



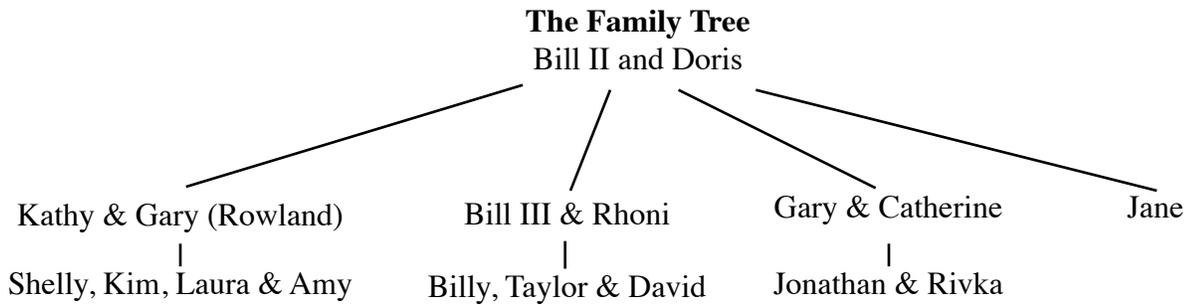
The Greig Family about 1998

Beginning at the top from left to right:

Back Row: Rhoni, Bill III, Kathy, Gary (Rowland), Kim, Shelly, Laura, Amy, Jonathan, Gary (Greig), Rivka, Catherine.

Next Row: David, Bill II, Doris, Jane

Front Row: Taylor, Billy



Afterword

by **Kathy Rowland**

Nearly twenty years have passed since my mother, Doris, wrote this book. My sister and brothers and I are not only grown up but have children of our own. Both of our parents, Bill and Doris, have gone home to be with the Lord—Doris in December 2004, and Bill in February 2006. You may be wondering: how did their children turn out? Well, let me tell you...

Kathy

After growing up in Glendale, I attended Westmont College in Santa Barbara, California, where I met my husband, Gary. We have now been married over 30 years, and have four grown daughters. How time flies! I have had the privilege, since 1975, of serving as Executive Director of **Joy of Living Bible Studies**, the ministry founded by my mother in 1970. Through this work and other life experiences, the Lord has drawn me close to Him and enabled me to grow in so many ways.



Like any mother and daughter, my mother and I had our misunderstandings and stresses, and we were very different in many ways. Mom was a woman of strong opinions, and she trained us “in the way we should go” with love and firmness! Because she wasn’t introduced to Jesus until she was a young adult, Mom had a heart for everyone around us who didn’t know Him, and pushed us kids to invite our friends and acquaintances to church activities. Looking back, I now appreciate her viewpoint and concern, but at the time I didn’t appreciate the pressure!

For many years I resisted God’s call to follow Him, because I felt pushed from behind by my mom’s obvious desire for me to do so. While I didn’t show this outwardly—continuing to attend church and act “nice”—yet inside I didn’t know what I really believed about God, and whether He

was really there and cared about me. But the prayers of my parents bore fruit, and God has graciously drawn me to Him, giving me the desire and the will to submit my life to Him. He has used the hard times and challenges of my life to accomplish this, just as Romans 8:28 promises.

My exercise of the gift of Christian hospitality has been quite different from my parents. Because of their example, I feel comfortable opening my home to others, and I don't fret if things aren't perfect. But for various reasons much of my hospitality—sharing myself with others—has taken place by serving as a volunteer through my church and my children's schools, giving my time and effort to make others welcome and comfortable at various activities, and making sure needed work gets done.

One legacy I really appreciate from my mom is the emphasis she placed on home-cooked family meals. She taught us how to prepare healthy, low-cost meals, and we learned the value of time spent together at dinner as many evenings as possible. My husband and I continued the tradition of regular, home-cooked family dinners with our own daughters, and while it may have irritated them occasionally to always be expected home for dinner, they appreciated both the food and the time together.

But the most important gift I received from my parents is a love for the Word of God, the Bible. Getting to spend time in Bible study as part of my job is the ultimate perk!

Editor's Note

While reviewing Kathy's chapter I realized how difficult it would be to write objectively about one's own life. Having known and worked closely with Kathy since 1996 I would like to share my personal observations of her life and ministry.

For a number of those years, the ministry—Joy of Living Bible Studies—occupied office space within the Rowland home, and I was able to observe Kathy's family life as well as her business dealings on a daily basis.

Although not perfect, Kathy embodies all that Doris taught that a woman should be.

First and foremost Kathy is a woman of God, seeking His guidance and grace in every aspect of her life. Decisions about the ministry, struggles with children and interpersonal relationships, and concerns for individuals are all brought by her to the Lord in prayer.

As a wife, Kathy loves, honors and respects her husband, Gary. He travels a great deal with his business and she eagerly looks forward to those times when he is home and they can spend time together. One of the highlights of her life are the weekends Gary is at home and they can worship together at the church where she is an active member of the worship team.

A college graduate, Kathy chose to put aside career opportunities in order to stay at home and raise her children. In our culture this is not always possible, but it was a choice she and her husband were able to make. It's been a personal joy for me to watch their daughters grow in this warm, loving, godly environment.

While running her household— including the preparation of family meals, growing organic vegetables for family and friends, creating and maintaining a beautiful half-acre yard, carpooling children, being an AWANA volunteer for numerous years, heading the Parent Guild at the children’s school, etc.—Kathy took Joy of Living from 70 classes to over 700 classes meeting both nationally and internationally. She has overseen the development of new adult courses, expanding the number of studies from the original five to Bible courses covering the majority of God’s Word. The addition of youth and preschool material has encouraged study groups to provide Bible teaching within their children’s programs. The translation of some studies into Spanish, German, Russian and Japanese has greatly increased the number of people being nurtured and disciplined in God’s Word through Joy of Living.

Besides being one of the most organized people I have met, Kathy has great sense of humor and a sweet and gentle spirit. Laughter frequently rings out of the office complex. She genuinely cares about others and expresses this in both word and deed. She has engendered the love and loyalty of her employees.

She is truly a Proverbs 31 woman.

*Nancy Collins
Assistant to the Director
Joy of Living Bible Studies*

Bill III

When my brother Bill was growing up, we nicknamed him “Farmer Bill” because he loved working in the garden. He raised vegetables, and kept the family supplied with eggs from his chickens. He didn’t choose to make farming his career after all, but he has continued planting fruit trees, and raising vegetables and chickens when yard space and time allow.



After attending Glendale College for two years, Bill headed off to Bethel College in Minnesota to complete his degree in Business, and later earned a master’s degree in Marketing from California State University, Northridge. He worked for seven years with an international advertising agency before joining the family business, **Gospel Light**, an evangelical Christian publisher that serves over 30,000 churches with Bible curricula. Gospel Light employs over 150 people in its Ventura, California, headquarters, and has offices in Cincinnati, Ohio; Tulsa, Oklahoma; and Beijing, China. Eventually, following in our father’s footsteps, Bill became the company’s President.

Bill and his wife Rhonni have been married 20 years, and have three children. They have taught Sunday School and been involved in children’s and youth ministry since they first met. Their vision is to encourage their children and future generations to reach their world with the love of Jesus. They have followed our parents’ example in hospitality, opening their home to many guests over the years.

Gary

My brothers Gary and Bill were only fifteen months apart in age, and when they were young, people would sometimes ask Mother if they were twins. They were inseparable pals growing up, and I, as the older sister, just referred to them as “the boys.” When Gary was young, he had a way of driving us crazy by mimicking things we said. You never could have guessed that he would grow up to be a dignified, erudite professor!



After also attending Glendale College for two years, Gary left home to attend the Hebrew University of Jerusalem in Israel. I thought this was extremely brave—both of Gary for going, and of my parents for sending him—given the ongoing political tension and violence in Israel. Gary completed his bachelor’s degree and returned to California, at which time he met and married his wife, Catherine, in 1982.

Gary and Catherine moved to Chicago, where they both attended the University of Chicago. Gary eventually completed a master’s degree and a Ph.D. in Near Eastern Languages. They returned to California, and Gary worked at Gospel Light as a senior editor for five years. During this time he taught Hebrew as an adjunct professor for Fuller Seminary in Pasadena for several years. In 1995 Gary and his family moved to Virginia, and Gary taught Old Testament and Hebrew for the Regent University School of Divinity for several years. Following this, he taught several years for the Wagner Leadership Institute.

In 2000, Gary and Catherine founded the **University Prayer Network** to teach and train student leaders on university campuses how to pray for revival and to evangelize their campuses with the power and gifts of the Holy Spirit. Leaving the ministry in capable hands, in 2006 Gary and his family returned to California, where he rejoined Gospel Light once again in an editorial position. Gary and Catherine, too, have exercised the gift of hospitality by welcoming many guests into their home over the years.

Jane

After our mother, Doris, was told she could no longer safely bear another child, our parents adopted my sister, Jane, the youngest in our family. Jane was the cutest little girl, but following in the footsteps of two older brothers, she wasn’t going to let the grass grow under her feet! We grew up in a home with a swimming pool, and Jane learned to swim practically before she could walk, earning a reputation as a “fish.” Her blonde hair was permanently tinted green during the summers from the pool chlorine.



Jane loved animals more than anything else. While we had always had dogs and cats growing up, Jane added creatures such as rats, mice, frogs and snakes to our menagerie. This was fine in prin-

ciple, but it was always a shock when one of these creatures escaped and hid in the house, darting out to scare unwary passers-by. Jane has kept her love for animals throughout her life. All her nieces and nephews have loved to visit her home, where she has had horses, goats, dogs, cats, turkeys, chickens, ferrets, koi, and a multitude of other creatures at one time or another.

Joining Gospel Light in 1983, Jane developed and is the Executive Producer of the video production department. Video projects have ranged from children's music videos that share the gospel message while captivating and entertaining little ones, to video seminars by the some of the nation's leading Christian speakers. She is also the owner of **Backlight Video Productions**, an independent video production company.

Because of her organizational and managerial skills, Jane was asked to assume the responsibility of Building and Facilities Manager of the new Gospel Light building complex completed in 2003. Dedicated, hard-working, caring, and capable, Jane's integrity has earned her the respect of those who work for her as well as those she does business with.

In my view, Jane exercises the gift of hospitality best by being available to those in need. If someone she knows needs help to accomplish a task, Jane immediately pitches in to get it done. When a family needed a place to stay, Jane has opened her home to them on many occasions. I saw her availability expressed most beautifully towards our parents as they grew older and needed assistance. Jane was always there to help make sure home repairs were completed, doctor appointments were kept, bookkeeping and taxes were arranged for, and whatever else that needed doing was done.

Jane is a great asset to Gospel Light and a gift from God to our family.

Passing On Christian Faith And Hospitality

God has given us both commands and promises in His Word:

Deuteronomy 4:9 Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

Psalms 78:4,7 We will tell the next generation the praiseworthy deeds of the LORD, his power, and the wonders he has done... Then they would put their trust in God and would not forget his deeds but would keep his commands.

Proverbs 22:6 Train a child in the way he should go, and when he is old he will not turn from it.

Just as our parents did before us, we trust that God will draw each of our own children to Him, bringing to maturity what we taught them about Him as they grew up. Whether you have children of your own or not, be praying for the next generation—your children, grandchildren, nieces and nephews, children in your neighborhood—to come in faith to Him.

God will work through you as you exercise the gift of hospitality—“relaxed availability.” Those to whom you make yourself available will smell the sweet perfume of God’s presence. “But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him” (2 Corinthians 2:14).

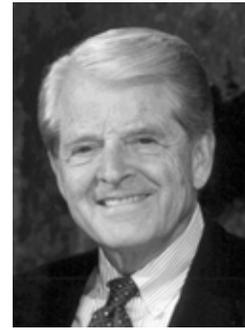
Kathy Greig Rowland
Executive Director
Joy of Living Bible Studies



Doris



Doris & Bill II



Bill II



The Entire Family 1997

Greig Family Favorites

Although hospitality does not always include food, it is often an integral part of opening our hearts and our homes to the people God sends our way. Therefore, it is wise to have on hand a few basic recipes that can be used, but not overused.

Many people like to cook and experiment with new recipes. However, generally we like to use the old standbys, the ones we can count on.

This section of the book consists of menus and foods I have collected over 35 years and have found to be easy and delicious. I have even sprinkled in some helpful household hints. The recipes have been time-tested by our family, and that is why they are valuable! Sunny, spotless test kitchens can make anything taste good, but when a mother of four hears her husband and children exclaim over a certain dish, she adds that recipe to her files.

The prime source for this section are some very good cooks who were graciously willing to share recipes that over the years have delighted their families and guests.

It is our hope that you will find contained in these pages some recipes that your family will like and some menus that will work for you.

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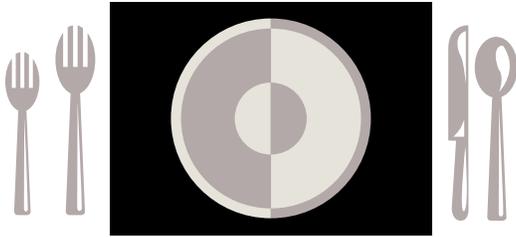
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Super Sunday Dinner Menus

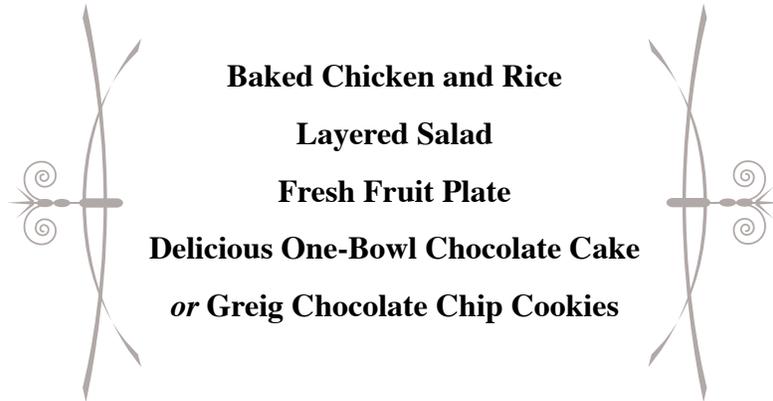
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Chicken & Rice Menu



Baked Chicken and Rice

To reduce fat and calories you may remove skin from chicken before baking, but this does not taste as good as the original recipe!

1 cup white uncooked rice

1 can (10.75 ounce) condensed cream of chicken, mushroom or celery soup

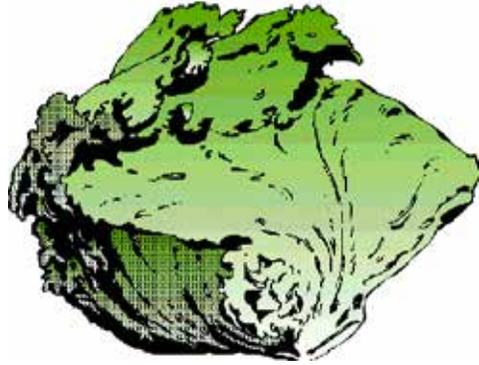
Water or Milk

1 envelope (1 ounce) dry onion soup mix (such as Lipton's)

1 chicken, cut up

½ cup sliced almonds (optional)

Place uncooked rice in a 9 x 12 baking pan. Place condensed soup in a medium bowl. Fill empty soup can with water or milk and mix with condensed soup. Pour soup mixture over rice. Sprinkle dry soup mix over rice mixture. Place chicken, skin side up, on top of rice mixture. Cover tightly with pan lid or aluminum foil. Bake at 350 degrees for 1½ hours. Remove pan from oven and preheat oven broiler. Sprinkle sliced almonds over chicken and rice, and place pan under the broiler until almonds are browned. Serves 4.



Layered Salad

- 1 large head of iceberg lettuce, torn into bite-size pieces (about 8 cups)
- 1 medium red onion, thinly sliced (about 1 cup)
- 2 cups thinly sliced carrots
- 4 cups small broccoli florets (or substitute uncooked petite frozen green peas)
- 1 cup thinly sliced celery
- 1 cup thinly sliced zucchini or cucumber
- 1 pint cherry tomatoes
- 2 cups mayonnaise
- 2 tablespoons granulated sugar
- $\frac{1}{3}$ cup grated Parmesan cheese (or substitute $1\frac{1}{2}$ cups shredded cheddar cheese)
- 8 slices bacon crisply cooked and crumbled (or $\frac{1}{2}$ cup bottled real bacon bits)

Layer lettuce on the bottom of a large serving bowl. Add the rest of the vegetables as listed, one layer at a time. Spread mayonnaise over top of vegetables, sealing to the edges of the bowl. Sprinkle sugar evenly over mayonnaise. Top with cheese, then bacon. Cover with plastic wrap and refrigerate 8 hours or overnight. Toss gently before serving. (Serves 10 to 12)

Fresh Fruit Plate

Cut up or slice seasonal fresh fruit and arrange on an attractive serving dish. Cover with plastic wrap and refrigerate. Remove plastic wrap just before serving and add freshly sliced bananas and apples, if desired, to the other fruit.

Delicious One-Bowl Chocolate Cake

This is an old family standby that all the children learned to bake at an early age. You may make this cake a day or two ahead. It stays very moist.

Cooking spray (such as PAM)

1½ cups water

3 ounces unsweetened baking chocolate (use 4 ounces if you prefer a darker chocolate cake)

2½ cups granulated sugar

3 large eggs

1 cup sour cream

¾ cup oil

3 cups all-purpose flour

1 teaspoon salt

2 teaspoons baking soda

Chocolate Frosting (recipe below)

Preheat oven to 350 degrees. This recipe makes a 9 x 12 pan and a 9 x 9 pan. Or you may substitute cupcakes for the 9 x 9 pan. Spray pans with cooking spray. Place water and chocolate in a pan and melt over low heat on stove, or place in microwavable bowl and melt in a microwave oven. Stir well to combine, and set aside to cool. In a large bowl, mix with electric beater (or by hand) sugar, eggs, sour cream and oil. Add chocolate mixture and beat well. Add flour, salt and baking soda and beat until well blended. Fill each pan or cupcake holder half full. Bake until the cake pulls from the sides of the pan and a toothpick inserted in center comes out clean. Bake 9 x 12 cake about 35 minutes, 9 x 9 cake about 30 minutes, and cupcakes about 20 minutes. Note: This batter will be thin. Do not overbake. Frost with Chocolate Frosting.

Chocolate Frosting

This is the best chocolate frosting recipe I have ever used!

3 ounces unsweetened baking chocolate

⅓ cup (⅔ stick) butter or margarine

½ cup sour cream

2 teaspoons vanilla

3 cups powdered sugar

chopped nuts (optional)

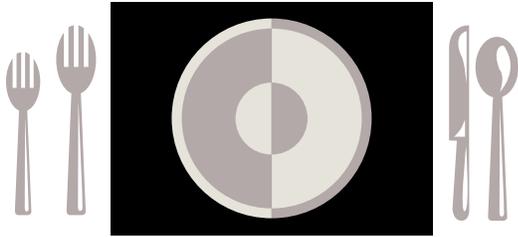
Place chocolate and butter in a medium pan and melt over low heat on a stove, or place in a medium microwavable bowl and melt in a microwave oven. Cool slightly. Add sour cream and vanilla and beat well with electric mixer. Add powdered sugar and beat until well-blended and spreadable. Spread over the cooled cake. Top with chopped nuts if desired.

Greig Chocolate Chip Cookies—at their Best!

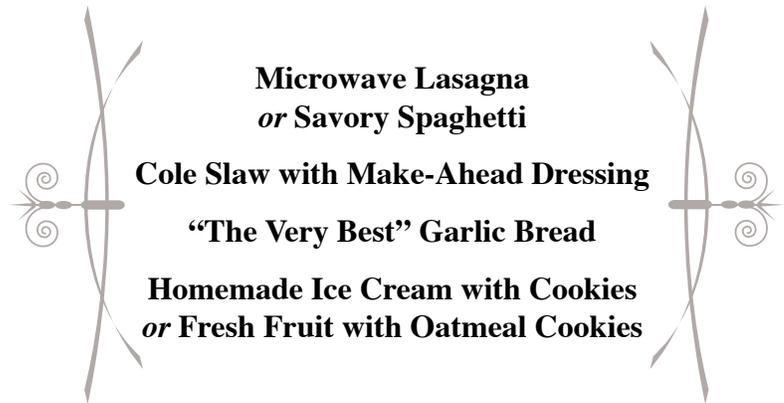
- 1 cup (½ lb. or 2 sticks) butter or margarine, softened to room temperature
- ½ cup solid vegetable shortening
- 1¹/₃ cups granulated sugar
- 1 cup firmly packed brown sugar
- 4 large eggs
- 1 tablespoon vanilla
- 1 teaspoon lemon juice
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1½ teaspoons salt
- 1 teaspoon cinnamon
- ½ cup rolled oats (preferably “old fashioned” rather than “quick”)
- 2 (12-ounce) packages chocolate chips
- 2 cups chopped walnuts or raisins

Preheat oven to 350 degrees (if you desire a softer cookie, bake at 325 degrees). In a large bowl beat the butter or margarine and shortening with granulated sugar and brown sugar until light and fluffy. Add eggs, vanilla and lemon juice and beat well. Add flour, baking soda, salt, cinnamon and oats and beat well. Stir in chocolate chips and walnuts or raisins. Drop about ¼ cup dough for each cookie on ungreased cookie sheet, spacing about 3 inches apart. (Note: Use ice cream scoop to measure out the dough.) Bake for 16 to 18 minutes, until brown. Immediately transfer baked cookies to wire racks to cool. Store in an airtight container. Makes about 3 dozen large cookies. They may be frozen after baking.





Italian Menu



Easy Microwave Lasagna

- 1 pound ground beef
- 2 cups spaghetti sauce from a jar (or leftover homemade sauce, see recipe following)
- 1 can (8 ounces) tomato sauce
- 1 tablespoon dried parsley flakes
- 1 teaspoon dried oregano leaves or ½ teaspoon ground oregano
- 1 teaspoon dried basil leaves or ½ teaspoon ground basil
- 2 cups (about 8 ounces) grated mozzarella or Jack cheese
- 1 carton (16 ounces) cottage cheese
- 7 tablespoons grated Parmesan cheese, divided
- 1 egg
- 8 uncooked lasagna noodles

Crumble ground beef into 1½ quart casserole dish. Cover loosely and microwave on high (100 percent power) for three minutes. Break up beef with a fork and stir. Cover casserole again and microwave on high until very little pink remains (2-3 minutes longer). Drain off fat and liquid. Add spaghetti sauce, tomato sauce, parsley, oregano and basil to casserole and stir well. Cover tightly and microwave on high until sauce boils (3–4 minutes). Place egg in medium bowl and beat well. Add cottage cheese and ¼ cup (4 tablespoons) Parmesan cheese and stir until blended.

Spread 1¹/₃ cups of the spaghetti meat sauce in baking dish (12 x 7¹/₂ x 2). Place 4 uncooked lasagna noodles on top of sauce. Spread 1 cup of cottage cheese mixture evenly over noodles. Sprinkle 1 cup of grated mozzarella or jack cheese evenly over the cottage cheese filling. Repeat layers: 1¹/₃ cups meat sauce, 4 uncooked noodles, remaining cottage cheese mixture, remaining meat sauce. Reserve 1 cup of grated mozzarella or jack cheese for the top of the casserole at the end of the cooking time.

Cover tightly and microwave on high for 10 minutes on a microwave turntable, or rotate dish by hand after 5 minutes. Microwave on medium (50 percent power) until noodles are tender (22 to 28 minutes longer), turning casserole on turntable or by hand occasionally. (Note: If you do not have a medium setting on your microwave, use full power for 10 minutes and let stand for five minutes.) Uncover casserole. Sprinkle top of lasagna with remaining 1 cup of mozzarella or jack cheese and 3 tablespoons Parmesan cheese. Cover and let stand 10 minutes. (Serves 4-6)

Savory Spaghetti Sauce

Make the sauce two or three days before you plan to use it to allow the flavors to blend in a tightly covered container in your refrigerator. Any leftover sauce may be frozen for future use.

- 1-2 pounds ground beef or ground turkey
- 4 cloves garlic, minced or pressed
- 2 tablespoons olive oil
- 2 large carrots, finely chopped or grated (about 1¹/₂ cups)
- 3 medium onions, finely chopped or grated (about 1¹/₂ cups)
- 10 cups tomato juice
- 6 tablespoons tomato paste
- 2 (16-ounce) cans of diced tomatoes
- ¼ cup chopped fresh parsley (or 2 tablespoons dried parsley flakes)
- 1¹/₂ teaspoons ground oregano
- 1¹/₂ teaspoons ground basil
- 2 bay leaves (tie in cheese cloth or place in tea strainer for easy removal)
- 2 tablespoons butter or margarine
- 1 teaspoon chili powder

In large pan, brown meat over low heat and drain off excess fat. Add garlic, olive oil, carrots, onion and 3 tablespoons of water to meat. Cover and cook over low heat for 30 minutes, stirring occasionally and checking to make sure there is enough liquid so the mixture does not burn. Stir in remaining ingredients and simmer, uncovered, for six hours at the lowest temperature setting. When partially cooled, store sauce in the refrigerator in a tightly covered container. Extra sauce may be frozen at this point. When you are ready to use the sauce, heat it slowly while you cook the spaghetti noodles.

Cole Slaw with Make-Ahead Dressing

Dressing keeps up to 3 months in refrigerator!

- 1 cup granulated sugar
- ½ cup apple cider vinegar
- 1 teaspoon ground black pepper
- ½ cup salad oil
- 2 teaspoons salt
- 1 medium head cabbage, chopped or shredded (about 6 cups)
- 1 or 2 medium carrots, grated (about ½ to 1 cup)

Place sugar, vinegar, pepper, oil and salt in tightly covered jar and shake well. Use as much dressing as the cabbage you have shredded requires. Add dressing to salad just before serving. Refrigerate remaining dressing. Shake well each time before using.

“The Very Best” Garlic Bread

- ¼ pound (1 stick) butter or margarine
- 2 cloves garlic, minced or pressed
- 6-8 thick slices french or sourdough french bread
- Shredded American cheese or grated Parmesan cheese

Several hours or one day before serving: Melt butter and combine with minced garlic. Let stand at room temperature to blend flavors. On serving day: Preheat oven broiler. Heat butter or margarine until liquid, strain and discard the garlic bits. Dip 6 to 8 fresh bread slices in melted butter mixture, and then into grated cheese. Place bread slices, cheese side up, on ungreased cookie sheet. Place bread approximately 3 inches from broiler and broil until heated and golden brown. (This requires watching so that it will not burn!) Alternate method: Preheat oven to 375 degrees. Place bread, dipped in garlic butter, butter side up, on ungreased cookie sheets. Omit cheese. Bake for 10 minutes, or until slightly browned.

Homemade Ice Cream with Cookies

Homemade ice cream—made in an old fashioned hand-cranked freezer—was always a fun project for our family of six, plus numerous friends who came to help “turn the crank” and enjoy the ice cream! I am including our family recipe for this reason. However, if you do not have an ice cream freezer, you may just buy a gallon of your favorite ice cream and serve it with cookies!



Bill Greig's Homemade Strawberry or Peach Ice Cream

My husband, Bill, was always in charge of the homemade ice cream!

3 to 4 boxes strawberries, hulled and mashed or 12 medium peaches, peeled, pitted and mashed
32-ounce carton plain yogurt
1 quart half and half (half cream and half whole milk)
1 pint whipping cream
4 cups granulated sugar
Juice of ½ medium lemon (about 1 tablespoon)
1 teaspoon salt
2 teaspoons vanilla

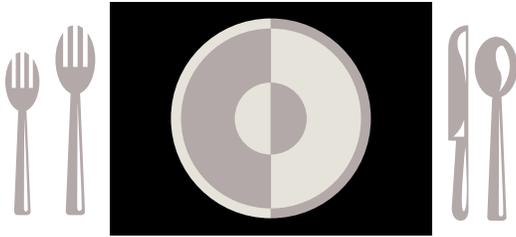
Mix all ingredients together until well blended. Read the instructions for your ice cream freezer, and follow the directions accordingly. (Makes 2 gallons.)

Grandma Blanche Walters' Oatmeal Cookies

My mother, Blanche Rick Walters, regularly enjoyed these cookies for breakfast in her later years!

4 large eggs
2 cups granulated sugar
1 teaspoon salt
1 cup shortening
1 cup (2 sticks) margarine or butter, at room temperature
1 teaspoon baking soda
1 teaspoon baking powder
2 tablespoons water
2 cups all-purpose flour
4 cups old-fashioned oatmeal
1 to 2 cups of raisins
1 cup chopped nuts (optional)

Preheat oven to 350 degrees. In a large bowl, beat the eggs, sugar and salt until light and fluffy. Add the shortening and margarine, and beat until thoroughly combined. In a small bowl, dissolve baking soda and baking powder in the water, and add to the large bowl. Mix thoroughly. Add flour to the above mixture, stirring by hand. Gradually add oatmeal, stirring by hand. Add raisins and nuts, and stir until well blended. Drop cookie dough by rounded teaspoonfuls on ungreased cookie sheet. Bake 10 to 12 minutes, until brown. Immediately remove cookies from cookie sheet and cool on wire racks. When cool, store in airtight containers. (Makes about 50 cookies.)



Cook-Out Menu



**Hamburgers on the Grill
with Toasted Buns
and “Big Mac” Sauce**

Potato Chips

Strawberry Gelatin Salad

April Fool Cookies



Hamburgers on the Grill

An easy method to shape patties: Divide ground beef mixture into equal portions. Place a square of waxed paper on a saucer, top with a portion of ground beef mixture and another waxed paper square. Place second saucer on top and press gently.

- 1 pound ground beef
- 1 tablespoon instant minced onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon garlic powder
- 1 tablespoon Worcestershire sauce
- ¼ cup water or milk
- sliced tomatoes
- sliced onion
- lettuce
- 4-5 cheese slices (optional)
- 4-5 hamburger buns
- “Big Mac” sauce (recipe follows)

Place ground beef, onion, salt, pepper, garlic powder, Worcestershire sauce and water in a large mixing bowl and mix well. (I find it easier to mix these ingredients by hand, wearing rubber gloves). Shape into 4 or 5 patties. Stack waxed-paper-separated patties and store in the refrigerator until you are ready to grill them. Arrange tomatoes, onion, and lettuce on serving dishes. Cover tightly and store in refrigerator.

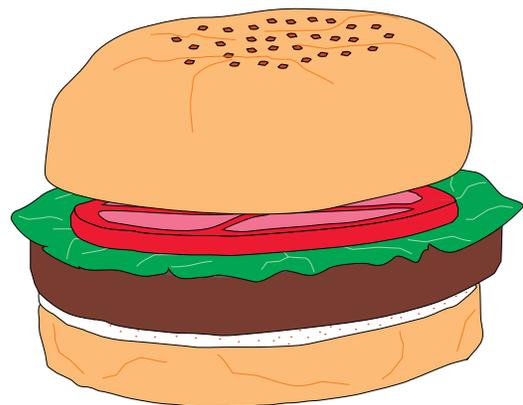
Prepare charcoal grill or light gas grill. When coals are hot or grill is heated, remove wax paper squares and place patties on grill, 4 to 6 inches from the heat source. Cook 4 to 6 minutes per side. You may use your oven broiler as an alternative in cold climates when the snow has covered your outdoor grill! To broil hamburgers in your oven, preheat broiler by setting the oven control at broil or 550 degrees. Broil burgers 3 inches from heat for 3 to 4 minutes on each side for rare, 5 to 7 minutes for medium. For cheeseburgers, about 1 minute before the patties are done, top each with a cheese slice. Continue cooking until cheese is partially melted. Toast hamburger buns on the grill, or in the oven broiler. Place patties on buns and serve with tomatoes, onion, lettuce, and sauce. (Serves 4 to 5)

“Big Mac” Sauce For Hamburgers

Store in jar in refrigerator for up to 3 months.

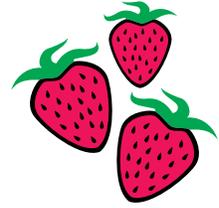
- 1/3 cup creamy French dressing
- 1 cup mayonnaise
- 1/4 cup sweet pickle relish
- 1 tablespoon granulated sugar
- 1 teaspoon instant minced onion
- 1/4 teaspoon ground black pepper

Mix all ingredients together well. Serve with hamburgers.



