk. Add nuts. Pour into greased and floured $10^{\prime \prime}$ tube pan. Bare at 350 degrees for 50-60 minutes,

435 Calories per Serving
Total Fat: 20.4g (Saturated: 9g) Cholesterol: 85mg
Sodium: 669mg
N utritional $N$ ote: A gain, using egg substitute, 2\% milk and light butter cuts the fat content in half and giv es you by about 100 fewer calories.

GHINDIES 8 SWEETS


N ever eat more than you can lift.
M iss Piggy

## "Pretend" Hlpmond Roca

From Loorraine Nelke

A very easy way of having candy, that's not really candy!
Whole saltine crackers, low sodium

| 1 | cup | real butter |
| :--- | :--- | :--- |
| 1 | cup | brown sugar |
| 12 | ounces | milk chocolate chips |
| $1 / 4$ | cup | finely chopped nuts |

Fill the bottom of a jelly roll pan with whole saltine crackers,
Boil together for 3 minutes the butter and brown sugar. Then pour mixture over crackers and bake for 4 minutes at 375 degrees.

Remove from oven and sprinkle with the chocolate chips. When soft, spread out and sprinkle with the chopped nuts.


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## Garamels

This is an all time favorite for the entire and extended Nelke family. Christmas wouldn't be the same without it.

| $1 / 2$ | pound | sugar |
| :--- | :--- | :--- |
| $1 / 2$ | pound | white raro |
| $1 / 2$ | cup (about) | water to dissolve |
| $1 / 2$ | cup | cream (or 1 cup evaporated milf) |
| 1 | tablespoon | butter |
| Vanilla extract |  |  |
| Nougat, nuts, marshmallows or whatever sounds good |  |  |

Cook sugar, syrup, water to 238 degrees. Add 1/2 cup cream, OR 1 cup evaporated milk and a large tablespoon of butter, Coor, stirring to 242 degrees (in winter) and 244 degrees (in summer).

Tare it from the heat and add some vanilla. Beat and pour into a buttered pan. Add nougat, nuts, marshmallows or whatever sounds good, to coat, You may also add a package of Choco-Bare to mare chocolate caramels, but Gramma Nelke has always added red food color to maree her famous red, chewy caramels.


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## Mom's Golden Walnut Brittle

Makes About 1-1/4 Pounds
This is another Virginia Nelke sent in from the Joe Nelke coorboor.

| $1 / 2$ | cups | sugar |
| :--- | :--- | :--- |
| $1 / 4$ | cup | corn syrup |
| $1 / 4$ | teaspoon | salt |
| $1 / 2$ | cup | water |
| 2 | tbsps | butter or margarine |
| $1 / 8$ | teaspoon | baring soda |
| 1 | cup | coarsely chopped walnuts |

Combine sugar, syrup, salt and water in large kettle. Stir over LOW heat until sugar is dissolved. Cover and boil slowly for 5 minutes.

Remove cover and boil to brittle state (300 degrees), Remove from heat and stir in butter, soda and walnuts. Mixture will foam and bubble.


Turn out onto buttered bafing sheet. As candy cools, pull edges to form a thin sheet. When cold, break into pieces for eating.

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## Nougat

Here's another one of our favorites from Grandma Nelee. All wrapped pretty in wax paper or red cellophane, the nougats go well with the caramels and peppermint bark.

| $3 / 4$ | pound | sugar |
| :--- | :--- | :--- |
| $1 / 4$ | pound | Karo white |
| $1 / 2$ | cup | water (enough to |
| 1 | teaspoon | butter |
| 1 | teaspoon | vanilla |
| 2 | tablespoons | marshmallow cream |
| Chopped nuts (optional) |  |  |

Dissolve sugar and Karo with about 1/2 cup water,

Cook in a pot with candy thermometer to 245 degrees, Remove from heat. Add a heaping teaspoon of butter, the vanilla and marshmallow cream. Also, you may add chopped nuts, or some other desired goodie at this point.

Stir well. Pour onto a buttered slab or plate. Cool. Cut into squares. use for centers of candies or eat alone.


## Ribbon Fantasz Fuage

From Kris Nelke

Makes about 3 Jounds
Everyone seems to life this recipe, It's sweet, but not too sweet.

| 3 | cups sugar |  |
| :--- | :--- | :--- |
| $3 / 4$ | cup | margarine |
| $2 / 3$ | cup | evaporated milr |
| 6 | ozs | chocolate chips |
| $1 / 2$ | cup | peanut butter |
| 2 | tsp | vanilla |
| 14 | ozs | marshmallow cream |



Combine 1-1/2 cups of the sugar, 6 tablespoons margarine and $1 / 3$ cup milk in a heavy 1-1/2 quart saucepan. Bring to a full rolling boil, stirring constantly. Boill 4 minutes over medium Geat, stirring constantly.

Remove from heat. Stir in chocolate chips until melted. Add half of the marshmallow cream and 1 teaspoon vanilla. (I buy 2 of the 7 -ounce size marshmallow creams and use them for putting in fomemade jam). Beat until well-blended.

Pour onto waxpaper-covered coorie sheet. spread out evenly, but not to the edge of the waxpaper.

Repeat the above steps, substituting peanut butter for the chocolate chips.
pour this mixture on top of the chocolate chip mixture. Spread evenly.
Refrigerate overnight. Cut into pieces and enjoy.


## GOOKIES



To get the full value of a Joy, you must have somebody to div ide it with.


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Grisp Peanut Butter Goofies fromurrutompor.

Makes About 8 Фozen

| 1 | cup | margarine |
| :--- | :--- | :--- |
| 1 | cup | peanut butter |
| 1 | cup | sugar |
| 1 | cup | brown sugar |
| 2 |  | eggs |
| 1 | teaspoon | vanilla |
| 1 | teaspoon | baring powder |
| 1 | teaspoon | baŔing soda |
| 1 | teaspoon | salt |
| $2^{1 / 2}$ | cups | flour |

Mix all together in a large bow in the above order.


