



**“Watt’s Cooking?”
75 Years
of
Reliable Recipes**

**Beltrami Electric Cooperative, Inc.
75th Anniversary
(1940 - 2015)**

A Collection of Recipes by
**Beltrami Electric Cooperative, Inc.
4111 Technology Drive NW
P.O. Box 488
Bemidji, MN 56619
www.beltramielectric.com**



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Beltrami Electric Cooperative, Inc.

4111 Technology Drive NW
P.O. Box 411
Bemidji, MN 56619

Main: (218) 444-2540 Toll Free: (800) 955-6083

Fax: (218) 444-3676

Office Hours: 8:00 a.m. to 4:30 p.m.
Monday - Friday

www.beltramielectric.com

General Manager/CEO:
Lynette Nieuwsma

Board of Directors:

Murl Nord - Lea Perkins - Jeff Nelson - Jerry Larson
Robert Wallner - Rick Coe - John Lund - Terry Diffley -
Judy Honer

The Mission of Beltrami Electric Cooperative:

"To provide excellent value to our members through the safe delivery of reliable electric service, excellent customer service and innovative energy solutions at fair and reasonable prices."



About Beltrami Electric Cooperative

Beltrami Electric Cooperative is a member-owned electric distribution cooperative located in Bemidji, MN. Established in 1940, Beltrami Electric provides power to almost 17,000 member-owners within a 3,000 square mile service area located in the beautiful lakes region of north-central Minnesota.

Beltrami Electric has 62 employees who are dedicated to the safe, reliable delivery of low-cost energy and quality service to the cooperative membership.

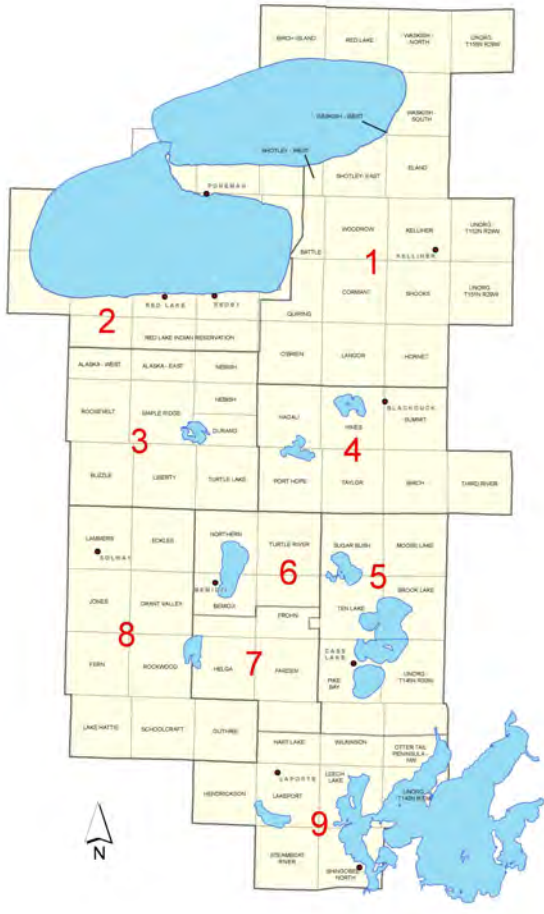
The power Beltrami Electric distributes is purchased from Minnkota Power Cooperative, our wholesale power supplier based in Grand Forks, N.D. Minnkota is owned by the 11 distribution cooperatives it serves. Minnkota has a diverse mix of baseload and intermittent generation resources. Two lignite coal-fired facilities - The Milton R. Young Station near Center, N.D., and the Coyote Station near Beulah, N.D. - along with wind and hydro are the primary sources of generation for Minnkota.

The founding Board of Directors:

| | |
|----------------------------|--------------------------|
| John Wolden, Saum | E.E. Schulke, Tenstrike |
| John A. Engberg, Blackduck | Charles Moller, Pinewood |
| Lilly Bakkum, Bemidji | Alma Gerlinger, Bemidji |
| Emil Gustafson, Puposky | Ben Goranson, Kelliher |
| Peter J. Welter, Puposky | |

The first manager of Beltrami Electric was Milton B. Taylor.

Map of Beltrami Electric Cooperative Service Area



Beltrami Electric Cooperative's service area spans more than 3,000 square miles in north-central Minnesota, including Beltrami County and parts of Clearwater, Cass, Hubbard, Itasca and Koochiching counties. The service area is divided into nine districts, each represented by a director elected to the cooperative's board of directors.



Beltrami Electric Cooperative Statistics Then and Now

As of December, 1950

| | |
|---------------------------------|-------------|
| Miles of Line..... | 1,150 |
| Number of Members..... | 2,769 |
| KWH sales..... | 3,835,381 |
| Revenue..... | \$210,993 |
| Average monthly bill..... | \$6.25 |
| Average KWH cost to member..... | 5.42 cents |
| Total Plant investment..... | \$1,545,706 |

As of December, 2014

| | |
|---|-----------------|
| Miles of Line..... | 3,437 |
| Number of Members..... | 16,988 |
| KWH sales..... | 478.6 million |
| Revenue..... | \$50 million |
| Average monthly bill (residential)..... | \$159.28 |
| Average KWH cost to member..... | 11.26 cents |
| Total Plant investment..... | \$131.9 million |



75 Years of History

1940 - 2015


President Roosevelt signed the REA bill into law and in the late 1930's and early 1940's rural electric cooperatives started springing up all across the United States and finally brought light to the countryside. It is still the same today as it was then, the cooperatives were organized to provide electric service to rural areas and provide this service at cost - not to make profits. Each member owns a single share or membership in the system, and each one has a right to one vote at the annual meeting to elect the Board of Directors who work closely with the Manager to run the Cooperative and other business matters. The first memberships were sold at a charge of \$5.00, but they are now \$50.00 each. The raise in the charge for a membership was brought about by the vote of the members at an annual meeting because bills were becoming larger and larger and consumers were leaving your project owing more money than in the early years of the coop.

On June 20, 1940, a group of people met at the Beltrami County Court House in Bemidji and this was the beginning for Beltrami Electric Cooperative, Inc. The original incorporators of the Cooperative were John Wolden, Saum; John A. Engberg, Blackduck; Lilly Bakkum, Bemidji; Emil Gustafson, Puposky; Peter J. Welter, Puposky; E.E. Schulke, Tenstrike; Alma Gerlinger, Bemidji; and Ben Goranson, Kelliher. These people worked hard, giving much of their time and energy. They encountered many discouraging times including World War II, but they just plain hung in there and got things going. We often wonder how they would feel if they could see the "little" project they worked so hard to start as it is today. We feel confident they never dreamed it would grow from 321 members on July 22, 1940 to over 16,900 members as we have today.

The Beltrami County Agricultural Agent, M. B. Taylor was instrumental in setting up and organizing meetings and he became the first Manager on March 1st, 1941. The first Annual Meeting of the cooperative was held April 7, 1941. At that time, there were 804 members signed up.

Beltrami Electric has had a total of 5 General Managers in our 75 years. Earl Larson, started working for the Cooperative on April 1st, 1946, later became the second manager when Mr. Taylor retired in July of 1947. Don Anderson, who was the office manager since 1964, became the third manager, when Earl retired in June of 1982. Roger Spiry succeeded Don Anderson as manager in November, 1989. The current manager/CEO of Beltrami Electric Cooperative is Lynette Nieuwsma, who started with the coop in May of 2006, when Roger retired.

Our first office was located at 523 Minnesota Avenue where the rent was just \$35.00 per month. Zontelli Brothers of Crosby-Ironton were the successful bidders to start building lines for Beltrami Electric, but they were not accepted by the REA officials, so it became necessary to build the lines by other methods. Many of the people desiring to have electricity cleared the right of ways, helped pull the wire with horses and did anything possible just to get electricity.



During this time, our office headquarters relocated to the Farm Bureau Service Co. Building at 309 Second Street in Bemidji. Because of the war, everything came to an abrupt halt after just 394 miles of poles and hardware, had been erected. The poles were missing the wire which was needed for electricity because copper wire was being used in the war effort, making it almost impossible to get as well as other wiring supplies. Even electricians were in short supply because many enlisted to serve their country. Further progress was halted after the bombing of Pearl Harbor on Dec. 7, 1941. With the country facing a much more important challenge, the REA ordered all construction of lines stopped to concentrate on the war effort.

The office was actually closed for a while during the war, but was able to re-open again through efforts of the War Production Board, allowing us to complete 125 miles of line. In September, 1943, it finally became possible to energize a handful of members. They qualified under the livestock unit program that the War Production Board devised due to the need for dairy and poultry products, which could be produced more readily with the aid of electricity.

After the end of WWII, the Cooperative took over part of Itasca-Mantrap territory to the south of Bemidji. Later improvements included a two-way radio system, a new larger building and garage at 301 America Avenue, along with advanced equipment, both inside and outside. In 1971, we moved into new headquarters at 2025 Paul Bunyan Drive, N.W. in Bemidji. At the time, the Beltrami County Fair Grounds were across the road.

In 1996, we started testing a new meter reading device called the Turtle. Manufactured by Hunt Technologies in Pequot Lakes, this device sent meter readings back to the substation over the power lines. As of August 1, 1997, we had installed over 3,725 turtle meters, metering approximately 2,500 accounts throughout our service territory. This helped to reduce the time that the line crews' had to spend driving around to read meters when we didn't receive readings from members, and allowed them more time for actual line work. This new technology also helped to make the Auto-Pay program possible, by providing consistent timely readings to calculate bills to be automatically deducted from a member's bank account.

Plans to expand our facility at 2025 Paul Bunyan Drive NW changed in 2000, when Wal-Mart approached BEC wanting to buy our property to build a 172,000 square foot Wal-Mart SuperCenter. As a result, we decided to build on a new site located in Technology Park, which we owned jointly with Paul Bunyan Telephone. A ground breaking ceremony was held on March 10, 2000 and we moved into our new 62,000 square foot headquarters in December of 2000. It's amazing that it has already been 15 years since moving into our current location. As we look back over the past 75 years of our history, we are sure of one thing: we are as committed to serving you today as we were in 1940.



Willie Wiredhand

Electric Cooperatives' Mascot

"He's small, but wirey"

Willie came to life in 1950, created by the late Andrew "Drew" McLay, a freelance artist working for the National Rural Electric Association (NRECA), in collaboration with then -RE Magazine editor William Roberts. Since then, Willie has appeared on scores of promotional items - signage for buildings and substations, T-shirts, ball caps, golf balls, Christmas ornaments, beach towels, fly swatters, aprons, night lights, toys, and much more.

But Willie had to fight for the right to stand for electric cooperatives. In 1957, Willie and electric cooperatives won a heated battle with Reddy Kilowatt, "spokescharacter" for the investor-owned power companies. Reddy's lawyers argued that Willie would confuse the public because he so closely resembled Reddy. "Not so," said a federal judge. But Reddy and his posse appealed to the U.S. Court of Appeals for the Fourth Circuit. They lost. Out of the victory, Willie Wiredhand came to symbolize more than cooperative friendliness - he was now the true embodiment of cooperative spunk, willing to stand up for consumers in the face of impossible odds against the entrenched might of huge investor-owned utilities. The phrase "He's small, but wirey" became part of the trademark Willie was granted by the U.S. Patent Office in 1957.

Willie's role has continued to evolve over the decades. For example, when the 1970's ushered in an energy crisis, he donned a sweater and hopped on a bicycle, caulked windows, and weather stripped doors in new ads pushing energy conservation and efficiency tips. Later, he became more of a pop-art celebrity, appearing on novelty items like coffee mugs and watches. But no matter his persona, Willie Wiredhand has been a recognizable and dedicated friend to millions of electric cooperative consumers, faithful and enduring for decades.

The Seven Cooperative Principles

Voluntary and Open Membership

Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote), and cooperatives at other levels are organized in a democratic manner.

Members' Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

Autonomy and Independence

Cooperatives are autonomous, self help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



A Lineman's Poem

What are their thoughts, these hardy souls
Tangled in knots on tops of poles,
Sweating it out in a blend of blue,
Doing a job that so few would do?

What are their thoughts, this gallant crew
Who risk their lives the long day through
In summer heat and winter snow
Taking orders from down below?

What are their thoughts, these men of brawn
Who joke and swear or hum a song,
Who know their distance could well be
But a rubber glove from eternity?

What are their thoughts at the close of the day,
As they scramble down and put their hooks away
Do they thank God with a heart-skipped beat,
To feel the earth beneath their feet?

What are their thoughts as they head for home,
Longing once more to greet their own?
Surely they must feel some delight,
Knowing they helped turn darkness into light.

Author Unknown

from: Paul Harvey News & Commentary, February 3, 1986

#ThankaLineman



"When Electricity Came To Our House"

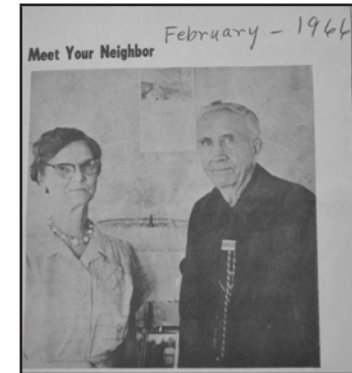
My father, Gerd Schneidermann, worked all through the winter of 1953-1954 to clear the right-of-way for Beltrami Electric to bring electricity to our house. We were the last house in the city of Kelliher still using kerosene lamps for light.