Strawberry Gelatin Salad

- 2 (3-ounce) packages of strawberry flavor gelatin mix
- 1½ cups boiling water
- 2 (10-ounce) packages frozen strawberries
- 1 can (20-ounce) crushed pineapple, well drained
- 3 medium bananas, mashed
- 1 pint sour cream *or* 8-ounce block cream cheese softened and blended with ¼ cup mayonnaise



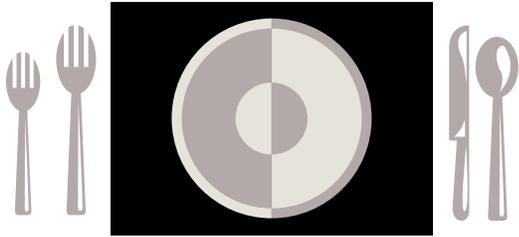
Dissolve gelatin mix in boiling water, stirring until completely dissolved. Partially thaw strawberries and cut or break into chunks. Stir strawberries into gelatin mixture until all icy particles are melted. Stir in pineapple and bananas. Place half of gelatin mixture in a 12 x 8 x 2 glass or ceramic baking dish and refrigerate until firm. Leave the other half of the gelatin mixture at room temperature so that it does not solidify. After the refrigerated gelatin becomes firm, remove it from the refrigerator and spread evenly over it the sour cream or cream cheese mixture. Carefully spoon the remaining gelatin mixture, a little at a time, over the sour cream or cream cheese mixture. Return to the refrigerator to solidify. Cover with waxed paper or plastic wrap after the top layer is firm. (Serves 12)

April Fool Cookies

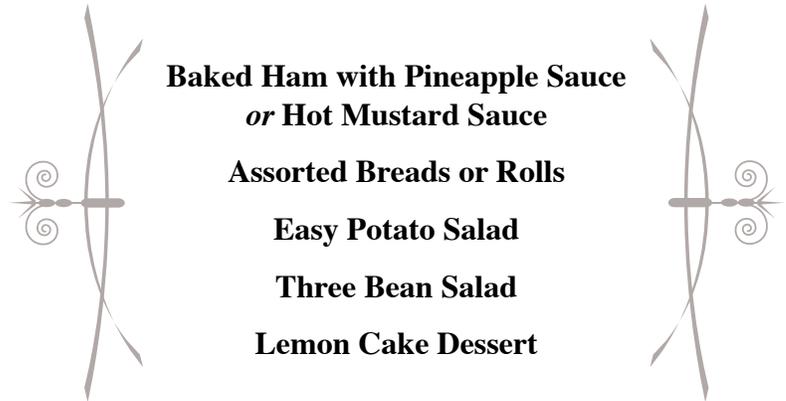
*This recipe sounds crazy, but it tastes good! Children love to help make these too.
Serve with French Vanilla ice cream.*

- 6 ounces milk chocolate chips
- 1 ounce paraffin wax
- peanut butter (either chunky or smooth)
- 20 saltine soda crackers

Melt chocolate chips and paraffin wax in small saucepan over low heat or in shallow bowl in microwave. Spread peanut butter between pairs of saltines. Using tongs, dip cracker pairs into chocolate mixture to cover all sides. Place on waxed paper to cool. To harden faster, put in refrigerator. (Makes 10 cookies)



Baked Ham Menu



**Baked Ham with Pineapple Sauce
or Hot Mustard Sauce**

Assorted Breads or Rolls

Easy Potato Salad

Three Bean Salad

Lemon Cake Dessert

Baked Ham

Purchase a pre-cooked boneless or bone-in ham. A boneless ham will provide 2-3 servings per pound, and a bone-in ham about 1-2 servings per pound. See package label for additional information. Slice ham the day before (or purchase a pre-sliced ham) and arrange on a serving platter. Use a microwavable platter if you wish to serve the ham warm. Cover and refrigerate until time to serve. To warm the ham, leave platter covered and place in microwave oven. Cook at 50% power until ham in center of platter feels warm.

Pineapple Sauce

- 2 cups fresh diced pineapple (or substitute drained canned pineapple)
- 1½ cups brown sugar
- 1 tablespoon dry mustard
- 1 teaspoon ground ginger
- 1 cup pineapple juice (or orange juice)

Place all ingredients in a blender or food processor and process till smooth. Pour sauce into a saucepan and bring to a boil. Reduce heat and simmer until thickened. Pour sauce into a dish, cover and refrigerate. Serve with the ham.

Meg Alexander's Hot Mustard Sauce

Meg is a cousin of my husband, Bill.

1 cup dry mustard

1 cup malt vinegar

3 eggs

½ cup granulated sugar (for a sweeter sauce increase to 1 cup)

In a medium bowl, mix dry mustard and vinegar, cover and let stand overnight. The next day, beat eggs well in top of a double boiler over simmering water. Stir in sugar and the mustard mixture. Cook, stirring constantly, until thickened. This sauce can be stored covered in the refrigerator indefinitely. It is good with ham and also for other meat sandwiches. It can be served cold or warmed slightly if you wish. This is similar to Dijon Mustard.



Calico Three Bean Salad

1 cup granulated sugar

1¹/₃ cups apple cider vinegar

²/₃ cup salad oil

2 teaspoons salt

1 teaspoon ground black pepper

1 (16 ounce) can green beans

1 (16 ounce) can kidney beans

1 (16 ounce) can garbanzo beans

½ cup diced green pepper (optional)

¹/₃ cup chopped onion

Place sugar, vinegar, oil, salt and pepper in blender and blend until thoroughly combined. Drain beans thoroughly and place in a container which has a tight cover. Add diced pepper and onion. Pour dressing over all, and refrigerate several hours, overnight or for several days before serving. This salad keeps well in the refrigerator for at least a week.

Easy Potato Salad

Make your favorite potato salad, or try this easy shortcut!

- 1 quart potato salad purchased at your local market
- 8 ounces frozen petite peas
- 1½ cups chopped celery
- ½ cup sliced green onion tops or chopped red onion (optional)
- 1 cup plain yogurt
- 2 tablespoons prepared mustard

Place frozen peas in sieve and thaw under water, but do not cook. Drain thoroughly. Mix plain yogurt with mustard, and fold with the remaining ingredients into the purchased potato salad. Add a bit more yogurt if the salad seems too dry. Cover and refrigerate overnight to allow flavors to blend. This salad looks very nice garnished with parsley.

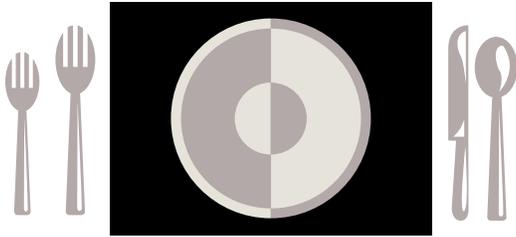
Lydia Tamme's Lemon Cake Dessert

Lydia, her husband and sons lived a block from us in Glendale, and are just like family! Bake this cake a day ahead. Serve plain, or with a scoop of ice cream or a bit of whipped cream. Leftover cake packs well in lunches!

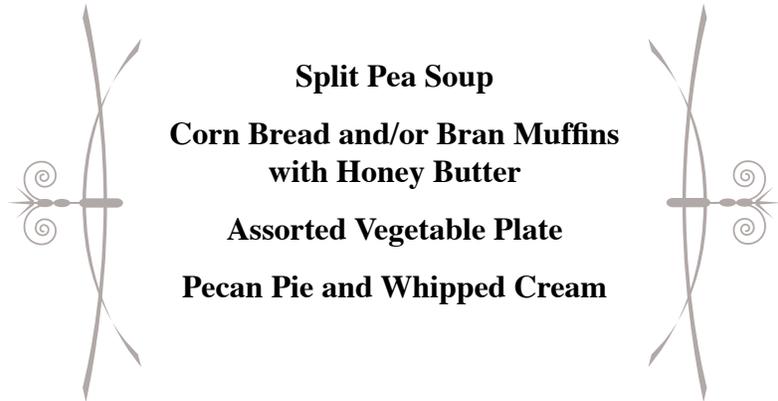
- Cooking spray (such as PAM)
- 4 large eggs
- ¾ cup water
- ¾ cup salad oil
- 1 package (approximately 18 ounces) yellow cake mix
- 1 package (3 ounce) lemon flavored gelatin mix
- 2 teaspoons finely grated lemon rind (about ¾ lemon)
- 2 cups powdered sugar
- ⅓ to ½ cup lemon juice

Preheat oven to 350 degrees. Coat 9 x 12 baking pan with cooking spray. Place eggs and water in large bowl and beat well with electric mixer. Add oil and blend. Add cake mix, lemon gelatin mix and grated rind. Beat at medium speed until well blended (approximately 2 to 3 minutes). Pour batter into pan. Bake 30-35 minutes until cake pulls away from sides of pan and toothpick inserted in center comes out clean. Remove from oven and place cake pan on a wire rack. Immediately poke holes with fork all over the cake while it is hot.

Prepare lemon glaze while cake is baking. Mix powdered sugar and lemon juice in a medium bowl. The consistency of the glaze should be like light maple syrup. Pour glaze over cake while it is hot, spreading evenly with rubber spatula. Cover cake until ready to serve.



Menu for a Cold Day!



Split Pea Soup

Make this soup ahead and refrigerate for Sunday. It also freezes well.

- 8 cups water
- 1 pound green split peas
- 1 meaty ham bone (optional)
- 1 carrot, diced
- 1 medium onion, diced
- 1 medium stalk of celery, diced
- 1 bay leaf (for easy removal, put in a tea strainer or piece of cheese cloth)
- ¼ teaspoon dried thyme
- 1 teaspoon salt
- 1 dash black pepper
- 1 pinch cayenne pepper

Put all ingredients in a large soup pot. Bring to a boil, and boil 15 minutes. Reduce heat and simmer, covered, until peas are soft. If ham bone was used, remove it and cool until easy to handle. Pull ham meat from bone and chop. Discard bone. Remove bay leaf and discard. For a smooth soup, put small quantities in the blender and blend it to the desired texture. Add chopped ham to soup after pureeing.

Doris Greig's Favorite Corn Bread

Just like Marie Callender's! To make a double recipe use a 9x14 pan or two 8x8 pans. Pan sides should be approximately 2½ inches deep as this is a lovely thick corn bread that rises high.

Cooking spray (such as PAM)
3 eggs
1 cup milk
1 stick melted butter or margarine (1/2 cup)
2 cups buttermilk baking mix (such as Bisquick)
½ cup yellow cornmeal
½ cup granulated sugar
½ teaspoon baking powder

Preheat oven to 350 degrees. Spray an 8 x 8 pan with cooking spray. In large bowl, lightly beat eggs. Stir in milk and melted butter. Add baking mix, cornmeal, sugar and baking powder and stir just until blended. Pour batter into pan and bake 25-30 minutes, until corn bread pulls from sides of pan and toothpick inserted in center comes out clean.

Easiest Corn Bread From A Mix

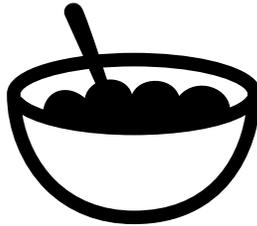
This corn bread is easy to mix and pop in the oven on a Sunday morning when you get home from church. It also freezes well, and re-heats very nicely in the microwave. Or, you may split the corn bread in half, place on the broiler pan and toast under the broiler until slightly browned on the top before serving it.

Cooking spray (such as PAM)
1 (18 ounce) package yellow cake mix
1 (15 ounce) package corn muffin mix

Preheat oven to 350 degrees. Spray two 9 x 9 pans with cooking spray. In a large bowl prepare yellow cake mix according to directions on package. In smaller bowl prepare corn muffin mix according to its package directions. Add corn muffin batter to yellow cake batter and blend well. Pour batter into pans. Bake for 30 to 35 minutes, until corn bread pulls from sides of pan and toothpick inserted in center comes out clean.

Honey Butter

Blend equal amounts of honey and room temperature butter or margarine together, beating well with an electric mixer until light in color and somewhat thickened. Serve with corn bread.



Refrigerator Bran Muffins

Makes 5½ dozen muffins. Store batter in refrigerator for up to a month. Or bake all at once and freeze extra muffins for reheating later. If you prefer, try the Microwave Bran Muffins on page 219.

Cooking spray or cupcake liners

1 cup shortening

5 teaspoons baking soda

2 cups boiling water

4 cups buttermilk

4 eggs

3 teaspoons salt

3 cups granulated sugar

2 cups all-purpose flour

3 cups whole wheat flour

8 cups bran cereal (such as Kelloggs Bran Buds)

1½ cups wheat bran

3 cups raisins (optional)

If baking muffins right away, preheat oven to 400 degrees. Spray muffin tins with cooking spray or insert cupcake liners. Place shortening and baking soda in a large bowl and pour boiling water over them. Stir until shortening melts, and cool until lukewarm. Add buttermilk and eggs and mix with hand or electric beater until blended. Add salt and sugar, beat well. Add all-purpose and whole wheat flours and beat until smooth. Add bran cereal and wheat bran, stir well. Stir in raisins (if desired). Fill muffin cups only half full! Bake approximately 25 minutes, or until toothpick inserted in center of muffin comes out clean.



Assorted Vegetable Plate

Choose any combination of the following fresh, raw vegetables.

Carrot, peeled and cut into sticks, or bagged “baby” carrots

Celery, cut into sticks

Cherry tomatoes

Broccoli or cauliflower, cut into florets

Bell peppers, cut into strips (green, red, yellow, orange)

Cucumber, peeled and cut into sticks

Chinese pea pods, stems and strings removed, or sugar snap peas

Wash and prepare vegetables up to a day in advance, arrange on a serving tray and refrigerate. Or refrigerate vegetables in plastic bags and arrange on a tray just before serving.

“The Best” Pecan Pie

The pie shell for this pie needs to be extra large and deep to hold all the filling. Try Kathy Greig Rowland’s Fool Proof Pie Crust recipe on page 236.

Pastry for 10-inch deep-dish pie shell (or purchased frozen deep dish pie shell)

1¼ cups dark corn syrup

1 cup brown sugar

¼ cup butter (½ stick)

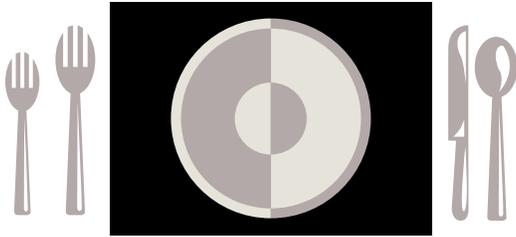
4 large eggs

2½ cups pecan halves

1 teaspoon vanilla

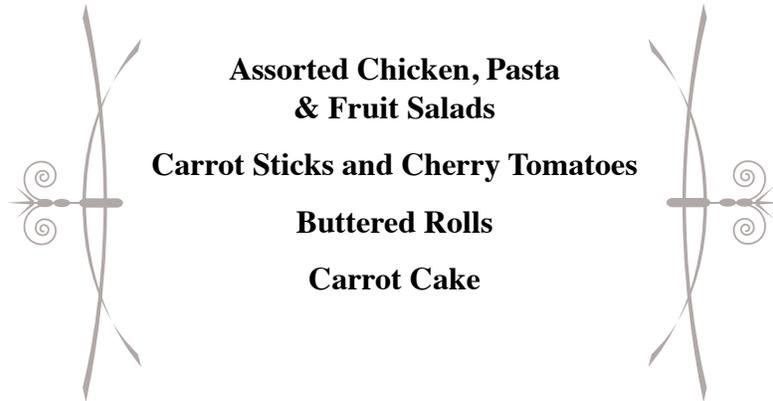
Whipped cream (optional)

Preheat oven to 350 degrees. Place prepared pastry in 10” deep dish pie pan or thaw frozen purchased pie shell. If possible, make the edge of the pie shell a fluted stand-up crust to help hold all of pie filling. Place corn syrup and brown sugar in a medium pan and bring to a boil while stirring. Remove pan from heat. Add butter and stir until melted. Cool syrup mixture slightly. In a large bowl, beat eggs well. Gradually add the cooled syrup mixture to the beaten eggs, stir well. Add pecans and vanilla, stir well. Pour half of filling mixture into prepared pie shell. Place the pie dish on the lower shelf of oven and pour in the remaining filling. Bake 45 minutes, or until a knife inserted one inch from the edge comes out clean.



Picnic Menu

*Serve this meal in the backyard, at a park,
or at the buffet table in your dining room.
Choose two or more salads from these pages.*



“Old Standby” Chicken Salad

Turkey may be used instead of chicken if you prefer.

- 1 cup slivered almonds
- 6 cups diced, cooked chicken
- 2 (8-ounce) cans sliced water chestnuts, drained
- 2 pounds seedless grapes, washed and stems removed
or 2 (15-ounce) cans mandarin oranges, drained, if grapes are not available
- 2 cups sliced celery
- 1 (16-ounce) can pineapple tidbits, drained
- 1 tablespoon curry powder (optional)
- 2 tablespoons soy sauce
- 1¾ cup mayonnaise

Place almonds in large, ungreased frying pan and place over medium heat. Stir frequently until golden brown. Remove from pan and cool. In large bowl, mix chicken, water chestnuts, grapes, celery, pineapple tidbits, curry powder and soy sauce. Refrigerate, tightly covered, at least three hours or overnight. Stir in mayonnaise and toasted almonds just before serving. (Serves 10 to 12)

Curried Chicken Salad

To prepare the day ahead, refrigerate mixed dressing ingredients and mixed salad ingredients in separate covered containers. Combine just before serving.

- ½ to 1 cup golden raisins
- 1 cup plain yogurt
- 3 tablespoons mango chutney (such as Major Grey's) or more to taste
- 1 teaspoon curry powder
- 1 teaspoon ground coriander
- ¾ teaspoon garlic salt
- ½ teaspoon dry mustard
- dash cayenne pepper
- 3 cups diced, cooked chicken
- 1 green pepper, chopped
- 1 (11 ounce) can mandarin oranges, drained
- ¼ cup thinly sliced green onion
- 1 unpeeled apple, cored and diced
- 2 stalks celery, chopped

In small bowl, barely cover raisins with hot water and let stand 30 minutes. Drain well. Combine yogurt, chutney, curry powder, coriander, garlic salt, mustard, and cayenne in bowl and blend well. Combine raisins, chicken, green pepper, mandarin oranges, green onions, apple and celery. Stir dressing into salad before serving. (Serves 6)

The Easiest Pasta Salad Ever!

- 1 (16 ounce) package penne or other pasta
- 2 to 3 cups assorted vegetables cut to bite sized pieces (radishes, carrots, mushrooms, cucumbers, celery, green pepper, broccoli, onions)
- ½ (2.62 ounce) bottle McCormick Salad Supreme seasoning mix (optional)
- 1 to 2 cups ham or chicken, cut into bite sized pieces (optional)
- 1 (16 ounce) bottle Kraft Zesty Italian dressing

Cook pasta according package directions. Rinse under cold water, drain, place in a large bowl. Stir in vegetables, Salad Supreme, and ham or chicken if desired, and dressing. Cover and refrigerate several hours or overnight. Stir occasionally to blend flavors.

Doris Greig's "Lo-Cal" Chicken Pasta Salad Supreme

- 2 cups dry corkscrew pasta
- ½ bunch broccoli, cut into 1-inch pieces
- 4 skinless, boneless chicken breasts, cut in ¾-inch pieces
- 1 tablespoon salad oil
- ¼ teaspoon paprika
- 2 medium oranges
- ½ cup orange juice
- 3 tablespoons cider vinegar
- ¾ teaspoons ground ginger
- ¼ teaspoon black pepper
- Salt to taste

Prepare the pasta as label directs; drain and rinse in cold water, place in large bowl. In large skillet, heat 1 cup water to a boil and add broccoli. Return to a boil, then reduce heat to low. Cover and simmer 5 minutes or until broccoli is tender-crisp. Rinse broccoli under cold water, drain, and add to large bowl. Heat salad oil in the same skillet over medium heat. Add chicken and cook until it loses its pink color, about 5 minutes, stirring often. Add paprika and cook 1 minute. Add chicken to bowl. Peel and section oranges, and cut the sections in half. Add to bowl oranges, orange juice, vinegar, ginger, pepper and salt to taste. Toss well. Cover and refrigerate at least six hours to blend flavors, tossing occasionally. (Serves 6)

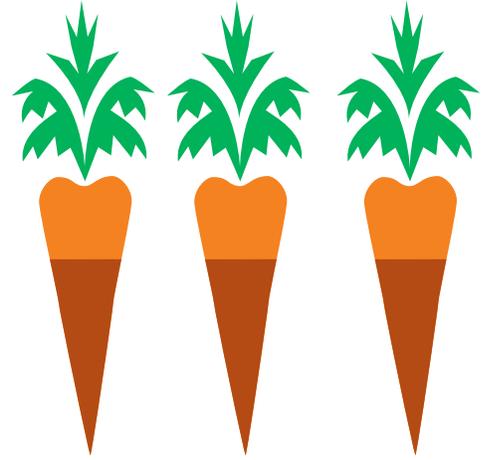
Pacific Fruit Salad

- 1 (10 ounce) can mandarin oranges *or* 1 cup fresh orange cubes
- 1 cup canned pineapple cubes
- 1 (6 ounce) package orange-flavor gelatin mix
- 1 (6 ounce) can frozen orange juice concentrate
- 2 cups grated carrots

Open cans of mandarin oranges, if using, and pineapple cubes, and drain well, reserving juice. In large bowl, dissolve gelatin mix in 2 cups boiling water. Stir in undiluted orange juice concentrate. Add 1 cup juice from drained fruit. Chill in refrigerator until gelatin thickens to consistency of thin custard. Fold in mandarin oranges or fresh oranges, pineapple chunks and carrots. Pour mixture into a 1½ quart mold or into a serving bowl. Cover and chill in refrigerator 6 hours or overnight. (Serves 8 to 10)

Elegant Carrot Cake

Cooking spray
1½ cups vegetable oil
2 cups granulated sugar
3 eggs
2 teaspoons ground cinnamon
2 teaspoons baking soda
2 teaspoons vanilla
1 teaspoon salt
2 cups all-purpose flour
2 cups grated carrots
1 cup chopped walnuts
½ cup drained crushed pineapple

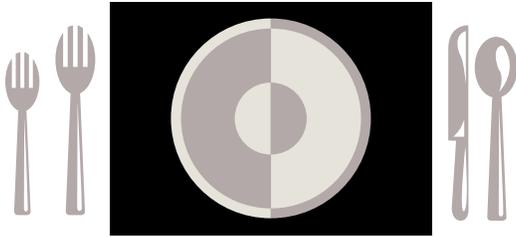


Preheat oven to 350 degrees. Spray a 13 x 9 pan with cooking spray. In large bowl, mix oil, sugar, eggs, cinnamon, baking soda, vanilla and salt with an electric beater. Beat in the flour. By hand, stir in carrots, walnuts and pineapple. Pour batter into pan. Bake for 1 hour, or until cake pulls away from sides of pan and toothpick inserted in center comes out clean. Cool in pan on wire rack completely and frost with Cream Cheese Frosting.

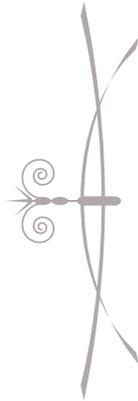
Cream Cheese Frosting

1 (3 ounce) block cream cheese
1¼ cups powdered sugar
½ cup butter or margarine
⅛ cup well-drained crushed pineapple
¼ cup chopped walnuts

Soften cream cheese and butter to room temperature. In medium bowl, with electric beater, beat cream cheese, butter and powdered sugar until fluffy. Stir in pineapple and walnuts, mix well. Spread over cooled cake in cake pan.



Acapulco Menu



Acapulco Delight
Tossed Green Salad
Assorted Fruit Plate
with Sweet Fruit Dressing
Mud Pie



Acapulco Delight

- 2 pounds lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 1¾ cups salsa (mild or hot, as you prefer)
- 6 corn tortillas
- 2 cups shredded cheddar cheese
- 1 (16 ounce) can refried beans
- 2 cups sour cream
- ½ cup chopped green onions
- 1 (2.25 ounce) can sliced black olives
- Chopped lettuce and tomatoes

Preheat oven to 375 degrees. In large skillet over high heat, cook and stir ground beef until well browned. Drain off fat. Reduce heat to medium. Stir in taco seasoning mix and the amount of water given in the package directions. Stir in salsa. Simmer for 5 to 10 minutes. Place 2 tortillas in bottom of 13 x 9 baking dish. Spread half of meat mixture over tortillas. Sprinkle with half of cheddar cheese. Top with 2 more tortillas. Spread with refried beans. Cover with 1 cup sour cream. Sprinkle with green onions and sliced olives. Place remaining two tortillas over mixture. Cover with remain-

ing meat mixture and cheddar cheese. Bake at 350 degrees for 45 to 50 minutes, until heated through and bubbly. Serve with chopped lettuce, tomatoes and remaining sour cream. (Serves 6)

Casserole may be prepared ahead, covered and refrigerated or frozen. If frozen, thaw completely in refrigerator, about 24 hours. Preheat oven to 375 degrees. Bake, covered with foil, 30 minutes. Uncover and bake an additional 45 to 50 minutes or until bubbly.

Tossed Green Salad

Prepare salad ingredients up to a day before serving and refrigerate. Wash lettuce and tear into bite-size pieces. Store in zip-top plastic bag with a paper towel under lettuce to absorb excess moisture. Wash, peel and/or cut up your choice of: tomatoes, cucumber, carrots, radishes, celery, bean sprouts, Chinese pea pods. Store in zip-top bags (keep tomatoes separate). Toss vegetables in a large bowl with your favorite bottled salad dressing just before serving.

Assorted Fruit Plate

Up to a day before serving, wash, cut up and arrange fruit in season on a plate and cover tightly. Any fruit that will turn brown when exposed to air, such as apples and bananas, should be cut up at the last moment and arranged alongside the other fruit. You may wish to use some canned fruit as well. Serve with Sweet Fruit Dressing.

Sweet Fruit Dressing — “The Best!”

- ½ cup catsup
- ½ cup cider vinegar
- 1½ cups salad oil
- 1½ cups granulated sugar
- ½ tablespoon salt
- ½ tablespoon paprika
- ½ tablespoon instant minced onion
- ½ tablespoon celery seeds

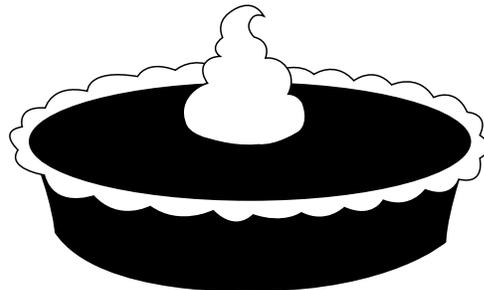
Place all ingredients in blender or food processor and blend until smooth. Store, tightly covered, in refrigerator.

Mud Pie

- ¾ cup Chocolate Fudge Sauce (recipe follows, or purchase pre-made fudge sauce)
- 5 ounces chocolate wafer cookies (such as Nabisco Famous Chocolate Wafers)
- ¼ cup (½ stick) butter or margarine, melted
- ½ gallon coffee ice cream, softened
- Whipped cream
- Toasted slivered almonds (optional)

If using Chocolate Fudge Sauce recipe below, make sauce first and chill in refrigerator to make spreading over pie easier.

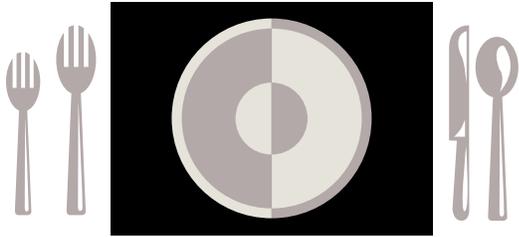
Place wafers in large zip-lock bag and crush with rolling pin, meat mallet, or other heavy object. Place crumbs in small bowl, add melted butter or margarine, and mix well. Press mixture into 9-inch pie plate. Cover with soft coffee ice cream. Freeze until ice cream is firm. Top with Chocolate Fudge Sauce or purchased fudge sauce. Return pie to freezer for at least 10 hours or overnight. Remove from freezer 15 to 20 minutes before serving. Slice and serve on chilled dessert plates with a chilled forks. Top with whipped cream and almonds. (Serves 8)



Chocolate Fudge Sauce

- 5 ounces unsweetened chocolate
- ½ cup (1 stick) butter or margarine
- 1 (5 ounce) can evaporated milk
- 3 cups powdered sugar
- ¼ teaspoon vanilla

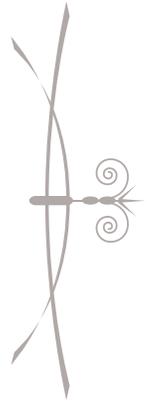
Melt chocolate and butter in small saucepan over low heat. Mix in milk and powdered sugar. Bring to a boil over medium heat, stirring constantly. Cook and stir 8 minutes or until thickened and creamy. Remove from heat and stir in vanilla. Serve warm over vanilla ice cream. Store leftovers tightly covered in refrigerator. Reheat leftover sauce before serving. Makes three cups.



Peg's Chicken Casserole Menu



Peg's Chicken Casserole
Temple Treasure Salad
Coconut Fruit Bowl
Bread Sticks
Frosted Chewy Brownies



Peg Nelson's Chicken Casserole

Peggy Nelson is my sister-in-law.

- 8 medium skinless, boneless chicken breast halves
- ½ cup chopped or grated onion, divided
- 3¼ cups coarsely chopped celery, divided
- Cooking spray
- ½ (16 ounce) bag petite frozen peas, thawed
- 2 cups mayonnaise
- 1 (10.75 ounce) can condensed cream of mushroom soup
- ½ (10.75 ounce) can condensed cream of chicken soup
- 2 tablespoons lemon juice
- 1 cup grated cheddar cheese
- 1 cup toasted slivered almonds
- 1 tablespoon butter, melted
- ½ cup dry bread crumbs

Preheat oven to 375 degrees. Place chicken breasts, ¼ cup onion and ¼ cup celery in large pan and cover with water. Bring to boil, reduce heat and simmer until chicken is tender, about 20 minutes.

Cool chicken in broth, drain and cut into bite-sized pieces. Spray 9 x 13 casserole with cooking spray. Evenly distribute the chicken in casserole. Layer remaining 3 cups celery and the peas over chicken. In medium bowl, mix mayonnaise, mushroom soup, chicken soup, lemon juice, and remaining $\frac{1}{4}$ cup onion. Pour mixture over layered items in casserole. Sprinkle evenly with cheese and almonds. In small bowl, mix melted butter and bread crumbs. Sprinkle crumbs over casserole. Bake 35-45 minutes. If making ahead, cover tightly and refrigerate up to two days. Remove from refrigerator, cover loosely with foil and bake 20 minutes. Uncover and bake 35-45 minutes. (Serves 8)

Temple Treasure Salad

- $\frac{3}{4}$ cup apple cider vinegar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup salad oil
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon dried dill weed, crushed
- $\frac{1}{8}$ teaspoon pepper
- 1 head cauliflower, cut into bite-size pieces
- 1 bunch broccoli, cut into bite-size pieces
- 4 ounces fresh mushrooms, sliced
- 1 cup green salad olives
- 2 bunches green onions, sliced
- 3 or 4 stalks celery, sliced
- 1 green pepper, diced
- 1 cucumber, peeled and sliced
- 1 pint cherry tomatoes

Combine vinegar, sugar, oil, salt, dill weed and pepper in small saucepan. Heat, stirring occasionally, until just below boiling. Place vegetables in large bowl, add hot salad dressing, mix well. Refrigerate, tightly covered, at least 24 hours, stirring occasionally. Drain before serving. (Serves 8)

Coconut Fruit Bowl

- 1 (20 ounce) can pineapple tidbits or chunks, drained
- 1 (11 ounce) can mandarin oranges, drained
- 1 to 2 cups seedless grapes
- 1 cup tiny marshmallows
- $1\frac{1}{4}$ cups flaked coconut (optional)
- 2 cups dairy sour cream
- $\frac{1}{4}$ teaspoon salt

Combine fruit, marshmallows and coconut in large bowl. If preparing a day ahead, cover tightly and refrigerate. Before serving, stir in sour cream and salt. (Serves 8)

Chewy Brownies

Serve with vanilla ice cream. Mmmm...

- ½ cup (1 stick) butter or margarine
- 4 ounces baking chocolate
- 4 eggs, at room temperature
- ½ teaspoon salt
- 2 cups sugar
- 1 cup flour
- 1 cup chopped pecans or walnuts (optional)
- Cooking spray
- Chocolate Frosting for Brownies (recipe below)

Preheat oven to 350 degrees. Melt butter and chocolate in microwave or double boiler, cool to room temperature. (If you don't cool, brownies will be heavy and dry.) In large bowl, beat eggs and salt together until light and foamy. Gradually beat sugar into egg mixture. With a few quick strokes with your wooden spoon, combine the cooled chocolate mixture into the eggs and sugar. Before the mixture becomes uniformly colored and well blended, fold in flour. Before flour is fully blended in, fold in nuts. Spray a 9 x 13 pan with cooking spray, and pour batter into it. Bake 25 minutes or until brownies pull away from sides of pan and a toothpick inserted in center comes out clean. Cool in pan on wire rack. Spread with Chocolate Frosting for Brownies. (Makes 30)

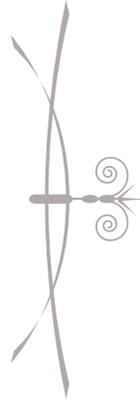
Chocolate Frosting for Brownies

- 3 tablespoons shortening
- 3 ounces unsweetened baking chocolate
- 2 cups powdered sugar
- ¼ teaspoon salt
- ½ cup milk
- 1 teaspoon vanilla
- ½ cup finely chopped nuts (optional)

Melt shortening and chocolate in saucepan over low heat. Stir in powdered sugar, salt, milk and vanilla and beat until smooth. Place pan in bowl of ice water and continue beating until frosting is of spreading consistency. If desired, stir in nuts.