Roll into balls, Dip fork in sugar or melted chocolate.
Bake at 350 degrees for 12-15 minutes.

Sodium: 76mg
$N$ utritional $N$ ote: Using egg substitute, light margarine and lowfat peanut butter can decrease your calories by almost half and your fat grams by 300 percent.


## Easz HlP-Round Gookies

From Audrey Hornbrook

This recipe is a family favorite, it mares a lot of coories, so store them away in the freezer, if you want.

| 2 | cups | butter or margarine - softened 1 minute in micro |
| :--- | :--- | :--- |
| 2 | cups | sugar |
| 2 | cups | brown sugar |
| 4 |  | eggs |
| 2 | teaspoons | vanilla |
| 2 | teaspoons | bafing soda |
| 1 | teaspoon | bafing powder |
| 1 | teaspoon | salt |
| 4 | cups | flour |
| 4 | cups | guick oats |
| 2 | pacrages | chocolatechips - small |
| 2 | cups | nuts or raisins - optional |

Mix all together in the above order into a large bowl.
Drop by teaspoons, Baree 12-15 minutes at 350 degrees,


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## Granama Bette's Goofie Bars

From Grandma Betty Prayner

So simple to make but s00000 very good. Almost like candy.
1
stick
1
sutter
$1 / 2$
stick
cup
Grargarine
Gugar
Chopped

Cook butter, margarine and sugar for 5 minutes, (If you don't have butter, just use 2 sticks of margarine.)

Spray a cookie sheet with PAM or grease lightly. Spread a layer of graham crackers on the coofle sheet.
 pour bulter and sugar mixture over graham crackers, Sprinfle chopped nuts over that.

Bare for 10 minutes at 350 degrees, Cool on rack. Break apart at cracker perforation to make bars.

If coories stick to pan, reheat for a few seconds.

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## Pride of Wisconsin Goofies

From Meghan Swyt
Makes 5 Dozen
I picked this up from Mary Ann Tamisiea, a friend from work. Mary Ann's coories are better than Mrs, Fields:
1
1
1
2
2
1
1
1
1
2
3
1
cup
cup
cup
cups
teaspoon
teaspoon
teaspoon
teaspoon
teaspoons
cups
cup each
butter
sugar
brown sugar
eggs - beaten
flour
baking powder
salt
cinnamon


Cream together the butter and sugars, stir in the eggs, siff together the flour, baking powder, salt, cinnamon and bafing soda and combine thoroughly. Blend in the vanilla, oatmeal, raisins and nuts, if desired. Mix all ingredients thoroughly. Drop from a tablespoon onto a greased cookie sheet. Baree at 350 degrees about 8-10 minutes or until brown.

89 Calories per Serv ing
Total Fat: 3.5g (Saturated: 2g) Cholesterol: 15mg
Sodium: 138mg
N utritional $N$ ote: Using egg substitute and light margarine or butter instead of shortening can decrease your fat content by one half.


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## Three-Gofor Sugar Goofies

From (Denise Nelke

Great for a Fourth of July party. Just change the colors to red and green and it mares a great coorie for Christmas.

| 1 | cup | butter or shortening |
| :--- | :--- | :--- |
| 2 | cups | sugar |
| 2 | teaspoons | vanilla |
| 2 |  | eggs |
| 3 | cups | flour |
| 3 | teaspoons | double-acting baking powder |
| $1 / 2$ | teaspoon | salt |
| Red and blue food coloring |  |  |

Cream together shortening and sugar. Add egg and vanilla. Measure flour, baking powder and salt. Sift together, Mix with batter.

Divide dough into 3 chunes equally. Put 10 drops of red food coloring into one chunk and mix through. Put 10 drops of blue food coloring into another chunk and mix through. Stick all 3 chunks together to make a big ball.

Roll into a roll about 7-1/2" long and 2" around. Wrap in wax paper, foil or plastic wrap. Put into refrigerator over night.


## DESSERTS



H eav en will be no heav en to me if I do not meet my wife there.



## Blackberry Lemon Gobbler

This is a recent find from the new "Fine Cooking" magazine. Really tasty. Haven't tried it yet with frozen or canned berries, only fresh.

| 6 | cups | blackberries |
| :--- | :--- | :--- |
| $1 / 2$ | cup | sugar |
| 1 | teaspoon | lemon peel-grated |
| $1 / 4$ | cups | all-purpose flour |
| 1 | teaspoon | baking powder |
| $1 / 4$ | teaspoon | salt |
| $1 / 4$ | cup | Egg Beaters |
| $1 / 3$ | cup | $2 \%$ milk |
| 6 | tbsp | light margarine |

Heat oven to 375 degrees. Wash the berries in a bowl of cold water, drain well and dry on a towel. In a medium bowl, toss the berries with 1/4 cup of the sugar and the lemon peel until evenly blended. spoon the fruit mixture into a 2-quart
 baking dish, about 2 inches deep. Spread the fruit evenly in the dish with the back of the spoon.

In a medium bowl, blend together the flour, baring powder and salt, In a small bowl, blend the egg substitute and the remaining $1 / 4$ cup sugar untill well blended. Stir in the milk. Melt the butter in a small saucepan or a microwave without

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## Bread Puading with Brandied Gustard

From Elaine Swyt

A delightful dessert on a cold fall or winter night. I prepare it with lowfat substitutes (lowfat milk, egg beaters and light butter) and it still tastes the same, with about 7 grams less fat.