The City of Kelliher chose not to set poles from the west, along our road; but Beltrami Electric said they could bring us electricity from the east if my father would clear the right-of-way across our property and part of our neighbor's property. So, my father labored all winter using an ax, a hand saw, and our team of horses. He was determined to give us electricity. About eleven high line poles were placed across the property, 100 yards apart.

Those original poles were all taken down during the Fall of 2014. Now, our electricity comes to us underground from the west, along our road. Those tall high line poles which stood for 60 years and the labor that brought them there, are only a memory by the few of us who are left to know how it was.

I was 12 years old in 1954 when I was given the privilege to "throw the switch" that turned on the lights. From that time on, we've enjoyed all the benefits that electricity from Beltrami Electric has brought us. But, without that offer from Beltrami Electric Cooperative in 1954, we would have had to wait many more years.

Many thanks,
Justina (Schneidermann) Halvarson



Oscar Hansons Reflect Back On A Lifetime Spent Here

By Oscar J. Hanson

I came to this community in the spring of 1893 from McIntosh, Minnesota. I was raised on the farm across the road from where my wife and I now live, five miles southeast of Bemidji. I have been farming, cutting timber and Christmas trees for a living. My wife was born on the Langerak farm. She was the first white child born here. We raised three daughters of our own. The first was Clara who married a fireman from Lubbock, Texas. They have four children. Next was Evelyn who is married to a brakeman on the Milwaukee railroad.

They have two children and live in St. Paul. Alverna worked in the Bemidji High School Principal's office for 9 years before she married a Blackduck man and moved to Hopkins where he does map work for a construction company. They have a baby boy. The most glorious thing that has happened to us was when we got our electricity. I helped clear along the right-of-way when Beltrami Electric joined Itasca-Mantrap. Electricity has helped us so many ways, I couldn't begin to list them.

Submitted by Alverna Michalko

"This is a clipping I have saved of my parents. They were so happy when they were hooked up to electricity! I still remember when they were wiring our house. I was only 5 years old and I watched everything they did in our house."

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Appetizers & Beverages



5/16" Binder allowance

Earl Larson, Mgr. at desk Back: Albert Swenson, James Mistic, John Wolden, Ben Wallace, field Eng. for REA; Ole Moe. Seated: Lyle Powell, W.A. Murphy, John Engberg Rudolph Cloose Vaner Tangborn 1948

Manager Earl Larson with Board of Directors, 1948

Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about $\frac{1}{4}$ cup juice, while one orange yields about $\frac{1}{3}$ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think "outside the bowl." Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature—approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

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5/16" Binder allowance

App/Bav 6-09

APPETIZERS & BEVERAGES

Appetizers

BACON CRAB MEAT ROLLS

Lois Hadrava
Bemidji, MN

| | |
|-------------------------------------|--|
| $\frac{1}{4}$ c. tomato juice | 1 T. chopped parsley |
| 1 egg, well beaten | 1 T. lemon juice |
| 1 cup crab meat, drained and flaked | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ c. bread crumbs | $\frac{1}{4}$ tsp worcestershire sauce |
| | 9 slices bacon, cut in half |

Mix tomato juice and egg. Add crab, crumbs, parsley, lemon juice and seasonings. Mix well. Roll into 18 fingers, 2 inches long. Wrap each roll with $\frac{1}{2}$ slices of bacon fasten with toothpicks. Broil 5 inches from heat about 10 minutes. turning often to brown evenly. Makes 18 rolls.

BEER CHEESE DIP

Melissa Schroth
Bemidji, MN

| | |
|---------------------------------------|--|
| 24 oz. cream cheese | 1 pkg. Hidden Valley Ranch Dry Dressing (original) |
| 2 cups finely shredded cheddar cheese | $\frac{3}{4}$ c. beer |
| 3-4 chopped green onions | |

Mix well and serve with crackers.

BUFFALO CHICKEN DIP

Pam Gregg
Bemidji, MN

- | | |
|---|---|
| 4 chicken breasts (cooked and shredded) | 1 (16-oz.) bottle ranch dressing |
| 1 (12-oz.) bottle Frank's Original hot sauce | 2 (8-oz.) pkgs. cream cheese |
| 1 (4 oz.) Bleu cheese crumbles (optional) | 1 (8-oz.) bag of Colby jack cheese, shredded |
| | 3-4 celery stalks (optional) |

Shred chicken and place in 13x9 baking pan. Pour hot sauce over chicken and toss to mix. Sprinkle with ½ Bleu cheese crumbs. In medium saucepan, heat ranch dressing and cream cheese, stirring until smooth. Pour over chicken, spread evenly to cover. Sprinkle with remaining Bleu cheese crumbs. Top with shredded Colby-Jack cheese. Bake uncovered at 350° for 30 minutes. Serve w/tortilla chips or strips. Cut celery into pieces to service with dip.

CAJUN PARTY MIX

- | | |
|---|--------------------------------|
| 6 cups mini fish shaped crackers | 1 c. butter melted |
| 6 cups pretzel sticks | 1 tsp. garlic powder |
| 3 cups Rice Chex | ½ to 1 tsp. celery salt |
| 3 cups Corn Chex | ½ tsp. cayenne pepper |
| 1 (11.5 oz.) can mixed nuts | ¼ tsp. hot pepper sauce |

In a large roasting pan, combine crackers, pretzel sticks, Rice Chex, Corn Chex, and mixed nuts. Combine the butter, garlic powder, celery salt, cayenne pepper and hot pepper sauce. Pour over cereal. Mixture and stir to coat. Bake uncovered at 250° for 35-40 minutes. Stirring every 15 minutes, cool completely. Store in airtight containers. Yield: about 5 quarts.

CARAMEL CRISPIX MIX

Judy Honer
Laporte, MN
(Director)

- | | |
|---------------------------------|----------------------------------|
| 4 cups peanut/cashew mix | 12 oz. box Crispix cereal |
|---------------------------------|----------------------------------|

Mix these items in a large paper grocery bag.

(continued)

- | | |
|---------------------------|-----------------------------|
| 2 cups brown sugar | ½ c white corn syrup |
| 2 sticks butter | ½ tsp. baking soda |

Mix together and boil for 2 minutes. Remove from heat and stir in baking soda. Pour mixture over dry stuff in bag and shake well. Microwave for 2 minutes and shake when done, microwave for another 2 minutes and shake well. Spread over cookie sheet or tin foil to cool. When cool break apart and enjoy!

CARAMEL NUT CRUNCH

- | | |
|---------------------------------------|-------------------------------------|
| ½ c packed brown sugar | 1 c whole unblanched almonds |
| ¼ c. butter | ½ c white corn syrup |
| 4 cups cheerios | ½ tsp. salt |
| 1 c walnut halves | 1 c pecan halves |
| 1 c salted dry roasted peanuts | |

In a saucepan heat the brown sugar, corn syrup, butter and salt over medium heat for 5 minutes or until sugar is dissolved, stirring constantly. In a heatproof bowl combine cheerios and all nuts. Pour hot syrup over cereal mixture, stir until well coated. Spread into a greased 15x10x1 inch baking pan. Bake at 300° for 30 minutes or until crisp. Stirring every 10 minutes. Cool on a wire rack until slightly firm. Break apart into pieces. Yield: 8 cups.

CHEESE BALL

Alison Leas
Bemidji, MN

- | | |
|--|---|
| 2 (8-oz) pkgs. cream cheese | ¼ c. chopped peppers (any color-red and yellow are pretty) |
| 1 (8½-oz) can crushed pineapple, drained | 2 T. chopped green onions |
| 2 c. chopped pecans or walnuts (reserve 1 c.) | Salt to taste |

Mix together all ingredients very well and form into a ball. Roll into the reserved 1 c. chopped nuts. Cling wrap helps with the rolling process. Refrigerate. Serve with your favorite crackers.

CHEESE BALL

Lynn Hirsche

- | | |
|--|--|
| 1 (8 oz.) Kaukauna Smokey Cheddar cheese spread | 1 (8 oz) pkg. cream cheese |
| 1 (5 oz) Kraft Roka Blue cheese spread | 1 tsp. worcestershire sauce |
| | 1 (6 oz) bags chopped pecan chips |

When cheeses are softened@ room temperature, thoroughly blend cheeses and worcestershire sauce together. Place large sheet of plastic wrap on flat surface with ½ of the chopped pecans on it. Make your hands very cold and wet by placing under cold water faucet or rubbing hands with ice cubes. Form cheese mixture into a ball; place on plastic wrap with nuts and sprinkle with remaining nuts to coat. Wrap up in plastic wrap and place in small, same size bowl to form and retain shape. Chill overnight or 4 hours. Serve with your favorite crackers.

CHEESY BACON DIP

Leslie Huot
Solway, MN

- | | |
|---------------------------------------|--|
| 1 pkg. shredded cheddar cheese | 1 c. mayo |
| ½ jar real bacon bits | green onion, chopped (optional) |

Mix all together and serve with crackers.

CHOCOLATE CHIP COOKIE DOUGH DIP

Linda Arnold
Bemidji, MN

- | | |
|--------------------------------|----------------------------------|
| 8 oz. pkg. cream cheese | 1 T. brown sugar |
| ½ c. butter | 1 c. mini chocolate chips |
| 1 tsp. vanilla extract | 1 c. walnuts, chopped |
| ¾ c. powdered sugar | |

Beat cream cheese, butter and vanilla. Add sugars and beat well. Stir in chocolate chips and nuts. Chill and serve with vanilla wafers or graham sticks.

CHRISTMAS QUESO

Sheila Story
Laporte, MN

- | | |
|---|---|
| 2 lbs. Queso Blanco-style processed cheese, such as Velveeta Queso Blanco, cut in ½ inch cubes | 1 jar diced pimentos |
| 2 cans diced tomatoes and green chilies, such as Rotel | 2 jalapeños, seeded and chopped finely |
| | tortilla chips, for serving |

Add the cheese to a saucepan and melt over medium heat. Add the diced tomatoes and chilies, pimentos and jalapeños and mix. Pour into a chafing dish and keep warm. Serve with tortilla chips.

CRANBERRY SALSA

Dianne Sizer
Hines, MN

- | | |
|------------------------------------|----------------------------|
| 1 (12 oz) bag cranberries | ½ tsp. salt |
| ⅓ c. sugar | 1 seedless orange |
| 1 jalapeño coarsely chopped | ½ c. fresh cilantro |
| ½ c. onion (chopped) | |

Combine first 4 ingredients in food processor, pulse. Grate orange and add segments. pulse. Add cilantro. Serve with blue corn chips.

CUCUMBER-DILL GUACAMOLE

BEC Cookbook Committee

- | | |
|-------------------------------|----------------------------------|
| 2 medium ripe avocados | ¼ c. fresh dill |
| 1 lime | 1 tsp. ground cumin |
| ½ small red onion | ½ tsp. salt |
| ½ seedless cucumber | 1 garlic clove |
| 1 jalapeño pepper | tortilla chips (optional) |

Using an avocado peeler, cut avocados in half lengthwise; remove seeds and scoop out flesh into bowl. Juice lime with a citrus press to measure 1 ½ tbsp; add to batter bowl. Cut onion and cucumber into small chunks. Remove stem from jalapeño and cut in half lengthwise; carefully remove seeds. Cut jalapeño into chunks. Place jalapeño, onion, cucumber, dill, cumin and salt into a food processor. Add pressed garlic. Process until vegetables are finely chopped. Place in bowl and mix. Serve with tortilla chips.

DILL DIP

Lynette Nieuwsma
Bemidji, MN

1/3 c. dairy sour cream
1/3 c. mayonnaise
1 T. dry onion flakes

1 T. parsley flakes
1 T. dill weed
2 tsp. seasoning salt

Mix together. chill at least 2 hours before serving. Serve with veggies.

DIP

Dianne Sizer
Hines, MN

1 (8 oz) cream cheese
3 T. margarine

dry Italian seasoning mix

Blend Cream cheese and margarine. Add seasoning mix to taste, maybe a bit less than half a pkg. Refrigerate overnight to allow flavor to develop. Serve with town house multigrain toppers.

GUACAMOLE

BEC Cookbook Committee

**3 avocados - peeled, pitted and
mashed**
1 lime, juiced
1 tsp. salt
1/2 c. diced onion

3 T. chopped fresh cilantro
2 Roma (plum) tomatoes, diced
1 clove garlic, minced
**1 pinch ground cayenne pepper
(optional)**

In a medium bowl, mash together the avocados, lime juice and salt. Mix in onion, cilantro, tomatoes and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately. Serve with tortilla chips.

HOT DIP

Judy Honer
Laporte, MN
(Director)

**2 pkgs. Jimmy Dean Pork
Sausage, browned**

1 large Velveeta cheese
3-4 cans chili without beans
(continued)

I use crock-pot to melt cheese & chili, add browned sausage and mix well. Keep warm and stir often. Use scoops, tortilla chips etc. for dipping.