Easy Dips & Appetizers



Zesty Spinach Dip

- 1 (10 ounce) package frozen chopped spinach, thawed
- $\frac{1}{3}$ cup coarsely chopped green onion
- $\frac{1}{2}$ cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1 cup dairy sour cream
- $\frac{1}{2}$ teaspoon ground black pepper
- 2 cloves garlic, minced or pressed
- $\frac{1}{2}$ teaspoon salt
- 6 cups raw vegetables, such as carrots, celery, bell peppers, turnips, or zucchini, cut in strips
- Whole cherry tomatoes

Drain spinach, squeeze to remove moisture. Process spinach, green onions, parsley, lemon juice, sour cream, pepper and garlic in blender or food processor until smooth. Refrigerate in covered container at least 6 hours or overnight. Serve in a bowl and arrange vegetables around dip. (Makes 2 cups)

Easiest Appetizers Ever!

Stuffed Dates: Stuff pitted dates with cream cheese. Wrap $\frac{1}{3}$ slice bacon around each date and fasten with toothpick. Place under broiler and broil until bacon is crispy.

BBQ Franks: In skillet, combine one 12 ounce jar grape jelly and one 12 ounce bottle of chili sauce. Bring to a simmer over low heat, stirring occasionally. Place hot dog or sausage chunks on toothpicks in sauce and simmer 30 to 35 minutes.

Stuffed mushrooms: Wash and remove stems from mushroom caps. Stuff caps with a mixture of half mashed potatoes (I use instant mashed potatoes) and half cream cheese (at room temperature), blended together with garlic salt to taste. Place stuffed mushroom caps on broiler pan, 3 inches from heat, and broil until stuffing is puffy and brown. Garnish with parsley.

Easy Spinach Dip

Dip may be prepared a day ahead. Place in hollowed-out loaf just before serving.

- 1 (10 ounce) package frozen chopped spinach, thawed
- 1 envelope dry vegetable soup mix (such as Knorr or Lipton)
- 1 cup mayonnaise
- 1 cup dairy sour cream
- ½ to 1 (8 ounce) can of water chestnuts, drained and coarsely chopped
- 1 (16 ounce) sourdough bread round, unsliced

Drain spinach, squeeze out as much liquid as possible. In medium bowl, stir together spinach, soup mix, mayonnaise, sour cream and water chestnuts. Cover and refrigerate. Cut thin slice from top of bread round, leaving a 5 to 6 inch circle of bread exposed. Hollow out the loaf by pulling or cutting out chunks of bread, leaving a ½ inch shell. Store shell and pieces in plastic bags. Just before serving, fill shell with dip. Surround shell with bread pieces and extra crackers. Provide a spoon or spreader to put dip on bread.

Barbara Buckbee's Clam Dip

Barbara is a cousin of my husband, Bill.

- 1 (16 ounce) sourdough bread round, unsliced
- 3 (7 ounce) cans minced clams, drained
- 2 (8 ounce) packages cream cheese, at room temperature
- 2 tablespoons finely chopped onion
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- 6 drops Tabasco (optional)

Preheat oven to 300 degrees. Cut and reserve thin slice from top of bread round, leaving a 5 to 6 inch circle of bread exposed. Hollow out the loaf by pulling or cutting out chunks of bread, leaving a ½ inch shell. Store bread pieces in zip-lock bag. In large bowl, mix well the clams, cream cheese, onion, parsley, salt, lemon juice, Worcesterchire and Tabasco. Pour dip into bread shell. Replace top slice. Wrap bread in foil. Bake at 300 degrees for 1½ hours. Serve with reserved bread pieces and crackers. Note: Instead of serving in a bread bowl, dip may be baked in a greased, covered casserole in the oven for 1 hour, or heated in the microwave about 6 to 10 minutes at high power, or until hot. (Serves 12 or more)

Liz Anderson's Barbecued Chicken Wings

Liz is one of my life-long friends from Minnesota.

20 to 25 chicken wings, or Drumettes

½ cup catsup

½ cup cider vinegar

½ cup soy sauce

¾ cup sugar

¼ cup pineapple or orange juice

¼ cup oil

1 teaspoon garlic powder

1 teaspoon ground ginger

If you purchased whole chicken wings, cut off the tip ends and discard. Cut the meatier two pieces of the wing in half at the joint. In medium bowl mix catsup, vinegar, soy sauce, pineapple juice, oil, garlic powder and ginger until sugar dissolves. In large zip-lock bag, pour marinade over wings and refrigerate overnight until ready to bake. Place wings in single layer in baking pans and pour some of the sauce over them. Bake at 350 degrees for 1 to 1½ hours, or until done. Can be held at 200 degrees until serving time. (Serves 8 to 10)

Fantastic Meatballs for a Crowd

5 pounds ground beef

3 pounds bulk hot pork sausage meat

3 pounds regular pork sausage meat

10 eggs, beaten

3⅓ cups whole bran flake cereal (fine dry bread crumbs or crushed saltines may be substituted)

5 teaspoons ground sage

7½ cups of catsup

2½ cups packed brown sugar

1 cup vinegar

1 cup soy sauce

Preheat oven to 325 degrees. Mix ground beef, pork sausages, beaten eggs, cereal flakes and sage. (Use rubber gloves.) Form into bite-size balls. (Try using a small size scoop or watermelon ball scoop.) Brown in batches in a large skillet, or broil in the oven until meatballs are brown on top. Drain meatballs on paper towels. In large bowl, combine catsup, brown sugar, vinegar and soy sauce. Place meatballs in single layer in baking pans and cover evenly with sauce. Bake for 30 to 40 minutes. If desired, freeze meatballs in sauce before baking. When ready to serve, remove meatballs from freezer 3 hours before baking. (Makes 500 small appetizer meatballs!)

Hot Crab Dip

- ¼ cup sliced almonds
- 1 (8 ounce) package cream cheese, at room temperature
- 1 tablespoon lemon juice
- 1 (6½ to 7¾ oz) can crab meat, undrained
- ½ teaspoon curry powder
- Chips, crackers or raw vegetables

Preheat oven to 350 degrees. Spread almonds in shallow pan and bake four minutes, or until golden brown. Turn out of pan into a bowl. In medium bowl, beat cream cheese, lemon juice, undrained crab meat and curry powder until well blended. Stir in half the toasted almonds. Pour dip into a 2 cup baking dish or oven-proof bowl. Bake 20 to 30 minutes, depending on shape of the dish (deeper dish takes longer). Dip is done when pick inserted in center comes out fairly dry and the center is hot. Top with remaining almonds and serve hot with chips, crackers, or raw vegetables.

Hot Bean Dip

- 2 (16 ounce) cans refried beans
- 6 to 8 green onions, finely chopped
- 2 tablespoons Worcestershire sauce
- ¼ pound cheddar cheese, grated
- ½ cup tomato sauce
- 2 (12 ounce) packages tortilla chips

Preheat oven to 350 degrees. In medium bowl, mix beans, onions, Worcestershire and tomato sauce. Pour into 2 quart casserole. Bake 1 hour. Fold in cheese, bake ½ hour more. Serve dip directly from casserole. Note: If you are in a hurry, this dip can be heated on top of the stove or in the microwave. Stir in the cheese and continue to stir until it melts. Serve hot with tortilla chips.

Ann Simertz' Baked Cheese Balls

These are delicious served with cold tomato or V8 juice.

- ½ pound (2 sticks) butter or margarine
- ½ pound sharp cheddar cheese, grated or crumbled, at room temperature
- ⅛ teaspoon salt
- 14 drops Tabasco sauce
- 2 cups all-purpose flour

In large bowl, working with a fork and your hands (I wear rubber gloves), mix butter and cheese until creamy. Add salt and Tabasco and mix well. Gradually add flour and work in by hand. Form mixture into 1¼ inch balls, place on baking sheets. Cover and refrigerate balls for several hours before baking (or freeze on baking sheets until solid and then store in plastic bags in freezer). Preheat oven to 400 degrees. For frozen cheese balls, let stand at room temperature at least 30 minutes before baking. Bake cheese balls about 15 minutes. Serve hot.

Microwave Quick Crab Dip

- 1 (8 ounce) package cream cheese, softened
- 1 (7 ounce) can crab meat, rinsed and drained well
- 2 tablespoons light cream or half and half
- 2 tablespoons minced green onion
- 1 tablespoon minced parsley
- 1 tablespoon lemon juice
- ½ teaspoon Worcestershire sauce
- ¼ cup slivered toasted almonds
- Crackers or raw vegetables

Combine all ingredients except almonds in a one quart microwave casserole. Cover with a lid or plastic wrap. Microwave on high 2 minutes; stir well to blend. Microwave 2 to 3 minutes longer, until heated through. Garnish with toasted slivered almonds and serve hot with crackers or raw vegetables. (Makes 2 cups)

Robin Johnson's Best Cheese Ball Ever!

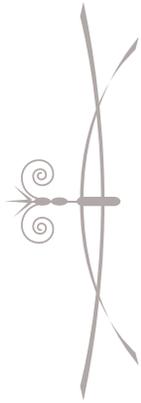
- 2 (8 ounce) package cream cheese, at room temperature
- 4 ounces blue cheese, at room temperature
- 1 green pepper, chopped fine
- ½ to ¾ cup chopped pimento, well drained
- 1 cup chopped walnuts or pecans
- Assorted crackers

In a large mixing bowl, mix cream cheese and blue cheese with a fork until well blended. Stir in green pepper and pimento. Place the crushed nuts on waxed paper. Spoon the cheese out into a ball onto the nuts, and gently roll across the nuts to cover outside of ball. Place ball on serving plate, cover and refrigerate. To serve, place crackers around cheese ball.

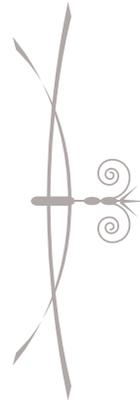
Homemade Salsa

- 4 large, firm-ripe tomatoes, chopped (about 4 cups)
- 1 medium red onion, chopped (about ½ cup)
- 3 green onions, thinly sliced
- 1 (16 ounce) can stewed tomatoes, drained and chopped
- 1 (4 ounce) can chopped green chilies, drained
- 1 clove garlic, minced or pressed
- 4 drops hot pepper sauce
- ¾ teaspoon salt (or to taste)
- ¼ cup red wine or cider vinegar

Combine all ingredients and blend well. Refrigerate at least an hour before serving. Makes approximately 7 cups. This does not freeze, but keeps in the refrigerator for 2 weeks.



Salads and Salad Dressings



Doris Greig's Favorite Pasta Salad

Make this the day ahead and refrigerate.

6 tablespoons lemon juice

½ cup white vinegar

2 tablespoons soy sauce

¼ cup honey or sugar

3 tablespoons peeled, grated fresh ginger *or* 1 teaspoons dry ground ginger

⅛ teaspoon ground cayenne pepper

12 ounces dry fettuccine

1 tablespoon sesame oil

½ cup chopped green onion tops

1½ cups finely sliced carrots *or* broccoli flowerets

Use *one* of the following:

1¼ pounds large or medium cooked peeled shrimp

1¼ pounds real or imitation crabmeat

3 (6 ounce) cans albacore tuna, drained

3 (6 ounce) cans salmon, drained

In 3 quart pan, combine lemon juice, vinegar, soy sauce, honey, ginger and cayenne. Bring to boil over high heat, reduce heat and simmer one minute. Remove dressing from heat and cool 10 minutes or longer. In a 5 to 6 quart pan over high heat, bring 3 quarts water to boil. Add fettuccine and cook, uncovered, until tender to bite, 15 to 18 minutes. Pour fettuccine into large colander and rinse under cold running water until cool. Drain well. In large bowl, mix fettuccine, dressing, sesame oil and onions. Cover and refrigerate 5 hours or overnight. Before serving, stir in carrots or broccoli, and shrimp, crab or fish. (Serves 6)

Shirley Prothero's Cantonese Salad

Shirley was one of the leaders with me of the first Joy of Living classes.

- 1 cup sour cream
- ¼ cup sweet pickle relish
- ¼ teaspoon curry powder
- 2 (12 ounce) cans tuna or albacore, drained
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (20 ounce) can crushed pineapple or pineapple tidbits
- ½ cup chopped celery
- ½ cup finely sliced green onion
- 1 (5 ounce) can crispy chow mein noodles

In small bowl, combine sour cream, relish and curry powder. In a large bowl, mix tuna, water chestnuts, pineapple, celery, and green onions. Add dressing to large bowl and stir well. Cover and refrigerate. Just before serving, fold in crispy noodles. (Serves 8 to 10)

Macaroni Salad for Janie Greig

One of Jane's favorite dishes when she was little!

- 1 pound elbow macaroni
- 2 cups chopped celery
- 6 to 8 hard cooked eggs, peeled and chopped
- 1 (9 ounce) jar green salad olives
- ¾ cup chopped sweet pickles, or ½ cup sweet pickle relish
- 1 green pepper, chopped (optional)
- ¼ cup grated onion
- 1 cup mayonnaise
- ½ cup sweet pickle juice
- 1 teaspoon celery seed (optional)

Cook macaroni according to package directions. Rinse under cold water in colander, and drain thoroughly. In large bowl, place macaroni, celery, eggs, olives, pickles, green pepper and onion. In small bowl, mix mayonnaise with enough sweet pickle juice to thin mayonnaise down so it can be blended well into the salad ingredients. Stir in celery seed. Fold dressing into salad, cover and refrigerate for 3 to 4 hours or overnight, before serving. (Note: You may substitute two 12 ounce cans of tuna, well drained, in place of the eggs. Or use 4 eggs and one 12 ounce can of tuna.)

Joy of Living Newhall Class Taco Salad

This was the first Joy of Living class which started in 1971.

- 1 pound ground beef
- 1 clove of garlic, minced or pressed, or ½ teaspoon garlic salt
- 1 (16 ounce) can Mexican style (Ranch) beans, rinsed and drained
- ½ large red onion, thinly sliced and diced
- 1 large head iceberg lettuce, torn in bite-size pieces
- 1 pound cheddar cheese, grated
- 4 ounces creamy French dressing
- 1 (6 to 7 ounce) package corn chips
- 2 large (or 4 medium) tomatoes, chopped

In large skillet over high heat, cook ground beef and garlic until beef is browned and cooked through. Drain and cool beef. In large bowl, layer beef, beans, onion, lettuce and cheese. Cover and chill at least 4 hours, or overnight. One hour before serving, add French dressing, toss well, and chill for 1 hour. When ready to serve, top with corn chips and chopped tomato.

Betty Minnick's Stuffed Tomato Chicken Salad

Betty was one of my leaders in the Glendale Joy of Living class.

- ¼ cup slivered almonds
- 6 large tomatoes
- 2 cups diced, cooked chicken
- 2 cups chopped celery
- 2 hard cooked eggs, peeled and chopped
- 1 teaspoon salt
- ¾ cup sour cream
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ¼ teaspoon sugar
- ¼ teaspoon paprika
- ¼ cup lemon juice
- Salad greens

Spread almonds in baking pan, bake at 350 degrees for 4 to 5 minutes, until golden brown. Cool. Cut thin slice from top of each tomato, scoop pulp from center, and chill. In large bowl, combine chicken, celery, eggs, 1 teaspoon salt and almonds. In medium bowl, combine sour cream, ½ teaspoon salt, dry mustard, sugar, paprika and lemon juice. Pour dressing over chicken mixture, and mix well. Fill tomato shells with chicken salad and serve on salad greens. (Serves 6)

Mound Luncheon Chicken Salad

My husband, Bill, and I lived in Mound, Minnesota for the first five years of our marriage.

- 2 tablespoons orange juice
- 2 tablespoons vinegar
- 2 tablespoons salad oil
- 1 teaspoon salt
- 3 cups diced cooked chicken or turkey
- 1 cup celery
- 1 cup mandarin oranges, drained or 1 cup fresh, chopped orange, drained
- 1 cup pineapple tidbits, drained
- 1 cup chopped walnuts or slivered almonds, toasted
- ½ cup whipping cream
- ½ cup Miracle Whip salad dressing
- Lettuce leaves, parsley sprigs and additional slivered almonds (optional)

In small bowl, mix orange juice, vinegar, oil and salt. In large bowl, combine chicken, celery, mandarin oranges and pineapple tidbits. Add orange juice mixture to large bowl, cover and refrigerate 1 to 2 hours, or overnight. Before serving, beat whipping cream with electric beater in medium bowl until it holds peaks. Fold in Miracle Whip. Gently fold whipped cream mixture and nuts into chicken salad. Serve on a lettuce leaf and garnish with parsley and more slivered almonds, if desired.

Ever Ready Slaw

- 1 cup cider vinegar
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1 teaspoon celery seeds
- 1 medium head cabbage
- 1 green pepper (optional)
- 1 small onion
- 1 carrot

Combine vinegar, sugar, salt, dry mustard and celery seeds. In medium glass or ceramic bowl, microwave on high for 4½ to 5 minutes, until boiling, stirring once. (Can be cooked on top of stove also.) Cool. Finely shred cabbage, green pepper, onion and carrot. Combine in large bowl with cooled dressing. Cover tightly and refrigerate 12 hours before serving, stirring occasionally. Slaw will keep up to a week. (Serves 8 to 10)

Spinach Salad with Hot Bacon Dressing

Similar to Marie Callender's dressing. To drain spinach, place in a clean pillowcase, take outside and whirl it around several times. Works well!

- ½ lb. bacon *or* ½ to ¾ cup bottled bacon bits
- 2 tablespoons reserved bacon fat *or* salad oil
- 3 tablespoons cornstarch
- 1¼ cups pineapple juice
- 1 tablespoon soy sauce
- 6 tablespoons white or apple cider vinegar
- ⅓ cup water
- ½ cup packed brown sugar
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 bunch spinach, washed, trimmed and drained *or* 1 (10 ounce) bag spinach leaves
- 1 small onion, grated
- 2 hard-cooked eggs, peeled and sliced (optional)
- 1 cup cooked and peeled baby shrimp (optional)

If you are using bacon, fry it crispy, drain and crumble, reserving 2 tablespoons bacon fat. Place cornstarch in medium sauce pan and slowly blend in pineapple juice. Stir in soy sauce, vinegar, water, brown sugar, salt and pepper. Stirring constantly, bring to boil over high heat; reduce heat and simmer until thick. Remove from heat and stir in reserved bacon fat or salad oil. In large bowl place spinach, crumbled bacon or bacon bits, and onion. Add enough dressing to moisten all ingredients, toss well. Garnished with eggs and/or baby shrimp if desired. (Makes 2 cups dressing, 4 servings)

Mary Jo McCurry's Quick Fruit Salad

Mary Jo was a leader with me in the Glendale Joy of Living class.

- 1 (6 ounce) package of a red gelatin mix
- 1 (32 ounce) carton cottage cheese
- 1 (20 ounce) can pineapple chunks *or* 1 (30 ounce) can fruit cocktail, drained
- 2 (11 ounce) cans mandarin oranges, drained *or* 2 cups peeled, chopped fresh oranges, drained
- 1 (12 ounce) container Cool Whip

Combine gelatin mix with cottage cheese in a large bowl. Fold in pineapple and oranges. This much of the salad may be prepared and refrigerated as much as 24 hours in advance. Up to one to two hours before serving time, fold in Cool Whip. Refrigerate until served. (Serves 12 to 16)

Carol Bartel's Cinnamon Apple Salad

Carol and her husband, Bruce, are long-time friends of our family.

- 1 (3 ounce) box cherry-flavor gelatin mix
- 1½ cups boiling water, divided
- ¼ cup cinnamon candies
- ¼ cup cold water
- 1 cup chopped unpeeled apple
- 1 cup finely chopped celery
- ½ cup chopped walnuts

In large bowl, stir 1 cup boiling water into gelatin mix until dissolved. In small saucepan, stir ½ cup boiling water with the cinnamon candies over medium heat until dissolved (or use microwave). Add cinnamon candy mixture and ¼ cup cold water to large bowl, cover and refrigerate until partially set (watch carefully). Stir in apple, celery and walnuts. Pour into a small mold, cover and chill until ready to serve. (Serves 4 to 6)

Mary Jo McCurry's "Not Too Sweet" Cranberry Orange Mold

Mary Jo was a leader with me in the Glendale Joy of Living class.

- 1 (1 ounce) envelope unflavored gelatin
- 2 (6 ounce) packages wild strawberry-flavor gelatin mix
- ½ cup sugar
- 1 (12 to 16 ounce) package fresh or frozen cranberries
- 3 medium oranges, peeled and chopped
- 2 cups chopped apples and/or celery may also be added to this mold if desired

In a 4 quart saucepan sprinkle unflavored gelatin over 2 cups water. Stir over medium heat until gelatin dissolves and mixture is boiling. Remove pan from heat and stir in strawberry gelatin mix and sugar until dissolved. Stir in 1 cup cold water. In blender, place 2 cups cold water and the fresh or partially thawed cranberries. Blend until chopped well. Add this mixture to gelatin mixture in pan. Cover and place in refrigerator to thicken. When mixture is syrupy and thick, fold in oranges (and apples and/or celery if desired). Pour into a 3 quart mold or a serving bowl and refrigerate for at least 3 hours or overnight. (Serves 12)

Grandma Rick's 24-Hour Salad

This was my maternal grandmother's recipe.

- 3 eggs
- ¼ cup white vinegar
- 3 tablespoons lemon juice
- ¼ cup sugar
- 2 tablespoons butter or margarine
- 1 cup whipping cream
- 1 (29 ounce) can peaches, drained
- 1 (20 ounce) can pineapple chunks or tidbits, drained
- 2 cups seedless grapes, washed, removed from stems, drained
- 4 bananas, peeled and sliced
- 4 oranges, peeled, diced and drained
- 2 cups miniature marshmallows (may be omitted and add 2 more cups of any fruit listed above)

Beat eggs in upper part of double boiler. Add vinegar, lemon juice, sugar and butter. Put top of double boiler over boiling water, cook and stir until thick. Remove upper part of double boiler, cool on wire rack, stirring the thickened mixture occasionally (or cool in freezer in covered container, stirring frequently). In large bowl, whip cream until it holds peak well. Fold in cooled dressing. Add peaches, pineapple, grapes, bananas, oranges and marshmallows and fold gently together. Place in a serving bowl and chill, covered, for 24 hours. This salad may be served in lettuce cups, or may be served on a buffet. (Serves 8 to 10)

“Old Stand-by” Red French Dressing

This dressing keeps up to 3 months (but never lasts that long because it is so good)!

- 1 (10.7 ounce) can condensed tomato soup
- ½ cup cider vinegar
- ½ cup wine vinegar (or use all cider vinegar)
- ½ cup salad oil
- ½ cup granulated sugar
- ½ teaspoon garlic powder
- ½ teaspoon paprika (optional)
- 1 small onion, coarsely chopped
- 2½ teaspoons salt
- ½ teaspoon pepper

Place all ingredients in blender and blend thoroughly. Refrigerate in covered container.

Barbara Sheffield's Oriental Salad

Barbara's family lived next door to us in Glendale.

- ½ cup vegetable oil
- ½ cup vinegar
- ¼ cup soy sauce
- ½ cup sugar
- ½ t pepper
- 2 packages chicken flavored Ramen Soup Mix
- ¼ cup butter or sesame oil
- ¾ cup sesame seeds
- ½ cup sliced or slivered almonds
- 2 cups bite-size cooked chicken or turkey
- 4 cups shredded cabbage
- 1 bunch green onions, sliced

In medium bowl, combine oil, vinegar, soy sauce, sugar and pepper. Add the two flavoring packets from the soup mix packages. Stir until all ingredients are blended and dissolved. Store dressing in covered container in the refrigerator.

Crumble Ramen noodles by hand while still in their packets. In heavy frying pan or kettle, melt butter or heat sesame oil over medium-high heat. Add crumbled noodles, sesame seeds and almonds, and stir constantly until brown. Remove from heat and cool slightly. (If making ahead, store, covered, at room temperature. Twenty minutes before serving, spread the noodle mixture in a 9 x 12 baking pan and place in a 350 degree oven for 4 or 5 minutes. Watch carefully!)

Just before serving, in large bowl combine chicken, cabbage, green onions and noodle mixture. Stir dressing and add gradually until salad ingredients are well coated. Use only as much dressing as desired. Refrigerate any extra dressing to use later. (Serves 6 as a main course or 10 as a side dish)



Clara Johnson's French Dressing

Clara and her husband, Marvin, were long-time family friends from Minnesota.

- 1 cup salad oil
- ½ cup sugar
- ¼ cup vinegar
- ⅓ cup chili sauce or catsup
- 1 teaspoon paprika
- 1 teaspoon salt
- 2 tablespoons lemon juice
- 1 small onion, coarsely chopped

Place all ingredients in blender and blend well. Refrigerate in covered container up to 3 months. This makes an excellent red french dressing for any tossed salad. It is also delicious served with avocado and orange salad.

Low-Calorie Vinaigrette Dressing

30 Calories per Tablespoon

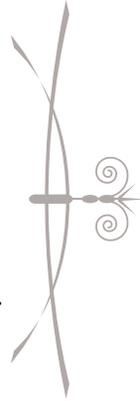
- ¼ cup salad oil
- ¼ cup wine vinegar
- ¼ cup lemon juice
- ¼ cup tomato juice or water
- 1 clove garlic, finely minced or pressed
- ⅛ teaspoon ground black pepper
- ¼ teaspoon ground thyme (optional)
- ¼ teaspoon salt
- 1 or 2 packets no-calorie sweetener (optional)

Mix in blender or in a bottle, and refrigerate, covered, up to 3 months.

Main Dishes



The following are foods that I have enjoyed preparing through the years because they are simple and delicious.



Lil Ash Hammond's Layered Enchilada Pie

Lil was my long-time friend in Glendale.

- 1 pound ground beef or ground turkey
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 to 2 teaspoons chili powder
- 1 (4.25 ounce) can chopped ripe olives (optional)
- 1 (8 ounce) can tomato sauce
- Cooking spray
- 6 corn tortillas
- 8 ounces grated cheddar cheese (reserve ½ cup for top of casserole)
- ⅔ cup water

Preheat oven to 400 degrees. In large frying pan over high heat, cook and stir ground beef, onion and garlic until beef is browned and onion is tender. Drain off excess fat and liquid. Stir in salt, pepper, chili powder, olives and tomato sauce. Spray a 2-quart round casserole with cooking spray. Place a tortilla in casserole and top with ⅙ of the meat sauce and ⅙ of the cheese. Repeat with remaining tortillas, sauce and cheese (except reserved ½ cup cheese). Pour the water evenly over the casserole ingredients and cover. Bake for 20 minutes. Sprinkle remaining ½ cup of cheese on top. Cover and continue to bake for 10 minutes. You may microwave approximately 10 minutes on high on a turntable instead of baking in oven. This casserole can be prepared ahead of time and refrigerated. Bake 35 minutes, then top with cheese and bake an additional 10 minutes if refrigerated. (Serves 4 to 5)

Esther Shackelford's Chicken Tortilla Casserole

Esther and her husband, John, were missionaries in Guatemala. Their daughters, Phee, Janet and Char, lived with our family as teenagers.

- 3 cups cooked, diced chicken or turkey
- 1 (10.7 ounce) can condensed cream of mushroom soup
- 1 (10.7 ounce) can condensed cream of chicken soup
- ½ cup finely chopped onion
- ½ cup plus 2 tablespoons milk
- 1 cup prepared salsa (mild or hot, as you prefer)
- Cooking spray
- 1 dozen corn tortillas
- ½ pound grated sharp cheddar cheese

Preheat oven to 325 degrees. In large bowl, mix chicken, condensed soups, onion, milk, and salsa. Spray a 2-quart casserole with cooking spray, and alternate layers of chicken mixture and tortillas, beginning and ending with chicken mixture. Top casserole with cheese and bake for 1½ hours. This casserole can be prepared ahead of time and refrigerated. Bake an additional 15 minutes if refrigerated. (Serves 8)

Chili Rellenos—Casserole Style

If you have time, allow egg whites to come to room temperature before beating.

- Cooking spray
- 1 (16 ounce) can refried beans
- 1 (4 ounce) can whole or chopped green chilies, drained
- 4 ounces jack cheese, cubed or grated
- 4 eggs, separated
- 4 tablespoons flour
- ½ teaspoon salt
- Taco sauce or salsa

Preheat oven to 350 degrees. Spray a 1½ quart casserole with cooking spray. Spread beans evenly over bottom of casserole. If using whole chiles, remove seeds and cut in half or quarters lengthwise. Wrap chile strips around cubes of cheese, or toss chopped chiles with grated cheese, and place on top of beans. In large bowl, beat egg whites until stiff. In small bowl, beat egg yolks slightly. In another small bowl, mix flour and salt. Pour beaten yolks over beaten egg whites and sprinkle with flour mixture, then fold it all gently into egg whites. Spoon egg mixture evenly over beans, chiles and cheese, and spread evenly to sides of pan. Bake uncovered for 25 to 30 minutes, until egg mixture is set. (Serves 6)

A Missionary's Enchilada Stack Up

- 1 pound lean ground beef
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- 1 (8 ounce) can tomato sauce
- ½ cup chopped onion
- ½ cup bottled salsa
- 8 corn tortillas
- 1 cup sour cream
- 8 ounces shredded cheddar or jack cheese

Preheat oven to 400 degrees. In large skillet over high heat, cook and stir beef and onion until meat loses red color. Drain off fat. Stir in salt, garlic powder, tomato sauce, onion and salsa. Reduce heat, cover and simmer 5 minutes. In a round, covered casserole (this shape is preferable because of the tortillas, but another type of casserole can be used), alternate layers of tortillas, meat mixture, sour cream and cheese. Bake, covered, for 30 minutes, until cheese melts. (Serves 6)

Betty Adcock's El Dorado Casserole

Betty was my friend and neighbor in Glendale.

- 1 pound lean ground beef
- 1 tablespoon instant minced onion
- ½ teaspoon garlic salt
- 2 (8 ounce) cans tomato sauce
- 1 cup sliced ripe olives, drained
- 1 cup sour cream
- 1 cup small curd cottage cheese
- 1 (4 ounce) can chopped green chiles, drained
- ½ (13 ounce) package tortilla chips
- 8 ounces jack cheese, grated

Preheat oven to 350 degrees. In large skillet over high heat, cook and stir ground beef until browned. Remove from heat, drain off fat. Stir in onion, garlic salt, tomato sauce and olives. In medium bowl, combine sour cream, cottage cheese and chiles. Crush tortilla chips slightly, reserving a few for garnish. Spray a 2½ quart casserole with cooking spray. Layer in casserole half of each of the crushed chips, meat mixture, sour cream mixture and grated cheese. Repeat layers. Bake, uncovered, for 35 to 40 minutes, or until hot and bubbly. Garnish top with reserved whole tortilla chips. (Serves 6)

Microwave Mexican Casserole

Serve with warm flour tortillas, refried beans, fruit salad and carrot sticks.

- 1½ pounds ground beef
- 4 green onions, chopped
- 1 teaspoon garlic salt
- 2 (8 ounce) cans tomato sauce
- ¼ cup water
- 2 (3.8 ounce) cans sliced ripe olives, drained
- 1 cup sour cream
- 1 cup small curd cottage cheese
- 1 can (4 oz.) diced green chilies
- Cooking spray
- ½ (13 ounce) package tortilla chips, slightly crushed
- 12 ounces jack cheese, grated

Place ground beef in covered casserole in microwave. Cook on high power for 6 minutes, stirring to break up the meat after 3 minutes. Drain off fat. Add green onions, garlic salt, tomato sauce, water and olives. Microwave on high for 2 minutes, stirring after 1 minute. In medium bowl, mix sour cream, cottage cheese and green chilies. Spray a 3-quart casserole with cooking spray, and layer in it half of each of the tortilla chips, meat mixture, cottage cheese mixture, and cheese. Repeat layers. Cover casserole with plastic wrap and microwave on high for 10 minutes, turning ¼ turn after 5 minutes. (Serves 6)

San Remo Casserole

- 2 cups fine egg noodles
- 1 cup ripe olives, quartered
- 3 cups cubed ham
- 1 (4 ounce) can sliced mushrooms
- 1 tablespoon instant minced onion
- 2 eggs, slightly beaten
- 1 cup cottage cheese
- 1 cup sour cream
- Cooking spray

Preheat oven to 350 degrees. Cook noodles according to package directions, drain. In large bowl, combine noodles, olives, ham, mushrooms, onion, eggs, cottage cheese and sour cream. Spray a 2-quart casserole with cooking spray. Place noodle mixture in casserole. Bake, covered, 45 minutes. (Serves 6 to 8)

Mushroom Beef Bake—A Busy Day Dish

For an easy side dish, add baking potatoes to oven about 1¼ hour before roast is done.