In a large bowl toss the bread with the melted butter, You can either cube it or halve the bread diagonally, depending on the texture

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## Grocolate Goconut Bars

From Jodie Rogers

Lovely for afternoon tea. This recipe is from the "Australlian Women's Weekly."
BASE:

| 3 | ounces | butter |
| :--- | :--- | :--- |
| 2 | tablespoons | sugar |
| $3 / 4$ | cup | all-purpose flour |
| $1 / 4$ | cup | self-rising flour |
| 1 | tablespoon | cornstarch |
| $1 / 2$ teaspoon | vanilla extract |  |
| FILLING: |  |  |
| 2 cups | coconut |  |
| 1 |  | egg |
| $1 / 4$ | cup | sugar |
| $1 / 2$ | teaspoon | vanilla extract |
| 2 | tablespoons | self-rising flour |
| $3 / 4$ | cup | milk |



ICING:
$1^{1 / 2}$ cups
2 tablespoons
powdered sugar
cocoa
butter
water
Cream together the butter and sugar. Add vanilla, then sifted dry ingredients, Mix well. Press mixture over base of greased $7 \times 11$ inch shallow tin. Bare at 350 degrees


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## Joaie's Tiny Quiches

## (Gontinued)

To make the filling: Remove rind from bacon and chop bacon into small pieces, Place bacon and peeled and finely chopped onion into a frying pan. Fry until bacon is crisp and onion is tender, Cool. Spoon a little bacon mixture into pastry cases. Top with a little of the combined cheeses.

Beat eggs and milk in a bowl until combined. Add parsley and season with salt and pepper, Spoon enough egg mixture over filling to cover, Bake in hot oven for 5 minutes, Reduce heat to moderate. Coork a further 10 minutes or until quiches are golden brown.

Total Fat: 13g (Saturated: 6g)
183C alories per Serv ing
Cholesterol: 56 mg
Sodium: 284 mg
N utritional N ote: If you use egg substitute and low fat cheddar cheese (I don't think they make lowfat gruyere), y ou can sav e y ourself 20 calories per quiche.





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## Suviteb (Pronouncea SUE-ritck)

From Lorraine Nelke

Serves 6
"This and the Sanereraut Rolls (see Main Dishes for this one) are the two ethnic dishes which were in my mother's family, coming from her mother, somewhat adapted to the present. suvitch is a summer favorite for those of you with gardens and bountiful tomatoes, peppers and onions."


| 4 |  | slices bacon - crisp |
| :--- | :--- | :--- |
| 2 | tbsp | butter or margarine |
| 1 | large | sweet onion - chopped |
| 1 | large | green pepper - chopped |
| 6 | tomatoes - skinned |  |
| $1 / 2$ | cup | rice - uncooked |

Saute' bacon until crisp and set aside. To the same pan, add the butter and when melted, add sweet onion and green pepper and saute until just glazed. Add 6-8 tomatoes, the juicier the better. Simmer together to realize all the juice from the tomatoes, stirring occasionally. Don't overcook tomatoes. When you have realized all the juice form the tomatoes, add 1/22/3 cup rice. At this point, you be the judge, I have served this as a meat accompaniement, thicker but not with too much rice. I have also served this as a soup, where you want more tomatoes than rice. Flavor to taste,

149 Calories per Serving
Total Fat: 6.4 g (Saturated: 1.5 g ) Cholesterol: 4 mg
Sodium: 223 mg


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## Royal Icing

Great as icing for all sorts of coories,

| 1 | pound | powdered sugar |
| :--- | :--- | :--- |
| 3 |  | egg whites |
| $1 / 2$ | teaspoon | cream of tartar |

Beat 8-10 minutes, Keep covered. Don't let it get hard.




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If you want to make this into a Great Chichen Appetizer:
Slice chicken into strips or cubes. Maree the recipe as usual, except only cook for 15 minutes affer browning.

760 Calories per Serv ing Total Fat: 46 g (Saturated: 26.9g) Cholesterol: 310 mg

Sodium: $1,072 \mathrm{mg}$


## Grilled Oriental Fish Sandwich

Makes 4 Sandwiches
You can use salmon, cod, Gaddock or Gallbut, but we prefer cod fillets. Fresh seems to be better than frozen because the fillets can get a little mushy. But when you can't get fresh, it still tastes really good. The Soy-Ginger Mayonnaise is very nice. I use it as a dressing for other things, too,


Brush grill rack with cooking oill. Place fish on grill rack. Grill, uncovered, directly over medium-hot coals for 4 to 6 minutes per $1 / 2$ inch or until fish flakes easily, turning once, Spread rolls with Soy-Ginger Mayonnaise. Place shredded spinach on roll bottoms and top with the fish, pea pods and roll tops,

## Grilled Sole with Mustard Sauce

This is a nice evening meal. I found this recipe years ago. It has been on the La Grenouille of New York City's menu for 25 years or more.

| 4 | large | egg yoles |
| :--- | :--- | :--- |
| 2 | tbsp | cold water |
| 10 | tbsp | margarine - melted, cooled |
| 3 | tbsp | dion mustard |
| $3 / 4$ | tsp | dry mustard |
| 3 | drops | hot pepper sauce |
| 6 | 4-ounce | dover sole fillets - or Petrale |
| Vegetable oil |  |  |
| Paprika |  |  |
| Salt and pepper |  |  |

Combine egg yoles and water in small metal bowl. Set over saucepan of simmering water. (Do not allow bottom of bowl to touch water.) Whisk mixture constantly until
 very thick and thermometer registers 160 degrees F, about 3 minutes.

Remove from over water; whisk 30 seconds, Gradually add melted butter to egg yolr mixture, constantly to incorporate completely. Whisk in dijon mustard, dry mustard and 3 drops hot pepper sauce or tabasco.