HOT MEXICAN DIP

Leslie Huot
Solway, MN

1 lb. Hamburger, browned
1 pkt. taco seasoning mix
1 can refried beans

1 pkg cream cheese
shredded Mexican cheese
1 jar salsa

Brown hamburger and add taco seasoning mix. Layer on round pizza pan: cream cheese, refried beans, burger and cheese. Bake at 325° until cheese is melted. Remove from oven and add 1 jar salsa, shredded lettuce, tomatoes, black olives, onion and other toppings you desire. Serve with tortilla chips or scoop chips.

ITALIAN STUFFED APPETIZER BREAD

Sheila Story
Laporte, MN

**1 pkg. (16 oz) Johnsonville
Ground Mild Italian Sausage
or 1 pkg (19.76 oz) mild Italian
sausage links, castings
removed**
**1 loaf (1 lb.) frozen bread
dough, thawed**
4 oz. cream cheese, softened
2 garlic cloves, minced

**1 jar (7 oz) roasted red peppers,
well drained and sliced**
**1/3 c. Kalamata olives, pitted and
sliced**
**2 c. (8 oz.) shredded Swiss
cheese**
1 T. water
1 tsp. poppy seeds

In skillet, brown sausage until no longer pink, drain. On lightly floured surface, roll bread dough to a 16x12 inch rectangle. Combine cream and garlic, spread lengthwise over center third of dough. Top with sausage, peppers, olives, and cheese. Fold dough over filling, pinching seams to seal. Make slits across top of dough every 2 inches. Brush lightly with water and sprinkle with poppy seeds. Bake at 400° for 20-25 minutes or until golden brown. Let stand 10 minutes before slicing. Yield: 16 servings.

JALAPEÑO PEPPER APPETIZERS

Ruth Hiltz
Bemidji, MN

10 medium Jalapeño peppers **10 bacon strips, halved**
4 oz. cream cheese, softened

Cut peppers in half lengthwise; remove seeds, stems and center membrane. Stuff each half with about 2 tsp. of cream cheese. Wrap with bacon and secure with a toothpick. Place on a broiler rack that has been coated with nonstick cooking spray. Bake at 350° for 20 to 25 minutes or until bacon is crisp. Remove toothpicks. Serve immediately. Yield: 20 appetizers. (Not hot when all membranes is removed. Can also be barbequed or broiled.

JULIE'S BLACK BEAN SALSA

Arlene Bubar
Cass Lake, MN

1 red bell pepper, chopped **¼ c. olive oil**
1 green bell pepper, chopped **5 T. red wine vinegar**
1 yellow bell pepper, chopped **1 tsp. lime juice**
½ c. red onion, chopped **salt and pepper to taste**
1 can (15.25 oz.) corn, drained **1 can (15 oz.) black beans,**
1 clove garlic, crushed **drained**
1 tsp. cilantro, chopped (more is better)

Combine bell peppers, onions, corn, garlic and cilantro and toss to mix. Add olive oil, vinegar, lime juice, salt and pepper and toss again. Add black beans and mix well. Serve with tortilla chips.

LIVER PÂTÉ

Elva Bustrack
Warren, MN

½ lb. Liverwurst **1 envelope onion soup mix**
1 c. sour cream **1 tsp. worcestershire sauce**

Mix together (use mixer) till well blended. Serve with crackers

NACHO SPREAD

Gloria Johnson
Bemidji, MN

2 whole avocados **1 small sour cream**
4 to 5 drops Tabasco **2 cups. shredded cheddar**
1 tsp. lemon juice **cheese**
¾ of medium size jar of medium
chunky salsa

Mash avocados and add Tabasco and lemon juice. Spread on plate. Then cover with salsa. Next spread sour cream. Last sprinkle cheddar cheese on top. Serve with nacho chips.

PEANUT BUTTER TREAT

Barb Tessmer
Cass Lake, MN

1 c. peanut butter **1 c Karo corn syrup**
1 c sugar **1 bag Frito scoops corn chips**

Place 1 bag of scoops corn chips on large tray. Cook peanut butter, sugar and Karo corn syrup together in saucepan until sugar is dissolved, then pour over corn chips, mix together.

PUMPKIN PIE DIP

Melissa Schroth
Bemidji, MN

1 15 oz. can of pumpkin **1 tsp. cinnamon**
2 cups powdered sugar **½ - 1 tsp ground ginger**

Blend and chill for 8 hours. Serve with Ginger Snaps or Vanilla Wafers.

ROLL UPS

Gloria Schwantes
Bemidji, Mn

| | |
|---|--|
| 4 - 12 inch flour tortillas | 3 green onions, minced |
| 2 pkgs. (8 oz each) cream cheese, softened | 1 jar diced pimentos (4 oz) |
| 1 pkg. hidden valley ranch original salad dressing dry seasoning | 1 can diced green chilies (4 oz) |
| | 1 can chopped black olives (2.5 oz) |

Mix all ingredients together then spread on 4 - 12 inch flour tortillas. Roll up then cut in 1 ½ inch slices. refrigerate.

SALSA

Ruth Hiltz
Bemidji, MN

| | |
|--|--|
| 5 lbs ripe tomatoes | 1 c. cider vinegar (labeled 5% acidity) |
| 3 cups chopped onions | 3 ½ tsp. salt |
| 1 c. seeded and chopped chili peppers | |

Dip tomatoes in boiling water for 30 to 60 seconds until skins loosens. Dip in cold water and slip off skins. Core and chop tomatoes. In a 6 to 8 qt. saucepan, combine all ingredients. Bring to a boil, stirring often. Reduce heat and simmer 30 minutes., or to desired thickness. Immediately fill hot pint jars with salsa, leaving ½ inch head space. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tips and threads clean. Place hot lids on jars and screw bands on firmly. Process in boiling water canner for 15 minutes. Yield: 6 pints.

SHRIMP DIP

Maxine Lunderborg
Walker, MN

| | |
|-----------------------------------|------------------------|
| 8 oz. cream cheese | garlic salt |
| ¼ c. milk | parsley flakes |
| 8 to 12 oz. cocktail sauce | parmesan cheese |
| 2 cans tiny shrimp | crackers |

Beat cream cheese and milk together and spread on plate. Cover with cocktail sauce. Drain 2 cans of tiny shrimp and sprinkle on top of cocktail
(continued)

sauce. Sprinkle with garlic salt, parsley flakes and parmesan cheese. Serve with crackers.

SPICY CHEESE BALL

Pam Gregg
Bemidji, MN

| | |
|--|------------------------------|
| 1 (16-oz) cream cheese | 1 tsp. paprika |
| 1 bunch green onions (optional) | ½ tsp. cayenne pepper |
| 1 tsp. Tabasco sauce | ½ c. almonds, sliced |
| 1 tsp. Accent seasoning | |

Start with all ingredients at room temperature. Mix all together and shape into ball. Chill and roll into almonds. Overnight chill is best. Serve with crackers. (Wheat thins or Club crackers work best)

SPINACH DIP

Ruth Hiltz
Bemidji, MN

| | |
|---|--------------------------------------|
| 1 box Knorr's vegetable soup mix | 1 can chopped water chestnuts |
| 1 c. sour cream | 1 box frozen spinach, thawed |
| 1 c. mayonnaise | 3 to 4 chopped green onions |

Mix all together and serve in bread bowl or with raw veggies.

TACO ROLLUPS

Linda Arnold
Bemidji, MN

| | |
|--|--|
| 2 pkgs. (8 oz) cream cheese | 1 small can sliced black olives |
| 1 pkg. hidden valley dressing | 8 oz. shredded cheddar cheese |
| 1 small jar pimentos, diced | 6 flour tortillas |
| 1 small can chopped green chilies | picante sauce for dipping |

Mix together cream cheese and dressing, then mix rest of ingredients together well and spread on 6 floured tortillas. Roll up and wrap in saran wrap to chill. Slice and serve with picante sauce.

TIAJVANA TIDBITS

Linda Arnold
Bemidji, MN

4 cups taco chips in pieces
3 cups Crispix cereal

1 bag (3.5 oz) popcorn, popped
1 (12 oz) can mixed nuts

Combine all in large roaster.

½ c light corn syrup
½ c. butter
½ c. brown sugar

1 T. chili powder
⅛ to ¼ tsp. red pepper
½ tsp. cinnamon

Mix together in saucepan and bring to boil. Pour over cereal mixture and bake at 250° 1 hour. Stirring every 20 minutes. Pour on wax paper to cool.

VEGGIE DIP

Maxine Lunderborg
Walker, MN

1 pint Real Mayonnaise
2 T. Honey
7 drops Tabasco sauce
2 T. grated onion

pinch of salt
2 T. Ketchup
1 tsp. lemon juice
1 tsp. curry powder

Mix together and serve with assorted raw veggies.

VEGI PIZZA

Judy Honer
Laporte, MN
(Director)

CRUST

2 pkgs. Crescent Rolls
2 (8 oz.) cream cheese, softened
½ tsp. dried onions

½ tsp. dill weed
½ tsp. garlic powder

Press Crescent Rolls into greased jelly roll pan. Bake 12-15 minutes at 400°. Mix remaining ingredients and spread over cooled crust.

(continued)

TOPPINGS

Assorted vegetables of your liking

1 (16 oz.) or (8 oz.) bag of shredded sharp cheddar or Colby jack, or your favorite.

Chop ½ c. of as many as you like and add on top. Carrots, Celery, Broccoli, cauliflower, green and black olives, little green onions, fresh mushrooms, red and green peppers. Add 1 (16 oz.) or (8 oz.) bag of shredded sharp cheddar or Colby Jack or whatever is your favorite. Refrigerate until ready to serve.

WHITE CHOCOLATE PARTY MIX

Leslie Huot
Solway, MN

10 oz bag mini pretzels
5 cups cheerios
5 cups corn chex
2 cups peanuts

1 lb. bag plain M&M's
2 (12 oz) bags vanilla chips
3 T. Cooking oil

Mix pretzels, cheerios, corn chex, M&M's and peanuts in large bowl. Melt chips with cooking oil in microwave for 2 minutes, stir until smooth. Pour over dry mixture and mix well. Spread on wax paper until it's dry. Break apart and put in container.

Beverages

BANANA SLUSH

Verna Lofberg
Bemidji, MN

4 c. sugar
4 c. water
5-6 bananas
1 lg. can Lemonade concentrate frozen

1 lg. can Orange juice concentrate frozen
46 oz. can Pineapple juice
7Up

Boil sugar and water. Cool. Place bananas, lemonade and orange juice in blender. Blend until smooth. Combine with syrup and pineapple juice. Freeze in ice cream pail. To serve scoop frozen slush into tall glass. Add 7Up to fill glass. Serve with straw and spoon. Optional: Serve with a scoop of vanilla ice cream on the top.

COOL FRUIT DRINK

Maxine Lunderborg
Walker, MN

4 cups sugar
6 cups water
1 (46 oz) can pineapple juice
2 (12 oz) can frozen orange juice

1 (12 oz) can frozen lemonade
5 mashed bananas

Bring sugar and water to a boil and cool. Pour into a 5 qt. ice cream pail. Mix pineapple and orange juice, lemonade and bananas, add to sugar mixture, stir well and freeze. When ready to use put 1 scoop of frozen mix in a large glass and fill with 7 up or ginger ale.

CRANBERRY SLUSH

Maxine Lunderborg
Walker, MN

1 (3 oz) pkg. cherry Jello
1 c. boiling water
1 (6 oz) can frozen lemonade, thawed

1 c. cold water
2 cups vodka
1 qt. (32 oz) cranberry juice cocktail

Dissolve Jello in boiling water. Stir in lemonade, cold water, vodka and cranberry juice. Mix well and freeze in ice cream pail. Freeze overnight. Serve with 7 up. ($\frac{1}{2}$ slush and $\frac{1}{2}$ 7 up in glass.)

HOT CHOCOLATE MIX

Lois Hadrava
Bemidji, MN

2 cups powdered milk
 $\frac{1}{4}$ c. cocoa

1 c. powdered sugar
dash of salt

Mix all ingredients well. For a richer mix add $\frac{1}{3}$ c. of powdered coffee creamer.

LEMONADE

Judy Lowmaster
Bemidji, MN

juice of 3 lemons
 $1\frac{1}{4}$ c. sugar

6 glasses of water (8 oz each)

Mix the juice from lemons, sugar and water together and add ice and lemon rind. Stir and serve.

LIME SLUSH

Maxine Lunderborg
Walker, MN

9 cups water, boiling
4 individual green tea bags
2 can (12 oz each) frozen limeade concentrate, thawed

2 cups sugar
2 cups rum
7Up

Put the 4 tea bags in the 9 cups boiling water and let steep 3 to 5 minutes. Discard the tea bags. To the tea water stir in limeade, sugar and rum. Transfer to a ice cream pail. Cover and freeze overnight. To serve use $\frac{1}{2}$ c. frozen slush and $\frac{1}{4}$ c. 7Up. Add a lime wedge or a slice in the glass for color.