- 1 envelope (1 ounce) dry onion soup mix (such as Lipton's)
- 1 large sheet heavy duty aluminum foil
- 1 (4 pound) beef chuck roast (about 1½ inch thick)
- 1 (10.7 ounce) can condensed cream of mushroom soup

Preheat oven to 350 degrees. Spread dry onion soup mix on foil and roll roast in it to coat well. Place foil and meat in a 9 x 12 baking pan. Spoon mushroom soup over top of roast. This makes a delicious gravy. Wrap meat loosely, sealing edges of foil well. Bake for 3 hours. (Serves 6 to 8)

Dwan Walter's Four-Bean Casserole

Dwan is my brother Stanley's wife.

- 8 ounces bacon, chopped
- 8 ounces ground beef or ground turkey
- 2 medium onions, chopped (about 1 cup)
- 1 (15 ounce) can pork and beans (such as VanCamps)
- 1 (16 ounce) can kidney beans, drained
- 1 (16 ounce) can butter beans, drained
- 1 (16 ounce) can lima beans, drained
- 1 tablespoon prepared mustard
- ½ cup catsup
- ½ cup packed brown sugar
- ¼ cup molasses
- 2 tablespoons vinegar
- Dash of Worcestershire sauce
- ½ teaspoon salt
- 1 (8 ounce) can crushed pineapple, drained (optional)

Preheat oven to 350 degrees. In large skillet over high heat, cook and stir bacon, ground beef and onion until meat is browned. Remove from heat and drain off fat. Turn meat mixture into large bowl and stir in beans, mustard, catsup, brown sugar, molasses, vinegar, Worcestershire sauce, salt and pineapple. Pour bean mixture into a 3 quart casserole. Bake for 1 hour, or until hot and bubbly. (Serves 10 to 12)

Mildred Dalton's Chuck Wagon Beans

- ½ pound bacon
- 3 pounds ground beef
- 2 cups finely chopped onion
- 1 cup finely chopped celery
- 2 cloves garlic, minced or pressed
- 2 beef bouillon cubes, or 2 teaspoons beef bouillon granules or beef base
- $\frac{2}{3}$ cup boiling water
- 1½ cups catsup
- 3 tablespoons prepared mustard
- 1½ teaspoons salt
- ½ teaspoon pepper
- 2 (28 ounce) cans baked beans

Preheat oven to 350 degrees. In dutch oven or large frying pan over high heat, cook bacon until crisp. Drain bacon on paper towels, crumble, and reserve. Drain fat from pan, and add ground beef, onion, celery and garlic. Cook and stir until meat is browned and onion and celery are tender. Remove from heat and drain off fat. Dissolve bouillon cubes in boiling water. Stir bouillon, catsup, mustard, salt, pepper and baked beans into meat mixture. If you used a frying pan, pour mixture into 3 quart casserole, or bake in dutch oven 1 hour, until hot and bubbly. Sprinkle crumbled bacon over casserole just before serving. (Makes 12 one-cup servings)

California Rice

- 1 pound bulk pork sausage, browned and drained
- 1 cup uncooked white rice
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup diced, cooked chicken or turkey
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup slivered almonds
- 1 (10.7 ounce) can condensed cream of chicken soup
- 2 cups water or chicken broth

Preheat oven to 325 degrees. In large frying pan, cook and stir sausage until browned. Drain off fat. Stir in rice, celery, onion, chicken, salt, pepper, almonds, soup and water. Spray an 11 x 7 baking dish with cooking spray. Turn rice mixture into dish. Cover and bake about 2 hours. It may be necessary to add a small amount of water during baking. (Serves 6 to 8)

Betty Adcock's Stayabed Stew

Betty was my friend and neighbor in Glendale.

- 3 pounds beef stew meat, cut in 1-inch pieces
- 1½ cups carrots, sliced
- 1 cup chopped onion
- 2 or 3 large potatoes sliced diagonally (peeled or unpeeled)
- 2 (4 ounce) cans tomato sauce
- 1¼ cups water
- ¼ cup red wine or red wine vinegar
- 1¼ teaspoons salt
- ¼ teaspoon pepper
- 1 bay leaf
- A sprinkle of mixed herbs (if you like)

Preheat oven to 275 degrees. Place beef, carrots, onion and potatoes in dutch oven with a tight lid. Mix tomato sauce, water, wine, salt, pepper, bay leaf and herbs. Pour over meat and vegetables. Place lid on dutch oven and bake for five hours. No peeking! This is a fun meal for children to prepare. (Serves 6)

Greig Family Meatloaf

- 2 eggs, beaten
- 2 pounds lean ground beef
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dry mustard
- ½ cup grated carrots
- ¾ cup minced onion
- 1 teaspoon dried parsley flakes
- 1 cup soft bread crumbs or oatmeal
- 1½ cups tomato juice, divided
- Cooking spray
- 2 bacon slices

Preheat oven to 350 degrees. In large bowl, mix eggs with beef. (I use rubber gloves and mix this by hand.) Stir in salt, pepper, dry mustard, carrots, onion and parsley, mix well. Mix in bread crumbs. Gradually add 1 cup tomato juice. Shape into rounded loaf and place in a 9x12 baking pan coated with cooking spray. Pour remaining tomato juice over top of loaf. Lay bacon slices on top. Bake 1 hour. Cool 10 minutes before slicing. (Serves 6 to 8)

Catherine Berg Greig's Oven Stew

Catherine is married to my son, Gary. This stew can be prepared a day in advance. During the last half hour of cooking, I like to add a thawed package of frozen petite peas. They add a nice color to this stew.

- 4 pounds beef stew meat, or 2 pounds beef plus 2 (15-ounce) cans garbanzo beans
- 4 cups sliced carrots
- 2 cups sliced celery
- 4 medium onions, sliced (about 3 cups)
- 1 (8 ounce) can water chestnuts, drained
- 1 (13.25 ounce) can mushroom pieces or 1 pound fresh mushrooms, sliced
- 2 (16 ounce) cans tomatoes, undrained
- 4 garlic cloves, minced or pressed
- 2 tablespoons sugar
- ¼ cup plus 2 tablespoons flour
- 2 tablespoons salt
- 2 cups red wine or 1½ cups water plus ½ cup red wine vinegar
- 1 bay leaf, finely crumbled
- 1 teaspoon ground thyme
- ½ teaspoon ground rosemary
- 1 tablespoon Worcestershire sauce

Preheat oven to 325 degrees. Place beef, carrots, celery, onions, water chestnuts and mushrooms in roaster or dutch oven. Pour canned tomatoes with juice over this, and sprinkle garlic evenly over contents. In medium bowl, mix sugar, flour and salt in a bowl. Gradually add wine, stirring until smooth. Pour evenly over stew. Cover pan and bake 4 hours, or put the dutch oven on top of the stove and simmer for 4 hours. (Serves 12)

Chicken and Broccoli Hot Dish

- Cooking spray
- 6 cups diced, cooked chicken or turkey
- 3 (10 ounce) packages frozen chopped broccoli, thawed and drained
- 2 cups grated Parmesan cheese, divided
- 1 pound fresh mushrooms, sliced
- 6 tablespoons butter or margarine
- 6 tablespoons flour
- ¾ teaspoon salt
- ¼ teaspoon ground nutmeg



1½ teaspoon Worcestershire sauce
3 cups milk
⅔ cup mayonnaise
¼ teaspoon pepper
⅔ cup whipping cream

Preheat oven to 350 degrees. Spray a 9 x 13 pan with cooking spray. Layer in pan the chicken, broccoli, 1 cup Parmesan, and mushrooms. Melt butter in large saucepan over medium heat. Stir in flour, salt, nutmeg, Worcestershire and milk. Bring to a boil, stirring constantly. Boil and stir 1 minute more. Remove from heat and cool. Fold mayonnaise and pepper into sauce. In medium bowl with electric beaters, whip cream until stiff peaks form. Fold whipped cream into sauce. Pour sauce over casserole and sprinkle on the last cup of Parmesan. Bake 45 minutes, until bubbly. (Serves 10 to 12)

Dwan Walter's Frikadeller (Danish Meat Balls)

Dwan is my brother Stanley's wife. Serve meat balls with mashed potatoes, a green vegetable, and applesauce.

1 egg
¼ cup milk
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 pound ground beef
4 ounces bulk pork sausage
½ cup grated or minced onion
Cooking spray
¼ cup flour
2 cups milk
½ teaspoon black pepper
½ teaspoon salt

In large bowl with wire whisk or egg beater, beat egg, milk, flour, ½ teaspoon salt and ¼ teaspoon pepper. Add beef, pork and onion, and mix well. If mixture seems dry, add 1 or 2 tablespoons milk. Shape mixture into balls about the size of golf balls. In large frying pan coated with cooking spray over medium heat, cook meatballs, turning occasionally, until browned. Add ½ cup water to pan, cover and simmer for 1 hour. Remove pan from heat, and remove meatballs to heated platter, keep warm. Pour off all but ¼ cup pan drippings. Add flour to pan; cook and stir over medium heat for 5 to 10 minutes or until mixture starts to brown. Add ½ teaspoon pepper and ½ teaspoon salt, then slowly add the milk, stirring constantly. Continue cooking until gravy boils and thickens. If gravy is too thick, add a little milk. (Serves 4)

Easiest Hamburger Cheese Bake

1 (12 ounce) package egg noodles
1 pound ground beef
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green pepper
 $\frac{1}{4}$ teaspoon garlic salt
1 (8 ounce) can tomato sauce
 $\frac{1}{2}$ teaspoon ground oregano
1 (3 ounce) package cream cheese, softened
 $\frac{1}{4}$ cup sour cream
 $\frac{3}{4}$ cup cottage cheese
Cooking spray

Preheat oven to 350 degrees. Cook noodles according to package directions, drain. In large frying pan over high heat, cook and stir beef, salt, pepper, onion, green pepper and garlic salt until beef is browned. Remove from heat and drain off fat. Stir in tomato sauce and oregano. In medium bowl, blend cream cheese with sour cream; add cottage cheese, mixing well. Spray a 9 x 12 pan with cooking spray. Place half of noodles in pan, cover with cheese mixture, then top with remaining noodles. Pour beef mixture over all and spread evenly. Bake 25 to 30 minutes. (Serves 6)

Doris Greig's Easy Oven Meatballs

Serve with egg noodles, rice or spaghetti.

2 pounds lean or extra-lean ground beef
 $\frac{1}{2}$ cup uncooked Cream of Wheat Instant Hot Cereal
1 (10.7 ounce) can condensed cream of mushroom soup
 $\frac{1}{4}$ cup minced onion
3 large eggs
Cooking spray
Tangy Barbecue Sauce (see recipe next page) or meatless spaghetti sauce

Preheat oven to 350 degrees. In large bowl mix beef, cereal, soup, onion and eggs until well blended. (I use rubber gloves and mix this by hand.) Spray large baking pan with cooking spray. Use a $\frac{1}{4}$ cup measure or ice cream scoop to form meatballs. Place balls side by side in the pan. Bake for 30 minutes, uncovered. Remove from baking pan with a slotted spoon and place in a large casserole. Spoon sauce over meatballs. Bake 20 minutes, covered. (Serves 6 to 10)

Tangy Barbecue Sauce

- 1 tablespoon cooking oil
- ½ cup chopped onion
- ½ cup chopped green pepper (optional)
- 2 (8 ounce) cans tomato sauce
- ¼ cup cider vinegar
- ¼ cup honey (or ⅓ cup packed brown sugar)
- 2 tablespoons lemon juice
- 1 tablespoon dry mustard
- 2 teaspoons paprika
- ⅛ teaspoon cayenne pepper

Mix all ingredients together in medium saucepan and bring to boil over medium-high heat, stirring frequently. Reduce heat and simmer for 20 minutes, stirring occasionally. Refrigerate in covered container. (Makes 3 cups)

To use this sauce as a marinade: Marinate meat or poultry in sauce for 4 to 12 hours, covered, in the refrigerator, turning occasionally. Baste with marinade while grilling. To serve marinade on the side after grilling, bring to boil over high heat, reduce heat and simmer 5 minutes, stirring frequently.

Barbecued Steak

Serve with baked potatoes, green beans and a tossed salad or fruit salad.

- 2 to 3 pounds beef chuck, round or flank steak
- Meat tenderizer
- ⅓ cup catsup
- ¼ cup vinegar
- 3 tablespoons brown sugar
- 2 teaspoons dry mustard
- ¼ teaspoon garlic powder (not garlic salt)

Sprinkle the beef with meat tenderizer on both sides according to directions, and prick with fork evenly on both sides. In large flat glass baking dish, mix catsup, vinegar, brown sugar, dry mustard and garlic powder. Place the tenderized meat in dish, turning to coat both sides with marinade. Refrigerate 5 hours or overnight, turning meat occasionally. Grill over high heat approximately 7 to 10 minutes on each side, or until steak is done to your liking. Slice very thinly across the grain with a sharp knife and serve immediately. Best served rare or medium rare.

Company Meatloaf

This is good with baked potatoes, a green vegetable, and a gelatin salad.

- 3 tablespoons butter or margarine
- $\frac{3}{4}$ cup finely chopped onion
- $\frac{3}{4}$ cup finely chopped green onion
- $\frac{1}{2}$ cup finely chopped celery
- $\frac{1}{2}$ cup grated carrot
- $\frac{1}{4}$ cup minced green pepper (optional)
- 2 cloves garlic, minced or pressed
- 1 teaspoon salt
- 1 teaspoon black pepper
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup half-and-half or milk
- $\frac{1}{2}$ cup catsup
- 3 eggs
- 1 $\frac{1}{2}$ pounds lean ground beef
- $\frac{1}{2}$ pound lean ground pork
- $\frac{3}{4}$ cup dry bread crumbs

Preheat oven to 350 degrees. Melt butter in large skillet over medium heat. Add onion, green onion, celery, carrot, green pepper and garlic. Cook until vegetables are soft and liquid is absorbed, stirring occasionally. Remove from heat, cool slightly. Add salt, pepper, cumin and nutmeg to pan, stir well. Stir in half-and-half and catsup. In large bowl, beat eggs slightly. Add beef and pork and mix thoroughly. (I use rubber gloves and do this step with my hands.) Add vegetable mixture and mix well. Add bread crumbs and mix well. Form mixture into a rounded loaf and place in a 9 x 12 baking pan coated with cooking spray, or in 9 x 5 loaf pan coated with cooking spray and lined with wax paper on the bottom. Bake 45 to 50 minutes. Let stand 10 minutes; pour off excess fat. Place meatloaf on cutting board and slice. If in loaf pan, use a knife to loosen sides; remove meatloaf by turning pan upside down on cutting board; peel waxed paper off top of turned-out meatloaf. (Serves 6 to 8)

Glazed Baked Ham

- 1 fully cooked ham, about 6 to 8 pounds
- 8 whole cloves (optional)
- Orange Sauce or Raisin Sauce (recipes next page)

Preheat oven to 325 degrees. Remove skin and excess fat from ham, leaving $\frac{1}{4}$ inch of fat. Place ham, fat side up, on rack in foil-lined roasting pan. Score ham fat $\frac{1}{4}$ inch deep in 1-inch diamonds, and stud with cloves, if desired. Insert meat thermometer in thickest part of ham, making sure it

does not touch the bone. (If you have an instant-read thermometer, wait to insert until you are ready to test the temperature.) Place ham in the oven and bake 1 to 1¼ hours, until thermometer registers 130 degrees. While ham bakes, prepare one of the sauces. Remove ham from oven, brush on glaze. Bake ham 20 to 30 minutes longer, until thermometer reaches 140 degrees, brushing twice more with glaze. Remove cloves before slicing. Serve warm sauce with ham. (Serves 8 to 10)

Orange Sauce for Ham

I triple this recipe because it is so good and everyone always wants more.

- 2 teaspoons sugar
- 2 teaspoons cornstarch
- 2 teaspoons Dijon mustard
- ½ teaspoon pepper
- ½ cup orange marmalade
- ½ cup orange juice
- ½ cup lemon juice

In a small saucepan for the stove combine sugar and cornstarch. Gradually blend in mustard, pepper, marmalade, orange juice, and lemon juice with a whisk or electric mixer. Bring to boil over medium heat, stirring constantly. Boil and stir for 1 minute, remove from heat. To prepare in microwave, combine ingredients in a 2-cup glass measure. Cook on high power for 2 minutes, stir, then cook 2 to 4 minutes more until mixture boils and thickens.

Raisin Sauce for Ham

- 1 tablespoon cornstarch
- 1 teaspoon dry mustard
- ⅓ cup packed brown sugar
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 1¾ cups apple juice
- 1 cup raisins
- Red food coloring (optional)

In medium saucepan, blend cornstarch, mustard, brown sugar, salt and cloves. Stir in vinegar and lemon juice, then apple juice and raisins. Bring to boil over medium heat, stirring constantly. Boil and stir for 1 minute, remove from heat. To prepare in microwave, combine ingredients in a 2 quart microwave-safe container. Cook on high power for 4 minutes, stir, then cook 4 to 6 minutes more until mixture boils and thickens. Add a few drops of red food coloring to give a nice pink color.

Doris Greig's Chicken Curry

This is a long list of ingredients, but it's so easy to prepare, and so delicious! If you wish, you can bake Easy Baked Rice (page 200) alongside the chicken.

2 cups plain yogurt
¼ cup chopped onion
1 clove garlic, minced or pressed
2 teaspoons ground coriander
1 teaspoon ground turmeric
½ teaspoon ground cumin
½ teaspoon chili powder
⅛ teaspoon ground cloves
⅛ teaspoon ground cardamom
⅛ teaspoon ground cinnamon
¾ teaspoon salt
1 chicken, cut up
1 tablespoon lemon juice
Hot cooked rice

Optional condiments:

Chutney
Flaked coconut
Chopped pineapple (fresh if possible)
Chopped peanuts
Chopped tomatoes
Chopped sweet onions or green onions

In 9 x 12 glass baking dish, mix yogurt, onion, garlic, coriander, turmeric, cumin, chili powder, cloves, cardamom, cinnamon and salt. Add chicken pieces to dish and turn to coat. Cover and refrigerate for 2 hours or overnight. Bake at 350 degrees for 1½ to 2 hours, or until tender. Serve with hot cooked rice and suggested condiments, if desired. (Serves 4 to 6)

Liz Anderson's Chicken Baked in Cream

Liz is my long-time friend from Minnesota.

½ cup flour
6 chicken breasts
6 tablespoons butter, melted
1 teaspoon paprika

1 teaspoon salt
½ teaspoon ground oregano
½ teaspoon ground pepper
1 teaspoon celery salt
¾ cup slivered almonds (optional)
1½ cups light cream (not whipping cream)
½ cup sour cream

Preheat oven to 350 degrees. In large zip-lock bag, shake flour and 2 or 3 chicken pieces at a time to coat. Place chicken in a single layer in a 9 x 12 pan, drizzle with melted butter. In small bowl, mix paprika, salt, oregano, pepper and celery salt, and sprinkle evenly over chicken. Pour 1½ cups cream around the chicken pieces. Bake, covered, for 1 hour. Remove ½ cup of drippings from the pan and mix in small bowl with sour cream (use electric beater, hand beater or whisk). Spread this mixture over chicken. Sprinkle with almonds and bake, uncovered, 15 minutes longer.

Doris Greig's Baked "Fried" Chicken

Similar to Colonel Sanders' recipe

Cooking spray
Butter or margerine, melted
1½ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1½ teaspoons paprika
1 single-serving envelope dry tomato soup mix (such as Lipton)
1 (.7 ounce) envelope Italian Dressing mix (such as Good Seasons)
½ teaspoon seasoned salt (such as Lawrys)
16 pieces chicken
4 teaspoons oil mixed with 4 teaspoons water

Preheat oven to 350 degrees. Spray large baking pan with cooking spray. Place melted butter in large pie plate. In another large pie plate, mix flour, salt, baking powder, paprika, soup mix, Italian dressing mix, and seasoned salt. Dip chicken pieces in melted butter and then in flour mixture. For extra crispy chicken, dip chicken in butter and then flour mixture a second time. Place chicken in single layer in pan. Bake 1 hour, drizzling chicken with oil and water mixture every 15 minutes. (I put oil and water in a small spray bottle and spray the chicken during baking.) To reduce calories, remove chicken skin and, instead of dipping in butter, spray chicken with cooking spray.

Grilled Chicken Breasts in Red Wine

Delicious served with baked potatoes and green salad.

- 8 boneless, skinless chicken breasts
- 1 cup red wine *or* $\frac{3}{4}$ cup water and $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{2}$ cup oil
- $\frac{1}{4}$ cup soy sauce
- 2 teaspoons ground ginger
- 1 teaspoon dried oregano leaves or $\frac{1}{2}$ teaspoon ground oregano

In large zip-lock bag, mix wine, oil, soy sauce, ginger and oregano. Add chicken and seal bag, pressing out air. Place bag in a pan. Refrigerate, covered, for 2 to 3 hours, turning bag several times. Grill over high heat 5 to 6 minutes on each side or until tender. To use oven broiler, broil 6 inches below heat for 10 minutes on each side. (Serves 6 to 8)

Lemony Barbecued Chicken

Good with baked rice, corn on the cob and a green leaf salad.

- 6 chicken breasts
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{4}$ cup water
- 3 tablespoons soy sauce
- $\frac{1}{4}$ teaspoon ground ginger
- 1 clove of garlic, minced or $\frac{1}{4}$ teaspoon garlic powder

In large zip-lock bag, mix lemon juice, water, soy sauce, ginger and garlic. Add chicken and seal bag, pressing out air. Place bag in a pan. Refrigerate, covered, for 2 to 3 hours, turning bag several times. Grill over high heat 5 to 6 minutes on each side or until tender. To use oven broiler, broil 6 inches below heat for 10 minutes on each side.

Crispy Oven Fried Chicken

- 1 cup sour cream or plain yogurt
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon celery salt
- $\frac{1}{2}$ teaspoon paprika
- 2 cloves garlic, minced
- 1 teaspoon salt
- Dash of pepper

1 cup bread, cracker or corn flake crumbs
Cooking spray
2½ pounds chicken pieces

Preheat oven to 350 degrees. In large pie plate, combine sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, garlic, salt and pepper. Place crumbs in a second large pie plate. Spray a 9 x 13 baking pan with cooking spray. Dip chicken pieces in sour cream mixture, then roll in crumbs and place in baking pan. Bake, uncovered, for 45 minutes to 1 hour, until chicken is tender and browned. (Serves 4)

Roast Chicken

I buy whole chickens on sale and roast two at a time. Leftovers can be used in soup, sandwiches, casseroles or salads, or frozen for later use. This is an easy meal and good with potatoes baked in the oven with the chicken, and a tossed green salad.

One 3 lb. chicken
Salt

Preheat oven to 400 degrees. Wash chicken and pat it dry. Salt lightly in cavity and on outside skin. Place chicken breast side down on a wire rack in roasting pan. (Roasting breast side down makes the white meat so moist!) Roast for 20 minutes. Reduce heat to 325 degrees and roast 1 to 1¼ hours, or until drumsticks move easily. You do not have to baste unless you choose to roast the chicken breast side up. Baste several times if you roast them breast side up. (4 to 6 servings)

The Best Turkey and Dressing (Stuffing) Ever!

Serve with Cranberry Sauce That Always Thickens or Barbara Buckbee's Orange Cranberry Relish (page 197).

1 whole turkey
Salt

Dressing (Stuffing), see recipe below (optional)

Preheat oven according to the directions below, based on the size of your turkey. Wash turkey and pat it dry. Salt lightly in cavity and on outside skin. If desired, stuff cavity and neck of turkey with dressing (stuffing). Insert meat thermometer into the center of thigh, close to body, not touching bone. Place turkey, breast side down, on a wire rack in roasting pan. (Always cook your turkey breast side down. It bastes itself this way. I have never had more moist white meat! If you carve it in the kitchen, looks don't count—just the taste!) If your turkey weighs 20 pounds or more, bake at 275 degrees for 23 minutes per pound. For turkeys of 16 pounds or less, bake at 325 degrees for 23 minutes per pound. Turkey is done when thermometer reaches about 180 to 185 degrees. Let turkey stand 20 to 30 minutes before carving. (It makes it easier to carve.) Cover turkey with foil and a towel to keep it warm while it stands.

Our Family's Favorite Dressing (Stuffing)

This is so easy!

- 1 pound butter or margarine
- 2 cups finely chopped celery
- 2 cups finely chopped onion
- 2 (12 ounce) boxes dressing (stuffing) mix (such as Mrs. Cubbison's Seasoned Dressing)
- $\frac{3}{4}$ cup chicken broth
- 2 eggs, beaten

Melt butter in a large pan over medium heat. Add celery and onion; cook until the vegetables are tender, stirring occasionally. Remove from heat, add dressing (stuffing) mix and mix well. Do not add any liquid yet. If desired, stuff cavity and neck of turkey. To remaining dressing (stuffing), add chicken broth and eggs and mix well. Spoon dressing (stuffing) into a slow cooker. Do not pack down! Cook on low for 3 hours. To prepare in the oven, preheat oven to 325 degrees. Spoon dressing (stuffing) into a casserole and bake for 35 to 45 minutes.

Greig's Easiest Baked Spaghetti

You don't have to pre-cook the spaghetti!

- 1 cup finely chopped onion
- 1 clove garlic, minced or pressed
- 8 ounces lean ground beef
- 1½ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 (28 ounce) can tomatoes, undrained
- 1 cup water
- 8 ounces uncooked spaghetti, broken in half
- Cooking spray
- 4 ounces processed American cheese (such as Velveeta), cubed
- $\frac{1}{2}$ teaspoon chili powder
- 1 teaspoon ground oregano
- Parmesan cheese

Preheat oven to 325 degrees. In large frying pan over medium high heat, cook and stir onion, garlic and beef until browned. Drain off fat. Stir in salt, pepper and tomatoes, breaking up tomatoes into smaller pieces as you add them. Reduce heat to medium and simmer 15 minutes. Stir in 1 cup hot water. Spray a 2-quart casserole with cooking spray. Place half of the spaghetti in casserole. Add half of the meat sauce. Sprinkle with half of the cheese cubes. Repeat layers. Bake, covered, 35 minutes. Uncover and stir well. Bake 15 minutes longer, or until hot and spaghetti is tender. Serve with Parmesan cheese. (Serves 6 to 8)

Doris Greig's Easy and Quick Spaghetti Sauce

- 2 tablespoons oil
- 2 cloves garlic, minced
- 1 cup chopped onion
- 8 ounces lean ground beef or ground turkey
- 1 (29 ounce) can tomato sauce
- 1 tablespoon Worcestershire sauce
- ½ teaspoon ground oregano
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup beef or chicken stock (or water)

In a large saucepan, heat oil over medium-high heat. Add garlic, onion and ground beef, and sauté until brown. Drain off fat. Stir in tomato sauce, Worcestershire, oregano, sugar, salt, pepper, and stock. Bring to boil; reduce heat to low and simmer 1 hour, stirring occasionally. (Serves 4)

Peg Nelson's Make-Ahead Monterey Fondue

Peggy Nelson is my sister-in-law.

- Cooking spray
- 12 slices of firm white bread, spread lightly with butter and cut in half
- 1 (11 ounce) can whole kernel corn, drained
- 1 (7 ounce) can diced green chiles
- 2 cups grated Monterey jack cheese
- 4 eggs, slightly beaten
- 3 cups milk
- 1 small onion, finely chopped
- 1 teaspoon salt

Spray a 9 x 12 baking dish with cooking spray. Arrange half of the bread in the casserole. Add layers of half of each of the corn, chiles and cheese. Repeat layers of bread through cheese. In large bowl, beat eggs, milk, onion and salt until well blended. Pour egg mixture over the layered ingredients. Cover baking dish with lid or aluminum foil and refrigerate 4 hours or overnight. Can be prepared up to 2 days ahead of time. Preheat oven to 350 degrees. Bake, covered, for 1 hour or until firmly set. (Serves 8 to 10)

Rose Griffing's Flank Steak

Rose was my neighbor in Glendale, and is a leader in the Glendale Joy class.

- 1 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons vinegar
- 1 tablespoon grated ginger root or 2 teaspoons ground ginger
- 2 cloves garlic, minced or pressed
- ¼ cup salad oil
- 1½ pounds flank steak

In large zip-top plastic bag, combine soy sauce, honey, vinegar, ginger, garlic and oil. Add the flank steak, seal bag and refrigerate 6 to 8 hours or overnight, turning several times. Remove steak from marinade and broil on each side two minutes for rare steak, 3 to 4 minutes for medium rare steak. Slice very thinly, cutting diagonally across the grain of the meat. (Serves 4 to 6)

Williamsburg Soufflé

- Cooking spray
- 8 slices day-old firm bread
- ¼ cup butter or margarine
- 2 cups sliced fresh mushrooms
- 1 cup minced onion
- 2 cups diced, cooked ham
- 4 cups shredded cheddar cheese
- 2 tablespoons flour
- 8 eggs
- 2 tablespoons prepared mustard
- 2 cups half and half
- 1 tablespoon garlic salt
- 1 teaspoon salt

Spray a 13 x 9 baking dish with cooking spray. Trim crusts off bread, if desired. Cut into cubes and arrange in baking dish. Heat butter in large frying pan over medium heat. Add mushrooms and onion; cook and stir for 5 minutes. Spoon evenly over bread cubes. Top with ham. In medium bowl, combine cheese with flour; sprinkle over ham. In large bowl, beat eggs with mustard, half and half, garlic salt and salt. Pour over baking dish, cover, and refrigerate at least 4 hours or overnight. Pre-heat oven to 325 degrees. Bake, uncovered, for one hour, or until puffy and lightly browned. Makes 8 to 10 servings.

Greig's Favorite Chicago Deep Dish Pizza

Cooking spray

1 (1 pound) loaf frozen bread dough, thawed

1½ pounds bulk Italian sausage (or 1 pound ground beef or turkey plus ½ lb. sausage)

2½ cups sliced fresh mushrooms

1½ cups thickly sliced onions (optional)

1 cup coarsely chopped green pepper (optional)

2 large cloves of garlic, crushed

2¼ cups prepared pizza sauce

¼ teaspoon pepper

1¼ teaspoon Italian seasoning (or use ½ teaspoon each oregano, thyme and basil)

Cornmeal

1½ cups shredded mozzarella or jack cheese

1½ cups shredded provolone or cheddar cheese

1 cup chopped Italian plum tomatoes (or drained canned tomatoes, chopped)

Spray a large bowl with cooking spray. Place dough in bowl, cover with waxed paper and place a towel on top of paper. Let dough rise at room temperature for 1½ hours or until double in volume. Meanwhile, in a large skillet over medium-high heat, cook and stir sausage, mushrooms, onions, green pepper and garlic until meat is browned and crumbly. Drain off fat. Stir in pizza sauce, pepper, and Italian seasoning. Bring to boil, reduce heat and simmer, uncovered, 15 minutes. Remove from heat and cool. Preheat oven to 425 degrees. Spray a 12-inch deep dish style pizza pan or a 9 x 12 or 10 x 16 cake pan with cooking spray, and lightly dust with cornmeal. Press dough into pan. Spoon in cooled filling and sprinkle with combined cheeses. Let stand 15 minutes at room temperature. Bake 25 minutes. Sprinkle chopped tomatoes over pizza and return to oven for 5 to 10 minutes until crust is golden. Let stand 5 minutes before cutting and serving. (Serves 8)

Barbara Sheffield's Easiest Lasagna

Barbara's family lived next door to us in Glendale. This is easy because you don't have to cook the noodles!