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## Honey-Pecan Gricken

I've had this one around for a long time. From my bachelorette days, I think. Really tasty and easy to make.

| 2 | cups | Stove Top Flexible sewing Stuffing Mix |
| :--- | :--- | :--- |
| 1 | cup | orange juice |
| $1 / 2$ | cup | boiling water |
| $1 / 3$ | cup | pecans - chopped |
| 2 | tbsp | light margarine |
| 4 |  | boneless sfinless chicken breasts |
| 4 | slices | bacon |
| 2 | tbsp | honey |

Combine stuffing mix, 1/2 cup of the orange juice, the water, chopped pecans and butter. Let stand 5 minutes.

Mound the stuffing mixture on each chicken breast. Wrap with bacon; twist to secure, Place in greased pan or
 microwave-safe dish. Mix remaining juice and honey. Spoon over the chicken.

Oven: Bake at 350 degrees for 40 minutes, (The better way)
Microwave: Cover with paper towel; cook at HIGH for 14-16 minutes, rotating dish twice, Let stand 5 minutes,



## Roast Gornish Game Hens

(Gontinued)

If Cornish hens are frozen, let thaw overnight in refrigerator, Wash hens inside and out under cold water, drain. Dry well with paper towels. Wash giblets,

Make basting sauce: Melt 3/4 cup butter in small saucepan. Stir in wine and 1 tablespoon tarragon.

Preneat oven to 450 degrees, Sprinkle inside of each hen with 1/4 teaspoon dried tarragon leaves. Place one clove of garlic, halved, inside each. Sprinfle outside of each hen liberally with garlic salt and tie the legs together.

Place the hens close together in shallow roasting pan without rack. Roast, basting often with sauce, about 75 minutes, until browned and tender.

Meanwhile, place giblets (reserve liver) in large saucepan. Add 1 can broth, celery, onion, carrot, 1 teaspoon salt, peppercorns, Bring to boilling. Reduce heat and simmer, covered for about 45 minutes or until tender. Add liver: simmer 10 minutes.

Make pilaf: In medium saucepan, combine cracked wheat and chicken broth. Cover and bring to boiling. Reduce heat and simmer 20 minutes, Remove from heat and let stand 10 minutes or until all liquid is absorbed. Add butter and toss gently to combine. Mound pilaf in center of heated platter, arranging hens around edge. Keep warm while making gravy,


## Rock God with Difl

You can use any cod fillet, red snapper, even flounder for this recipe. Joe and I enioy the combination of flavors and it is so easy and fast to maree. The tomatoes really are necessary to keep the fish moist during bafing and to hold the fish together when you serve it. Great with basmati rice and a caesar salad. And very low calorie with almost no fat at all.


4 small tomatoes - unpeeled
Vegetable cooring spray
44 ounce flounder fillets
1/4 cup dry bread crumbs - fine \& seasoned
1 tablespoon grated Parmesan cheese
$1^{1 / 2}$ teaspoons fresh dill - chopped
1/4 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon cayenne (red) pepper
1 tablespoon light margarine or butter - melted
Fresh dill sprigs
Spray a baking dish with vegetable oill. Place fillets atop tomato slices in bafing dish. Mix dry ingredients together with the margarine. Sprinfle over the fillets. Bare at 425 degrees for 13 minutes or until fish flakes.


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the carrots to a food processor or blender and puree them. Add the cream (or for lower fat preparations, use evaporated milk with a little cornstarch or flour to help thicken) and blend again. Use a spatula to scrape puree into the original saucepan and let it simmer, uncovered over low heat for 20 minutes until thick.

Heat the remaining butter bits in a heavy 10 inch sfillet over high heat. Heat it until very hot, but not brown. Add the chicken breasts and saute for a few minutes on each side, until lightly browned.

To the carrot puree, add lemon juice and salt and pepper to taste. Divide the puree among four warmed dinner plates and top with the chicken breast halves and garnish.

637 Calories per Serv ing
Total Fat: 38g (Saturated: 22g) Cholesterol: 246 mg
Sodium: 229mg
$N$ utritional $N$ ote: Using lowfat butter and lowfat ev aporated milk instead of cream can save you over 200 calories per serving and half your fat content.

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## Gabbage-Sausage-Beef Goufasb

Can't remember where I picked this up but it's a quick and easy casserole for those nights when you don't want to think about what to eat. Tastes very nice. We have it with french bread and a pot of pinto beans, We cut the recipe in half and serve as a leftover.

| 1 | pound |
| :--- | :--- |
| 1 | pound |
| 1 | whole |
| 28 | ounces |
| 6 | ounces |
| 2 | tablespoons |
| 1 | tablespoon |
| 1 | teaspoon |
| $1 / 4$ | teaspoon |
| 10 | cups |

> pork sausage ground beeff
> onion - chopped chopped tomatoes tomato paste vinegar chill powder garlic powder red pepper flares shredded cabbage


In a large kettle, brown sausage, beef and onion; drain well. Add remaining ingredients except cabbage, mix well. Stir in cabbage and simmer 2025 minutes or until cabbage is tender.

* The spiciness of the pork depends upon your taste. Experiment with a mixture of mild and hot.

380 C alories per Serv ing
Total Fat: 30 g (Saturated: 115) Cholesterol: 69 mg
Sodium: 427g
N utritional $N$ ote: If you use turkey sausage and v ery lean ground beef, y ou can cut your calories by 100 and your fat by half. Your cholesterol, too, will half. Sodium stays about the same.

## Sauerkraut Roffs

From Lorraine Nelke
serves 8
This recipe took a lot longer to cook in my mother's and grandmother's day, but I've adapted it it so the same flavor is there, with less time. Also back then, they made this dish with homemade sanerkraut, made in crocks, with whole heads of cabbage also aged in the crock. Here, you have the same old ethnic flavor -90's style. Excellent, served with mashed potatoes or baked squash. Since this is a tomato-based meal, the second time served is better.