PINA COLADA SLUSH

Maxine Lunderborg
Walker, MN

2 (46 oz) cans pineapple juice
1 can cream of coconut (8.5 oz)

2 cups rum
7Up

Mix in a ice cream pail. Freeze, Stir several times during freezing. Serve mixing with 7Up. ($\frac{1}{2}$ slush and $\frac{1}{2}$ 7Up in glass.)

RASPBERRY RIPPLE SMOOTHIE

Angela Lyseng
Bemidji, MN

5 oz. fresh raspberries
2 scoops vanilla ice cream

Add raspberries and one scoop of ice cream to a blender. Place the other scoop in a glass. Pour the creamy mixture over the single scoop.

RHUBARB PUNCH

Judy Lowmaster
Bemidji, MN

2 (12 oz) pkgs. frozen or fresh
rhubarb
¼ to ½ cups sugar
1 (6 oz) can frozen lemonade

3 cups water
2 (7 oz) bottle of lemon lime
beverage

In pan cook rhubarb, sugar, lemonade and water. Cover and cook for 15 minutes. Strain and chill. Pour over ice cubes. Add lemon lime beverage just before serving.

WILD BERRY SMOOTHIE

BEC Cookbook Committee

1 c. orange juice
⅓ c. pineapple juice
3 pineapple slices
8 fresh strawberries

10 fresh blackberries
15 fresh blueberries
4 oz. favorite berry Yogurt
ice cubes

Mix all together and enjoy! 2 servings.

Soups & Salads

5/16" Binder allowance



BEC Headquarters at 301 America Ave., Bemidji, MN

Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving “free soup.”
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top – remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don't overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

SOUPS & SALADS

Soups

5 HOUR BEEF STEW

Avis Eickhoff
Bemidji, MN

| | |
|----------------------------------|-------------------------------------|
| 1 ½ lb stew meat, browned | 1 T. sugar |
| 5 carrots | 1 pkg. Lipton onion soup mix |
| 5 potatoes | ½ c. red wine |
| 3 onions | ½ c. water |
| ½ to 1 green pepper | 3 T. tapioca |
| 5 stalks celery | 1 small can mushrooms, |
| 1 tsp. salt | drained |
| 1 large can tomatoes | pepper |
| 3 T. worcestershire sauce | |

Mix all ingredients lightly after cubing. Bake at 350° for 5 hours without peeking. Use a heavy roaster with lid. Can use a crock pot also.

BUTTER STEAMED CALICO STEW

Mary Lu Oustad
Bemidji, MN

| | |
|--------------------------------------|-------------------------|
| ⅓ c. butter or margarine | ½ tsp. salt |
| 1 c. ½ inch cubed potatoes | ½ tsp. sugar |
| 1 small can whole kernel corn | ⅛ tsp. pepper |
| ½ c. ¼ inch sliced carrots | ½ tsp. dill weed |
| ½ c. chopped onion | |

Melt butter in large fry pan. Add the rest of the ingredients. Cover and cook on medium low heat for 10 to 15 minutes, stirring often, until veggies are tender.

CHEESEBURGER SOUP

Sheila Story
Laporte, MN

| | |
|-------------------------------|--|
| 1 lb. ground beef | 4 c. peeled and diced potatoes |
| ¾ c. chopped onions | ¼ c. flour |
| ¾ cup shredded carrots | 2 cups Velveeta process cheese cubed, (16 oz) |
| 34 c. diced celery | 1½ c. milk |
| 1 tsp. dried basil | ¾ tsp. salt |
| 1 tsp. dried parsley | ¼ to ½ tsp. pepper |
| 4 T. butter, divided | ¼ c. sour cream |
| 3 c. chicken broth | |

Brown the ground beef in 3 quart saucepan. Drain and set aside. In the same sauce pan add 1 T. butter and add onions, shredded carrots, parsley flakes, basil and celery. Sauté until tender. Add the broth, potatoes and beef and bring to a boil. Reduce heat, cover and simmer 10 to 12 minutes or until potatoes are tender. In a small skillet melt the remaining butter (3 T.) and add the flour. Cook and stir for 3 to 5 minutes or until bubbly. Add to the soup and bring to a boil. Cook and stir in the cheese, milk, salt and pepper. Cook and stir until cheese melts, remove from heat and blend in sour cream.

CHICKEN CHILI

Alison Leas
Bemidji, MN

| | |
|--|---|
| 1 onion, chopped | 1 can corn |
| 1 green pepper (or red), chopped | 2 c. chicken, cooked and diced |
| 2-3 celery ribs, chopped | 2-3 T. dry ranch seasoning (more or less to taste) |
| 1 qt. stewed tomatoes, undrained | 3-4 T. taco seasoning (more or less to taste) |
| 1 can Hominy | 1-2 qt. chicken broth (just enough to cover) |
| 1 (4-oz) can green chilies | Salt & pepper to taste |
| 3-4 cans bean (any combination of black, pinto, northern or anything else you like) | |

Put all of the ingredients into a Dutch oven, bring to a boil and then simmer, covered for 3 to 4 hours. You may use a slow cooker instead and put on low for 8 hours. If your chili is too dry, add more broth and/or tomato juice. Serve with corn bread or tortilla chips, sour cream and cheese. This chili gets better the day after you make it, just refrigerate overnight and reheat as needed.

CREAMY HAM AND POTATO SOUP

Shirley Schmidt
Laporte, MN

| | |
|---|--|
| 3½ c peeled and cubed potatoes | ¾ c chicken broth |
| ⅓ c diced celery | ½ tsp. of salt, or to taste |
| ½ c finely chopped onion | 1 tsp. white or black pepper, or to taste |
| ½ c diced carrots | 5 T. butter |
| 1 c diced cooked ham (we prefer it with wieners) | 5 T. Flour |
| | 2 c milk |

1. Combine the potatoes, celery, onion, carrots, ham and chicken broth in a stockpot. (Note: If wieners are used, add later with salt-pepper) Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in salt and pepper. 2. In a separate saucepan, melt butter over medium-low heat. Whisk in flour and cook stirring constantly until thick, about 1 minute. Slowly stir in milk so that lumps don't form and until all the milk has been added. Continue stirring over medium-low heat until thick, 4-5 minutes. 3. Stir milk mixture into the stockpot, and cook soup until heated through. 4. Top with cheddar cheese, chives, and bacon if desired. Serve immediately. Note: Takes only 45 minutes from the time you start preparing the veggies until it's ready to eat.

DUCK WILD RICE SOUP

Jessica Delaney
Bemidji, MN

| | |
|--|-----------------------------|
| 1 c. cooked wild rice | 2 T. bacon bits |
| 4 duck breasts | 2½ cups milk |
| 2 (10 oz) cream of chicken soup | ½ tsp. garlic powder |
| 2 (10 oz) cream of celery soup | ½ tsp. onion powder |

Cook wild rice according to pkg. While rice is cooking, cut up the duck breast into cubes and place in a saucepan to cook breasts until the meat is completely cooked. Once both the wild rice and duck breasts are cooked, place them in a slow cooker. Next, place the cream of chicken and celery soup, bacon bits, milk, garlic powder and onion powder into the same slow cooker crock pot and mix well. Turn slow cooker crock pot on high for one hour.

EASY DAY STEW

Darlene Hurley
Bemidji, MN

| | |
|---|-------------------------------------|
| 2 lbs. beef stew meat or steak cubed | 1 T. worcestershire sauce |
| 1 c. sliced carrots | 1 can cream of tomato soup |
| 2 medium onions, chopped | ¼ c. water |
| 1 T. salt | 1 or 2 large potatoes sliced |
| a dash of pepper | ½ tsp. basil flakes |
| | 1 bay leaf |

Mix all together in a casserole. Cover and place in 250° oven for 5 hours or so.

FIESTA SOUP

Verna Lofberg
Bemidji, MN

| | |
|-------------------------------------|--|
| 1 lb. hamburger | 1 can Black Beans or Kidney Beans, drained and rinsed |
| 1 onion | 1½ cans water |
| 26 oz. can diced tomatoes | 1 pkg. taco seasoning mix |
| 1 can chopped green chillies | 1 pkg. Ranch dressing mix |
| 1 can corn drained | |

Brown hamburger and onion. Combine remaining ingredients and simmer 1 hour. (This is very similar to a taco soup, but healthy) You can add corn chips and a dollop of sour cream if you wish. No need to add additional salt & pepper, the mixes have enough.

FRENCH ONION SOUP

Julianne Alstad
Walker, MN

| | |
|--|----------------------------------|
| 1 large sweet onion, thinly sliced (about 4 cups) | ½ tsp. pepper |
| ¼ c. butter, cubed | croûtons for topping |
| 2 cans (14½ oz each) beef broth | 2 slices provolone cheese |
| 2 T. sherry or additional beef broth | |

Place onion and butter in 1½ qt. slow cooker coated with cooking spray. Cover and cook on low for 6 hours or until onion is tender. Stir in the broth, sherry and pepper. Cover and cook 2 to 3 hours longer or until heated through. Ladle soup into oven-proof bowls. Top each with
(continued)

croûtons and cheese. Broil 4 to 6 inches from the heat for 2 to 3 minutes or until cheese is melted. Serve immediately. 4 servings.

ITALIAN SAUSAGE SOUP

Maxine Lunderborg
Walker, MN

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|---|--|
| 1 lb. Italian sausage, remove casing | 1 clove garlic, minced |
| 1 lg. onion, chopped (1 c.) | 1 tsp. dried oregano, crushed |
| 1 medium carrot, chopped (½ c.) | ½ tsp each of rosemary and basil |
| 1 stalk celery, chopped (½ c.) | ¼ tsp each thyme and fennel seeds |
| 8 cups chicken broth | 1 bay leaf |
| 1 (14½ oz) can diced tomatoes | ½ c. Orzo pasta |
| 1 (8 oz) can tomato sauce | |

Cook sausage, onion, carrots and celery until sausage is done. In crock pot put chicken broth, sausage, onion, carrots, celery, tomatoes, tomato sauce, garlic, oregano, rosemary, basil, thyme, fennel and bay leaf. Cover and heat on medium or high for 1 to 2 hours. Add pasta and heat another 30 minutes. Discard bay leaf. Over cooking the pasta will make it mushy. Serve with parmesan cheese.

JULIE'S CROCK POT SANTE FE SOUP

Arlene Bubar
Cass Lake, MN

| | |
|---|---|
| 2 lbs. ground beef | 1 (16 oz.) can black beans |
| 1 onion, chopped | 1 (16 oz) can pinto beans |
| 2 (1.25 oz.) pkg. taco seasoning mix | 1 (16 oz) can tomatoes with green chillies |
| 2 (.5 oz.) pkg. ranch dressing mix | 2 (16 oz.) can corn |
| 1 (16 oz.) can kidney beans | 2 cups. water |

Brown meat and onion and add taco and ranch seasonings. Throw everything else into a crock pot, then add meat mixture. Cook all day on low then serve with sour cream and tortilla chips.

LEEK AND CHICKEN SOUP

Brian Livermore
Bemidji, MN

- | | |
|--|--|
| 1 lb. skinless chicken thighs | 2 large garlic cloves, peeled |
| 1 lb. skinless chicken breast halves | 3 large leeks, white and light green parts only, halved lengthwise, thinly sliced crosswise |
| 8 cups low-sodium chicken broth or stock | ½ c. barley |
| 2 cups white wine (chardonnay works well) or water (or ½ and ½) | ½ c. finely chopped fresh flat leaf parsley (or 1 to 2 T. dried parsley flakes) |
| 3 to 4 large celery ribs, halved crosswise | 1 small pkg. frozen peas |
| 3 to 4 large carrots, peeled | |

Heat a 6 quart Dutch oven on medium high until hot. Add thighs; cook until browned, turning once, about 8 minutes. Transfer to a bowl. Repeat with breasts. Add Broth, wine, celery, carrot, and garlic to Dutch oven. Bring to a boil; scrape any browned bits from pot; return chicken to pot, reduce heat and simmer, skimming as necessary for 1 hour. Transfer chicken to a plate; let cool. Transfer vegetables to another plate; reserve. Add leeks and barley to broth. Bring to a boil, reduce heat, and simmer until thick, about 40 minutes more. Once chicken has cooled, debone and shred meat. Finely dice carrot and celery. Stir chicken, carrot, celery, peas, and parsley into soup, heat through, and serve with your favorite bread.

MEXICAN SOUP

Evie Johnson
Bemidji, MN

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|---|--|
| 1 lb. hamburger onion | 1 (16 oz) can peas, drained |
| 1 (16 oz) can pinto beans, drained and rinsed | 3 (16 oz) cans stewed tomatoes |
| 1 (16 oz) can Kidney beans, drained and rinsed | 2 (10½ oz) cans beef broth |
| 1 (16 oz) can corn, drained | 1 pkg. dried hidden valley ranch dressing |
| | 1 pkg. dried taco seasoning salt and pepper |

Brown hamburger and onion, put in large crock pot. Cook on low 4 to 6 hours. serve with grated cheese, tortilla chips and or biscuits.