- 1 pound ground beef or turkey (you can't tell the difference!)
- 1 cup chopped onion
- 3 cloves garlic, minced
- 4 cups tomato juice
- 1 (6 ounce) can tomato paste
- 8 ounces fresh mushrooms, sliced
- 1 tablespoons Worcestershire sauce
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon dried parsley flakes
- 1 teaspoon ground oregano
- 8 ounces uncooked lasagna noodles
- 15 ounces Ricotta cheese or small curd cottage cheese
- ¾ cup grated Romano cheese
- ¾ cup grated Parmesan cheese
- 2 cups shredded mozzarella or jack cheese

Preheat oven to 350 degrees. In large frying pan over medium high heat, cook and stir beef, onion and garlic until browned. Drain off fat. Stir in tomato juice, tomato paste, mushroom, Worcestershire, salt, pepper, parsley and oregano. Reduce heat to low, and simmer 30 minutes. Arrange half of the noodles over the bottom of a 9 x 13 baking dish. Do not overlap! Top noodles evenly with half of the hot meat sauce. Top meat sauce with half of each of the four cheeses. Repeat layers. Cover tightly with foil and bake 40 minutes. Remove foil and bake 15 minutes. Remove from oven when noodles are tender, cover, and let stand 20 minutes before cutting and serving. (Serves 8 to 10)

Barbara Sheffield's Tahoe Brunch Casserole

Barbara's family lived next door to us in Glendale.

- Cooking spray
- 12 slices bread (French, or a firm white or wheat)
- Softened butter or margarine
- 8 ounces fresh mushrooms, sliced
- 5 eggs, beaten
- 2½ cups milk

- 1 tablespoon grated whole nutmeg (optional)
- 1 teaspoon dry mustard
- 3 teaspoons Dijon mustard
- 2 cups thinly sliced yellow onion
- 1½ pounds Italian sausage, browned and drained (or chopped, cooked ham)
- 12 ounces cheddar cheese, grated
- 2 tablespoons chopped parsley (optional)

Spray a 9 x 13 pan with cooking spray. Remove crusts from the bread (optional), and spread lightly with butter. In small frying pan, sauté mushrooms in 3 tablespoons butter. In large bowl, mix eggs, milk, nutmeg, dry mustard and Dijon mustard until well blended. Line bottom of pan with half of bread. Add in layers half of each of the onions, sauteed mushrooms, browned sausage, cheese and parsley. Repeat layers of bread through parsley. Pour milk mixture over all, cover and refrigerate overnight. Preheat oven to 350 degrees. Bake casserole 1 hour or until firmly set. Let stand 10 minutes before cutting. Can be made 2 or 3 days ahead and refrigerated, or frozen up to a month. Thaw completely in refrigerator and bake just before serving. (Serves 8 to 10)

Barbara Sheffield's Cheese Soufflé

Barbara's family lived next door to us in Glendale. This is a good accompaniment to ham, freshly cooked green beans and a gelatin salad.

- Cooking spray
- 8 slices French bread, spread lightly with butter and cut in cubes
- 12 ounces sharp cheddar cheese, grated coarsely
- 1 small onion, sliced thin
- 3 eggs, slightly beaten
- 2½ cups milk
- ½ teaspoons dry mustard
- ½ teaspoon salt
- ⅛ teaspoon paprika
- ½ teaspoon Worcestershire sauce

Spray a 7 x 11 baking dish with cooking spray. In it layer half of each of bread cubes, cheese and onion. Repeat layers. In a medium bowl, beat eggs, milk, dry mustard, salt, paprika and Worcestershire. Pour over baking dish. Refrigerate for at least 8 hours or up to 2 days. Preheat oven to 350 degrees. Bake one hour. After ½ hour, stir once. If you double this recipe and place in a larger pan, allow a little longer cooking time for it. (Serves 6)

Doris Greig's Eggs

*This dish may be prepared ahead of time, covered and refrigerated before baking.
Serve with fresh fruit, bran muffins and baked ham slices.*

Cooking spray
12 eggs
1 tablespoon Worcestershire sauce
1 tablespoon salt
½ teaspoon pepper
2 (15 ounce) cans cream-style corn
4 cups grated sharp cheddar cheese
1 (7 ounce) can chopped green chiles

Preheat oven to 325 degrees. Spray a 9 x 13 baking dish with cooking spray. In large bowl, beat eggs. Add Worcestershire, salt and pepper, blend thoroughly. Stir in corn, cheese and chiles. Pour into baking dish. Bake 1 hour and 15 minutes, or until firm to the touch. Cut in squares to serve. (Serves 12)

Greig's Impossible Quiche

Cooking spray
1 cup of any cooked vegetable (such as mushrooms, cooked peas, cooked broccoli or asparagus)
½ cup finely chopped green onion
½ cup finely chopped green pepper (optional)
8 slices bacon, cooked and crumbled (or ¾ cup chopped, cooked ham)
1 cup grated cheese
1⅔ cups milk
¾ cup baking mix (such as Bisquick)
4 eggs
1 teaspoon salt
¼ teaspoon pepper
1 tomato, thinly sliced

Preheat oven 400 degrees. Spray a 10 inch pie pan (at least 1½ inches deep) with cooking spray. Place cooked vegetables in bottom of pan. Top with green onion, green peppers, bacon and cheese. In a large bowl with electric beaters or in a blender, combine milk, baking mix, eggs, salt and pepper. Beat or blend just until combined. Pour over the pie plate. Place in the oven. Bake 40 to 50 minutes, until golden brown and knife inserted in center comes out clean. When pie is partially cooked and firm enough, top with tomatoes around the outside edge, and continue baking. Let stand 10 minutes before cutting and serving. (Serves 6)

Crafty Cockney Fish Fillets

For best results, prepare batter the day before and refrigerate. This recipe is good with cold slaw, carrot sticks and hot rolls.

- 2 cups flour
- 1 tablespoon MSG (optional)
- 3 tablespoons baking powder
- 2 cups water
- 4 pounds firm white fish fillets
- Additional flour for dusting fillets
- Vegetable oil for deep frying

The day before serving, in medium bowl, beat 2 cups flour, MSG, baking powder and water with electric mixer until smooth. Refrigerate batter overnight. Rinse fillets and pat dry with paper towels. Dust fillets in flour and shake off excess. Line a jelly roll pan or large cake pan with paper towels to hold fried fillets. Preheat oven to 200 degrees. Pour oil into large, heavy dutch oven; do not fill over half way. Attach deep fat frying or candy thermometer to inside of pot. Heat oil to 375 degrees. Dip fillets, one at a time, in batter. Fry several fillets in the hot oil at a time until golden brown. Remove fillets from oil with slotted spoon or tongs; place on paper towel-lined pan and keep warm in oven. Cool oil in dutch oven completely before moving pan or disposing of oil. (Serves 8 to 10)

Linda Stegman and Jayne Payne's Tuna or Turkey Tortilla "Crepes"

Linda and Jane are leaders in the Ventura Joy of Living class.

- 1 (10.7 ounce) can condensed cream of mushroom soup
- 1 cup milk
- 2½ cups fresh broccoli, cut into 1 inch pieces, keeping stalk pieces separate from florets
- 1 (12 ounce) can tuna or albacore, drained, or 1½ cups diced cooked turkey
- 1 cup grated cheddar cheese
- 1 (2.8 ounce) can French Fried Onions (such as French's) or ¼ cup finely chopped onion
- 6 (7 inch) flour tortillas
- 1 or 2 tomatoes, chopped

Preheat oven to 350 degrees. In medium bowl, combine soup and milk; set aside. Bring 3 cups water to a boil in a large saucepan. Add broccoli stalk pieces to the boiling water and boil for 2 minutes. Add floret pieces to pan; continue to cook 4 to 5 more minutes, just until broccoli is tender-crisp. Drain well. In large bowl, combine broccoli, tuna, half the cheese and half the onions. Stir into this ¾ cup of soup mixture. Place a sixth of tuna mixture on each tortilla and roll up. Place seam-side down in a 9x9 greased pan. Stir tomatoes into the remaining soup mixture; pour over rolled tortillas. Bake 35 to 40 minutes. Top with remaining cheese and onions; bake 3 more minutes.

Quick Meal In a Dish

- 1 (24 ounce) package frozen shredded hash brown potatoes
- $\frac{1}{3}$ cup butter or margarine, melted
- 1 tablespoon butter or margarine
- $\frac{1}{2}$ cup diced green onions
- $1\frac{1}{2}$ cups sliced zucchini
- 2 medium tomatoes, chopped, *or* 1 (14.5 ounce) can diced tomatoes, drained
- 1 teaspoon basil flakes or $\frac{1}{2}$ teaspoon ground basil
- 1 teaspoon parsley flakes
- 1 garlic clove, minced
- 2 cups grated cheddar cheese
- $\frac{2}{3}$ cup diced, cooked ham, chicken, turkey or bacon
- 4 eggs, beaten
- $\frac{1}{2}$ cup milk

Preheat oven to 425 degrees. Thaw hash browns and squeeze out any excess moisture. Press them into a $10\frac{1}{2}$ x $1\frac{1}{2}$ inch pie plate. Drizzle the $\frac{1}{3}$ cup butter over potatoes. Bake 20 minutes; remove from oven and reduce temperature to 350 degrees. While potatoes bake, in large frying pan over medium-high heat, melt the 1 tablespoon butter. Add green onion, zucchini, tomato, basil, parsley and garlic; cook and stir until softened. Distribute ham, 1 cup cheese, and cooked vegetables evenly over hot potatoes. In medium bowl, beat milk and eggs until well blended. Pour over vegetables. Top with remaining cup of cheese. Bake at 350 degrees 30 to 40 minutes, until firm in middle of dish. Cool 10 minutes on wire rack before cutting and serving. (Serves 6)

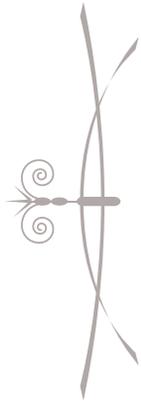


Doris Greig's Broiled Fish Au Gratin

People who don't like fish will like this! This is good served with a mixed vegetable casserole, wild rice with mushrooms, and fresh orange and grapefruit salad with celery. Extra topping will keep well in refrigerator for up to two weeks.

- 1 pound white fish fillets
- ¼ cup mayonnaise (regular, reduced fat, or fat free)
- 2 green onions, finely chopped
- ¼ cup Parmesan cheese
- 1 tablespoon lemon juice
- 2 tablespoons butter or margarine, melted
- 3 to 4 drops hot sauce, such as Tabasco
- Cooking spray

In small bowl, combine mayonnaise, onions, cheese, lemon juice, butter, and hot sauce. Rinse fillets and pat dry with paper towels. Spray broiler rack or shallow baking pan with cooking spray. Place fillets in pan. Broil 8 to 12 minutes, 4 inches from heat, until fillets flake easily with a fork. If fillets are thick, turn over with a spatula after 6 minutes and cook 5 to 6 more minutes. Spread topping evenly over fillets, and broil until puffy and golden. Watch carefully. (Serves 4)



Vegetables, Rice & Other Side Dishes



Cranberry Sauce That Always Thickens!

- 4 cups fresh cranberries
- 2 cups sugar
- 1 cup water

Place cranberries, sugar and water in large saucepan. Bring to boil over high heat. Reduce heat and simmer 4 to 5 minutes, covered, until all cranberries are cooked through. Stir occasionally so berries don't burn. Chill.

Barbara Buckbee's Orange Cranberry Relish

Barbara is a cousin of my husband, Bill.

- 2 cups fresh cranberries
- 2 apples, peeled, quartered and cored
- 2 oranges, peeled and cut in large chunks
- Orange juice (optional, for blender preparation)
- 1 tablespoon grated orange peel
- 1¾ cups sugar

To make in a food processor, pulse cranberries, apples and oranges until finely chopped. To prepare in a blender, pulse-chop each fruit separately, adding up to ½ cup orange juice as needed. Turn chopped fruit into large bowl and stir in orange peel and sugar. Refrigerate 2 hours or longer.

Nadine Nuehaus' Buffet Potato Casserole

- 1 cup melted butter or margarine, divided
- 1 can (10.75 ounce) condensed cream of chicken soup
- 1 cup sour cream
- ½ cup grated or finely chopped onion
- 2 cups shredded cheddar cheese
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 (32 ounce) package frozen shredded hash brown potatoes, thawed
- Cooking spray
- 2 cups corn flakes

Preheat oven to 350 degrees. In a large bowl, combine ½ cup melted butter, soup, sour cream, onion, cheese, salt and pepper. Add thawed potatoes and mix thoroughly. Spray 13 x 9 x 2 baking dish with cooking spray, and place potato mixture in dish. Cover with foil; bake 25 minutes. Mix corn flakes and remaining ½ cup melted butter. Sprinkle buttered corn flakes evenly over potatoes. Bake, uncovered, 20 more minutes. Casserole may be prepared in advance and frozen before baking. Thaw completely in refrigerator before baking and adding buttered cornflakes. (Serves 12 to 15)

No Waste Mashed Potatoes and Potato Skins

Next time you want to serve mashed potatoes, prepare potato skins at the same time.

- 6 medium baking potatoes (about 2 pounds)
- ¼ cup (½ stick) butter or margarine
- ⅓ to ½ cup milk, warmed
- Cooking oil
- Garlic powder
- Seasoned Salt, such as Lawry's
- Sour cream or plain yogurt (optional)
- Refried beans (optional)
- Bacon, cooked crisp and crumbled, or bottled bacon bits (optional)
- Salsa (optional)
- Chopped green onions (optional)
- Grated cheese (optional)

Scrub potatoes and pierce in several places to let steam escape. Bake directly on oven racks at 400 degrees for 45 to 50 minutes, or microwave on full power for 12 to 15 minutes, until soft when pinched. Halve potatoes lengthwise. Scoop out pulp, leaving ¼ inch of pulp in skins. For mashed potatoes, mash pulp in medium bowl with butter and milk. (Makes 6 servings mashed potatoes.)

For potato skin snacks or appetizers, preheat oven to 475 degrees. Cut skins in half or thirds. Brush with oil and season to taste with garlic powder, seasoned salt or your favorite seasoning. Place in single layer on baking sheet. Bake 15 to 20 minutes, until crisp and browned around the edges. Serve with any of the six suggested toppings.

Doris Greig's Mashed Potato Casserole

This can be prepared the day before and refrigerated before baking.

- 8 medium potatoes, peeled and cut into 1 inch cubes
- 1 stick (½ cup) butter or margarine, melted
- 1 cup sour cream, at room temperature
- 1 (8 ounce) block cream cheese, at room temperature
- ⅛ teaspoon garlic powder
- 1 teaspoon salt
- Cooking spray
- 1 to 2 tablespoons finely chopped chives or parsley

Preheat oven to 350 degrees. Place potato cubes in large saucepan, cover with cold water, and bring to boil. Reduce heat and simmer 5 to 10 minutes until tender. Drain and mash potatoes with melted butter, sour cream, cream cheese, garlic powder and salt. Spray a casserole with cooking spray, and spoon potato mixture into it. If prepared ahead, cover tightly and refrigerate. Bake 40 to 50 minutes, uncovered, until heated through. Top with chopped parsley or chives before serving. (Serves 6 to 8)

Doris Greig's Baked Stuffed Potatoes

These potatoes may be frozen, and then thawed in refrigerator before baking.

- 6 large russet potatoes
- 1 cup melted butter or margarine
- 1 cup sour cream
- 2 teaspoons salt
- ¼ to ½ cup cream
- ¼ cup chopped chives or green onion, if desired
- Grated or sliced cheese for topping
- Paprika (optional)

Bake the potatoes until tender in oven or microwave and cut in half lengthwise. Scoop out potato pulp, leaving a ¼ inch shell, and place in large bowl. Mash potato pulp and add the butter, sour cream, salt and ¼ cup cream. Add additional cream as needed. If desired, add the chives or green onions. Stuff potato mixture evenly into the potato skins. Top with grated or sliced cheese and paprika. Bake 20 to 25 minutes at 350 degrees. (Makes 12 halves)

Easy Baked Rice Pilaf

- 1 stick ($\frac{1}{2}$ cup) butter or margarine, divided
- $\frac{1}{2}$ cup finely chopped onions
- $\frac{1}{2}$ lb. fresh mushrooms, sliced
- $2\frac{1}{2}$ cups chicken or beef broth
- 1 cup uncooked Uncle Ben's Converted Rice
- $\frac{1}{2}$ cup pine nuts (optional)
- $\frac{1}{2}$ cup dried apricots, snipped fine (optional)

Preheat oven to 350 degrees. Melt butter in large pan over medium heat. Add onion and mushrooms, cook and stir until tender. Add broth, heat to boiling. Remove from heat, stir in rice, pine nuts and apricots. Pour into $1\frac{1}{2}$ quart casserole, cover tightly. Bake 1 hour, until water is absorbed. (Serves 4)

Easy Baked Rice

- 1 cup uncooked white rice
- $2\frac{1}{2}$ cups boiling water
- 1 teaspoon salt
- 1 tablespoon butter or margarine

Preheat oven to 350 degrees. Place all ingredients in $1\frac{1}{2}$ quart casserole and stir until butter melts. Cover tightly and bake 45 minutes to 1 hour, until water is absorbed. (Serves 4)

Oven Baked Wild Rice

- 3 tablespoons butter or margarine
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{2}$ cup finely chopped celery
- 4 ounces fresh mushrooms, sliced, or 1 (4 ounce) can sliced mushrooms, drained
- $\frac{1}{4}$ cup uncooked wild rice, rinsed and drained
- $2\frac{1}{2}$ cups chicken broth
- 1 tablespoon parsley flakes
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon sage
- $\frac{1}{4}$ teaspoon basil
- $\frac{3}{4}$ cup uncooked white rice

Preheat oven to 350 degrees. Melt butter in a small pan over medium heat. Add onion, celery, mushrooms and wild rice; stir until vegetables are tender. Pour into $1\frac{1}{2}$ quart casserole. Heat chicken broth to boiling and add to casserole. Stir in parsley, salt, sage and basil. Bake, covered, 45 minutes. Stir in white rice, cover and bake 45 minutes, until liquid is absorbed and rice is tender. (Serves 4)

Muriel Larsen's Broccoli and Water Chestnuts

2½ cups chopped fresh broccoli, or 1 (10 ounce) package frozen chopped broccoli
¼ cup (½ stick) butter or margarine
1 cup chopped onion
4 ounces fresh mushrooms, sliced, or 1 (4 ounce) can sliced mushrooms, drained
1 (15 ounce) jar Kraft Cheez Whiz
1 (4 ounce) can water chestnuts, drained and chopped
Cooking spray
1 tablespoon butter
¼ cup fine dry breadcrumbs

Preheat oven to 350 degrees. Cook the broccoli until “crispy tender,” drain well. Melt ¼ cup butter in large frying pan over medium heat, add onion and mushrooms, and cook and stir until tender. Add Cheez Whiz and stir until cheese melts. Remove from heat; stir in water chestnuts and broccoli. Turn into a 1½ quart casserole coated with cooking spray. Melt 1 tablespoon butter in a small pan over medium heat. Stir in breadcrumbs until crumbs are evenly coated. Sprinkle crumbs over casserole. Bake uncovered for 35 minutes.

Janet Nelson Malme's Mushrooms and Green Beans

Janet is my niece. Her mother, Peggy Nelson, is my husband's sister.

1 pound small fresh mushrooms, trimmed, or 4 (4 ounce) cans mushrooms, drained
5 tablespoons butter or margarine, divided
2 tablespoons flour
1 cup milk
1½ cups shredded cheddar cheese, divided
4 drops hot pepper sauce, such as Tabasco
1 (10 ounce) package frozen green beans, or ¾ pound fresh green beans
Cooking spray
½ cup slivered almonds, toasted

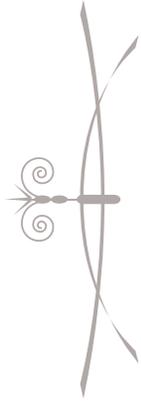
Preheat oven to 350 degrees. In large saucepan over medium heat, melt 3 tablespoons butter, add mushrooms, and cook and stir 5 minutes, remove from heat. In medium saucepan over medium heat, melt 2 tablespoons butter. Add flour and cook, stirring constantly, for 1 minute. Gradually stir in milk and bring to a boil, stirring constantly. Add 1 cup cheese and hot pepper sauce; continue stirring until cheese melts. Remove from heat. Cook green beans just until “crispy tender,” drain well. Stir cheese mixture and green beans into the mushrooms. Place vegetables in a 1½ quart baking dish coated with cooking spray. Bake, uncovered, for 35 minutes, or until hot. Top with ½ cup cheese and almonds. Place casserole under the broiler for a minute to brown before serving (watch carefully!).

Dianne Rietveld's Broccoli Casserole

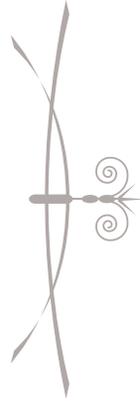
- 2 (10 ounce) packages frozen chopped broccoli
- ¼ pound (1 stick) butter or margarine, melted and divided
- 4 ounces Velveeta Cheese, cubed
- 1 stack pack (4 ounces) Ritz Crackers

Preheat oven to 350 degrees. Cook broccoli until “tender crisp,” drain well. Add cheese and half the melted butter (¼ cup) to the broccoli in a 2 to 2½ quart casserole. In large zip-top plastic bag, crush crackers into fine crumbs using rolling pin. Place crumbs in a small bowl and mix in the remaining melted butter. Sprinkle crumbs over top of broccoli. Bake 20 to 25 minutes; or microwave for 8 minutes on high power, turning twice. (Serves 6 to 8)





Soup & Sandwiches



Doris Greig's Gazpacho

This makes a good summer meal. Enjoy with crackers or whole-wheat rolls and cheese. Keeps up to a week in refrigerator. It's very low in calories!

- 1 (28 ounce) can tomatoes, undrained
- 3 to 4 cloves garlic
- 1 cup finely chopped red onion
- 4 cups tomato juice
- 3 tablespoons olive or salad oil
- 3 tablespoons red wine or wine vinegar
- 3 tablespoons lemon juice
- ½ teaspoon hot pepper sauce, such as Tabasco
- 1 tablespoon salt
- ½ teaspoon pepper
- ½ teaspoon dried oregano leaves, finely crumbled
- ½ teaspoon ground basil (optional)
- 3 to 4 medium cucumbers, seeded and chopped
- 2 cups finely chopped celery
- 1 green pepper, finely chopped
- ¼ cup finely chopped parsley (optional)

Process tomatoes and garlic in blender until smooth. Pour into large bowl (not aluminum or tin). Stir in remaining ingredients. Refrigerate, covered, until chilled. (Serves 12)

Easy Cream of Vegetable Soup from the Blender

- 2½ cups milk
- 1 tablespoon flour
- ½ teaspoon salt
- Dash of pepper
- 1 cup coarsely chopped raw or cooked vegetables (any kind)
- 1 tablespoon minced onion
- 1 to 2 tablespoons butter or margarine

Place all ingredients in a blender except butter; blend well. Pour into medium saucepan. Add butter or margarine. Bring to boil over medium heat, stirring constantly; simmer 1 minute. (Makes 2 large or 4 small servings)

Turkey Soup

Make good use of your Thanksgiving turkey carcass and leftovers. Butter split rolls and lightly toast them under the broiler and enjoy with the soup!

- 1 roast turkey carcass (bones, skin and meat scraps)
- 1 cup coarsely chopped onion
- 4 celery stalks, cut in 3 inch pieces
- Pinch of dried thyme
- 1 cup uncooked rice or barley
- 1 cup chopped onion
- 1½ cups each chopped carrot, canned or fresh tomato, and celery
- 2 to 3 cups diced or shredded turkey meat
- ¼ cup lemon juice
- Dash of hot pepper sauce, such as Tabasco
- Salt and pepper to taste
- 1 small package petite peas

In a large soup kettle place turkey carcass (cut or break up bones as needed), onion, celery and thyme. Cover with cold water; bring to boil over high heat. Reduce heat and simmer at least 4 hours. Strain broth into another large container, discarding solids. Cover and refrigerate overnight. Remove congealed fat which has risen to the surface. Return broth to soup kettle. Add rice or barley, bring to boil and simmer 10 minutes. Add onion, carrots, tomatoes, and celery. Simmer until vegetables are tender crisp and rice or barley is done. Stir in turkey, lemon juice, hot pepper sauce, salt and pepper, and peas. Cook just until soup returns to a simmer.

Slow-Cooker Potato Soup

6 medium potatoes, peeled and diced
2 leeks or 6 to 8 green onions, washed and chopped
1 cup chopped onion
1 carrot, peeled and thinly sliced (about ½ cup)
1 stalk celery, thinly sliced (about ½ cup)
4 chicken bouillon cubes, crumbled
1 tablespoon dried parsley flakes
5 cups water
1 tablespoon salt
1 teaspoon pepper
½ cup (1 stick) butter or margarine
½ to 1 cup finely chopped lean ham (optional)
1 (12 ounce) can evaporated milk
Fresh chopped chives or green onion (optional)
Grated cheddar cheese (optional)

Place all ingredients except milk, chives and cheese in 4-quart slow-cooker. Do not use green tops of leeks, but green tops of onions may be used. Reduce salt to 2 teaspoons if ham is added. Cover and cook on low for 10 to 12 hours. Stir in milk ½ hour before soup is done. If desired, mash potatoes with a masher. We like them chunky. Serve topped with chives and/or cheese. (Serves 6 to 8)

Reuben Sandwich Casserole

Cooking spray
1 (32 ounce) jar Bavarian-style sauerkraut (found in refrigerator section of supermarket)
½ cup finely chopped onion
1 cup (8 ounces) sour cream
¾ cup Thousand Island salad dressing
2 (12 ounce) cans corned beef
1½ pounds shredded Swiss cheese
8 ounces Jewish-style rye bread (about 10 to 12 slices)
1 stick butter or margarine, softened

Preheat oven to 350 degrees. Coat a 9 x 12 glass casserole with cooking spray. Rinse sauerkraut, squeeze dry, and spread in casserole. In medium bowl, mix onion, sour cream and dressing; spread over sauerkraut. Break up corned beef; distribute evenly over sour cream mixture. Top with cheese. Spread bread slices with butter, stack and cut into cubes. Arrange bread evenly over top of casserole. Bake 35 to 40 minutes, until bread is lightly browned and cheese is bubbly. (Serves 10)

Easy Beef Vegetable Soup

- 2 (10.5 ounce) cans beef broth (or 3 beef bouillon cubes with 2½ cups water)
- 1 (46 ounce) can tomato juice
- 2 pounds lean ground beef
- 2 cups chopped onion
- ½ teaspoon salt
- 1 teaspoon seasoned salt, such as Lawry's
- 2 teaspoons sugar
- 3¾ cups thinly sliced peeled carrots (about 1½ pounds)
- 2 cups thinly sliced celery (about a 1 pound bunch)
- 5 cups water
- ¾ cup alphabet pasta, or other small pasta shape
- 2 cups petite frozen peas, thawed

In large soup pot over high heat, cook and stir ground beef and onions until meat is browned and onion is tender. Drain off fat. Add all remaining ingredients except peas, bring to boil, reduce heat to low and simmer 45 minutes. Add peas 10 minutes before serving. (Serves 6 to 8)

Juanita Nixon's Stuffed Egg Rolls

Juanita was a friend from our years at Glendale Presbyterian Church.

- 4 hard cooked eggs, peeled and chopped
- 1 (4.25 ounce) can chopped ripe olives, drained
- 2 tablespoons minced green onion
- 2 tablespoons grated cheddar cheese
- 2 tablespoons finely chopped onion (optional)
- 2 tablespoons catsup
- 2 tablespoons salad oil
- ⅛ teaspoon salt
- 8 small French rolls
- ⅓ cup shredded cheddar cheese

Preheat oven to 375 degrees. In medium bowl, mix all ingredients except rolls and ⅓ cup cheese. Cut thin slice off tops of French rolls and scoop out the centers with a fork. Fill rolls with egg mixture and sprinkle a little of the ⅓ cup cheese on top of each. Replace roll tops and wrap each stuffed roll in foil. These rolls may be prepared 3 to 6 hours ahead and refrigerated. Place rolls on a baking sheet and bake for 25 to 30 minutes. Serve immediately. (Serves 4)

Linda Elrod Cooper's Barbecued Pork and Beef Sandwiches

*Cal Elrod was our family doctor in Glendale, and our families are close friends.
Linda is near in age to my daughter, Kathy.*

1½ pounds lean stew beef, cubed
1½ pounds lean pork, cubed
1 cup finely chopped onion
2 cups finely chopped green pepper
1 (6 ounce) can tomato paste
½ cup brown sugar
¼ cup cider vinegar
1 tablespoon chili powder
1 teaspoon salt
2 teaspoons Worcestershire sauce
1 teaspoon dry mustard
Sandwich rolls
Lettuce leaves
Sliced tomatoes

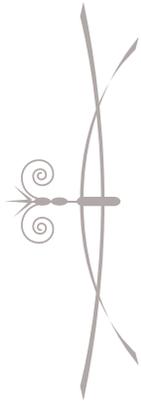
In a slow-cooker (or a dutch oven with a tight-fitting lid), combine beef, pork, onion and green pepper. In medium bowl, combine tomato paste, brown sugar, vinegar, chili powder, salt, Worcestershire sauce and dry mustard. Stir into meat mixture. Cover and cook on high for 8 hours. (If using dutch oven, bring to boil over high heat, reduce heat to low and simmer 8 hours, stirring occasionally.) Stir to shred meat before serving. Serve on sandwich rolls with lettuce and tomato slices.

Greig's Sloppy Joes For A Crowd

A fun backyard picnic dish!

3 pounds lean ground beef
1½ teaspoon salt
½ teaspoon pepper
1½ cups finely chopped onion
½ cup finely chopped green pepper
½ cup finely chopped celery
1 (15 ounce) can tomato sauce
1 cup water
½ cup catsup
2 tablespoons Worcestershire sauce
1 tablespoon prepared mustard
2 tablespoons packed brown sugar
20 hamburger buns

Cook and stir ground beef in a large skillet or Dutch oven over high heat until it loses redness. Drain fat. Reduce heat to medium-high. Add salt, pepper, onion, green pepper and celery. Cook, stirring occasionally, 5 to 7 minutes, until vegetables are soft. Stir in remaining ingredients except buns. Bring to boil, reduce heat to low and simmer 15 minutes, stirring occasionally. Serve between bun halves. (Serves 20)



Breads & Rolls



Lisa Herman's No-Knead Batter Bread

Lisa was the Children's Ministry Director at Glendale Presbyterian Church, our church home for many years.

- 1 (.25 ounce) package active dry yeast
- 1¼ cups warm water
- 2 tablespoons shortening, melted
- 2 tablespoons sugar
- 1 teaspoon salt
- 2²/₃ cups all-purpose flour, divided
- Cooking spray
- Melted butter

In large bowl, dissolve yeast in warm water. Add melted shortening, sugar, salt and 2 cups of flour. Blend 30 seconds with electric mixer at low speed, scraping bowl constantly. Beat for 2 minutes at medium speed, scraping bowl occasionally. Stir in remaining flour until smooth. Cover and let rise in a warm place until double in bulk in a warm spot, such as a gas oven where the pilot light gives off a little heat, or on top of refrigerator, about 30 minutes. Stir down batter by beating about 25 strokes. Spray a 9 x 5 loaf pan with cooking spray, and line bottom with waxed paper. Spread batter evenly in pan. Smooth out top of batter by patting with floured hand. Cover and let rise until double, about 40 minutes. Preheat oven to 375 degrees (be sure and remove pan from oven if using it during dough rising). Bake 45 minutes, or until loaf sounds hollow when tapped. Brush top of bread with butter. Slide knife around the edges of pan, and remove loaf to cool on wire rack. Peel off waxed paper while loaf is hot.

Variations:

Garlic Bread—add ½ teaspoon garlic powder with the flour

Onion Bread—add 3 tablespoons instant minced onion to the yeast/water mixture

Cheese Bread—add 1 cup shredded sharp cheddar cheese to yeast/water mixture.

Peg Nelson's Refrigerator Dough

Peggy Nelson is my sister-in-law.

1 cup boiling water
1 cup shortening
1 cup sugar
1½ teaspoons salt
2 eggs, beaten
1 cup lukewarm water
2 (.25 ounce) packages active dry yeast
6 cups flour
Cooking spray

In large bowl, pour boiling water over shortening, sugar and salt. Stir until shortening melts and sugar and salt dissolve. Stir in beaten eggs. In small bowl, dissolve yeast in lukewarm water and let stand 5 minutes. Add yeast mixture to large bowl. Stir in flour, 1 cup at a time, until well blended. Refrigerate dough, covered with damp cloth at least four hours or up to a week. Shape dough into any type of roll you wish (cloverleaf, cinnamon, parker house, etc.). After shaping by hand, or rolling out and cutting, place rolls on a baking sheet coated with cooking spray. Allow dough to rise about 3 hours in a warm place or until double in bulk. Preheat oven to 375 degrees. Bake 10 minutes. Refrigerate unused dough in a covered container.

Doris Greig's Kolace (Bohemian Sweet Rolls)

My father's parents emigrated from Czechoslovakia in the late 1800's, and brought this recipe with them.