In a large heavy dutch oven, place a layer of drained sanereraut.
Combine meats, onion, rice, salt and pepper and roll mixture into log rolls, Place a layer of meat rolls over sanereraut, repeat with layer of sanereraut and layer of meat rolls, top with remaining sanerkraut and cover all with tomato juice.

Bare in slow oven 275-300 degrees for about 5-6 hours, You can crock pot these as well, but slow baking in the oven brings a better flavor.




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## Roastea Loin of Pork 

From Elaine Swyt

This is adapted from a recipe found in "Special Occasions" a fairly new book by John Hadamuscin. It's become one of Joe's favorites, especially for a cold winter weekend. One of those comfortable dinners with a warm fire, just the two of you or with family and friends. Serve with "Sauteed Cabbage \& Egg Noodles" (in the "Pasta" section) and applesauce.

| 2 | tablespoons | canola oil |
| :--- | :--- | :--- |
| 5 | pounds | pork loin roast - boned \& rolled |
| 2 | tablespoons | light butter or margarine |
| 8 | cloves | garlic - finely chopped |
| 3 | whole | tart apples - peeled, sliced |
| 1 | tablespoon | fresh thyme |
| Salt and ground pepper |  |  |
| 2 | tablespoons | cider vinegar |
| $3 / 4$ cup | apple cider or apple juice |  |
| Thyme springs - for garnish |  |  |



2 tablespoons cider vinegar
Thyme springs - for garnish
Preheat oven to 350 degrees, Place oil in dutch oven over medium-high heat. When oil is hot, brown pork and then remove.

Add butter or margarine to pan and when melted, add garlic and apples, Reduce heat to low, cover and cook for 10 minutes, stirring occasionally,


## Spicy Lamb Shanks

From Elaine Swyt

This old crockpot recipe is so easy but so good. The aroma is wonderful in the kitchen after slow cooring all day.

| 4 |  | lamb shankes |
| :--- | :--- | :--- |
| 1 | teaspoon | salt |
| $1 / 4$ | teaspoon | pepper |
| 1 | cup | dried apricots |
| 1 | cup | prunes - pitted |
| 2 | tbsp | balsamic vinegar |
| $1 / 3$ | cup | sugar |
| $1 / 2$ | teaspoon | ground allspice |
| $1 / 2$ | teaspoon | ground cinnamon |
| $1 / 4$ | teaspoon | ground cloves |



Coat lamb shanks with salt and pepper. Place in slow cooking pot (crockpot), Add apricots and prunes, Combine water and vinegar with sugar, allspice, cinnamon and cloves. Pour over fruits and meat.

Cover and cook on low for 7-9 hours or until meat is tender.

630 Calories per Serving




## Sauteed Gabbage 8 Egg Noodles

Joe really loves this accompaniment to pork roast. It's addlicting. And also, I've been told this is really a very "ethnic" dish. Both Polish and German origins. My mom says her mom fixed this for her when she was growing up and the Polish foles call this "Klusfil z Kapusta Polsfi"--or "Polish Noodles \& Cabbage."

| 8 | ounces | egg noodles |
| :--- | :--- | :--- |
| $1 / 4$ | pound | smored bacon - coarsely chopped |
| 1 | medium | onions - coarsey chopped |
| 5 | cups | shredded cabbage |
| 1 | teaspoon | caraway seeds |
| salt and freshly ground pepper, to taste |  |  |



Put noodles into a large pot of salted boiling water. coor until al dente and drain.

Meanwhile, brown the bacon in a large heavy sfillet over medium heat. Add onion and saute for 10 minutes or until tender, Add cabbage and continue sauteing until crisp and tender, about 8 minutes,

Stir in the cooked and drained noodles and the caraway seeds. Toss well to mix, lower heat and cook 5 more minutes, Season with salt and pepper to taste.

205Calories per Serving


## Vermicefli Safac

This is a good ol' standby for a quickie pasta salad for lunch.

| 12 | ounces | vermicelli |
| :--- | :--- | :--- |
| $1 / 2$ | cup | sweet pickle juice |
| 6 | ounces | French salad dressing |
| 2 | cloves | garlic - mashed |
| 1 | tablespoon | poppy seeds |
| 1 | teaspoon | celery seed |
| 1 | teaspoon | caraway seed |
| $1 / 4$ | teaspoon | cayenne pepper |
| $1 / 2$ | teaspoon | salt |
| $1 / 2$ | pound | diced celery |
| 1 | bunch | green onions - chopped |
| $1 / 4$ | cup | fresh parsley - chopped |

Breare vermicelli into 1"pieces, and cook according to package directions. Mix pickle juice, French dressing, garlic, and seasonings and pour over warm vermicelli. Chill. One hour before senving, add celery, green onions and parsley.

177 Calories per Serving


## PIGKLES 8 RELISHES



To love what you do and feel that it matters -- how could anything be more fun?

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## Efegant Hot Dog Refish

From Loorraine Melke



| 13 | medium |
| :--- | :--- |
| 3 | whole |
| 6 | whole |
| 1 | extra large |
| 1 | gallon |
| $1 / 4$ | cup |
| 4 | cups |
| 2 | cups |
| 6 | cups |
| 4 | tsp |
| 4 | tsp |
| 1 | can |
| 1 | tbsp |
| 2 | tbsp |
| 1 | cup |

This stuff is better than Heinz 57. It took 1st Place at the Oregon State Fair for three years running. Many fond memories as the children would help, not only picking the produce from the garden but they loved to turn the crank of grandmother's old grinder to get the vegetables ready.
cucumbers, washed and finely chopped* red bell peppers, washed, seeded, finely chopped green bell peppers, washed, seeded, finely chopped. sweet onion, finely chopped water
picéling salt
distilled white vinegar
water
sugar
celery seed
mustard seed
crushed pineapple ( $15^{1 / 4} \mathrm{oz}$ )


* You can use lemon cucumbers


## Elegant Hot Dog Refish

## (Gontinuea)

Combine vegetables in a large bowl. Mix 1 gallon water and pićrling salt, Pour over vegetables, Let stand over night.