MULLIGAN STEW

Bonnie Dahl
Bemidji, Mn

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|---|-----------------------|
| 1 lb. stew meat, cut in small pieces | 1 can water |
| cooking oil | 3 carrots |
| 1 tsp. salt | 3 potatoes |
| 1 can of tomato soup | 3 small onions |

Brown stew meat in oil. Add salt, tomato soup, water. Cover tightly and let simmer slowly until tender, about 1½ hours. Cut carrots, potatoes and onions into bite sized pieces. Continue to cook slowly about 30 minutes more. May have to add more water as it cooks. May also add 1½ c. chopped bit size cabbage.

MUSHROOM BEEF BARLEY SOUP

Linda Simonson
Cass Lake, MN

- | | |
|---|--|
| 1 lb. lean ground beef, browned | ½ lb. fresh mushrooms, finely chopped |
| 1 medium onion, finely chopped | 6 cups beef broth |
| 2 garlic cloves, minced | 1 c. barley |
| 1 stalk celery, finely chopped | 1 tsp. salt |
| 2 medium carrots, finely chopped | pepper to taste |

Put beef and veggies in large stock pot with beef broth, barley, salt and pepper to taste. Simmer together until barley is done, ½ to 1 hour.

PRAIRIE CORN CHOWDER

Gloria Johnson
Bemidji, MN

- | | |
|--|---|
| 12 oz. lean salt pork, diced | 2 cups milk at room temperature |
| 2 medium sized yellow onions, chopped | 2 cups light cream at room temperature |
| 2 or more medium sized potatoes, peeled and diced | pepper to taste |
| 4 cups whole kernel corn (can you frozen) | |

Render pork slowly until crisp: drain on paper towel. Pour off drippings: measure ¼ c. and return to kettle. Add onions and potatoes and stir fry
(continued)

slowly (15 to 20 minutes) until potatoes are almost tender. Add corn, milk, cream and salt pork and simmer uncovered about 15 minutes (do not boil). Taste and season with salt (if needed) and pepper. Usually doesn't need salt because of the salt pork.

SALMON SOUP

Ester Olson
Shevlin, MN

| | |
|---|--------------------------|
| 1 skinless salmon fillet cut into slices | 2 T. tomato paste |
| ½ sliced onion | parsley |
| 2 sliced tomatoes | garlic slices |
| 1 red pepper | garlic powder |
| 1 green pepper | salt |
| 6 lg potatoes cut into medium pieces | water |

Season the salmon with salt and garlic powder, let resting in a bowl. In a saucepan place the potatoes and cover with water, when the potatoes begin to be semi-cooked add the tomato paste, salt, slices of peppers, sliced onions and sliced tomatoes. When the peppers begin to become semi-cooked distribute the salmon slices on top of it and add more water to cover the salmon. Cook until salmon are cooked, taste the soup to see if you need to add more salt. When the soup is ready, turn off the heat and add the parsley. Serve the soup with slices of bread. Serves 6 to 8

SMOKY PORK BACON AND WHITE BEAN CHILI

Maxine Lunderborg
Walker, MN

| | |
|---|---|
| 5 to 6 slices bacon, cut into ¼ inch stripes | 1 T. smoked paprika |
| 1 large onion, chopped | 2 (14 ½ oz) cans diced fire roasted tomatoes |
| 1 ½ lb. pork loin roast, cooked and diced | 1 ½ c. water |
| 2 T. chili powder | 2 (15 oz) cans white kidney beans |

In small fry pan cook bacon until crispy, drain bacon on paper towels. Add onions to the bacon fat and cook until tender. Drain grease. Put all ingredients into large kettle and bring to a boil, reduce heat and simmer 35 to 40 minutes. Serve with sour cream and scallions for a garnish. 6 servings.

SOUTHWEST STEW

Lucille Bucher
Bemidji, MN

| | |
|--|-----------------------------|
| 1 (28-oz) can cut up tomatoes | 1 c. salsa |
| 2 (15-oz) cans pinto beans, rinsed and drained | 1 T. cumin |
| 1 (15-oz) can kidney beans, rinsed and drained | 1 T. onion flakes |
| 1 (15-oz) can whole kernel corn, rinsed and drained | ½ tsp. garlic powder |
| | ½ tsp. pepper |

Combine all ingredients in large pot. Mix and bring to a boil, reduce heat and simmer, covered for 15 to 20 minutes. Serve with tortillas, corn bread or sour dough bread. Makes 8 servings.

TACO SOUP

Gloria Johnson
Bemidji, MN

| | |
|---|-------------------------------|
| 1 lb. ground turkey | 2 cans stewed tomatoes |
| 1 small onion, diced | 1 pkg. taco seasoning |
| 1 can tomato soup | 4 cups water |
| 2 cans red kidney beans, drained | |

Brown turkey with onion. Add other ingredients and bring to boil. Then simmer for about 1 ½ hours. Serve over nacho cheese chips. Top with grated cheddar cheese.

TOMATO SOUP

Evie Johnson
Bemidji, MN

| | |
|---------------------------------------|---|
| 1 T. chicken base (paste form) | 16 oz can diced tomatoes in pure |
| 1 c. water | 16 oz can crushed tomatoes |
| 1 oz. butter | 8 oz heavy whipping cream |
| ½ tsp. baking soda | 8 oz. liquid coffee creamer |
| 2 T. sugar | |
| 1 T. chopped onion | |

Combine chicken base, water, butter, chopped onions and sugar. Simmer until onions are clear. Add tomatoes, baking soda and stir well. Add cream, liquid creamer and heat to serve.

WALDOLF ASTORIA STEW

Evie Johnson
Bemidji, MN

2 lbs. stew meat, chunked not browned
2 cups cubed carrots
2 cups cubed potatoes
2 cups cut celery
4 quartered onion

1 lg. can whole or diced tomatoes
1 slice broken bread
3 T. tapioca
1 T. sugar
salt and pepper

Put all ingredients in large crock pot, cook 2 hours on high or 5 hours on low.

WILD RICE SOUP

Joan Forbes
Bemidji, MN

½ c wild rice (raw) or 2 cups cooked
1 lb bacon
3 T. bacon drippings
¾ c. celery
1 c. chopped onions

2 cans of ready to serve chicken broth (14 oz cans)
1 can of chopped mushrooms (4 oz can)
3 cans of cream of mushroom soup (10.5 oz cans)

Wash wild rice or use cooked rice. Fry bacon until crisp. Remove bacon and discard all but 3 T. of grease. Sauté celery, onions in bacon grease until onions are transparent. Put in large kettle and add rice and broth, mushrooms soup and bacon. Cook on low heat for 1 hour or more. Do not add salt. Makes 8 to 10 servings. Do not substitute cream of mushroom soup.

WILD RICE SOUP

Joan Serbus
Solway, MN

1 c. uncooked wild rice
4 c. water
1 tsp. salt
½ lb. diced ham or bacon

¼ c. chopped onion
3 (10¾-oz) cream of potato soup
4 (soup cans) of milk
2½ cups cubed Velveeta cheese

Cook rice in water and salt. Drain. Fry meat and onions, drain. Mix all ingredients together. You may cook in a kettle until the cheese is melted or put in a crock pot for 2 hours on high.

Salads

BROCCOLI ALMOND SALAD

Judy Honer
Laporte, MN
(Director)

6 cups broccoli florets
6 oz. sharp cheddar cheese, shredded
½ c. celery, chopped
½ c. raisins
10 slices bacon, cooked and crumbled

salt and pepper
3 green onions, thinly sliced
¾ c mayo
¼ c. honey
1 T. Lemon juice
1 (3.75 oz.) honey roasted sliced almonds

Combine broccoli, cheddar, celery, raisins, bacon and green onions. In a small bowl, stir together mayo, honey and lemon juice. Pour over broccoli, tossing gently. Add salt and pepper. Stir in almonds just before serving. Keep remaining in refrigerator.

BROCCOLI BACON SALAD

Barb Tessmer
Cass Lake, MN

10 slices of bacon (maple)
2 heads of broccoli
2 T. vinegar

2 T. sugar
1 c. mayo
1 c. sunflower seeds

Fry bacon, cut up in pieces, drain fat and cool. Break up broccoli, into bite sized pieces. Mix together mayo, sugar and vinegar. Pour over salad ingredients.

CHERRY JELLO SALAD

Barb Pommerening
Bemidji, MN

1 can cherry pie filling
1½ c. water
2 small boxes of black cherry Jello

1 c. of cherry Pepsi or 7Up whipped cream and cherries for garnish

(continued)

Boil pie filling and water together. Add Jello and stir until dissolved. Then add 1 cup of either cherry Pepsi or 7Up and stir to blend. Refrigerate until set. Can make the night before. Garnish with whipped cream and cherries, if desired.

CHINESE COLESLAW

Maxine Lunderborg
Walker, MN

| | |
|--|------------------------------|
| 1 head cabbage, chopped | green and red peppers |
| 1 pkg. Ramen noodles (oriental) | onions |
| discard seasoning pkt. | ¼ c. vinegar |
| ½ c. sunflower seeds | ½ c. vegetable oil |
| celery | 2 tsp. soy sauce |
| carrots | ¾ c. sugar |

Chop small amounts of celery, onion, carrots, green and red peppers. Put in large bowl. Add chopped cabbage, Ramen noodles and sunflower seeds. In a jar with a lid mix sugar, vinegar, oil and soy sauce. Shake well to mix. Pour over the cabbage mixture and mix well. Refrigerate overnight. Keeps well for days in the refrigerator.

CHOW CHOW

Marian Kappahn
Puposky, MN

Fresh vegetables

Canned vegetables

You can use carrots, green and yellow beans, cauliflower, celery, red pepper, sweet pickle chips, lima beans, corn, and dark red kidney beans. Cut the fresh vegetables up and cook them separately, drain and put together in a large container. Drain and rinse the canned vegetables and add to container.

DRESSING

| | |
|---------------------------|--------------------|
| 3 c. sugar | 1 c. water |
| 2 c. white vinegar | 1 tsp. salt |

Mix the dressing until sugar is completely dissolved and pour over vegetables. Double the dressing recipe if needed. Mix gently.

CORN SALAD

Avis Eickhoff
Bemidji, MN

| | |
|--------------------------------------|----------------------------------|
| 1 can Mexican corn | ½ c. green pepper, finely |
| ½ c. red onion, chopped | chopped |
| 1 c. cheddar cheese, shredded | 1 c. miracle whip |
| 1 can whole kernel corn | |

Mix all together, refrigerate until ready to use. When ready to serve add 1 bag of chili cheese Frito chips (crushed)

CRANBERRY MOUSSE

Gloria Johnson
Bemidji, MN

| | |
|--|---------------------------------|
| 1 can (20 oz) crushed pineapple | 3 T. lemon juice |
| 1 pkg (6 oz) strawberry Jello | 1 tsp. grated lemon peel |
| 1 c water | ¼ tsp ground nutmeg |
| 1 can (1 lb) whole cranberry | 2 cups sour cream |
| sauce | |

Drain pineapple. Reserve juice. Add juice to Jello in 2 qt. saucepan. Stir in water. Heat to boiling stirring. Remove from heat and blend in cranberry sauce. Add lemon juice, peel and nutmeg. Chill until slightly thickened. Blend in sour cream. Fold in pineapple. Pour into 2 qt. mold or 13 x 9 inch Pyrex pan. Chill until firm. Serves 8 people.

CRANBERRY PINEAPPLE MINIS SALAD

Judy Honer
Laporte, MN
(Director)

| | |
|--|---|
| 1 (20 oz.) crushed pineapple in | 1 (16 oz.) whole berry cranberry |
| juice | sauce |
| 2 (3 oz.) pkg. Jello (raspberry | ⅔ c. chopped walnut pieces |
| flavored) | 1 apple chopped |

Drain pineapple reserving juice, add enough water to juice to measure 2½ cups, pour into saucepan, bring to a boil. Pour over gelatin mixes in large bowl. Stir 2 minutes until dissolved. Stir in pineapple, cranberry sauce, walnuts and apple. Spoon into 24 paper lined muffin cups. Refrigerate 2½ to 3 hours or until firm. Remove papers and serve. (If not using all muffin cups leave in bowl and will set.)

CRANBERRY SALAD

Ada Schrock
Bemidji, MN

1 bag cranberries, washed **1 or 2 boxes raspberry gelatin**
1 apple, cored **¾ c. cold water**
1 orange, peeled **½ c. chopped nuts**
1 c. sugar

Grind together the cranberries, apple and orange. Add sugar and set aside. Dissolve 1 to 2 boxes raspberry gelatin using cold water. when gelatin begins to jell, stir into the cranberry mixture and nuts. Pour into pan or mold and refrigerate several hours or overnight.

FROSTED JELLO SALAD

Lois Hadrava
Bemidji, MN

1ST LAYER

1 lg. pkg. lemon Jello
1 lg can drained crushed
pineapple, (save juice)

Make Jello, using ½ c. less water. Add pineapple and let firm in 9x13 inch pan.

2ND LAYER

1 pkg. whipped dream whip **8 oz. cream cheese**

mix together and spread over 1st layer.

3RD LAYER

1 cup pineapple juice **3 T. flour**
¾ c. sugar **2 eggs, beaten**

Cook until thickened, cool and spread over layers.