Peg Nelson's Refrigerator Dough (recipe above)
Cooking spray
Apricot, Prune or Cottage Cheese Kolace filling (recipes follow)

I make triple recipes of these fillings and store in the refrigerator up to a month. The cottage cheese filling should only be kept 1 week.

Powdered sugar frosting (recipe follows)

Remove dough from refrigerator. On lightly floured board, roll dough to ½ inch thick. Cut with a large biscuit cutter, or doughnut cutter with center hole cutter removed. Place rolls on baking sheets coated with cooking spray. Let rise in warm place until doubled in size, about 3 hours. In the center of each roll make a ¾ to 1 inch indentation with your fingers. Fill each indentation with 1 to 1½ tablespoons of filling. Return rolls to a warm place and let rise again for about 15 minutes. Preheat oven to 375 degrees. Bake for 10 to 12 minutes, just until the rolls are barely browned. Remove from pan and cool on wire racks. Frost with powdered sugar frosting around edges.

Apricot Kolace Filling

Can be made ahead and refrigerated up to 1 month.

- 8 ounces dried apricots
- ½ cup sugar
- 1 teaspoon lemon juice (optional)

Place dried apricots in medium saucepan and barely cover with water. Bring to boil over high heat, reduce heat to low and simmer until tender. Drain well and mash apricots. Stir in sugar and cook over medium heat, stirring, until sugar dissolves. Stir in lemon juice. Cool before filling sweet rolls.

Dried Plum (Prune) Kolace Filling

Can be made ahead and refrigerated up to 1 month.

- 8 ounces pitted dried plums (prunes)
- ½ cup sugar
- Dash of cinnamon

Place dried plums in medium saucepan and barely cover with water. Bring to boil over high heat, reduce heat to low and simmer until tender. Drain well and mash plums. Stir in sugar and cook over medium heat, stirring, until sugar dissolves. Stir in cinnamon. Cool before filling sweet rolls.

Cheese Kolace Filling

Can be made ahead and refrigerated up to 1 week.

- 1 egg yolk, beaten
- 1 cup ricotta cheese
- ¼ cup sugar
- ½ teaspoon vanilla
- ¼ cup raisins

In medium bowl, mix egg yolk with ricotta cheese. Stir in sugar, vanilla and raisins.

Powdered Sugar Frosting for Kolace

- ¼ cup (½ stick) butter, melted
- ¼ teaspoon salt
- ½ teaspoon vanilla extract
- 1½ cups powdered sugar
- Milk

In small bowl, place melted butter, salt, vanilla and powdered sugar. Beat with electric mixer, adding milk to mixture until it is of good spreading consistency.

Liz Anderson's Banana Bread

Liz is one of my life-long friends from Minnesota.

½ cup butter or margarine, softened
1 cup sugar
2 eggs, beaten
1½ cups mashed ripe banana (about 3 medium)
3 tablespoons sour milk (stir ½ teaspoon vinegar into fresh milk, let stand 15 minutes)
2 cups flour
1 teaspoon soda
½ teaspoon salt
½ cup chopped nuts
Cooking spray

Preheat oven to 350 degrees. In large bowl, beat butter and sugar with electric mixer until well blended. Add eggs, bananas and milk, beating at medium speed until well blended. Add flour, salt and baking soda, beating well. Stir in nuts. Spray an 9x5 loaf pan with cooking spray and line the bottom with waxed paper. Pour batter into pan. Bake 55 minutes or until loaf pulls away from sides of pan and toothpick inserted in center comes out clean. Remove from oven, slide knife around sides of pan. Cool 10 minutes in pan on wire rack. Turn loaf out onto rack. Remove waxed paper from bottom of loaf and turn over to finish cooling, top up, on rack. (Makes 1 loaf)

Greig's Pumpkin Bread

This bread is delicious served with cream cheese between slices.

2¼ cups sugar
¾ teaspoon nutmeg
1½ teaspoons cinnamon
2½ cups plus 2 tablespoons flour
1½ teaspoons soda
1⅛ teaspoons salt
3 eggs
¾ cup salad oil
½ cup water
1 (15 ounce) can solid-pack pumpkin
¾ cup chopped nuts (optional)
¾ cup raisins (optional)
Cooking spray



Preheat oven to 350 degrees. Mix first 6 ingredients (sugar through salt) in a medium bowl. Beat eggs in a large bowl. Add salad oil and water to beaten eggs and beat at medium speed until blended. Add pumpkin and beat well. Stir the dry ingredients into the wet ingredients. Stir nuts and raisins. Coat two 9 x 5 loaf pans with cooking spray and line bottom of pans with waxed paper. Pour batter into pans. Bake 1 to 1½ hours or until loaves pull away from sides of pan and toothpick inserted in center comes out clean. Cool 10 minutes in pans on wire rack. Turn loaves out onto rack. Remove waxed paper from bottom of loaves and turn over to finish cooling, top up, on rack. (Makes 2 loaves)

Sticky “Do Ahead” Breakfast Rolls

5½ to 6 cups all purpose flour, divided
¾ cup granulated sugar, divided
1½ teaspoons salt
2 (.25 ounce) packages active dry yeast
1 cup milk
⅔ cup water
¾ cup (1½ sticks) butter or margarine, divided
2 large eggs, beaten
Cooking spray
½ cup firmly packed brown sugar, divided
2 tablespoons ground cinnamon

In a large bowl, stir together 5 cups flour, ½ cup granulated sugar, salt and yeast. In a 1 to 2 quart saucepan, combine milk, water and ¼ cup (½ stick) butter (cut up). Place over low heat and cook until warm (120 degrees). Butter does not need to melt completely. Gradually add liquid mixture and beaten eggs to dry mixture, mixing to blend. Beat in ½ cup flour until dough is stretchy. Add another ¼ cup flour if dough is still sticky. Turn dough out on a floured board and knead until smooth and elastic, 8 to 12 minutes. Add more flour if needed to prevent sticking as you knead. Place dough in a large bowl coated with cooking spray, spray top of dough with cooking spray, and cover with plastic wrap. Let rise in warm place until double in bulk, about 45 minutes to 1 hour. Punch dough down and divide in half. On a floured board, roll each half in a 9 x 18 inch rectangle. Melt remaining ½ cup (1 stick) butter. Brush 2 tablespoons melted butter over each rectangle of dough; set aside remaining melted butter. In small bowl, mix ¼ cup granulated sugar, ¼ cup brown sugar, and cinnamon. Sprinkle half of the mixture on each rectangle of dough. From the long side, roll each rectangle into a log. Pinch edges along seam to seal. Cut each log crosswise into 12 equal pieces. Use 4 round 8-inch cake pans, or 3 round 9-inch cake pans. Brush each pan with 1 tablespoon melted butter, and sprinkle with 2 tablespoons brown sugar. Set rolls cut side up in pans, placing 6 in each 8-inch pan, or 8 in each 9-inch pan. Cover lightly and refrigerate at least 2 hours, or up to 24 hours. Before baking, let rolls stand at room temperature for 20 minutes. Preheat oven to 350 degrees. Uncover and bake until golden brown (25 to 35 minutes). Immediately invert on serving tray. (Makes 24 rolls)

Delicious Zucchini Bread

3 eggs
2 cups sugar
2 teaspoons vanilla extract
1 cup vegetable oil
3 cups grated zucchini, drained if moist (you may peel zucchini if the skin is tough)
3 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
½ cup raisins (optional)
1 cup chopped pecans or walnuts
1 (8 ounce) can crushed pineapple, drained well
Cooking spray

Preheat oven to 350 degrees. Beat the eggs, sugar, vanilla and oil in a large bowl. Stir in zucchini. In medium bowl, combine flour, baking powder, baking soda, salt and cinnamon. Stir raisins and nuts into flour mixture. Add dry ingredients to zucchini mixture gradually, stirring until well blended. Add pineapple and mix well. Coat a 9 x 5 loaf pan with cooking spray, and line the bottom with waxed paper. Pour batter into pan. Bake 55 to 60 minutes, or until loaf pulls away from sides of pan and toothpick inserted in center comes out clean. Cool 10 minutes in pan on wire rack. Turn loaf out onto rack, remove waxed paper from bottom of loaf and turn over to finish cooling, top up, on rack. (Makes 1 loaf)

Liz Anderson's Date-Orange Bread

Liz is one of my life-long friends from Minnesota.

2 oranges
2 cups chopped dates
2 cups sugar
4 tablespoons (½ stick) butter or margarine, melted
2 eggs, beaten
4 cups flour
2 teaspoons baking powder
2 teaspoons baking soda
½ teaspoon salt
1 cup chopped pecans
Cooking spray



Preheat oven to 350 degrees. Grate rind (about 2 teaspoons) and squeeze juice from oranges. Add water to make 2 cups of liquid. In large bowl, combine juice mixture with dates, sugar, melted butter and eggs, and beat until well blended. In medium bowl combine flour, baking powder, baking soda and salt, and blend into liquid mixture thoroughly. Stir in nuts. Coat two 9 x 5 loaf pans with cooking spray and line bottom of pans with waxed paper. Pour batter into pans. Bake for 50 to 60 minutes or until loaves pull away from sides of pan and toothpick inserted in center comes out clean. Cool 10 minutes in pans on wire rack. Turn loaves out onto rack. Remove waxed paper from bottom of loaves and turn over to finish cooling, top up, on rack. (Makes 2 loaves)

Yummy Biscuits Like Knott's Berry Farm's

- 2 cups flour
- 2 tablespoons baking powder
- ½ teaspoon salt
- ⅛ teaspoon baking soda
- 1 teaspoon salad oil
- 1 cup plus 2 tablespoons buttermilk (or use fresh milk plus 1 tablespoon plus ⅜ teaspoon vinegar; let stand 15 minutes)
- ½ cup butter, melted

Preheat oven to 400 degrees. In large bowl, combine flour, baking powder and salt. In small bowl, add baking soda and oil to buttermilk; stir well. Pour buttermilk mixture into flour mixture; stir by hand just until mixed. On floured board, roll out dough ½ inch thick. Cut into biscuit size and dip in melted butter on all sides. Bake 8 to 10 minutes. (Makes 16 to 18)

Quick Sour Cream Biscuits

- 3 cups flour
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 egg
- 1½ cups sour cream
- Cooking spray

Preheat oven to 400 degrees. In large bowl, combine flour, baking soda, cream of tartar, salt and sugar. In medium bowl, beat egg, add sour cream and stir until blended. Add sour cream mixture to dry ingredients and stir by hand just until a soft dough is formed. You may need to add a little more sour cream to moisten if dough is too stiff. Roll out on a floured surface to about ½ inch thickness. Place on a baking sheet coated with cooking spray. Bake 8 to 10 minutes, until golden brown. (Makes about 2 dozen)

Jane O'Neil's Carrot Bread

1 cup sugar
½ cup cooking oil
2 eggs
1½ cups flour
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1½ cups grated carrot
¼ cup chopped walnuts
Cooking spray

Preheat oven to 350 degrees. In large bowl, beat sugar, oil and eggs until well blended. In medium bowl combine flour, salt, baking soda and cinnamon. Stir dry mixture into oil mixture. Stir in carrots and nuts. Grease and flour a large loaf pan. Coat a 9 x 5 loaf pan with cooking spray, and line the bottom with waxed paper. Pour batter into pan. Bake for 1 hour, or until loaf pulls away from sides of pan and toothpick inserted in center comes out clean. Cool 10 minutes in pan on wire rack. Turn loaf out onto rack, remove waxed paper from bottom of loaf and turn over to finish cooling, top up, on rack. (Makes 1 loaf)

Angel Biscuits

Refrigerate dough, tightly covered, for up to a week. Remove from refrigerator 1 hour before rolling it out. This dough will also make a delicious dumpling!

2 tablespoons sugar, divided
¼ cup warm water
1 (.25 ounce) package active dry yeast
2½ cups flour
½ teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
½ cup shortening
1 cup buttermilk (or add 1 tablespoon vinegar to 1 cup milk, let stand 15 minutes)
Cooking spray

Preheat oven to 400 degrees. In small bowl, combine 1 tablespoon sugar, water and yeast; set aside until foamy. In large bowl, mix flour, baking soda, baking powder, salt and 1 tablespoon sugar). Cut in the shortening using a fork or pastry blender. Heat the buttermilk until lukewarm, then stir the yeast mixture into the buttermilk. (Be sure buttermilk is not hot, as it will kill the yeast and your biscuits won't rise!) Add buttermilk mixture to dry ingredients and mix well. Turn dough out on a



floured board. Knead lightly for 3 minutes. Roll the dough out about $\frac{3}{4}$ inch thick, and cut with a biscuit cutter. Place on baking sheet coated with cooking spray. Let biscuits rise slightly, about 15 to 20 minutes, before baking. Bake 10 to 15 minutes, until lightly browned. (Makes 20 to 24)

100 Percent Whole Wheat Refrigerator Bread

6 to 7 cups whole wheat flour, divided
2 (.25 ounce) packages active dry yeast
2 teaspoons salt
 $\frac{1}{3}$ cup honey
3 tablespoons butter, softened
 $2\frac{1}{2}$ cups hot water (not boiling but from the faucet)
Cooking spray
Melted butter

In large mixing bowl, stir together 2 cups flour, yeast and salt. Add honey and butter. Pour hot water over all and beat with electric mixer 2 minutes at medium speed. Add $1\frac{1}{2}$ cups flour and continue beating until thick and elastic (about 1 minute). With a wooden spoon, stir in 2 cups of flour. Gradually add remaining $\frac{1}{2}$ to $1\frac{1}{2}$ cups flour until a soft dough is formed. Turn out onto lightly floured board and knead 5 to 10 minutes with floured hands, until dough is smooth. Cover with a clean towel and let rest 20 minutes. Punch dough down and divide in half. Shape each half into a smooth loaf and place in 9 x 5 loaf pans coated with cooking spray. Spray surface of dough with cooking spray, cover pans with towel and refrigerate at least 2 and up to 24 hours. Preheat oven to 400 degrees. Remove bread from refrigerator and let stand uncovered 10 minutes. Bake 35 to 40 minutes, or until done (loaf will sound hollow when tapped). Remove from pans immediately and brush tops of loaves with melted butter. Cool slightly before slicing. (Makes 2 loaves)

Sticky Orange Rolls

These are "Oh, so sticky and Oh, so good!"

24 "Brown and Serve" rolls
1 (6 ounce) can frozen orange juice concentrate, thawed
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter or margarine

Preheat oven to 425 degrees. In medium saucepan mix undiluted, thawed orange juice concentrate with sugar and butter. Bring to boil, reduce heat and simmer for 5 minutes. Pour half of this syrup into a 9 x 13 baking pan or 3 round cake pans, and put rolls in pan. Pour remainder of sauce over top of rolls. Bake for 18 to 20 minutes. After 10 minutes, use tongs to turn the rolls over and coat them with the orange sauce.

Charlotte Shackelford's "Overnight" Pull-Apart Cinnamon Rolls

Esther and John Shackelford were missionaries in Guatemala. Their daughters, Phyllis, Janet and Charlotte, lived with our family as teenagers.

Cooking spray

36 frozen, unbaked Parkerhouse rolls (such as Bridgeford)

1 stick (½ cup) butter or margarine, melted

1 tablespoon cinnamon

½ cup granulated sugar

½ cup raisins

½ cup chopped walnuts or pecans

1 (3½ ounce) package butterscotch¹ "cook and serve" pudding mix (not instant)

Coat 9 x 12 pan or 3 round 8-inch cake pans with cooking spray. Dip each frozen roll in butter, and place in pan(s). Pour remainder of butter over rolls. Or, if you are in a hurry, place rolls in pan(s) and pour melted butter over them as evenly as possible. In medium bowl, combine cinnamon, sugar, raisins and nuts. Sprinkle evenly over rolls. Spoon butterscotch pudding mix over cinnamon, sugar, and nut mixture. Let rolls rise overnight on the kitchen counter, covered with waxed paper. Preheat oven to 350 degrees. Bake 25 to 35 minutes. Immediately unmold hot rolls onto a serving plate or tray.

Meg Kraft's Chili-Cheese Cornbread

1 cup (2 sticks) butter, softened

½ cup sugar

3 eggs

1 (4 ounce) can diced green chiles, drained

1 (16 ounce) can cream style corn

½ cup (2 ounces) shredded jack cheese

½ cup (2 ounces) shredded cheddar cheese

1 cup flour

¼ teaspoon salt

1 cup yellow cornmeal

4 teaspoons baking powder

Cooking spray

Preheat oven to 300 degrees. In large bowl, cream butter and sugar together. Add eggs, 1 at a time, and beat until well blended. Stir in chiles, corn and cheeses and set aside. In medium bowl, mix flour, salt, cornmeal and baking powder. Add to cheese mixture and stir just until blended. Pour into 12 x 9 or 12 x 7 baking dish coated with cooking spray. Bake 1 hour. Cut in pan and serve.

¹ To substitute vanilla pudding mix, use ¾ cup packed brown sugar in place of granulated sugar. Spoon 6 tablespoons dark corn syrup over bottom of pan before putting rolls in pan.

Microwave Bran Muffins

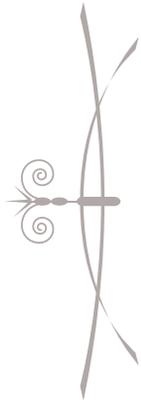
Makes 18 muffins. Store batter in refrigerator up to 2½ weeks. If you prefer, try the Refrigerator Bran Muffin recipe on page 140.

- 1¼ cups whole wheat flour
- 1 cup bran cereal (such as Kelloggs All-Bran or Bran Buds)
- ½ cup wheat germ
- ¼ cup sesame seeds
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg
- 1 cup buttermilk
- ½ cup water
- ½ cup firmly packed dark brown sugar
- ⅓ cup salad oil
- 3 tablespoons dark molasses
- 1 tablespoon grated orange peel

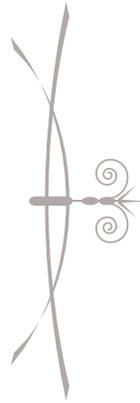
In a large bowl, combine flour, bran cereal, wheat germ, sesame seeds, baking soda and salt. In a medium bowl, beat egg. Add buttermilk, water, brown sugar, oil, molasses and orange peel, beat well. Add liquid ingredients to dry ingredients in large bowl, stirring just to blend; batter may be lumpy. Cover and refrigerate at least two hours.

Place paper cupcake liners in a microwave muffin pan or in glass custard cups. Spoon ¼ cup batter into each liner. Cook 2 muffins for 1 minute 10 seconds at full power. Six muffins will take about 4 minutes on high power or 6 minutes on medium power. Rotate muffins halfway through if baking appears uneven. Tiny bubbles will pop on the surface, and the muffins will look dry on top when done. To test, open oven and touch top of muffin lightly; it will feel moist, but should spring back without sticking to your finger. If needed, cook on full power an additional 5 to 10 seconds at a time, until done. Let muffins stand 30 to 60 seconds before serving.





Pancakes & Cereal



Buttermilk Pancakes—Light as Air!

This batter keeps well in the refrigerator for several days. Stir before using.

- 3 eggs
- 2 cups buttermilk (or mix 2 cups fresh milk with 2 tablespoons vinegar, let stand 15 minutes)
- 3 tablespoons melted butter or margarine
- 1½ cups flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- Cooking spray

In large mixing bowl, beat eggs with whisk until frothy. Add buttermilk and melted butter; mix well. Add flour, baking powder, sugar and salt; blend in with whisk. (Add a splash or two of milk if you prefer a thinner pancake.) Preheat griddle until a drop of water sizzles on it. Coat griddle with cooking spray. Ladle ¼ cup batter for each pancake onto griddle, and cook over medium-high heat until edges are set and bubbles form in center of each pancake. Turn each pancake once with spatula. Remove pancakes to platter and keep warm while remainder are cooked. (Serves 4)

Homemade Maple Flavor Pancake Syrup

- 2 cups sugar
- 2 cups water
- ¼ teaspoon salt
- 1 teaspoon imitation maple flavoring or extract

In medium sauce pan over high heat, combine sugar and water. Bring to boil, reduce heat and simmer 5 minutes. Stir in salt and maple flavoring. This syrup does not crystallize when stored in the refrigerator. Reheat as needed.

German Egg Pancakes

Serve with whipped cream or sour cream, fresh fruit or warm applesauce, maple syrup and powdered sugar.

- ½ cup all purpose flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup buttermilk (or stir 1½ teaspoons vinegar into ½ cup fresh milk, let stand 15 minutes)
- 6 large eggs, separated¹
- 1 teaspoon vanilla
- ½ teaspoon cream of tartar
- 1 tablespoon sugar
- Cooking spray

In large bowl, mix flour, baking powder and baking soda. Add buttermilk, egg yolks and vanilla. Whisk until smooth. In medium bowl, beat egg whites and cream of tartar until foamy. Gradually beat in sugar until stiff, moist peaks form. Fold into batter. Preheat electric griddle to 350 degrees, or heat skillet or griddle on stove top over medium heat until a drop of water sizzles on it. Coat pan with cooking spray. Use ½ cup batter for each pancake. Turn pancake over when the bottom turns golden brown, spraying again with cooking spray. Cook second side until golden and edges are dry (about 4 minutes each side). Remove to platter and keep warm in oven at 200 degrees while remainder are cooked (do not stack). Spray pan again before adding more batter. (Makes 10 to 12)

Pancakes or Waffles Without Milk

This batter will not store well, so use it all and freeze the leftovers for another day. They are good reheated in the microwave or oven (350 degrees).

- 2 cups biscuit or pancake mix
- 1 egg, beaten
- ½ cup cooking oil
- 1 cup club soda or ginger ale
- Cooking spray

Blend egg and oil in medium bowl. Pour in club soda or ginger ale. Stir in biscuit mix. It should be a slightly lumpy batter. Preheat electric griddle to 425 degrees, or heat skillet or griddle on stove top over medium-high heat until a drop of water sizzles on it. Coat with cooking spray. Make small or large pancakes, depending on your mood. Cook until edges are set and bubbles form in center of each pancake. Turn once with spatula. Remove to platter and keep warm while remainder are cooked. Batter can also be baked on a preheated waffle iron.

1. An easy way to separate eggs: Simply pour the cracked egg into your hand and let the white slip between your fingers into the bowl. The yolk remains behind.

“Melt In Your Mouth” Pancakes

4 eggs, separated²
1 cup small curd cottage cheese
1 cup sour cream
¾ cup flour
¾ teaspoon baking powder
2 tablespoon sugar
½ teaspoon salt
Cooking spray

In a large bowl, beat egg yolks until thick and creamy. Blend in cottage cheese and sour cream. Place flour, baking powder, sugar and salt in a medium size bowl and blend together with a whisk. Fold the flour mixture into the egg yolk mixture. In medium bowl, beat egg whites until they form stiff, shiny peaks. Gently fold beaten egg whites into batter. Preheat electric griddle to 350 degrees, or heat skillet or griddle on stove top over medium heat until a drop of water sizzles on it. Coat with cooking spray. Use ½ cup batter for each pancake, and cook until edges are set and bubbles form in center of each pancake. Turn once with spatula. Remove to platter and keep warm while remainder are cooked. (Makes 20 four-inch pancakes. Serves 4.)

German Oven Pancakes

These are marvelous served with fresh berries, peaches, fruit jam, sour cream and brown sugar, or cinnamon-sugar³ and applesauce

1½ cups milk
1 cup flour
1 teaspoon sugar
6 eggs
Pinch of salt
4 ounces (½ stick) butter, melted

Preheat oven to 450 degrees. In large bowl, blend milk into flour and sugar with a whisk. In medium bowl, lightly beat eggs with salt and whisk into milk mixture, blending well. Pour melted butter into 2 (8 inch square) baking dishes. Divide batter between dishes. Bake 15 minutes or until batter rises into big golden brown puffs. (If pancakes brown too fast, lower temperature to 400 degrees.) Serve immediately. (Serves 4 to 6)

2. An easy way to separate eggs: Simply pour the cracked egg into your hand and let the white slip between your fingers into the bowl. The yolk remains behind.

3. To make cinnamon-sugar, mix ¼ cup granulated sugar with 4 teaspoons ground cinnamon.

My German Apple Pancakes

- 4 large tart apples
- 1 tablespoon sugar
- 6 eggs, well beaten
- ¼ teaspoon salt
- 2 cups milk
- 1½ cups flour
- ½ cup (1 stick) butter or margarine, divided
- 4 teaspoons ground cinnamon
- ¼ cup granulated sugar

Preheat oven to 400 degrees. Peel, core and slice apples. Melt ¼ cup (½ stick) butter in 12-inch cast iron skillet or divide it into two 8-inch cast iron skillets. Cook apple slices in skillet(s) over medium heat 5 minutes, or until tender, turning with a spatula. In large bowl, mix eggs, salt and milk. Add flour and beat with an electric mixer just until smooth. Pour batter over hot apples and bake in oven 20 minutes. While pancakes bake, melt remaining ¼ cup butter. In small bowl, mix cinnamon and sugar. Remove pans from oven after 20 minutes and pour melted butter over pancake(s); sprinkle cinnamon-sugar mixture over pancake(s) and butter. Reduce oven temperature to 350 degrees and return pancake(s) to oven for 15 to 20 minutes more. Serve warm. (Serves 4)

Oven French Toast

- Cooking spray
- 3 eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon almond extract
- 2 tablespoons sugar
- ¾ cup milk
- 12 slices white or raisin bread
- Butter and syrup or jam

Preheat oven to 450 degrees. Spray large jelly-roll pan with cooking spray. In a shallow dish, beat eggs, salt, almond extract and sugar. Add milk and blend well. Dip bread into egg mixture, coating both sides. Arrange on pan. Bake 7 minutes. Turn slices and bake 7 minutes more, or until golden. Serve at once with butter, syrup or jam. (Serves 4 to 6)



Homemade Granola

Serve with raisins, chopped dried apples or apricots, or any other dried or fresh fruits. Delicious on top of cottage cheese or yogurt!

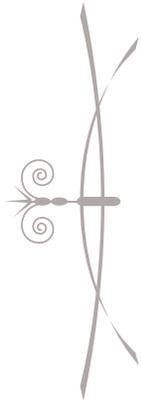
- 10 cups old fashioned rolled oats (oatmeal)
- 1 cup sliced almonds
- 1 cup raw sunflower seeds
- 2 cups dry powdered milk
- 1 cup soy flour
- 1 cup raw wheat bran or 2 cups Kellogg's All Bran cereal
- 1½ cups raw wheat germ or toasted wheat germ, such as Kretschmer
- 1 cup vegetable oil
- ¾ cup honey or 1¼ cups brown sugar
- 1 cups boiling water

Preheat oven to 300 degrees. In a large bowl, mix oats, almonds, sunflower seeds, dry milk, soy flour, wheat bran or All Bran, and raw wheat germ. (If using toasted wheat germ, don't mix it in now.) In separate bowl, mix oil, honey or brown sugar, and boiling water. Stir until honey or sugar dissolves. Pour oil mixture over grains and mix well. Spread grain mixture thinly on 3 to 4 jelly roll pans or large cake pans and bake about 1½ hours or until slightly browned. If granola in corners of pans browns too quickly, stir it into center of pans. Cool in pans and then crumble. If using toasted wheat germ, stir in now. Store at room temperature in tightly covered containers.

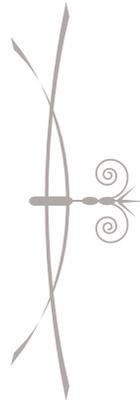
German Style Granola

- 6 cups old fashioned rolled oats (oatmeal)
- ¾ cup sliced almonds
- ¾ cup sunflower seeds
- 1 cup raw wheat bran
- 1 cup raw wheat germ or toasted wheat germ, such as Kretschmer

Preheat oven to 300 degrees. In large bowl, mix all ingredients. (If using toasted wheat germ, don't mix it in now.) Spread grain mixture thinly on 2 jelly roll pans or large cake pans and bake about 1 hour or until slightly browned. If granola in corners of pans browns too quickly, stir it into center of pans. Cool in pans. If using toasted wheat germ, stir in now. Store at room temperature in tightly covered container.



Cakes and Pies, & Other Deserts



Barbara Sheffield's Sour Cream Coffee Cake

Barbara's family lived next door to us in Glendale.

- 2 cups flour, spooned lightly into cup
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup (2 sticks) butter, softened
- 2 cups sugar
- 2 eggs, separated¹
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1 cup dairy sour cream
- 3 tablespoons poppy seeds (optional)

Preheat oven to 350 degrees. Coat with cooking spray a Bundt pan, 10-inch tube pan, or 9 x 13 baking pan. (If you use tube pan, line the bottom with waxed paper.) In medium bowl, combine flour, baking powder and salt. In large bowl with electric beater, beat sugar gradually into butter until light and fluffy. In small bowl, beat egg yolks with vanilla and almond extract. Slowly add yolk mixture to butter mixture. Add alternately the flour mixture and the sour cream to the batter, beating after each addition. Stir in poppy seeds. In small bowl, beat egg whites until they hold stiff peaks; fold into batter just until blended. Pour into pan and bake 50 to 60 minutes for Bundt or tube pan, or 35 to 40 minutes for 9 x 13 pan, until cake pulls slightly away from edge of pan. Cool in pan on wire rack for 15 minutes. Turn out from Bundt or tube pan onto rack or serving plate. Sprinkling with powdered sugar if desired. (Serves 12 or more)

1. An easy way to separate eggs: Simply pour the cracked egg into your hand and let the white slip between your fingers into the bowl. The yolk remains behind.

Yummy Coffee Cake

½ cup (1 stick) butter or margarine, softened
¾ cup granulated sugar
1 teaspoon vanilla extract
3 eggs
2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup sour cream
Cooking spray
2 tablespoons butter or margarine, softened
1 cup firmly packed brown sugar
2 teaspoons cinnamon
1 cup chopped nuts

Preheat oven to 350 degrees. In large bowl with electric beater, cream ½ cup butter, sugar, and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition. In medium bowl, mix flour, baking soda, baking powder, and salt. Add flour mixture to creamed mixture alternately with sour cream, blending after each addition. Spray 10-inch tube pan with cooking spray and line the bottom with wax paper. Spread half of batter in pan. In small bowl, cream 2 tablespoons butter, brown sugar and cinnamon together. Add nuts and mix well. Sprinkle half of nut mixture evenly over batter in pan. Cover with remaining batter and sprinkle with remaining nut mixture. Bake 50 minutes, until cake pulls slightly from side of pan and pick inserted in center comes out clean. Cool cake on wire rack 10 minutes. Remove from pan. (If you wish, you can bake this in a 9 x 13 baking pan coated with cooking spray, placing all of the batter on the bottom and all the nut mixture on the top layer. Bake 35 to 40 minutes.) (Serves 12 to 16)

Strawberry Shortcake

6 cups fresh strawberries
1 cup sugar, divided
3 cups flour
4 teaspoons baking powder
¾ teaspoon salt
½ cup oil
1 egg
½ cup milk
1 pint whipping cream



Rinse strawberries under cold water; drain well. Hull and slice berries; place in a bowl. Sprinkle with $\frac{1}{2}$ cup sugar; cover and let stand at room temperature for about 1 hour. Preheat oven to 450 degrees. In large bowl, combine flour, baking powder, salt and $\frac{1}{2}$ cup sugar, and stir well with a whisk or spoon. In medium bowl, beat oil, egg and milk until thoroughly blended. Add this gradually to flour mixture and mix well. Knead by hand in bowl until dough forms a ball and sticks together. To form each shortcake, roll $\frac{1}{3}$ cup of dough in hands and pat down to about $\frac{1}{2}$ inch thickness on ungreased baking sheets, spacing cakes at least 2 inches apart. Bake 12 to 15 minutes until lightly browned. Remove from baking sheet onto wire rack to cool slightly. In large bowl with electric beater, whip cream until it holds a soft peak. To serve, cut each shortcake in half crosswise. Place bottom half on dessert plate, cover with $\frac{3}{4}$ cup sweetened berries, then add top half of shortcake and $\frac{1}{4}$ cup whipped cream. Shortcakes freeze well. Cool thoroughly; package in plastic bags. Reheat before serving. (Serves 14)

Fruit Salad Cake by Marilyn Layfield

Marilyn is a friend in Glendale, California.