Wash thoroughly and scald 11 pint jars. Keep Got until needed. Prepare lids as manufacturer directs.

In a large kettle, bring vegetables and water (that they have soaked in) to a boil. Drain vegetables thoroughly. Wash rettle, Combine vegetables, vinegar, 2 cups water, sugar and mustard and celery seeds. Bring to a boil, stirving occasionally. (Don't use too figh
 a heat as it will scorch).

Meanwhile drain pineapple juice from canned pineapple into a glass measure, reserving fruit, In a small bowl mix dry mustard, tumeric and flour. Using a wire whisk slowly add pineapple juice, add enough liquid from the hot vegetable mixture to make a thin, smooth paste. Carefully add mustard paste, a little at a time to hot vegetable mixture, stirving constantly. Stir in reserved pineapple. Simmer until relish has thickened slightly, stirring constantly. (Again, be careful with the heat because of scorching). Immediately ladle into hot jars, leaving $1 / 4$ inch head space.

Wipe jar rims. Seal with hot lids and screw bands tight.
process 10 minutes in simmering water bath.

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## Green Tomało Refish

I picked this up from a software program called "Mastercoor.". It was one of the library of recipes that came with the program. I needed something to handle my tons of green tomatoes that were pilling up as the weather got colder and colder and they stopped ripening. I tried this one and it's a keeper. Tasty indeed, Almost as good as Mom's Elegant Hot Dog Relish..." (Hal Hal) There's no end to it's uses -- relish for hot dogs or hamburgers; a snappy addition to tuna, potato, egg salad.

| 2 | gallons | green tomatoes |
| :--- | :--- | :--- |
| 6 | whole | onions - chopped |
| 7 | whole | sweet red peppers |
| 3 | whole | large bell peppers |
| 2 | tablespoons | salt |
| 2 | quarts | vinegar |
| $1-1 / 2$ | cups | water |
| $6-1 / 2$ | cups | sugar |
| 2 | tablespoons | celery seed |
| 2 | tablespoons | mustard seed |
| 1 | tablespoon | whole cloves |
| 2 | tablespoons | allspice - whole |
| 1 | stick | cinnamon - broken |


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Virginia Nelke sent in this one. She said they are simply great!
Into hot, sterilized quart jars, place:

| 2 | heads | dill |
| :--- | :--- | :--- |
| 1 | large | slice of onion |
| 1-2 | whole | peppercorns |

Then fill the jars with garden-fresh cucumbers, Use either small, medium or large (slice the large ones lengthwise so they fit in the jars.)

Heat to boiling:

| 2 | quarts | water |
| :--- | :--- | :--- |
| 1 | quart | dark vinegar |
| $1 / 2$ | cup | salt |



Pour the boiling liquid over the cucumbers in the jars, to within 1/2" of the top. Clean the tops of the Jars with a hot wet towel. Place sterilized lids on the Jars and seal. Can them in boiling water in a regular canner for 15 minutes total (from the time you put the jars into the boiling water to the time you taree them out.)

Store in a cool place.
(Be sure to wash and clean the jars and remove the rings.)

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## Zesty Salsa

From Elaine Swyt
Makes 6 Pints or §o
A nice, refreshing condiment with a real "punch." Seems to be a favorite around our house. Ask Meghan Swyt. She soaks it up when we serve it with chips during the holidays.

| 10 | cups | red-ripe tomatoes (about 6 lbs$)$ - peeled, cored \& chop |
| :--- | :--- | :--- |
| 5 | cups | seeded, chopped long green peppers (2 lbs) |
| 5 | cups | chopped onion $(1-1 / 2 \mathrm{lbs})$ |
| $2^{1 / 2}$ | cups | hot peppers (about 1 lb$)$-seeded and chopped |
| $1^{1 / 4}$ | cups | cider vinegar |
| $3^{2}$ | cloves | garlic-minced |
| 2 | tbsp | cilantro - minced |
| 3 | tsp | salt |
| 1 | tsp | hot pepper sauce (optional) |

Combine all ingredients in a large sauce pot. Bring mixture to a boil. Reduce heat and simmer 10 minutes.

Pour hot into hot jars, leaving 1/4" head space. put on lids and rings.

Process 15 minutes in boilling water bath.
Note: Remember to wear rubber gloves when you cut and seed the hot peppers.





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Fresk Peack/Nectarine $\operatorname{Pie}$

Makes a 9-Inch Pie
This is a recipe from a friend of Kris', Vickie Miller, with an alternate filling by her sister, Karen Weber. Kris says that Vickie makes this every year for her birthday. Scrumptious!


Vichic Miller's Vession:
Bare a 9-inch pie shell. Cool completely.
For the glaze: Mix together the sugar, cornstarch, water and Jello mix over medium heat, stirring until it boils, Cool slightly.

Cover the bottom of the cooled pie shell with a mixture of the cream cheese, powdered sugar and Cool Whip.

Peel and slice peaches into a bowl and stir in the glaze.

Karen Weher uses the following homecanned peach pie filling instead:

For the filling, peel and then slice the peaches into a bowl of cold water with some pineapple juice to prevent browning. Mean-
 while, combine 1 cup of sugar, 1/4 cup plus 1 tablespoon cornstarch over medium heat in a large pan. Add $3 / 4$ cup water and $1 / 4$ cup pineapple juice and stir until bubbly and mixture thickens. Fold in the peaches.

Pour peaches/nectarines into pie shell. Refrigerate.

* Kris, I hope I have this one right?