HOLIDAY COLESLAW

Arlene Hogquist
Bemidji, MN

1 (14-oz) bag of Dole classic **1 (5-oz) bag of sunflower seeds**
coleslaw **1 (15-oz) jar of Jimmy's**
1 (6-oz) bag of dried cranberries **coleslaw dressing**

Combine all ingredients and mix well. Refrigerate, then serve promptly.

LEMON ROMAINE SALAD

Sheila Story
Laporte, MN

DRESSING

⅓ c. frozen lemonade **1 tsp. mustard**
⅔ c. oil **½ tsp. salt**
½ c. sugar **1 T. poppy seeds**

Mix Together!

SALAD

2 bags romaine **½ c. cashews**
1 c. shredded Swiss or **1 pear, cut up**
parmesan cheese **1 gala apple, cut up**
¾ c. raisins or craisins

Mix all together and enjoy!

MACARONI SLAW

Darlene Hurley
Bemidji, MN

SALAD

1 bag coleslaw **1 green pepper, diced**
1 box (7 oz) ring macaroni **1 red onion, chopped**
1 cucumber peeled and sliced **4 stalks celery, chopped**

Cook rings, drain, cool, combine rings, coleslaw and veggies.

(continued)

DRESSING

½ c. sugar
1½ c. miracle whip

1 tsp. vinegar
salt and pepper

Make dressing and pour over salad and mix.

MOCK CAESAR SALAD

Sheila Story
Laporte, MN

3 T. mayonnaise
2 tsp. grated parmesan cheese
1½ tsp. red wine vinegar
½ tsp garlic powder

½ tsp. lemon juice
4 cups torn romaine lettuce
¼ cup Caesar salad croutons
2 T. shredded parmesan cheese

In small bowl, whisk the mayonnaise, parmesan cheese, red wine vinegar, garlic powder, and lemon juice. In a large bowl, add lettuce. Pour dressing over salad, toss to coat. Sprinkle with croutons and shredded cheese. Yield: 4 servings.

OLD FASHIONED CABBAGE SALAD

Mary Noble
Big Lake, MN/ Tenstrike, MN

1 tsp. salt
¼ tsp. pepper
½ tsp. dry mustard
½ tsp. celery seed
2 T. sugar
¼ c. chopped green pepper

1 T. pimentos
1 tsp. instant onion
3 T. salad oil
⅓ c. vinegar
4 c. shredded cabbage

In large bowl place all ingredients in order, mix well. Cover and refrigerate 3 hours. Just before serving, drain cabbage.

ORANGE FLUFF SALAD

Maxine Lunderborg
Walker, MN

1 small pkg. vanilla pudding
(cooked kind)
1 small box orange Jello
1½ cups water

1 can mandarin oranges,
drained
1 c. cream, whipped

(continued)

Boil pudding, Jello and water for 1 minute. Cool. Add mandarin oranges. Fold in cream and refrigerate.

ORIENTAL SALAD

Judy Honer
Laporte, MN
(Director)

SALAD

2 lb. coleslaw
½ c. margarine or butter
½ c. sesame seeds

1 pkg. slivered almonds
5 pkgs. ramen noodles (oriental
flavor)

Brown seeds, noodles and almonds in butter or margarine. Add 2 of the seasoning packets. Mix with coleslaw.

DRESSING

1 c. salad oil
2 T. soy sauce

1 c. sugar
½ c. white vinegar

Pour dressing over everything. Do not assemble until ready to serve to avoid getting soggy.

POPCORN SALAD

Pam Gregg
Bemidji, MN

SALAD

1 bag. Old Dutch popcorn
1 lb. bacon, cooked and
crumbled
½ c. green onion, chopped

1 can sliced water chestnuts
2 c. celery, chopped
2 c. shredded cheddar cheese

Mix salad ingredients in large bowl, omitting popcorn. Mix dressing ingredients in a separate smaller bowl. Add the dressing and popcorn just prior to serving. Mix well to cover all salad.

DRESSING

2 c. Real Mayo
⅔ c. white sugar

3 T. cider vinegar

QUINOA AND PARSLEY SALAD

Sandy Overkamp
Laporte, MN

| | |
|--|--|
| 1 c. water | 3 T. fresh lemon juice |
| ½ c. uncooked quinoa | lemon zest, optional |
| ¾ c. fresh flat leaf parsley leaves | 1 T. olive oil |
| ½ c. thinly sliced celery | 1 T. honey |
| ½ c. thinly sliced green onions | ¼ tsp. salt |
| ½ c. finely chopped dried apricots or whole raisins | ¼ tsp. black pepper |
| | ¼ c. unsalted pumpkin seed kernels, toasted, optional |

Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Spoon into a bowl; fluff with a fork. Add parsley, celery, onions, and apricots. Whisk lemon juice, olive oil, honey, salt, and black pepper. Add to quinoa mixture, and toss well. Top with seeds.

SHRIMP SALAD

Verna Lofberg
Bemidji, MN

| | |
|---|---|
| 2 (3 oz) pkgs. Lemon Jello or 1 (6 oz) | 1 (4½ oz) can shrimp drained |
| 2 cups hot water | 1 c. grated cheddar cheese |
| 1 c. whipping cream | 4 hard cook eggs, chopped |
| 1 c. miracle whip | 1 c. chopped celery |
| 1 tsp. salt | 1 T. chopped little green onions |

Add hot water to Jello and mix well. When cool and partially set, whip until light. In a separate bowl, whip cream. Add miracle whip and salt. Add to Jello mixture and mix well. Stir in remaining ingredients. Pour into an oiled 9 x 13 inch pan and refrigerate. Can be a salad entrée if served on lettuce with crackers.

SIMPLE SALAD

Stephanie Mahowald
Bemidji, MN

| | |
|------------------------------------|---------------------------------------|
| 1 head lettuce, chopped | 1 medium onion, chopped |
| 1 head cauliflower, chopped | 1 lb. bacon, fried and chopped |

Mix all together in large bowl.

(continued)

1 c. Miracle whip
¼ c. Sugar

⅓ c. Parmesan cheese

Mix Miracle whip, sugar and cheese together, refrigerate 1 hour. Mix with lettuce mixture right before serving.

SUMMER SALAD

Maxine Lunderborg
Walker, MN

SALAD

| | |
|---|--------------------------------------|
| 2 (7 oz each) boxes of ring macaroni | 2 cups. cut up cucumbers |
| 1 c. chopped celery | 2 to 3 cups cooked ham, cubed |
| 1 c. chopped onion | ¼ c. green pepper, chopped |

Cook macaroni: drain and cool.

DRESSING

| | |
|---------------------------|---------------------------------|
| 1½ C. miracle whip | ½ c. vinegar |
| 1½ c. sugar | salt and pepper to taste |

Mix dressing ingredients together. Mix all ingredients and dressing in large bowl. Refrigerate overnight or 4 hours. Garnish with tomatoes on top (optional).

TACO SALAD

Stephanie Mahowald
Bemidji, MN

| | |
|---|-----------------------------|
| 1 lb. Hamburger, browned and drained | 1 pkg taco seasoning |
|---|-----------------------------|

Mix meat and seasoning together add water from pkg. Cool slightly

| | |
|--|--------------------|
| 1 pkg. salad mix large or a head of lettuce | 1 lg. onion |
|--|--------------------|

Mix Hamburger, onion and lettuce together. Sprinkle sliced black olives and any shredded cheese on top. Just before serving, pour small amounts of western dressing on mixture to taste.

TEQUILA BERRY SALAD

Judy Honer
Laporte, MN
(Director)

SALAD

- 1 head lettuce
- 1 head cauliflower (small pieces)
- 1 lb. bacon, fried and crumbled
- 1 medium onion, chopped

Mix in large bowl.

SAUCE

- ¼ c. sugar
- ½ c. parmesan cheese (shredded)
- 1 c. real mayonnaise

Add Sauce and Toss before serving.

WILD RICE SALAD

Judy Honer
Laporte, MN
(Director)

- 1 c. wild rice
- chicken broth
- 3 green onions, chopped
- 1 (4-oz.) bag of Craisins
- 1 small bag of slivered almonds
- ¼ bottle of Kraft Lite Done Rite raspberry Vinaigrette

Cook wild rice in broth till soft, drain and add onions, Craisins, sauté small bag of slivered almonds in butter. Mix well and add dressing. Options to add in: chopped water chestnuts, chopped celery, chopped regular onions, cooked turkey or chicken, blueberries instead of Craisins. (I have also used 1 can of wild rice.)

Vegetables & Side Dishes



5/16" Binder allowance

BEC Headquarters at 2025 Paul Bunyan Drive N.W., Bemidji, MN
(1971-2000)

Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

VEGETABLES & SIDE DISHES

Vegetables

CANDY'S NUTTY APPLE SQUASH

Candy Barthel
Guthrie, MN

| | |
|-------------------------|---|
| 1 Kabocha Squash | ⅔ c. soda crackers, coarsely crushed |
| 1 T. Butter | 2 T. Brown sugar |
| 2 apples | ½ c. butter, melted |
| ½ c. Craisins | ¼ tsp. nutmeg |
| ½ c. sour cream | ½ c. hazelnuts, coarsely chopped |
| ½ tsp. nutmeg | |
| ¼ tsp. salt | |

Cut squash in half, scoop out the seeds, place cut side down in a baking pan, pierce the shell several times, and add about ¼ inch of hot water to the pan. Bake @ 350° 45 to 60 minutes until tender throughout. Let cool a bit. Melt butter on medium-low heat. Peel, slice, core apples. Add them to the melted butter. Add Craisins to the apples. Cook mixture until the apples are almost tender. Scoop the squash pulp out of the shell and put it on a cutting board or in a flat-bottomed pan. Mash the pulp with a potato masher for uniform consistency. Mix sour cream, nutmeg and salt in with squash. Add apples/Craisins and put in a buttered baking dish. Mix crackers, hazelnuts, brown sugar, butter and nutmeg together well. Top squash with the crunchy mixture. Bake at 350° for 30 to 40 minutes. Serve hot. Use a Kabocha squash the size of a small pumpkin. If you use another kind of winter squash, adjust the amounts of the ingredients accordingly. Optional: May substitute Pecans for nuts. May substitute Greek gods plain or honey yogurt instead of sour cream.

CHERI'S SCALLOPED CORN

Cheri Pula
Bemidji, MN

2 cans corn, drained or 2 pkgs. (10 oz) frozen corn, cooked and drained
½ c. chopped onions
4 T. butter
4 T. flour
1 tsp. salt
1 tsp. paprika

½ tsp. dry mustard
dash pepper
1½ c. milk
2 eggs, slightly beaten
⅔ c. cracker crumbs (I used saltines)
2 T. butter, melted

Heat oven to 350°. Cook and stir onion in 4 T. butter until onion is tender. Remove from heat. Stir in flour and seasoning. Cook over low heat, stirring until mixture is bubbly. Remove from heat, gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in corn and egg. Mix together and pour into ungreased 2 qt. casserole dish. Mix cracker crumbs, butter. Sprinkle evenly over corn mixture. Bake uncovered for 35 to 45 minutes.

CORN CASSEROLE

Angela Lyseng
Bemidji, MN

1 can corn, drained
1 c. crushed saltine crackers
⅓ c. celery, diced
¼ c. onion, diced
¾ c. American cheese, cut into cubes

1 c. milk
1 tsp. salt
2 eggs, beaten
2 T. butter, melted
¼ tsp. paprika

Combine all ingredients in large bowl. Put into a greased casserole dish. Bake at 350° for 50 minutes.

CREAMED CORN BREAD (SIDE DISH)

Melissa Schroth
Bemidji, MN

1 box Jiffy Corn Bread Mix
½ c. softened butter
1 c. sour cream

1 (8-oz.) can of regular corn
1 (8-oz.) can of creamed corn

Mix all ingredients. Bake at 360° for 1 hour.

CROCK POT STUFFING

Lynette Nieuwsma
Bemidji, MN

2 boxes of croûtons
1 c. butter
½ c. onions
1 c. celery

2 cans mushrooms
2 eggs
2 (14.5 oz) cans chicken broth

Melt butter, sauté onions, celery and mushrooms. Add croûtons, eggs and chicken broth. Cook on high for 45 minutes or low for 4 to 8 hours. (can use 12 to 13 cups breadcrumbs, ½ tsp. salt, ½ tsp. garlic salt, ½ tsp. pepper, poultry seasoning, sage, marjoram. in place of croûtons.

ESCALLOPED PINEAPPLE

Judy Honer
Laporte, MN
(Director)

3 eggs, beaten
½ c. melted butter
1½ c. sugar

½ c. milk
4 cups diced bread (5 slices)
1 (20 oz) can pineapple, crushed

Beat eggs and mix all ingredients, beat again. Pour into buttered 9x13 inch baking dish and bake at 350° for 35 to 45 minutes.

MARGARET'S VEGGIE

Pat Sunstrom
Bemidji, MN

VEGGIES

1 can green beans, drained
1 can corn, drained
1 can water chestnuts, drained and chopped
2 T. chopped onion

1 can cream of celery soup
½ c sour cream
½ c shredded cheddar cheese
pepper to taste

Mix above ingredients and put in greased casserole dish.