2 cups flour
2 teaspoons baking soda
2 cups granulated sugar, divided
1 teaspoon salt
1 (16 ounce) can fruit cocktail, undrained
1 egg, beaten
 $\frac{1}{2}$ cup (1 stick) butter or margarine
 $\frac{2}{3}$ cup evaporated milk
 $\frac{1}{2}$ cup packed brown sugar
 $\frac{1}{2}$ cup granulated sugar
 $1\frac{1}{3}$ cups shredded coconut (optional)
1 teaspoon vanilla extract
1 cup chopped nuts (optional)

Preheat oven 350 degrees. In large bowl, mix flour, baking soda, $1\frac{1}{2}$ cups granulated sugar and salt. Add undrained fruit cocktail and beaten egg. Stir with a spoon just until well blended. Pour batter into 9 x 13 pan coated with cooking spray. Bake 25 to 30 minutes (Reduce heat to 325 degrees if using glass baking dish.) While cake bakes, prepare topping. Melt butter over medium-high heat in large sauce pan. Stir in evaporated milk, brown sugar and $\frac{1}{2}$ cup granulated sugar. Bring to boil, reduce heat to low and simmer 10 minutes, stirring frequently. Stir in coconut, vanilla and nuts. When cake is done (toothpick inserted in center comes out clean, and edges of cake pull away from sides of pan), remove pan from oven and place on wire rack. Pour topping over cake while cake is hot, and gently spread to cover.

“Year-Round” Pudding Cake

1 (30 ounce) can fruit cocktail, drained
1 egg
½ cup granulated sugar
½ cup packed brown sugar
1⅔ cups flour
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon ground allspice
½ teaspoon ground cloves
½ cup raisins
1 cup chopped nuts
Cooking spray
Whipped cream or vanilla ice cream

Preheat oven to 350 degrees. In medium bowl, beat egg, granulated sugar and brown sugar. Stir in fruit cocktail. In large bowl, combine flour, baking soda, salt, allspice and cloves. Add fruit cocktail mixture and stir just until moistened. Fold in raisins and nuts. Turn batter into a 6-cup tube pan or a 9 x 12 pan coated with cooking spray. Bake tube pan about 50 minutes or 9 x 12 pan about 40 minutes, until toothpick inserted in center comes out clean and cake edges pull away from sides of pan. Cool cake in tube pan 25-30 minutes, then turn out onto serving plate. Slice and serve with whipped cream or ice cream.

Gary Greig’s Yogurt Cake

Cooking spray
1½ cup sugar, divided
1 teaspoon cinnamon
¾ cup salad oil
2 eggs
1 cup plain yogurt
1 teaspoon vanilla
½ teaspoon baking soda
1½ teaspoon baking powder
¼ teaspoon salt
2 cups flour, lightly spooned into cup



Preheat oven to 350 degrees. Coat 10-inch tube cake pan with cooking spray and line bottom with waxed paper (or coat a 9 x 13 cake pan with cooking spray). In small bowl, mix ½ cup sugar and cinnamon, set aside. In large bowl place 1 cup sugar, oil, eggs, yogurt, vanilla, soda, baking powder and salt. Beat at medium speed with electric beater until well blended. Add flour, beat just until batter is smooth. For tube pan, pour half the batter into pan and sprinkle with half the cinnamon sugar mixture. Cover with the remaining batter, and sprinkle with remaining cinnamon sugar. Bake 55 minutes, until pick inserted in center comes out clean and cake pulls away from side of pan. Cool on wire rack 7 to 10 minutes and turn out onto serving plate. (For 9 x 13 pan, pour all of batter in pan and top with cinnamon sugar mixture. Bake 35 to 40 minutes. Serve cake from pan.)

Doris Greig's Never-Fail 7-Minute Frosting

To make sure your double boiler does not boil dry, place marbles or pennies in the bottom. You can hear if you need to add more water to your pan!

This frosting makes a pretty birthday cake, and can be smoothed out if you wish to decorate the cake as well.

To make colored frosting, add a drop or two of red or yellow food coloring after removing from heat, before beating the second time.

- 2 egg whites
- 1½ cups sugar
- ⅛ teaspoon salt
- ⅓ cup water
- 1 tablespoon light corn syrup
- 1 teaspoon vanilla

Place all ingredients in top of double boiler over boiling water, and beat with electric mixer about 7 minutes, stopping a few times to scrape down sides of pan with a rubber spatula. Remove top of double boiler from boiling water when frosting stands in glossy peaks. Place top of double boiler on a folded towel on counter. Continue beating until frosting is cool and thick enough to hold firm swirls. Makes enough frosting for two 8-inch or 9-inch cake layers, or one 9-Inch or 10-inch tube cake.

Cream Cheese Frosting

- 3 ounces cream cheese, at room temperature
- 2 cups powdered sugar
- Cream or evaporated milk

In large bowl with a wooden spoon, blend cream cheese and powdered sugar. Add a small amount of cream or evaporated milk, just enough for spreading consistency. Frosts a 9 x 13 cake.

Kathy Greig Rowland's Fresh Apple Cake

½ cup (1 stick) butter or margarine, softened
2 cups sugar
2 eggs
½ cup milk
2 cups flour
2 teaspoons baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
1 cup chopped nuts (optional)
1 teaspoon vanilla
4 cups peeled, cored, diced apples
Cooking spray
Whipped cream or vanilla ice cream (optional)

Preheat oven to 350 degrees. In large bowl, beat butter and sugar with electric beater until light and fluffy. Add eggs and milk, beat until well blended. Add flour, baking soda, cinnamon, nutmeg and salt, and beat just until blended. Stir in nuts, vanilla and apples. Batter will be very thick. Pour into 9 x 13 pan coated with cooking spray and bake 50 to 60 minutes, until pick inserted in center comes out clean, and cake pulls away from side of pan. Serve with whipped cream or vanilla ice cream.

My Son Bill's Quick Lunch Box Cake

¼ cup oil
2 eggs
2 teaspoons soda
1 teaspoon salt
1 cup packed brown sugar
½ teaspoon cinnamon (optional)
1 (16 ounce) can fruit cocktail, undrained
2¼ cups flour
Cooking spray
½ cup chocolate chips
½ cup chopped nuts (optional)

Preheat oven to 350 degrees. In large bowl with electric beater, beat oil, eggs, baking soda, salt, sugar and cinnamon until well blended. Stir in undrained fruit cocktail by hand. Add flour and stir until well blended. Pour batter into 9 x 13 pan coated with cooking spray. Sprinkle chocolate chips

and nuts over batter. Bake 30 to 40 minutes, until pick inserted in center comes out clean and cake pulls away from side of pan.

Doris Greig's Sour Cream Chocolate Cake

4 ounces unsweetened baking chocolate
¼ cup shortening or butter
1 cup water
2 cups flour
½ teaspoon baking powder
1¼ teaspoons baking soda
1 teaspoon salt
2 eggs, beaten
¾ cup sour cream
2 cups sugar
1 teaspoon vanilla
Cooking spray
Sour Cream Chocolate Frosting (recipe below)

Preheat oven to 350 degrees. Melt chocolate, shortening and water in small saucepan over medium heat, or in small bowl in microwave oven; set aside to cool. In large bowl, combine flour, baking powder, soda and salt. In medium bowl with electric beater, combine eggs and sour cream, then beat in sugar and vanilla. Stir chocolate mixture into egg mixture. Add chocolate-egg mixture to flour mixture; beat on low speed until smooth. (Batter will be thin.) Pour into 9 x 12 baking pan or two 9-inch round cake pans coated with cooking spray. Bake 30 to 35 minutes or until pick inserted in center comes out clean and cake pulls away from sides of pan. If using round pans, cool in pans on wire racks 10 minutes; turn out onto racks "right side" up. Frost with Sour Cream Chocolate Frosting while still slightly warm.

Sour Cream Chocolate Frosting

3 ounces unsweetened baking chocolate
⅓ cup butter or margarine
3 cups powdered sugar
½ cup sour cream
2 teaspoons vanilla

Melt chocolate with butter in small saucepan over medium heat or in large plastic or glass bowl in microwave. Pour chocolate mixture from saucepan into large bowl. With electric beater, beat in sour cream and vanilla. Gradually beat in powdered sugar.

Texas Chocolate Sheet Cake

This cake has almost a brownie consistency.

Cake:

2 cups sugar

2 cups flour

½ cup (1 stick) butter or margarine

½ cup shortening

¼ cup cocoa

1 cup water

2 eggs, beaten

½ cup buttermilk (or use fresh milk plus 1½ teaspoons vinegar; let stand 15 minutes)

1 teaspoon soda

Cooking Spray

Frosting:

½ cup (1 stick) butter or margarine

¼ cup cocoa

6 tablespoons milk

1 pound (3¾ cups) powdered sugar

½ teaspoon vanilla

1 cup chopped pecans

Preheat oven to 400 degrees. Mix sugar and flour in large bowl. In medium saucepan over high heat, or in medium bowl in microwave, bring butter, shortening, cocoa and water to boil; remove from heat. Add butter mixture to flour and sugar and stir well. Add eggs, buttermilk and soda, stir until completely blended. Coat an 11 x 19 jelly roll pan with cooking spray, and pour batter into pan. Bake 20 minutes. While cake bakes, prepare frosting. In small saucepan over medium heat, bring to boil butter, cocoa and milk. Remove from heat and pour mixture into large bowl. Add powdered sugar. Beat well with electric mixer until smooth. Add vanilla and beat again. Fold in pecans. Frost cake while it is still warm. Cut in squares and serve.

Jean Boozer's Lunch Cake

Cooking spray

1½ cups chopped pitted dates

1 cup boiling water

½ cup (1 stick) butter or margarine

1 cup sugar

2 eggs



1 teaspoon vanilla
¼ teaspoon salt
1 tablespoon cocoa
1 teaspoon baking soda
1¾ cups all purpose flour
1 (12 ounce) package chocolate chips (2 cups)
½ cup chopped nuts (optional)

Preheat oven to 350 degrees. Coat a 7 x 11 cake pan with cooking spray. (A 9 x 13 pan will do if you don't have this size.) In medium saucepan, cover dates with boiling water and bring to boil again; cook and stir 1 minute. Remove from heat, set aside. In large bowl, combine butter and sugar with electric mixer, beating until light and fluffy. Add eggs one at a time and beat well. Add vanilla, salt and cocoa and beat well. Stir soda into cooled date mixture. Alternately add date mixture and flour to batter, stirring by hand until well blended. Spread batter in cake pan. Sprinkle chocolate chips and nuts over batter. Bake 40 minutes, or until pick inserted in center comes out clean and cake pulls away from side of pan.

Edith Elrod's Date Cake

Edith's husband, Cal, was our family doctor in Glendale, and our families are close friends. This cake forms a pudding-type mixture at the bottom.

1½ cups packed brown sugar, divided
1 cup flour
2 teaspoons baking powder
Pinch of salt
1 cup (8 ounces) chopped dates
½ cup milk
Cooking spray
½ cup chopped walnuts or pecans
½ cup granulated sugar
1¼ cups water
1 teaspoon vanilla
Unsweetened whipped cream (optional)

Preheat oven to 350 degrees. Mix 1 cup brown sugar, flour, baking powder, salt, dates and milk in large bowl. Spread in 8 x 8 pan coated with cooking spray. Sprinkle with walnuts. Set aside. In medium saucepan, bring to a boil ½ cup brown sugar, granulated sugar and water. Remove from heat; stir in vanilla. Pour this liquid slowly over the batter and nuts in the cake pan. Bake 40 minutes or until medium brown in color. Cut in squares and place dessert plates. Top with unsweetened whipped cream. (Serves 6)

Easy Baked Fudge Pudding

This dessert has a cake-like top with a delicious rich chocolate sauce on the bottom. Spoon out while warm into serving dishes, sauce side up.

1 cup flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup granulated sugar
2 tablespoons cocoa
¼ teaspoon cloves
½ cup milk
1 teaspoon vanilla
2 tablespoons melted butter or margarine
½ cup chopped nuts (optional)
Cooking spray
1¼ cups packed light brown sugar
¼ cup cocoa
2 cups hot water

Preheat oven to 350 degrees. In large bowl, combine flour, baking powder, salt, granulated sugar, 2 tablespoons cocoa and cloves. Add milk, vanilla, margarine and nuts and stir until well blended. Turn into an 8 x 8 x 2 pan coated with cooking spray. In small bowl, mix brown sugar and ¼ cup cocoa; sprinkle over batter. Pour hot water evenly over all. Bake 40 to 45 minutes.

Kathy Greig Rowland's Fool Proof Pie Crust

4 cups flour
1 tablespoon sugar
2 teaspoons salt
¼ cup shortening
1 large egg
½ cup water
1 tablespoon vinegar

In a large bowl, stir together flour, sugar and salt with a fork. Cut in the shortening with a pastry blender or fork, until crumbly. In small bowl, beat egg, water and vinegar together. Add to flour mixture and stir until all ingredients are moistened and form a ball. (One or two more tablespoons of water may sometimes be needed.) Divide dough into 5 portions and shape by hand into 1-inch thick flat, round disks. Wrap each in plastic wrap or waxed paper and chill at least ½ hour before rolling out. Refrigerate dough up to 3 days, or freeze for longer storage. Thaw in refrigerator until soft



enough to roll out. When you are ready to use, lightly flour both sides of patty and roll out on floured board with floured rolling pin, or roll dough between 2 sheets of waxed paper or plastic wrap. For baked pie shell, prick sides and bottom of pie crust with fork. Bake at 450 degrees for 12 to 15 minutes. (Makes 5 crusts)

Doris Greig's Easy Banana Cream Pie

- 1¼ cups fine graham cracker crumbs
- ½ cup finely chopped walnuts (optional)
- 5 tablespoons butter or margarine, melted
- 2 medium bananas (2 cups slices), plus 1 medium banana for garnish (optional)
- 1 cup sour cream
- 1 cup milk
- 1 (3.4 ounce) package vanilla instant pudding mix
- 1 cup whipping cream

In medium bowl, combine graham cracker crumbs, nuts and butter. Press mixture firmly against sides and bottom of 9-inch pie plate. Refrigerate at least 1 hour. Peel bananas and slice into chilled pie crust. In medium bowl, blend sour cream and milk. Add pudding mix and beat with wire whisk 2 minutes. Immediately pour over bananas; cover and refrigerate for at least 1 hour. When ready to serve, whip the cream until it holds soft peaks. Spread evenly over the pie. Garnish each piece of pie with a few banana slices, if desired.

Greig Family Pumpkin Pie

- 2 eggs
- 1½ cups solid-pack canned pumpkin
- ¾ cup sugar
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves
- 1⅔ cups evaporated milk
- One 9 inch, unbaked pie shell
- ½ cup whipping cream

Preheat oven to 425 degrees. In large bowl with electric mixer, beat eggs, pumpkin, sugar, salt, cinnamon, ginger, cloves and evaporated milk. Pour into pie shell. Bake 15 minutes. Reduce temperature to 350 degrees. Continue baking 45 minutes, or until knife inserted into pie filling comes out clean. In medium bowl with electric beater, whip cream until soft peaks form. Garnish cooled pie with whipped cream.

Rhoda Cathey's Coconut Cream Pie

- 1 envelope (.25 ounce) unflavored gelatin
- ¼ cup cold water
- ⅔ cup sugar, divided
- ¼ cup flour (or 2 tablespoons cornstarch)
- ½ teaspoon salt
- ½ cup milk
- 3 egg whites, at room temperature
- 1 cup whipping cream, divided
- ½ teaspoon vanilla
- 1 cup flaked coconut
- 1 baked pie shell, cooled (see Kathy Greig Rowland's Fool Proof Pie Crust, page 236)

In small bowl, dissolve gelatin in water, set aside. In medium sauce pan or large microwave-safe bowl, mix ⅓ cup sugar, flour and salt. Gradually add milk, stirring until smooth. Bring to a boil over medium heat, stirring constantly, and boil 1 minute (or microwave on high until boiling, boil 1 minute). Remove from heat and add dissolved gelatin, stirring well. Cool. In medium bowl, beat egg whites, gradually adding ⅓ cup sugar, until they hold stiff peaks. Place cooled gelatin mixture in large bowl. Fold egg white mixture into gelatin mixture. In medium bowl, beat ½ cup whipping cream with vanilla until stiff. Fold whipped cream and flaked coconut into gelatin mixture. Pour into baked pie shell, cover and refrigerate at least 2 hours. Beat remaining ½ cup whipping cream; garnish pie.

Doris Greig's Lemon Meringue Pie

- 1 cup sugar
- ⅛ teaspoon salt
- 6 tablespoons cornstarch
- 2 cups water or milk
- 3 egg yolks
- 3 tablespoons butter
- ⅓ cup fresh lemon juice
- 1 teaspoon finely grated lemon rind
- One 9-inch baked pie shell
- Fool-Proof Meringue (recipe next page)

In top of double boiler over boiling water (or in large, heavy saucepan over medium heat), combine sugar, salt and cornstarch and gradually stir in water or milk with whisk. Cook and stir 8 to 12

minutes, until mixture thickens. Remove from heat. In large bowl, beat egg yolks. Pour a little of hot mixture over beaten egg yolks, stirring constantly. Gradually add remainder of hot mixture to yolks, then return entire mixture to double boiler. Cook, stirring with whisk, about 5 more minutes. Remove from heat and beat in butter, lemon juice and rind. Cool in large bowl, stirring gently to release steam about every 4 to 5 minutes, until filling is cool. Pour cooled filling into cooled pie shell. Pre-heat oven to 425 degrees while you prepare Fool-Proof Meringue. Spread meringue over pie, making sure it covers all edges of pie. (Be sure the lemon filling is cool before spreading on meringue. This will help keep meringue from shrinking away from sides of pie.) Bake 5 to 7 minutes until slightly brown. Do not bake longer than 7 minutes! Cool slowly, away from drafts. (Serves 6 to 8)

Fool Proof Meringue

This meringue will be good the second day too!

3 egg whites
3 tablespoons crushed ice or ice cold water
1 teaspoon baking powder
6 tablespoons sugar

In medium bowl with electric mixer, beat egg whites, crushed ice and baking powder until mixture is stiff. To test: Put a fork, tines first, upright in the bowl. Fork should not move, but remain upright. Beat in the sugar, 1 tablespoon at a time, until stiff. Use fork test again.

Super Meringue

1 tablespoon cornstarch
2 tablespoons cold water
½ cup boiling water
3 egg whites, at room temperature
6 tablespoons sugar
Dash of salt
1 teaspoon vanilla

Preheat oven to 350 degrees. In small bowl, dissolve cornstarch in 2 tablespoons cold water. Stir mixture into ½ cup boiling water in a small saucepan, beating with a whisk; cook and stir until mixture boils and thickens. Remove from heat and cool completely before beating egg whites. Place egg whites in another large bowl, and beat until fluffy on high speed of mixer. Gradually add sugar, 1 tablespoon at a time, while continuing to beat until mixture is thick and glossy. Beat in salt and vanilla. Turn mixer to medium speed and add cornstarch mixture gradually, 1 rounded tablespoon at a time, while continuing to beat. When smooth, spread over pie filling, making sure it is sealed to edges of pie. Bake 20 minutes, or until evenly browned. Cool slowly, away from draft.

Angel Lemon Pie

4 eggs, at room temperature, separated
¼ teaspoon cream of tartar
1½ cups sugar, divided
¼ cup lemon juice
Finely grated peel of ½ lemon (about 1 teaspoon)
1 cup heavy whipping cream
Additional whipped cream for garnish

Preheat oven to 275 degrees. In large bowl with electric mixer, beat egg whites until frothy. Add cream of tartar and beat until stiff. Gradually add 1 cup sugar, beating after each addition, until sugar is completely dissolved. Spoon into 12-inch pie plate, spreading meringue thickly up sides to form shell. Bake at 275 degrees for 20 minutes, then at 300 degrees for 40 minutes. Remove from oven and cool on wire rack. While meringue shell bakes, beat egg yolks in top of double boiler and stir in remaining ½ cup sugar, lemon juice and peel. Cook over simmering water until thick, about 20 minutes, stirring with whisk. Remove top of double boiler and place on wire rack for mixture to cool. Whip cream until it holds its shape. Fold it into cooled egg yolk mixture. Spoon the egg yolk/cream mixture into cool baked meringue shell, cover and chill. This will keep 2 or 3 days in the refrigerator. Cut and garnish with additional whipped cream to serve.

Doris Greig's Meringue Pie

6 egg whites, at room temperature
2 cups plus 1 tablespoon sugar, divided
1 teaspoon vinegar
2 teaspoons vanilla, divided
1 cup whipping cream
Fresh strawberries, peaches, blueberries or raspberries

Preheat oven to 350 degrees. Place egg whites in large bowl and slowly add 2 cups sugar, beating with electric mixer at high speed until egg whites hold their shape when you lift the beaters out. Quickly beat in vinegar and 1 teaspoon vanilla. Spread meringue in two 9-inch pie pans. Bake at 350 degrees for 15 minutes, then lower oven temperature to 300 degrees for 17 to 20 minutes. Remove meringues from oven, cool on wire racks. Just before serving, Whip the cream. When it holds its shape, beat in 1 tablespoon sugar and 1 teaspoon vanilla until blended. Spread whipped cream on cooled meringues. Cut and serve on dessert dishes. Top with fresh fruit.

Alternate baking directions: line baking sheets with waxed paper. Preheat oven to 250 degrees. Draw 8 to 10 3-inch circles 2 inches apart on waxed paper. Divide meringue evenly among the 8 to 10

circles, shaping into circles, swirling sides up, and making the middle lower. Bake 1 hour. Turn off oven and leave meringues in oven 1½ hours or overnight to completely dry. Remove carefully from paper. Store in airtight container for several weeks. Do not refrigerate or freeze. Fill with whipped cream and top with fresh fruit to serve.

Margie Brown's Soda Cracker Pie

Fresh strawberries, peaches or raspberries make a very nice garnish for this pie.

- 3 egg whites, at room temperature
- ½ teaspoon cream of tartar
- 1 cup sugar
- 14 single soda crackers
- ¾ to 1 cup chopped walnuts or pecans
- 1 teaspoon vanilla
- 1 cup whipping cream

Preheat oven 350 degrees. In large bowl with electric mixer, beat egg whites and cream of tartar until foamy. Gradually add sugar, beating until stiff. Beat in vanilla. Place crackers in large zip-top bag and roll with a rolling pin until they are finely crushed. Fold crackers and nuts into egg white mixture. Place in 9-inch pie pan, smoothing around sides and across bottom of the pan evenly to form a shell. Bake 30 to 40 minutes, until golden brown. Remove from oven and cool on wire rack. Whip cream and spread evenly over cooled meringue shell. Cover and refrigerate at least 2 hours. Cut in wedges to serve. (Serves 6 to 8)

My Husband Bill's Favorite Frozen Peanut Butter Pie

This is a nice pie to keep in the freezer for surprise guests.

- 4 ounces block-style cream cheese
- 1 cup powdered sugar
- ⅓ cup peanut butter
- ½ cup milk
- 1 (8 ounce) container frozen non-dairy whipped topping, thawed
- 1 (9-inch) Graham Cracker Pie Shell (see page 243) or regular pie crust, baked and cooled
- ¾ cup finely chopped peanuts

In large bowl with electric mixer, whip cream cheese until soft and fluffy. Beat in powdered sugar and peanut butter. Slowly add milk, blending thoroughly. Fold in whipped topping. Pour into graham cracker crust or baked pie shell. Sprinkle with peanuts. Cover and freeze until firm. Remove from freezer 20 to 30 minutes before serving.

Walnut Creek Joy of Living Class' Easy Layered Dessert

Can be made the day before, covered and refrigerated until serving.

- 1 cup flour
- 2 tablespoons granulated sugar
- ½ cup (1 stick) butter or margarine, at room temperature
- 1 cup chopped walnuts
- 1 (8 ounce) package block style cream cheese, at room temperature
- 1 cup powdered sugar
- 1 (16 ounce) container frozen non-dairy whipped topping, thawed
- 3 cups whole milk
- 2 (3.4 ounce) packages instant pudding mix (chocolate, lemon or pistachio)

Preheat oven to 350 degrees. In medium bowl, blend flour, sugar, butter and walnuts with a pastry blender or fork. Pat into bottom of 9 x 13 pan. Bake 15 to 20 minutes. Cool completely. In large bowl with electric mixer, beat cream cheese, powdered sugar and half of whipped topping until well blended. Spread evenly over cooled crust. Place milk in medium bowl, add pudding mix and beat with electric mixer until blended. Spread pudding evenly over cream cheese layer. Spread remainder of whipped topping over pudding. Chill 2 to 3 hours before serving. (Serves 12 to 15)

Sherry Meseck's Cream Cheese Pie

Sherry is a friend from Glendale, California.

- 4 (3 ounce) packages block-style cream cheese, at room temperature
- 2 eggs
- ¾ cup plus 3½ tablespoons sugar, divided
- 3 teaspoons vanilla, divided
- Graham cracker pie shell (see recipe below)
- 1 cup sour cream
- 1 can cherry pie filling or 2 cups sliced fresh strawberries

Preheat oven to 350 degrees. In large bowl with electric mixer, whip the cream cheese until light and frothy. Add eggs, ¾ cup sugar and 2 teaspoons vanilla and beat until well blended. Pour into graham cracker crust and bake 20 minutes. Remove from oven and cool for 5 minutes on wire rack. In small bowl with electric mixer, beat sour cream, 3½ tablespoons sugar and 1 teaspoon vanilla; pour over cream cheese filling. Return pie to oven and bake 10 minutes longer. Cool slightly, then refrigerate at least 5 hours before serving. Top each piece with cherry pie filling or strawberries when serving. (Serves 8 to 10)

Graham Cracker Pie Shell

- 12 to 14 single graham crackers
- 6 tablespoons ($\frac{3}{4}$ stick) butter or margarine, melted
- $\frac{1}{4}$ teaspoon cinnamon
- 6 tablespoons sugar

Preheat oven to 375 degrees. Crush graham crackers with rolling pin in large zip-top bag to make 1 cup crumbs. In medium bowl, blend crumbs, butter, cinnamon and sugar. Press crumb mixture into 9-inch pie plate. Place pie on middle rack of oven and bake 8 minutes. Remove from oven and cool on wire rack.

New York Style Cheesecake

Canned cherry pie filling may be substituted for strawberries and glaze.

- Cooking spray
- 1 cup coarsely ground walnuts
- 1 teaspoon ground cinnamon
- $2\frac{1}{2}$ cups sugar, divided
- $1\frac{1}{2}$ cups finely crushed vanilla wafers or graham crackers
- 3 tablespoons butter or margarine, melted
- 4 (8 ounce) packages block-style cream cheese, at room temperature
- 5 eggs
- 5 teaspoons lemon juice
- 2 teaspoons vanilla, divided
- 2 cups sour cream
- Strawberry Glaze (recipe follows)
- Fresh strawberries (enough to garnish top of cheesecake)

Preheat oven to 350 degrees. Coat 10-inch spring-form pan with cooking spray. In medium bowl, combine walnuts, cinnamon, $\frac{1}{2}$ cup sugar and wafer or cracker crumbs with melted butter. Mix well. Press into bottom of pan and bake 5 minutes. In large bowl with electric mixer, beat cream cheese until smooth. Slowly beat in $1\frac{1}{2}$ cups sugar. Beat in eggs, one at a time. Beat in lemon juice and 4 teaspoons vanilla. Pour over crust and bake 50 minutes, until top is firm and a light golden brown. Remove from oven (leave oven on); cool on wire rack 20 minutes. In medium bowl, combine sour cream, $\frac{1}{2}$ cup sugar and 1 teaspoon vanilla; spoon over partially cooled cheesecake. Return pan to oven for 15 minutes more. Cool cake in pan on wire rack to room temperature. Refrigerate at least 3 hours or overnight. Prepare Strawberry Glaze. Remove cake from refrigerator, remove sides of spring-form pan and place bottom of pan containing the cake on serving plate. Arrange whole strawberries, pointed side up, on top of cake. Spoon cooled Strawberry Glaze over berries. Cover and chill until serving time. (Serves 12 to 16)

Strawberry Glaze

- 1 (12 ounce) jar seedless strawberry or raspberry jam
- 2 tablespoons cornstarch
- ¼ cup cold water
- ½ cup cranberry juice

Heat jam in a medium saucepan over low heat. Place cornstarch in a medium bowl, gradually add water and stir until smooth. Pour melted jam a bit at a time into cornstarch mixture, stirring well. Return jam mixture to saucepan and add cranberry juice. Stir over low to medium heat until mixture is clear and thickened. Refrigerate at least 15 minutes, stirring frequently.

Best Egg Custard I've Ever Made!

For caramel custard, melt 12 caramels in ¼ cup milk in top of double boiler, or in the microwave. Pour over custard.

- 4 eggs
- ¼ teaspoon salt
- 2 cups milk
- ½ cup sugar
- 1 teaspoon vanilla
- Dash of nutmeg (optional)

Preheat oven to 325 degrees. Beat all ingredients except nutmeg in medium bowl at low speed, just until blended. Place in 6 to 8 custard cups. Fill cake pan ⅓ full of hot water and place custard cups in pan. Sprinkle a bit of nutmeg on the custard if you like. Bake 40 to 45 minutes, until pick inserted in center comes out clean.

Luebke's Butterscotch Sauce

- 1½ cups light brown sugar, packed well
- ⅔ cup light corn syrup
- 2 tablespoons butter
- ¾ cup evaporated milk
- 1 teaspoon vanilla extract

In medium sauce pan over medium-high heat, bring brown sugar, corn syrup and butter to a rolling boil. Remove from heat and cool. Pan can feel warm to hand, not hot. Add evaporated milk and vanilla, beating in gradually. Serve warm or cold. Store tightly covered in refrigerator.

Liz Anderson's Hot Fudge Sauce

Liz is one of my life-long friends from Minnesota.

- 2 cups sugar
- 2 ounces baking chocolate
- $\frac{2}{3}$ cup milk
- Dash of salt
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla extract

Place sugar, baking chocolate, milk and salt in medium sauce pan over medium heat. Stir occasionally until mixture begins to boil. Reduce heat. As mixture boils, begin to test for the softball stage. (When you drop a bit of it into cold water to cool it down, it will form a soft ball. If you remove the ball from water, it will flatten like a pancake after a few moments in your hand.) As soon as the softball stage is reached, remove pan from burner. If you have a candy thermometer, remove pan from heat as soon as it reaches 235 to 240 degrees. Add butter and vanilla, stir until butter is melted. Pour sauce from pan into a pitcher for people to help themselves to the amount they want on their ice cream. Any left over hot fudge sauce heats very nicely in the microwave and can be used at least one more time this way. (Serves 6 to 8)



Cookies and Bars



Linda Elrod Cooper's Trail Cookies

*Cal Elrod was our family doctor in Glendale, and our families are close friends.
Linda is near in age to my daughter, Kathy.*

- 1 cup (2 sticks) butter or margarine, softened
- ½ cup chunky peanut butter
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 2 eggs
- ¼ cup milk
- 1 teaspoon vanilla
- 1¾ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2½ cups rolled oats (oatmeal)
- 1 (6 ounce) package chocolate chips (about 1 cup)
- ½ cup raisins
- ½ cup broken pecans or walnuts

Preheat oven 350 degrees. In large bowl with electric mixer, beat butter, peanut butter, granulated sugar and brown sugar until light and fluffy. Add eggs, milk and vanilla and beat well. Add flour, baking powder and salt and beat until blended. Stir in oats, chocolate chips, raisins and chopped pecans by hand. Drop dough by rounded teaspoonfuls on ungreased baking sheets. Bake 10 to 12 minutes, just until lightly browned. Remove from baking sheets and cool on wire rack.

Snickerdoodles

½ cup (1 stick) butter or margarine, softened
½ cup shortening
1½ cups plus 2 tablespoons sugar, divided
2 eggs
2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt
2¾ cups flour
2 teaspoons ground cinnamon

Preheat oven to 400 degrees. In large bowl, mix butter, shortening, 1½ cups sugar and eggs with electric mixer. Blend in cream of tartar, soda and salt. Beat in flour gradually. In small bowl, mix 2 tablespoons sugar and cinnamon. Shape dough by rounded teaspoonfuls into balls, and roll in sugar-cinnamon mixture. Place balls 2 inches apart on ungreased cookie sheets. Bake 8 to 10 minutes. Immediately remove from cookie sheets and cool on wire racks.

Dwan Walter's Ginger Snaps

Dwan is my brother Stanley's wife.