330 C alories per Serving

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## Lemon Strata Pie

This is a luscious recipe Mary picked up from a friend, Vera Roe.

| 1 | cup | flour-sifted |
| :--- | :--- | :--- |
| $1 / 2$ | teaspoon | salt |
| $1 / 3$ | cup | shortening |
| 3 | tbsp | cold water |
| 2 |  | egg whites |
| $1 / 2$ | teaspoon | vinegar |
| 1 | cup | sugar |
| $1 / 4$ | teaspoon | salt |
| 1 | teaspoon | vanilla |
| 1 | large | lemon |
| 3 | tbsp | butter |
| 2 |  | eggs - beaten |
| 1 | cup | whipping cream |

PIE CRUST: Sift flour once and then sift together flour and 1/2 teaspoon salt and cut into the shortening.

Then, sprinkle cold water (3-4 tablespoons) over mixture while stirving lightly with a fork until the dough just holds together. Form dough into a ball and roll out onto floured surface to fit 9" pie tin. Flute the edges and prick bottom and sides generously. Bare at 450 degrees for 10-12 minutes until golden brown.


## Ricotta Pie

| 2 | pounds | ricotta cheese |
| :--- | :--- | :--- |
| 3 |  | eggs |
| 1 | cup | sugar |
| 2 | tbsp | flour |
| Rind of lemon grated |  |  |



Place ricotta in mixer and whip for 3 minutes. Add sugar and eggs. Then gradually add the flour. Before putting in pie shell, add grated lemon grind. Place mixture in unbared pie shell.

Bake at 350 degrees for about 45 minutes,

260 Calories per Serv ing
Total Fat: 13 g (Saturated: 8g) Cholesterol: 110 mg

Sodium: 95mg
$N$ utritional $N$ ote: You can save about 50 calories and 2 grams of fat if you use egg substitute.




Great with pork, chicken or turkey main dishes or all by itself. Very refreshing diversion from your usual dinner salad.

| 2 | cups | apples - cubed |
| :--- | :--- | :--- |
| 1 | cup | grapes (seedless) - halved |
| $1 / 2$ | cup | celery - chopped |
| $1 / 4$ | cup | walnuts - chopped |
| 1 | teaspoon | lemon juice |
| $2 / 3$ | cup | nonfat mayonnaise or salad dressing |
| Lettuce leaves |  |  |

In large bowl, combine all ingredients, except lettuce. Mix lightly. Cover and refrigerate, Serve in lettuce-lined bowl, if
 desired.

70 Calories per Serving

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## Grilled Bean Salad

from Lorraine Nelke

A favorite for summer bar-b-ques,


Drain beans well, mix with green pepper, celery and onion. Combine sugar, salt, pepper, vinegar and salad oil. Pour over beans and mix well.

Refrigerate several hours, Place into lettuce-lined bowl.
482 Calories Per Serv ing

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## Sweet Tangz Mustand Sauce

From Elaine swyt

This is another dipping sauce for coconut prawns or any shrimp appetizer.

| $1 / 2$ | cup | orange marmalade |
| :--- | :--- | :--- |
| 1 | tablespoon dry Sherry |  |
| 1 | tablespoon | orange juice |
| 2 | teaspoons | dijon mustard |
| 1 | teaspoon | horseradish - to taste |

Combine all ingredients together. Mix well and serve with shrimp.





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## Hemona Prawns

(Gontinued)
spread chopped nuts in a large baking dish or cookie sheet. Coat prawns with the nuts and refrigerate for about 5 minutes.

Cut the papaya in half and clean out the seeds. scoop out the papaya pulp and puree' it along with the butter, salt and curry powder until smooth. If the papaya and butter do not blend completely and the mixture appears grainy, heat it in a saucepan over figh heat for about 15 seconds, stirring constantly. The blend will come together very quickly, this way. If you heat it too long, the butter will separate.

Coat a baring sheet with the remaining oil and preheat it for 2 minutes, Remove the pan from the oven and place the prawns on it. Return it to the oven and coor the prawns for 5-6 minutes, turning once, untl they are browned and firm to the touch. Place prawns on plate and top with the papaya butter or you can lay the prawns over the papaya butter. Both work nicely.

490 C alories per Serv ing of 6 Prawns

Total Fat: 39g (Saturated: 5g)


Sodium: 260 mg


Herb-Marinated Shrimp (Goplinueq)

To make the herk marinade: In a nonreactive bowl, combine all ingredients, including salt and peppers to taste, Blend well. Makes about 1-1/4 cups,

Add the prawns to the marinade and turn to coat evenly. Cover and let stand at room temperature for 30 minutes or refrigerate for up to 3 hours.

Prepare an open grill. Remove the prawns from the marinade. Place them on a shellfish rack over the coals. Cook turning once until the shrimp shells turn bright pink and the meat is
 just opaque, about 6 minutes total cooring time.

Serve hot with a dipping sauce, llife "Creole Mustard Cream."
To make the Creole Mustard Cream: Melt the butter in a saucepan over low heat. Add the onion and coor, stirring frequently, until soft but not brown, about 4 minutes. Add the vermouth or wine and increase the heat to medium. Cook, uncovered, until the liquid evaporates, about 5 minutes. Stir in the cream and cook until reduced by about one-fourth, about 5 minutes.


Soup is sensitive. You don't catch steak hanging around when you're poor and sick, do you?

Judith M artin

## SOUPS



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## Gazpacho

From Elaine Swyt

This version of the classic cold tomato soup is very fresh tasting. It's adapted from a recipe given to me by a lady I worked with a long time ago. She was from spain, I think. This is especially enjoyable to prepare during the tomato harvest and when the garden is bursting with goodies.