TOPPING

1½ cups Ritz cracker crumbs
½ c slivered almonds

½ c. melted butter

(continued)

Mix together and put on top of veggies. Bake uncovered at 350° for 35 to 40 minutes.

MOM'S MACARONI & CHEESE

Angela Lyseng
Bemidji, MN

| | |
|---|---|
| 1-½ c. uncooked elbow macaroni | 2 oz. process cheese (Velveeta), cubed |
| 5 T. butter, divided | ½ tsp. salt |
| 3 T. all-purpose flour | ¼ tsp. pepper |
| 1-½ c. milk | 2 T. dry bread crumbs |
| 1 c. (4-oz.) shredded cheddar cheese | |

Cook macaroni according to package directions; drain. Place in a greased 1-½ qt. baking dish; set aside. In a saucepan, melt 4 tablespoons of butter over medium heat. Stir in flour until smooth. Gradually add milk; bring to a boil. Cook and stir for 2 minutes; reduce heat. Stir in cheeses, salt and pepper until the cheese is melted. Pour over macaroni; mix well. Melt the remaining butter; add the bread crumbs. Sprinkle over casserole. Bake, uncovered, at 375° for 30 minutes.

ROASTED ROOT VEGETABLES

Angela Lyseng
Bemidji, MN

| | |
|--|--|
| 5 med. red potatoes, cubed. | 2-4 T. olive oil |
| 4 medium carrots, cut into ½-inch slices | 1 T. minced fresh rosemary (or 1 tsp. dried rosemary) |
| 2 small turnips or parsnips, peeled and cubed | ½ tsp. salt |
| 1 garlic clove, minced | ¼ tsp. pepper |

Place the potatoes, carrots, turnips/parsnips and garlic in a greased 13x9 baking dish. Drizzle with oil; sprinkle with rosemary, salt and pepper. Stir to coat. Bake, uncovered, at 350° for 35 minutes.

VEGETABLE CORN PUDDING

Lynn Hirschey

| | |
|---|---------------------------|
| 2 (16 oz) cans creamed corn | 4 eggs, beaten |
| 1 (20 oz) bag frozen Niblets corn, defrosted | 1 c. cream |
| ½ c. flour | ½ c. melted butter |
| 1 tsp. salt | 2 T. sugar |
| | ¾ tsp. cinnamon |

Preheat oven to 350°. Combine creamed corn, Niblets corn, flour, salt, eggs, cream and melted butter. Mix well and pour into 9x13 inch pan. Bake uncovered for 35 minutes. Mix sugar and cinnamon, then sprinkle on top. Bake uncovered 30 additional minutes. Serves 6 to 8.

YELLOW SQUASH STUFFING CASSEROLE

Joan Rockensock
Bemidji, MN

| | |
|--|------------------------------|
| ¾ c. water | 1 small chopped onion |
| ¼ tsp. salt | |
| 6 cups yellow squash cut into ¼ inch slices | |

Cook squash and onion about 6 minutes when tender and crisp. Drain well and set aside

| | |
|--------------------------------------|---|
| 1 c. sour cream | 1 can mushroom soup |
| 1 pkg. cornbread stuffing mix | 1 c. shredded cheese (for topping) |
| 1 can green chilies | |

In a large bowl combine sour cream, stuffing mix, chilies, soup and salt and pepper to taste. Mix well. Then fold into squash mixture. Pour into a shallow greased 2 quart baking dish. Sprinkle with shredded cheese. Bake uncovered at 350° for 25 to 30 minutes.

ZESTY ZUCCHINI

Rosemary Bakke
Bemidji, MN

| | |
|---------------------------------|-------------------------------------|
| 2 lbs. zucchini (sliced) | ½ tsp. salt |
| ⅓ c. onions (chopped) | ½ lb. Velveeta cheese spread |
| 3 T. margarine (melted) | 2 medium tomatoes (chopped) |
| 2 T. flour | 1 ½ c. fresh bread crumbs |
| ½ c. milk | |

(continued)

Cook zucchini, onions, and ¼ c. margarine over medium heat for 5 minutes. Make white sauce with 2 T. margarine, flour, milk and salt. Add Velveeta Cheese. Stir until melted. Layer half zucchini mixture, tomatoes and Velveeta sauce in a 12 x 8 inch baking dish. Repeat layers. Top with bread crumbs tossed with 1 T. Melted margarine. Bake at 350° for 35 minutes.

ZUCCHINI IN SKILLET

Ada Schrock
Bemidji, Mn

| | |
|---------------------------------|-----------------------------|
| 2 T. oil | 1 T. chopped pimento |
| 1 small onion, sliced | 1 tsp. salt |
| 1 lb zucchini, sliced | ½ tsp. pepper |
| 2 fresh tomatoes, cut up | 1 bay leaf |

Heat oil in skillet, Add onion and sauté until browned. Add all the rest of the ingredients. Cover, simmer until zucchini is tender 25 minutes.

Potatoes

CHEESY HASHBROWNS

Linda Arnold
Bemidji, MN

| | |
|---|------------------------------------|
| 1 (16 oz) pkg of Mr. Dells Hash browns | 1 can cream of chicken soup |
| 1 (16 oz) sour cream | ¼ c. melted butter |
| 1 (12 oz) shredded cheddar cheese | corn flakes for top |

Stir all together in large bowl. Put in lasagna pan and drizzle with ¼ c. melted butter over top. Sprinkle corn flake crumbs on top. Bake at 350° for 45 to 60 minutes.

EASY SCALLOPED POTATOES

Lois Hadrava
Bemidji, MN

| | |
|-------------------|------------------------------------|
| potatoes | onion |
| ham pieces | 1 can cream of chicken soup |

(continued)

Layer potatoes, ham pieces, onions, in 5 quart casserole dish. Mix soup and 1 can of water together and pour over layers. Bake at 375° for 1 to 1½ hours.

EMBEZZLER'S SWEET POTATOES SIDE DISH

Patricia Hermann
Stacy, MN

| | |
|---|----------------------------|
| 2 lg. cans sweet potatoes, drained | 2 tsp. vanilla |
| ½ c. sugar | ⅔ c evaporated milk |
| 2 eggs, beaten | ½ c. butter, melted |

Beat above ingredients together. Put in greased 9x13 inch pan.

TOPPING

| | |
|---------------------------|----------------------------|
| 2 cups brown sugar | ⅔ c. melted butter |
| ⅔ c. flour | ⅔ c. chopped pecans |

Mix together in bowl, cover potato mixer with topping. Bake at 350° for 45 to 60 minutes.

HERBED NEW POTATOES

Angela Lyseng
Bemidji, MN

| | |
|---|---|
| 12 small new red potatoes | 3 garlic cloves, minced |
| 4 tsp. butter | Fresh parsley sprigs, optional for garnish |
| 4 tsp. minced fresh parsley (or 1 ½ tsp dried parsley) | |
| 4 tsp. minced fresh chives (or 1 ½ tsp dried chives) | |

Peel ½-inch strip around the center of each potato and immediately place potatoes in a medium saucepan of cold water. Add enough additional water to the saucepan to cover the potatoes by 2 inches. Bring to a boil over medium-high heat. Boil until the potatoes are easily pierced by a fork but firm, about 20 minutes; drain. Do not overcook. Cover to keep warm. Place the butter in a microwave-safe bowl. Microwave on HIGH until melted, about 5-10 seconds. Stir in minced parsley, chives, and garlic. Pour the butter mixture over the potatoes and toss to coat. Spoon the potatoes into a serving bowl. Optional: you can sprinkle with chopped cooked bacon.

PARMESAN MASHED POTATOES (Serves 8-10)

Sheila Story
Laporte, MN

- | | |
|--|------------------------------------|
| 4 lbs. Yukon Gold potatoes, peeled and cut into 1 inch chunks | 2 c. grated Parmesan cheese |
| 1 ½ c. heavy cream | ½ c. grated Asiago cheese |
| 6 T. unsalted butter, cut into pieces | 2 tsp. salt |

Bring potatoes and enough water to cover by 1 inch to a boil in large pot over high heat. Reduce heat to medium until potatoes are tender, about 20 mins. Heat cream, butter, cheeses and salt in a saucepan over med. heat, whisking until smooth, about 5 mins. Keep warm. Drain potatoes and return to pot. Stir over low heat until potatoes are dry. Pour cream mixture over potatoes and mash with potato masher until evenly incorporated and creamy. Serve. Hint: for the best flavor, buy wedges of Parmesan and Asiago and grate the cheese yourself.

PARTY MASHED POTATOES

Lynette Nieuwsma
Bemidji, MN

- | | |
|---|----------------------------|
| 5 lbs potatoes (about 9 large), peeled | ¼ tsp. salt |
| 2 to 3 oz pkg. cream cheese | pepper to taste |
| 1 (8 oz) carton sour cream | 2 T. butter |
| | 1 tsp. onion flakes |

Peel potatoes; cut up. Cook and drain potatoes. Mash; add rest of ingredients. Beat with mixer. Cover; Place in refrigerator. Reheat at 350° for 30 minutes. (you can refrigerate these a couple of days before. Or you can freeze until you are ready to use them.

ROAD HOUSE POTATOES

Sheila Story
Laporte, MN

- | | |
|---|-----------------------------|
| 1 (24 oz) pkg. frozen shredded hash browns | ½ c. butter |
| 2 ½ c. half & half | 1 tsp. salt |
| | ¾ c. Parmesan cheese |

Thaw potatoes and break up in pan. Melt butter in half & half. Add salt and pour over hash browns. Sprinkle the Parmesan cheese over the top. Bake for 1 hr at 350°.

SNOWY MOUNTAIN POTATOES

Jessica Delaney
Bemidji, MN

- | | |
|------------------------------------|----------------------|
| 24 medium potatoes | 1 tsp. salt |
| 2 (8 oz) cream cheese | 1 tsp. pepper |
| 1 c. sour cream with chives | ¼ c. butter |
| 2 tsp. garlic cloves | |

In a pot cook potatoes, drain and mash them. Add cream cheese, sour cream, garlic cloves, salt and pepper to the pot of cooked potatoes and mix all together. Preheat oven to 350°. Grease a 9x13 inch pan and place potato mixture in pan and add butter on top. Place in oven for 30 minutes.

TWICE BAKED MASHED POTATOES

Maxine Lunderborg
Walker, MN

- | | |
|---|--|
| 2 ½ lb. medium potatoes, peeled | ½ c. chopped onion |
| 1 c. (8 oz) sour cream | 5 strips bacon, cooked and crumbled |
| ¼ c. milk | ½ tsp. salt |
| 2 T. melted butter | ⅛ tsp. pepper |
| 1 ½ c. (6 oz) shredded cheddar cheese, divided | |

Cook potatoes until tender, drain. Mash potatoes with sour cream, milk, melted butter and 1 c. cheese. Stir in onions, bacon, salt and pepper. Spoon into a greased 2 qt. baking dish. Sprinkle with remaining cheese. Bake at 350° for 30 to 35 minutes. To freeze: put into greased 8 x 8 alum cake pan. Do not bake until ready to use. Cover pan and freeze. When ready to use, thaw in the refrigerator overnight. Bake at 350° about 35 minutes or until heated through.

Beans & Rice

BAKED BEANS

Ruth Hiltz
Bemidji, Mn

- | | |
|---------------------|------------------------|
| 2 lbs. beans | ½ lb. bacon |
| 2 cups honey | salt and pepper |

(continued)

Precook beans. Put in a baking kettle or large casserole. Add honey, bacon, salt and pepper. Cover and bake slowly for 4 plus hours in 250° oven. Add water, as needed, to keep beans juicy!

COLA BAKED BEANS

Maxine Lunderborg
Walker, MN

1 can pork and beans
3 strips bacon, cooked crispy
and crumbled

brown sugar
coco cola

Put pork and beans in a casserole dish. Crumble bacon on top. Pour enough coke over top so it is level with top of beans. Put ½ inch brown sugar over coke. Bake at 250° for 5 hours.

GRANDMA'S GREEN BEAN CASSEROLE

Angela Lyseng
Bemidji, MN

1 ½ T. butter
3 T. all-purpose flour
1 ½ c. milk
3-4 tsp dry ranch salad dressing
mix
¼-½ tsp. pepper

1 c. chopped onion
2 cloves garlic, minced
1 ½ c. sliced fresh mushrooms
1 ¼ lbs. fresh green beans,
cooked until crisp-tender
1 c. fresh bread crumbs, toasted

To make white sauce, melt butter in small saucepan over low heat. Stir in flour; cook 1 to 2 minutes, stirring constantly. Using wire whisk, stir in milk; bring to a boil. Cook, whisking constantly, 1 to 2 minutes or until thickened. Stir in dressing mix and pepper; set aside. Preheat oven to 350°. Spray medium skillet with nonstick cooking spray; Heat over medium-high heat. Add onion and garlic; cook and stir 2 to 3 minutes or until tender. Remove half of onion mixture; set aside. Add mushrooms to onion mixture remaining in skillet and cook about 5 minutes or until mushrooms are tender. Combine mixture, green beans and white sauce in 1 ½ quart casserole dish. Combine bread crumbs with reserved onion mixture; sprinkle over casserole. Bake, uncovered, until heated through, about 20-30 minutes. (Can also add ground hamburger to make it into a main dish)

MOM'S BAKED BEANS

Lana C. Kivi
Bemidji, MN

2 lbs. dry navy beans
2 T. (approx.) cider vinegar
½ to ¾ c. ketchup
1 T. (approx.) molasses
Ham bone with ham juice
Bacon and bacon grease
(optional)

1 (10.5-oz) can tomato soup
½ tsp. dry mustard
Handful of brown sugar
Minced onions or 1 raw onion
Pepper
Salt (optional)

Wash beans, cover with 2" to 3" of water. Add all remaining ingredients and bake at 350° until beans are tender. Continue to watch liquid level.