¾ cup shortening
1 cup packed brown sugar
1 egg
¼ cup molasses
1 teaspoon ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground cloves
¼ teaspoon salt
2 teaspoons soda
2¼ cups flour
Granulated sugar
Cooking spray

In large bowl with electric mixer, combine the shortening, brown sugar, egg and molasses. Blend in cinnamon, ginger, cloves, salt and soda. Blend in flour. Cover bowl and refrigerate for 1 hour. Preheat oven to 375 degrees. Place some granulated sugar in a small, shallow bowl. Shape dough by rounded teaspoonfuls into balls, and dip tops into sugar. Place balls, sugared side up, 3 inches apart on baking sheet coated with cooking spray. Bake 10 to 12 minutes. Immediately remove from baking sheet and cool on wire racks. (Makes 4 dozen)

Jeanne Boozer's Molasses Cookies

1 cup granulated sugar
1 cup shortening
2 eggs
½ cup molasses
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground ginger
½ teaspoon salt
3 cups flour
Cooking spray
Granulated sugar for topping

Preheat oven to 350 degrees. In large bowl with electric mixer, combine sugar, shortening, eggs, molasses, soda, cinnamon, cloves, ginger and salt. Stir in flour, one cup at a time, by hand. Spray three baking sheets with cooking spray. Divide dough into six portions. Spray your hands with cooking spray and shape each portion of dough into a long log. Place two dough logs on each baking sheet the long way, and flatten slightly. Using your fingers, dampen top of each flattened log with water, and sprinkle liberally with sugar. Bake 20 minutes, or until center of cookie log springs back when gently pressed. Remove from oven and cut cookie logs into 1-inch strips diagonally, while they are warm. Remove cookie strips to racks to cool. (If you prefer, shape dough into 1-inch balls, moisten tops with water and dip in sugar, and place on baking sheets. Bake about 10 to 12 minutes.)

Eleanor Doan's Date Balls

These are like candy! They freeze well. Eleanor worked for Gospel Light, my husband's publishing company, for many years. She is a dear family friend in Glendale.

1 (8 ounce) package pitted dates (about 24 dates)
2 sticks (1 cup) butter
1 cup granulated sugar
2 teaspoons vanilla extract
1 cup chopped nuts
2 cups crispy rice cereal, such as Rice Krispies
Powdered sugar

Quarter the dates. In large sauce pan over low heat, melt butter with sugar and dates. When sugar has dissolved, cook over medium heat for 10 minutes, stirring frequently. Remove from heat and vanilla, nuts and crispy rice cereal, stir well. When mixture is cool, roll into small balls and coat with powdered sugar. (Makes 6 to 7 dozen)

Basic Homemade Cookie Mix

This keeps for several weeks and is a great time saver. The children can also easily make the cookie recipes that follow!

- 9 cups flour
- 1 tablespoon salt
- 3 tablespoons baking powder
- 3 cups dry instant powdered milk
- 4 cups shortening
- 4 cups granulated sugar

In large bowl, mix flour, salt, baking powder and milk powder and set aside. In another large bowl with electric mixer, beat shortening and sugar until light and fluffy. Gradually add flour mixture, blending thoroughly to a coarse cornmeal texture. Store tightly covered at room temperature.

Chocolate Chip Cookies

- 4 cups Basic Homemade Cookie Mix (recipe above)
- 1 egg
- 2 tablespoons water
- ¼ cup packed brown sugar
- 1½ teaspoons vanilla extract
- 1 (6 ounce) package semi-sweet chocolate chips (about 1 cup)
- 1 cup chopped nuts (optional)

Preheat oven to 375 degrees. In large bowl with electric mixer, combine Cookie Mix, egg, water, brown sugar and vanilla. Stir in chocolate chips and nuts by hand. Drop by rounded teaspoonfuls on ungreased cookie sheets. Bake 10 to 13 minutes. (Makes 3 dozen)

Peanut Butter Cookies

- 4 cups Basic Homemade Cookie Mix (recipe above)
- ½ cup packed brown sugar
- 1 cup peanut butter
- 1 egg
- 1½ t. vanilla
- 1 tablespoon water

Preheat oven to 375 degrees. In large bowl with electric mixer, beat all ingredients until well blended. Shape dough by rounded teaspoonfuls into balls and place on ungreased cookie sheets. Flatten balls with fork. Bake 10 to 12 minutes. (Makes 3 dozen)



Oatmeal Cookies

- 1 cup raisins
- 2 cups Basic Homemade Cookie Mix (recipe above)
- 1 cup old fashioned rolled oats (oatmeal)
- 2 tablespoons packed brown sugar
- 1 egg
- 1½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ½ cup chopped nuts (optional)

Preheat oven to 375 degrees. In small saucepan, cover raisins with water, bring to boil and simmer 5 minutes. Remove from heat and drain raisins, reserving ½ cup liquid. In large bowl with electric mixer, combine reserved liquid, Cookie Mix, oats, brown sugar, egg, vanilla, cinnamon and allspice, beat well. Stir in chopped nuts and raisins by hand. Drop by rounded teaspoonfuls on ungreased baking sheets. Bake 13 to 15 minutes. (Makes 4½ dozen)

Pat Hall's Desperation Doughnuts

Keep one or two cans of biscuit dough in your refrigerator. The "store" or "generic" brand works fine. Pat and her family were our long-time friends at Glendale Presbyterian Church.

- Oil for deep fat frying
- Ground cinnamon
- Granulated sugar
- Powdered sugar
- Refrigerated cans of biscuit dough

Preheat oil in deep fat fryer or electric frying pan to 425 degrees. Fill frying pan only half full of oil, and make sure it is back from the edge of counter and that cord is to the back, so no one will get burned. Mix cinnamon and sugar in a shallow bowl to roll doughnuts in, and/or place powdered sugar in small paper bag to shake doughnuts in. Lay out paper towels near frying pan to drain doughnuts on. Open biscuits and cut with doughnut cutter to make rings and "holes," or cut each biscuit into quarters. Drop a few doughnuts or pieces at a time into hot oil, using tongs, so you don't get burned by splashing oil. Turn once to brown lightly on both sides. Lift out with tongs and drain on paper towels. Shake a few at a time in paper bag to coat with powdered sugar, or roll in cinnamon-sugar. Serve while hot. Delicious and so easy!

Liz Anderson's Almond Shortbread

Liz is one of my life-long friends from Minnesota.

- 1 egg, separated
- 1 teaspoon almond extract
- 1 cup sugar
- 1 cup (2 sticks) butter, softened
- 2 cups flour
- Cooking spray
- ½ cup chopped pecans or sliced almonds

Preheat oven to 325 degrees. In medium bowl with electric mixer, beat egg yolk with almond extract. Add sugar and butter and beat well. Stir in flour by hand, one cup at a time. Pat dough into a thin layer in jelly roll pan coated with cooking spray. In small bowl with electric mixer, beat egg white until stiff peaks form, and spread over top of dough in pan. Sprinkle with nuts. Bake 30 minutes, until slightly brown. Cut while hot into squares, and let cool in pan. Remove from pan when cool, and store in airtight container.

Peanut Butter Crackles

- 1½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup (1 stick) butter or margarine, softened
- ½ cup chunky style peanut butter
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- Granulated sugar
- Chocolate candy kisses, foil wrapping removed

Preheat oven to 375 degrees. In medium bowl, combine flour, baking powder and salt. In large bowl with electric mixer, mix butter and peanut butter until smooth. Beat in granulated sugar and brown sugar. Beat in egg and vanilla. Gradually stir in flour mixture by hand until well blended. Shape dough into ¾ inch balls. In a shallow dish, roll balls in granulated sugar. Place on ungreased baking sheet; bake 10 minutes. Remove from oven and quickly press chocolate candy firmly on top of each cookie. Cookie will crackle around the edges. Remove to cooling rack.

Peanut Butter Balls

- 1 pound (4 sticks) butter or margarine, softened
- 2 pounds creamy peanut butter, at room temperature (about 4 cups)
- 3 pounds powdered sugar (about 11 cups)
- 1 (12 ounce) package semi-sweet chocolate chips (about 2 cups)
- 1 ounce paraffin wax (found in store's canning supplies section)

In large bowl, mix butter and peanut butter. Gradually add powdered sugar, a cup at a time, blending well. Shape into 1-inch balls (try using a melon-ball scoop). Place balls in jelly roll pans or cake pans, cover and refrigerate overnight. In medium saucepan over low heat, melt chocolate and paraffin, and carefully dip balls into mixture. Again, place on pans, cover and refrigerate. When chocolate is set, store in covered tins or plastic containers, separating each layer with waxed paper.

Home-Made Brownie Mix

- 4 cups sifted flour
- 4½ cups sugar
- 1 cup baking cocoa
- ½ cups nonfat dry milk
- 1½ tablespoons baking powder
- 1½ teaspoons salt

Mix the above ingredients well, and store in an airtight container. Makes about 6 batches Home-Made Brownies using the following recipe.

For one batch of Brownies you will need:

- 1¾ cups Home-Made Brownie Mix
- ¼ cup warm water
- ¼ cup cooking oil
- 1 teaspoon vanilla extract
- 1 egg
- ¼ cup chopped nuts (optional)
- Cooking spray

Preheat oven to 350 degrees. In medium bowl with electric mixer, beat Brownie mix, water, oil, vanilla and egg 1 minute at medium speed. Stir in nuts by hand. Pour into 9-inch square baking pan or 9-inch round pie plate coated with cooking spray. Bake 20 minutes, or until brownies begin to pull away from sides of pan. They should still be moist in center. Cool in pan on wire rack. Cut into two inch squares or pie-shaped wedges. Makes 16 2-inch brownies.

Bobby Stanick's No-Bake Peanut Butter Munchies

These are so good you will have to hide them!

- ¼ cup (½ stick) butter or margarine
- 1 cup powdered sugar
- 1 cup peanut butter, at room temperature
- 1¼ cups graham cracker crumbs (about 18 single crackers)
- ½ cup finely chopped walnuts or flaked coconut

Melt butter and place in medium bowl. Stir in powdered sugar and peanut butter. Add graham cracker crumbs and blend well. Shape into ¾-inch balls, and roll balls in nuts or flaked coconut to cover. Refrigerate until serving. (Makes 36 to 40)

Greig Family Favorite Cream Cheese Brownies

- 2 (4 ounce) packages German Sweet Chocolate (such as Baker's)
- 10 tablespoons (1¼ sticks) butter, softened and divided
- 2 (3 ounce) packages block-style cream cheese, softened
- 2 cups sugar, divided
- 6 eggs, divided
- 1½ cups plus 2 tablespoons flour, divided
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract (optional)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup chopped walnuts or toasted almonds
- Cooking spray

Preheat oven to 350 degrees. In medium saucepan over low heat, melt chocolate and 6 tablespoons (¾ stick) butter. Cool to room temperature. In large bowl with electric mixer, beat cream cheese and ¼ cup (½ stick) butter until light and fluffy. Add ½ cup sugar, 2 eggs, 2 tablespoons flour, vanilla and almond extract, beat well. In another large bowl with electric mixer, beat 4 eggs until foamy. Gradually add 1½ cups sugar, beating slowly until mixture is a creamy color. Blend in 1 cup flour, baking powder and salt. Stir in cooled chocolate mixture and nuts. Reserve 2 cups chocolate batter and spread remainder in 9 x 13 pan coated with cooking spray. Spoon cream cheese batter evenly over chocolate batter. Top with reserved chocolate batter. Bake 25 minutes. Cut in 2-inch squares. (Makes 2 dozen)



Desperation Cracker Cookies

You can multiply this recipe to fit a crowd! Children love helping you prepare these.

1 egg white
Pinch of salt
¼ cup sugar
¼ cup chopped nuts
10 to 12 crisp soda crackers

Preheat oven to 350 degrees. Beat egg white until stiff, then beat in salt and sugar gradually. Fold in nuts. Drop meringue by spoonfuls onto crackers. Bake on ungreased baking sheet 15 minutes.

My Son Bill's Easy Peanut Butter Cookies

This is a nice, easy cookie recipe for children to make.

2 eggs
¾ cup peanut butter, at room temperature
½ cup shortening
1 (18.25 ounce) package yellow cake mix
Cooking spray

Preheat oven to 350 degrees. In large bowl, add eggs, peanut butter and shortening to cake mix. Stir by hand until well blended. Drop by rounded teaspoonfuls on baking sheets coated with cooking spray. Bake 8 to 10 minutes. Cool on wire rack. (Makes 3½ dozen)

Jane Greig's Chocolate Cookies

1 egg
¼ cup water
1 cup shortening or butter, melted and cooled to lukewarm
½ cup packed brown sugar
1 (18.25 ounce) package chocolate cake mix
2 cups rolled oats (oatmeal)
1 (6 ounce) package semi-sweet chocolate chips (about 1 cup)

Preheat oven to 375 degrees. In large bowl, mix egg, water, shortening, and brown sugar with half the cake mix until smooth. Stir in remaining cake mix, oatmeal, and chocolate chips. Drop by rounded teaspoonfuls on ungreased cookie sheets and bake 8 to 10 minutes. (Makes 6 dozen)

Gary Greig's Four-Minute Brownie Pie

Serve warm with mint ice cream—good!

- 2 eggs
- 1 cup sugar
- ½ cup (1 stick) butter or margarine, softened
- ½ cup flour
- ¼ cup baking cocoa
- Pinch of salt
- ½ cup chopped nuts (optional)
- Cooking spray

Preheat oven to 325 degrees. In medium bowl with electric mixer, beat eggs, sugar, butter, flour, cocoa and salt for 4 minutes. Stir in nuts by hand. Pour into 9-inch pie pan coated with cooking spray. Bake 25 to 30 minutes, or until brownies begin to pull away from sides of pan. This will puff slightly and settle when cut. Cut in wedges and serve with ice cream. Best when served warm.

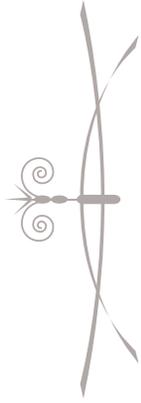
Pecan Graham Crisps

Children love to help make these cookies! These require adult supervision for younger ones.

- 12 graham crackers
- 1 cup (2 sticks) butter or margarine
- 1¼ cups packed brown sugar
- 1 cup chopped pecans or walnuts
- 1 teaspoon vanilla
- 1 cup (6 ounces) semi-sweet chocolate chips

Preheat oven to 375 degrees. Fit crackers side by side in a single layer in a 10 x 15 inch baking pan. In a large heavy sauce pan or Dutch oven, melt butter over medium heat. Stir in brown sugar and nuts. Cook, stirring often, until mixture comes to a boil. Continue to boil until mixture is 238 degrees on a candy thermometer, about 2 minutes. Remove from heat, stir in vanilla and pour evenly over crackers. Spread to cover completely, using rubber spatula. Bake to crisp crackers (topping should not darken), 8 to 10 minutes. Remove from oven and at once sprinkle with chocolate. Let stand about 10 minutes. If desired, spread melted chocolate over topping, using rubber spatula. Cut into 24 squares, then cut each square in half diagonally. Let cool in pan. Store up to 3 days at room temperature in covered container. (Makes 4 dozen)





Children's Treats



Fruit Popsicles

- 5 oranges, peeled and quartered
- 2 cups pineapple juice
- 2 cups sugar
- 5 bananas, peeled
- ¼ cup lemon juice (about 2 lemons)
- 1 (12 ounce) can frozen orange juice concentrate, thawed, plus 2 cans of water

In a blender place oranges, pineapple juice and sugar. Blend until oranges are thoroughly chopped. In large bowl, mash bananas. Stir in lemon juice, blended orange mixture, orange juice concentrate, and 2 cans of water. Pour into 3-ounce paper cups and freeze. When partially frozen, add plastic spoons or popsicle sticks to paper cups.

Frozen Yogurt Pops

- 1 (12 oz.) can frozen orange or grape juice concentrate, thawed, plus 1 can water
- 2 cups plain yogurt

Place juice concentrate and yogurt in blender. Cover and blend until combined. Pour into 3-ounce paper cups and freeze. When partially frozen, add plastic spoons or popsicle sticks to paper cups. Makes 16 pops.

Flavored Yogurt Popsicles

Any flavor yogurt

Pour yogurt into 3-ounce paper cups and freeze. When partially frozen, add plastic spoons or popsicle sticks to paper cups.

Homemade Fudgesicles

This can be done with any flavor of instant pudding mix.

- 1 (5.9 ounce) box instant chocolate pudding mix
- Milk

In medium bowl, add milk as directed in directions on pudding mix box, plus one additional cup of milk. Pour into 3-ounce paper cups and freeze. When partially frozen, add plastic spoons or popsicle sticks to paper cups.

Hot Chocolate Mix Number One

Top with whipped cream or marshmallows for a special treat.

- 2 cups granulated sugar
- 1 cup powdered sugar
- 3 cups instant dry milk powder
- 3 cups coffee creamer powder
- 1 cup cocoa

Combine all ingredients and store in an airtight container at room temperature. Use 3 or more teaspoons per cup, according to your taste. Add boiling water and stir.

Hot Chocolate Mix Number Two

Add ½ cup powdered nondairy creamer or 2 tablespoons malted milk powder for richer flavor.

- 3 cups instant dry milk powder
- ¾ cup sugar
- ½ cup cocoa
- Dash of salt

Combine all ingredients and store in an airtight container at room temperature. Use ¼ cup mix per cup, according to your taste. Add boiling water and stir.

Orange Julius-Style Blended Drink

- ¾ cup instant dry milk powder
- ½ (12 ounce) can frozen orange juice



2¼ cups water
2 cups ice cubes
¼ cup sugar (⅓ cup if you like it sweeter)

Mix all ingredients in blender and serve immediately.

Doris Greig's Crazy Cake

Frost with favorite frosting, or serve with vanilla ice cream.

1½ cups flour
1 cup sugar
¼ cup baking cocoa
¼ teaspoon salt
1 teaspoon baking soda
1 tablespoon vinegar
⅓ cup salad oil
1 cup water
1 teaspoon vanilla extract

Preheat oven to 350 degrees. Measure flour, sugar, cocoa, salt and soda directly into 8" square baking pan. (No need to grease pan.) Make three wells in dry ingredients. Pour vinegar in one, oil in another and vanilla in the third. Pour water over all and mix until well blended with a fork. Smooth batter out evenly in the pan. Bake 25 minutes.

Crazy Cupcakes With Baked-On Frosting

Doris Greig's Crazy Cake batter (recipe above)
1 (8 ounce) package block-style cream cheese, softened
1 eggs
⅓ cup sugar
1 cup semi-sweet chocolate chips (6 ounces)

Preheat oven to 350 degrees. In large bowl, prepare Doris Greig's Crazy Cake batter. Spoon batter into muffin cups lined with paper liners. Fill each cup only ⅓ full. In medium bowl with electric mixer, combine cream cheese, eggs and sugar. Stir in chocolate chips by hand. Spoon about 2 tablespoons cream cheese mixture on top of each cupcake. Bake 20 to 25 minutes. Makes 18 cupcakes.

Popcorn Cake

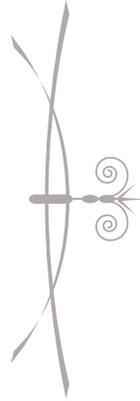
- 16 cups popped popcorn
- 1 cup peanuts
- 1 cup candy coated chocolate pieces, such as M & M's
- 1 cup gumdrops
- 1 cup (2 sticks) butter
- 1 (16 ounce) package marshmallows
- Cooking spray

Mix popcorn, peanuts, chocolate candy pieces and gumdrops in a large, deep bowl. Melt butter and marshmallows over low heat in a large saucepan or in a microwave. Add warm butter/marshmallow mixture to popcorn mixture and stir well. Pack into 9-inch or 10-inch tube pan (angel food pan) coated with cooking spray and lined with waxed paper. Cool in refrigerator. Using a knife or spatula, loosen sides and center of the cake. Remove from pan and cut into wedges. Dip a sharp knife in cold water before cuffing each piece.





Beverages



Liz Anderson's Favorite Punch

Liz is one of my life-long friends from Minnesota.

- 1 (64 ounce) bottle cranberry juice cocktail
- ½ cup lemon juice
- ¾ cup orange juice
- 1 teaspoon almond extract
- 1 (1-liter) bottle ginger ale, chilled

Combine cranberry, lemon and orange juices, and the almond extract and refrigerate. Just before serving, add ginger ale. Delicious and different! Makes 26 half-cup servings.

Diane Rietveldt's Punch

Good and tart!

- 1 (12 ounce) can frozen orange juice concentrate
- 1 (12 ounce) can frozen lemonade concentrate
- 1 (12 ounce) can frozen limeade concentrate
- 1 (2-liter) bottle lemon-lime soda or ginger ale, chilled

In large punch bowl, mix orange, lemonade and limeade concentrates with ice-cold water according to their container instructions. Just before serving, add ice cubes, or frozen lemonade or limeade cubes, and lemon-lime soda or ginger ale.

Doris Greig's Cranberry Punch

This is a tart punch.

- 1 (12 ounce) can frozen lemonade concentrate, thawed
- 2 (64 ounce) bottle cranberry juice cocktail, chilled
- 1 (2-liter) bottle ginger ale or lemon-lime soda, chilled

Add water to lemonade concentrate as directed on can. Stir in cranberry juice cocktail and refrigerate. Add ginger ale just before serving. (Makes 60 half-cup servings)

Decorative Ice Mold for Punch Bowl

Distilled water stays crystal clear when frozen.

- Distilled water
- Lemon or orange slices
- Cherries with stems attached

In decorative mold or tube pan, pour enough distilled water to just cover the bottom of mold. Arrange lemon slices and cherries in mold. Freeze. Add distilled water to fill mold, return to freezer. Unmold by running warm water over bottom of mold.

Banana Ale

This is a nice beverage for a shower, or a children's treat on a hot day. The juice mixture will keep well in the freezer until you use it all up!

- 6 cups water
- 4 cups sugar
- 5 oranges, juiced (about 2 cups juice and pulp)
- 4 lemons, juiced (about ½ cup juice and pulp)
- 5 bananas, peeled and mashed (about 2½ cups)
- 1 (46 ounce) can pineapple juice
- 4 (1-liter) bottles ginger ale, chilled

In large Dutch oven over high heat, bring water and sugar to a boil, stirring frequently. Boil 3 minutes; cool. Stir in orange juice, lemon juice, mashed bananas and pineapple juice. Freeze, tightly covered, for 24 hours. When ready to serve, remove from freezer and place about ½ cup juice mixture in each serving glass. Return remainder to freezer. Fill each glass with ginger ale and serve with straws. Makes 30 to 40 servings.

Charlotte Shackelford's Russian Tea Mix

Esther and John Shackelford were missionaries in Guatemala. Their daughters, Phee, Janet and Char, lived with our family as teenagers.

- 1 (19 to 20 ounce) container lemonade drink mix
- 1 (21 ounce) container orange flavor drink mix, such as Tang
- 1 ²/₃ cup unsweetened instant tea
- 2½ cups sugar
- 2½ teaspoons ground cloves
- 2½ tablespoons ground cinnamon
- 2½ teaspoons ground ginger
- ¼ cup each dried lemon peel and dried orange peel (optional)

Blend all ingredients well and store in tightly covered container. Pour boiling water into a cup and add 1 slightly rounded teaspoon Russian Tea Mix, or more, according to your taste. This makes a nice gift, packaged in a pretty jar or tin.



Helpful Household Hints!



In the Kitchen

Cooking Bacon: Cook bacon in your microwave in layers. Just put bacon on paper towels in a baking dish. Add paper towels and more bacon, until the whole pound is stacked up. Rotate dish halfway through cooking time. Watch carefully to see that it is done just the way you like it.

Baking Ahead: When making cookies, bars or quick breads that will freeze, always make a double batch and freeze half or more. Saves a lot of time and energy! Great for “drop in” guests too!

Cake Flour: To substitute all-purpose flour for each cup of cake flour in a recipe, spoon all-purpose flour lightly into cup. Remove 1 tablespoon flour and stir 1 teaspoon cornstarch into remaining flour.

Overripe Bananas: When nobody wants to eat the overripe bananas, mash them and measure into separate packages containing just the right amount for your favorite banana bread recipe.

Burned Pot: Add some baking soda to water in the pot and boil until the burned crust softens. Clean with a stainless steel scrubber. Another method is to dampen the spot and sprinkle the burned crust with baking soda. Pour a little vinegar over this and let stand 20 minutes. Then scrub clean.

Black heel marks on vinyl floors? Remove with a cloth or paper towel and a bit of cigarette lighter fluid.

High Speed Barbecue: Microwave chicken parts or ribs for half the total cooking time listed in your microwave cookbook. Then finish cooking on the grill.

Shaping Hamburger Patties Easily: Wash the outside of an unopened 28-ounce can. Press down on the pattie and trim off the excess. This is a quick and uniform method. I like to freeze patties, layered on a cookie sheet with waxed paper in between. When frozen, I remove patties from the sheet and put them individually in plastic sandwich bags. Then place them in Ziploc bags and replace them in the freezer. For a quick dinner, get out the number of patties needed. They thaw fast.

Potlucks: Make sure you get your serving dishes back by writing your name and address with a permanent marker on a piece of masking tape. Stick tape to the bottom of your casserole, cake pan or other serving dish. Tie colored ribbon around the handle of your serving pieces, or mark them with little colored adhesive dots which can be purchased in the ten cent store or stationery supply store.

Spices and Seasonings: Arrange them alphabetically in a drawer or on the shelf, so you won't have to hunt each time you need something.

To Simmer Whole Spices: Place spices in a tea-ball or a coffee filter tied together with string for easy removal.

Ground Meat Time-saver: Precook ground meat in microwave by placing in a plastic colander over glass microwave-safe bowl. Cook 3 to 5 minutes on high until meat loses its pink color. Half-way through cooking, break up meat with fork and stir. Drippings will collect in the bowl under the colander. Use brush to wash meat from colander.

To Remove Price Tags from Glass or Plastic: Use cigarette lighter fluid on a cloth or paper napkin after you have pulled off as much of the tag as possible.

Substitute For Unsweetened Baking Chocolate: For each 1 ounce square, use 4 tablespoons baking cocoa and 1 tablespoon shortening.

Homemade Catsup: Mix an 8 ounce can tomato sauce with ½ cup brown sugar and 2 teaspoons vinegar.

Sour Cream Substitute for Cooking: For 1 cup, use 1 tablespoon lemon juice, 1 tablespoon cooking oil and enough evaporated milk to make 1 cup. Let stand 15 minutes.

Brown Sugar Substitute: For ½ cup brown sugar, blend ½ cup granulated sugar with 2 tablespoons molasses. No need to pre-blend sugar and molasses if combining with other ingredients in a recipe.

Around the House

Cloudy Vases: Fill with water and drop a denture tablet into them. Let stand. Repeat if necessary.

Removing Decals from Enamel Tubs: (Not for use on fiberglass tubs.) Use a prewash spray on the edges of the decals. Let stand 30 minutes and then gently pull up sides of the decals. Use a razor blade to loosen, if necessary. Blowing hot air from a hair dryer helps to hurry the softening of the glue. If a stain remains, scrub it with automatic dishwashing detergent and hot water, using a stiff bristled brush.

Doilies: Do you have old doilies that are too fragile to iron? Wash by hand. Roll in a towel to remove excess moisture. Lay on the kitchen counter and pat out to smooth and remove wrinkles. Spray with a spray-on starch and let dry flat on the counter. Lift carefully when dry and put in the place you want to use it.

Dusting: A feather duster is an invaluable piece of equipment for a quick clean up! Ostrich feather dusters are best.

Mel Zimmer's Jewelry Cleaner: (*Mel is a jeweler and an old family friend from Glendale Presbyterian Church.*) Use a small jar with a lid. Add equal parts: water, household ammonia, and liquid detergent for dishes. Soak jewelry overnight and then brush it with soft toothbrush. Rinse under clear water. *Do not soak pearls, opals, turquoise, coral, shell cameo, or other soft stones.* They may be immersed briefly (5 minutes), and then brushed and rinsed. This solution needs changing only when it appears dirty. Use it one or two times a week to keep your jewelry sparkling clean!

Cleaning the Lint Trap in the Dryer: Save used fabric softener sheets and use to wipe the lint away from the lint trap screen. Wash the lint trap occasionally with soap and water to remove fabric softener buildup that will clog the mesh screen over time.

Mending or Handwork: Keep things in a basket and carry it with you to the phone while you visit with a friend and while you watch TV with your family. You will be amazed at how much you can accomplish during these times!

Rug Stains: A rug salesman told me about this trick, and it really works! He guaranteed it would not harm the rug, and it doesn't. Spray Formula 409 on the stain and rub well with a clean, beige or light colored, old terry towel. Repeat until the spot disappears. Be sure the terry towel is a beige or light color that will not fade onto your carpet!

Scratches on Furniture: Rub with Tibet Almond Stick, available from hardware stores, or break a pecan in half and rub it across the scratch. An eyebrow pencil of the same color will work too!

Water Rings on Furniture: Blend mayonnaise with toothpaste. Rub in well. Let stand for a while and then wipe off and polish with a soft cloth. Repeat if necessary.

Silver Polishing: When you polish silver, never use dip-style cleaners. It removes the oxidizing, and ruins the finish on your silver. Use an old soft toothbrush to clean elaborate patterns and between fork tines. Make sure your silver is dry before storing. Moisture causes pits or deeply darkened spots which often cannot be removed, even by professional buffing. After silver has dried (at least overnight—approximately 10 to 12 hours), store it in a silver chest lined with tarnish proof cloth, or line a box or drawer with this cloth. This can be purchased at a jewelry store, or they can tell you where to buy it. Store large pieces, such as silver trays or bowls, in sealed plastic bags. Store each piece individually, so it won't scratch another piece. Voila! When you have a dinner party, they are all ready for use. Then, polish them again after dinner as you wash them, and let them dry on your counter overnight. Replace in plastic bags the next morning and store. They will be all ready for your next dinner party.

Storage Containers for the Freezer: Cottage cheese and yogurt cartons make excellent storage for soups, spaghetti sauce, etc. Just use a permanent marker to write the contents and date on the side of the carton where you can see it. These can be discarded or recycled after you remove the contents. No dirty dishes to wash!

Scorched Fabric: Use a combination of lemon juice and salt and place in the sun until the spot disappears. Wash and iron carefully with medium heat setting on the iron.

Window Cleaner: Mix 2 tablespoons rubbing alcohol, 2 tablespoons ammonia and 1¾ cups water. Pour solution into a spray bottle. To distinguish from other cleaners add a drop of food coloring and label bottle with permanent marker.

With the Family

School Mornings: These are nearly always frantic! Solve part of your problem by having a small box in each child's room in which they place school papers, books, and whatever else needs to be taken to school in the morning. Thus, the details are taken care of the night before and each child needs only to gather his things from his own box. This is a great time and emotion saver! This box is a great place to put a "love note" of affirmation and love for your child from time to time too!

Special Events, Anniversaries and Birthdays: In December, list all the dates on your new year's calendar and keep it posted in your kitchen, so you won't forget anyone! Buy assorted cards ahead so you always have one to send and don't have to make an extra trip to the store.

Memory Boxes for Children: Use a cardboard box or a file box for each child. Put in it all special drawings, handwritten notes, family photos (with dates, names and ages on back), school pictures, report cards, sports awards, etc. Let the children enjoy their memory box, sharing it with family and friends. Don't worry about the "no rhyme, nor reason" organization. You are building memories that will be passed on at a later date.

Concluding Thoughts

I have included a lot of my favorite recipes; there are many more that I could give you. Yet, I feel that each one of us needs to find and develop our own traditional family favorites to pass on from one generation to the next.

Also, as you look for recipes you will find those that are easily prepared and enjoyed most by your family. Therefore, these are simply ideas to trigger your imagination for your own family and to help you to extend hospitality to your children's friends, your husbands' and your own friends, and to strangers whom God sends your way.

Marjorie Holmes said in her *Calendar of Love and Inspiration*: "Hospitality doesn't depend on size or supply. If the heart is big enough, so is the table and so is the house." How true that is!

Recipe for the Soul

Take: 1 chapter of the Bible and read earnestly

Add: 1 measure of prayer

and

1 measure of thoughtful meditation

Add: A generous measure of thanksgiving

Season generously with: love and kindness

Let simmer slowly all day on the hearth of your heart.
Garnish with a smile and serve daily with God's blessing.

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YOU CAN DO IT TOO!

by Doris W. Greig

Does the mere thought of opening your home to others send you into a tailspin? Do you want to know how to handle unexpected guests?

If so, this book is for you. God tells us to show hospitality to others. Hospitality isn't the same as entertaining, and it doesn't need to be intimidating. You don't need expensive crystal, fine china, linen tablecloths and a completely equipped gourmet kitchen to be hospitable. All you need is a warm heart, a friendly manner and a willing spirit.

Doris Greig practiced her own unique style of hospitality, calling it "relaxed availability." It allowed her to open her home and her heart to unexpected guests from all over the world, and brought rich blessings to her and her family. This warm-hearted book shares her secrets of the many forms of hospitality, as well as 250 quick and easy recipes and household hints. **Questions for reflection and discussion are included at the end of each chapter.**

Doris Greig—Founder of Joy of Living Bible Studies

Doris Greig has also written courses on: *Esther, Daniel Chapters 1-6, Jonah, Gospel of John, Philipians & Colossians, and 1 Thessalonians.*

A graduate of South Dakota State University, Doris accepted the Lord as a young adult. She and her husband, William T. Greig II, former Chairman of the Board of Gospel Light, made their home in Southern California. Doris went home to be with the Lord in December 2004.



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