$1-1 / 2$ tsp salt
$1 / 8$ tsp pepper - coarsely ground
1/2 cup croutons-packaged
2 cloves garlic - peeled and split
2 tbsp ollive oil
1/2 cup chives - chopped
Prepare vesetables: To peel tomatoes, dip each into boiling water for 1 minute; lift out with a slotted spoon. Cut out stem end; peel off skin with paring Ennife, You can also hold tomato on fork over


## Lipłon Beef Stew

I life to cook this on weekends, especially those rainy ones in Oregon. The house smells so good that by dinner time we are famishedl This mares real good leftovers,
2 lbs beef stew meat
potatoes - cut into chunks
Kidney beans
Corn (frozen or canned oray)
Carrots
1 prg Lipton's Onion Soup Mix - dry
2 cans Campbell's Beef Broth


Cut stew meat into small pieces, approximately 1-2 inches. Place into crockpot. Pour the onion soup mix onto the stew meat, stir, Add beef broth.

Peel potatoes and cut into chunes. Add to crock pot mixture,
Add vegetables of your choice, life fidney beans, corn and/or carrots,
cook in crock pot on high for 6-8 hours.

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## Ofa Faskion GRicken Soup

(Gontinued)


## Portabella Mushroom Soup

From Elaine Swyt
serves 6
This is a wonderful, aromatic and very tasty soup, I've adapted it from a recipe I saw in Bon Appetit magazine which was taren from the Van Gogn's Restaurant and Bar in Roswell, Georgia.
\(\left.\begin{array}{lll}1 / 4 \& cup \& unsalted bulter <br>
5 \& \& leeks (white \& pale green parts only) - chopped, 3 cups <br>

1 \& \& onion (medium) - chopped\end{array}\right]\)| 10 | oz | portabella mushrooms (about 4 cups) - chopped (see Note) |
| :--- | :--- | :--- |
| $1 / 4$ | cup | all-purpose flour |
| 3 | cups chicken stock or canned low-salt broth |  |
| 4 | tbsp | dry sherry |
| 2 | cups half and half |  |
| $1 / 4$ | tsp cayenne pepper |  |
| Ground white pepper |  |  |

Melt butter in heavy large Dutch oven over medium heat. Add leeks and onion; saute until tender, 10 minutes, Add mushrooms and saute 5 minutes, Reduce heat to low. Add flouri coork until mixture is thick, stirring occasionally, about 3 minutes, Gradually stir in stock or broth and 2 tablespoons dry sherry. Bring soup to boil, stirring. Reduce heat and simmer until thickened, about 10 minutes. Stir in half and half. Simmer until slightly thickened, about 10 minutes. Stir in cayenne pepper, season with write pepper and salt.
(Can be prepared 4 hours anead. Cover and refrigerate.)
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'M id pleasures and palaces
though we may roam,
Be it ever so humble, there's no place like H ome.
T. H oward Payne

## VEGETA1BLES



## Broceofi Bafe

This is the family favorite vegetable dish for Thanksgiving dinner, Both Denise and Mom submitted this one, Ithink the recipe originated with Mom, but has been adapted by Denise?

| 16 | ounce prg | broccoli, frozen |
| :--- | :--- | :--- |
| 1 | can | Cream of Mushroom soup *- uncondensed |
| 2 | whole | eggs |
| 1 | tablespoon | onion - minced |
| 2 | cups | cheddar cheese - grated |
| 1 | tube | Ritz crackers - crushed |
| $1 / 2$ | cup | light margarine |
|  |  |  | mayonnaise. Mix with broccolli. Pour into sprayed 9×13 baking dish or casserole.

Melt butter and spread over broccoll mixture. Top with crushed crackers,
Bare for 15 minutes at 400 degrees.
464 Calories per Serving
Total Fat: 459 (Saturated: 12g)
Cholesterol: 99mg
Sodium: 633mg

N utritional N ote: If you use egg substitute, nonfat cheddar cheese, nonfat may onnaise and nonfat margarine, you can sav e y ourself 100 calories per serv ing and 23 grams of fat. A nd it really tastes the same.

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## MishMash

This recipe came from Doug's first employer in Arizona. This is also a great dish to serve with steare and bareed potatoes. You can also try sewing it with grilled sausage, fresh bread, cottage cheese.

| 4 | whole | bell peppers - green |
| :--- | :--- | :--- |
| 2 | whole | onions |
| 2 | cups | mushrooms - approximate |
| 3 | tbsp | butter or margarine |
| 1 | tsp | onion powder - to taste |
| 1 | tsp | garlic powder - to taste |
| 1 | tsp | lemon pepper - to taste |

Cut bell peppers in strips, slice onion in loose rings and slice mushrooms.


Put into glass casserole dish. Dollop 3-4 tablespoons butter/margarine on top. sprinkle garlic powder, onion powder and lemon pepper to taste, approximately 1 teaspoon each.

Microwave full power for 20 minutes.
118 Calories per Serv ing

Pretty basic but tastes really good with the ol' turkey without the sweet toppings. But if you want, you can still add a small amount of marshmallows.

| 4 | pounds | sweet potatoes or yams |
| :---: | :---: | :---: |
| 1 | stick | unsalted butter - softened |
| 6 | tablespoons | lemon juice - to taste |
| 1/4 | cup | water - if needed |
| Salt and pepper - to taste |  |  |

In a large saucepan, combine the sweet potatoes or yams with enough salted water to cover them by 2", Bring to boil and simmer, covered for 20-30 minutes, Drain and cool and peel.

Puree and add 6 tablespoons of butter, the lemon juice and $1 / 4$ cup water and heat the puree over moderately low Geat, stirring until hot, addling water, if necessary, to thin it to desired consistency.

season puree with salt and pepper and mount it into a heated serving dish, making a small well in the center to fill with remaining 2 tablespoons of butter.

245 Calories per Serving





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OUR VERY FFIVORITES

Volume One
A Collection of Delectables from
Family \& Friends

Written
by
Elaine Swat



[^0]:    * Variation: Place a fresh green jalapeno or habanero pepper