WILD RICE ELEGANT

Gloria Johnson
Bemidji, Mn

8 cups boiling water
2 cups uncooked wild rice
1 lb. bacon

8 green onions
jar of mushrooms
salt and pepper to taste

Pour boiling water over uncooked wild rice. Cover and let stand 20 minutes. Drain. Repeat 3 more times (until rice blossoms). Using fresh boiling water every time and adding 1 T. salt the last time. Fry bacon, diced, until crisp. Drain off all but 3 T. fat. Add green onions finely chopped and mushrooms finely chopped. Cook until tender. Stir in rice and salt and pepper to taste. Heat through.



Main Dishes

5/16" Binder allowance



BEC Headquarters at 4111 Technology Drive N.W., Bemidji, MN
(2000-current)

Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

MAIN DISHES

Beef

ALL IN ONE CASSEROLE

Rose Vesely
Bemidji, MN

| | |
|------------------------------------|----------------------------------|
| 1 layer raw sliced potatoes | thin sliced carrots |
| 1 layer chopped onions | raw ground beef in pieces |
| uncooked bacon pieces | cheese slices |
| sliced green peppers | 2 T. uncooked rice |
| chopped celery | |

Arrange in layers.

1 c. cream of mushroom soup **½ c. milk**

Mix together and pour over layers. Bake at 350° for 1 ½ hours or until done.

BARBECUED MEATBALLS

Arlene Hogquist
Bemidji, MN

MEATBALLS

| | |
|--------------------------------------|-----------------------------|
| 3 lbs ground beef | ½ c. chopped onion |
| 1 (12 oz) can evaporated milk | ½ tsp. garlic powder |
| 1 c. oatmeal | 2 tsp. salt |
| 1 c. cracker crumbs | ½ tsp. pepper |
| 2 eggs | 2 tsp. chili powder |

Combine all ingredients and shape into walnut sized balls. Place meatballs in a single layer on wax lined cookie sheet. Freeze until solid. Store frozen meatballs in freezer bags until ready to cook.

(continued)

SAUCE

2 cups Ketchup
1 c. brown sugar
½ tsp. liquid smoke

½ tsp. garlic powder
½ c. chopped onion

Combine all ingredients and stir until sugar is dissolved. Place frozen meatballs in a 9x13 inch baking pan. Pour on sauce. Bake at 350° for 1 hour. Makes 80 meatballs.

BEEF BOURGUIGNON

Linda Arnold
Bemidji, MN

**1 TO 3 lbs. boneless beef roast
or stew meat**
½ c flour
4 slices bacon, diced
**8 small new red potatoes, cut
up**
**8 to 10 fresh mushrooms, sliced
onion**

baby carrots
3 cloves garlic, minced
1 bay leaf
1 tsp. dried marjoram leaves
½ tsp. dried thyme leaves
½ tsp. salt and pepper to taste
2½ cups beef broth

Coat beef with flour. Cook bacon in pan remove add beef and brown. Layer potatoes, carrots, mushrooms, onions, garlic and spices in crock pot. Beef and bacon on top. Pour broth over. Cover and cook on low 8 to 9 hours.

BEEF BUNDLES

Alvina Hasser
Bemidji MN

1 lb. ground beef
1 can cream of mushroom soup
1 T. ketchup
1 c. stuffing (Stovetop)

⅓ c. milk
1 T. worcestershire sauce
1 small onion, chopped

Combine beef, milk and onion, divide into 4 to 5 parts. Put ¼ c. stuffing on each patty and form into a meatball. Put into casserole. Mix remaining ingredients and pour over meat. Bake at 350° for 45 to 60 minutes.

BEEF NOODLE CASSEROLE

Sherry Hadrava
Bemidji, MN

4 cups uncooked egg noodles
1 lb. ground beef
2 (8 oz) cans tomato sauce
½ c. chopped onion
**½ c. canned green chopped
chilies**

2 garlic cloves, minced
½ tsp. salt
1 c. sour cream
4 oz. cream cheese
**½ c. shredded mozzarella
cheese**

Cook noodles, drain, set aside. Cook beef until no longer pink, drain, return to pan, stir in tomato sauce, onion, chilies, garlic and salt. In a small bowl combine sour cream and cream cheese. Place 1 c. beef mixture in bottom of a 3 qt. casserole dish. Layer on top ½ of cooked noodles, then cream cheese mixture 1 c beef mixture over cheese. Repeat layers putting remaining beef mixture on top. Cover and bake at 350° for 25 to 30 minutes or until bubbly. Remove cover and put mozzarella cheese on top return to oven until cheese is melted. Serves 4 to 5.

BEEF ROAST

Barb Tessmer
Cass Lake, MN

**1 (3 to 4 lb.) beef or venison
roast**
1 can Pepsi

1 pkg dry onion soup mix
1 can cream of mushroom soup

Place roast in roaster, add rest of the ingredients. Roast in slow (325°) oven for 3 hours. Comes out tender every time.

BEEF STROGANOFF

Leslie Huot
Solway, MN

**1 lg. round steak, cut into 1 inch
cubes**
½ c. butter
1 medium onion, chopped

1 T. creamy horseradish
½ c. water
½ c. steak sauce

Sauté onion in melted butter, remove onions from pan and set aside. Brown round steak in same pan with melted butter, add onions back in. Add: horseradish, water and steak seasoning. Let simmer for 1.5 to 2 hours, covered, stirring occasionally. Serve over cooked egg noodles.

BEEF VEGETABLE CASSEROLE

Rose Vesely
Bemidji, MN

- | | |
|--|---|
| 2 lbs. Ground Beef, raw broke in pieces | 1 (10 oz) can cream of mushroom soup |
| 1 pkg. dry onion soup mix | frozen tater tots |
| 2 small pkgs. frozen green beans | |

Place ground beef in casserole dish, sprinkle with dry onion soup mix, layer on green beans, soup, and tater tots. Bake at 375° for 1 hour. Note: I have used canned green beans or whole kernel corn, drained, or even half and half. Also use lots of Tater tots.

CHEDDAR BURGER SKILLET

Rose Vesely
Bemidji, MN

- | | |
|---|--|
| 1 lb. ground beef | ¼ c. water |
| 1 lg. onion | 2 cans whole potatoes (drained and cut up.) (I prefer to add cooked macaroni instead) |
| 1 can cream of mushroom soup | sliced Velveeta for the top. |
| 1 can cheddar cheese soup (nacho cheese soup gives more of a zing) | |

Brown ground beef and onion, drain grease and add rest of ingredients. Heat stirring occasionally. (I also add sliced Velveeta cheese on top.)

CHILI BEAN AND BEEF SKILLET CASSEROLE

Bonnie Dahl
Bemidji, MN

- | | |
|--|--|
| 1 lb. hamburger | ½ c. water |
| 1½ c. sliced celery | 1 (15 oz.) can spicy chili beans, undrained |
| ⅛ tsp. pepper | 1 (11 oz) can condensed zesty tomato soup |
| 2 lg. unpeeled potatoes, cubed | |
| 1 medium onion, thinly sliced, separated into rings | |

Brown hamburger in large skillet. Drain. Add remaining ingredients. Bring mixture to boil. Reduce heat; cover and simmer 15 to 20 minutes until potatoes are tender, stirring occasionally. Makes 5 (1 ½ c) servings.

CHOW MEIN

Linda Arnold
Bemidji, MN

- | | |
|---|--------------------------------|
| 3 lbs. pork and beef (cubed) | 1 lg. can bamboo shoots |
| 1 stalk celery (cut diagonally in long strips) | 2½ qt. water |
| 2 medium onions | 1 can water chestnuts |
| 1 clove garlic | 1 can bean sprouts |
| 1 small bottle soy sauce | 1 can mushrooms |
| | ½ c. cornstarch |

Brown cubed meat in oil, add soy sauce and simmer. Put celery, onions, garlic in water. Boil for ½ hour. Add salt and pepper. Add meat mixture and simmer 2 hours. Blend cornstarch in a little water and add to mixture and cook till slightly thickened. Stir frequently. Add the rest of ingredients and simmer about ½ hour. Can be frozen and reheated.

CROCK POT COUNTRY STYLE RIBS AND SAUERKRAUT

Arlene Hogquist
Bemidji, MN

- | | |
|---|--|
| 2 lbs. Boneless country style ribs | 3 T. brown sugar |
| 1 medium cooking apple, sliced | 1 tsp. caraway seeds |
| 1 small onion, sliced | ¼ c. dry white wine or ¼ c. apple juice |
| 14 oz sauerkraut, drained, rinsed | |

In a 4 qt. crockpot, place ribs, apple and onion. Top with sauerkraut brown sugar and caraway seeds. Mix lightly. Pour wine over top. Cover and cook on low for 8 to 10 hours.

CROCKPOT LASAGNA

Carol Carlson
Laporte, MN

- | | |
|-------------------------------|---|
| 1 lb. ground beef | 1½ cups shredded mozzarella cheese |
| lasagna noodles | 2 T. parmesan cheese |
| 1 jar spaghetti sauce | |
| 1½ cups cottage cheese | |

(continued)

Brown beef and drain. Spoon 1 cup spaghetti sauce in bottom of crock pot. Mix remaining sauce with hamburger, place 2 uncooked lasagna noodles next, spread 1/3 meat mixture on top, next spread 3/4 c. cottage cheese next. Sprinkle 1/2 c. mozzarella next, add another layer of noodles 1/3 meat mix on top, remaining cottage cheese and 1/2 c. mozzarella on top. Add another layer of noodles meat mixture and mozzarella cheese. Sprinkle parmesan cheese over top. Cook on low for 4 hours.

CROCKPOT SWISS STEAK

Joann Lewis
Bemidji, MN

| | |
|--|--|
| 1 1/2 lb round Steak or Venison | 1 onion, finely chopped |
| 1/4 c. flour | 2 carrots, peeled and grated |
| 2 tsp. dry mustard | 2 stalks celery, finely chopped |
| 1 tsp. salt | 1 (16 oz) can tomatoes |
| 1/4 tsp. pepper | 2 T. Worcestershire sauce |
| 2 T. butter | 1 T. Brown sugar |
| 2 T. oil | parley (optional) |

Cut Steak into 6 serving size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown the meat in half the butter and oil. Transfer to crockpot. Heat the remaining butter and oil in pan sauté onion, carrots and celery until glazed. Add Tomatoes, Worcestershire and brown sugar. Heat, scraping drippings. Pour the veg mixture over the meat. Cover and cook low for 6 to 8 hours. Serve sauce over meat. Sprinkle with parsley if desired.

E Z CHOW MEIN HOT DISH

Patricia Vosika
Bemidji, MN

| | |
|------------------------------|-----------------------------------|
| 1 c. uncooked rice | 2 cups chopped celery |
| 1 lb. ground beef | 2 T. brown sugar |
| 1/2 lb. ground pork | 1 can cream of mushroom or |
| 1 large chopped onion | cream of chicken soup |
| 1/2 c. soy sauce | |

Pour 2 1/2 cups boiling water over rice. Let stand while preparing other ingredients. Brown meat and onions together. Add celery and soy sauce. While browning, add soup and brown sugar to rice mixture and stir together. Pour into casserole and cover. Bake at 350° for 1 hour 15 minutes. Serves 12-16.

ENCHILADAS

Leslie Huot
Solway, MN

| | |
|---------------------------------------|-----------------------------------|
| 2 cans red enchilada sauce | 1 pkg. enchilada seasoning |
| 1 can fiesta nacho cheese soup | 2 cups shredded Mexican |
| 1 1/2 lbs hamburger, browned | cheese |
| with onion | 6 flour tortillas |

Brown hamburger and add seasoning packet. Mix in bowl enchilada sauce and cheese soup. Scoop hamburger into each tortilla and roll up. Lay in 9x13 inch pan. Pour enchilada sauce mix on top of tortillas. Sprinkle cheese on top. Bake at 350° for 30 to 45 minutes.

FINGER LICKIN GOOD SPARE RIBS

Lois Hadrava
Bemidji, MN

| | |
|--|----------------------------------|
| 4 lbs. country style spare ribs | 1 T. worcestershire sauce |
| 1 medium onion, diced | 1/2 tsp liquid smoke |
| 1 c. ketchup | 1 tsp mustard |
| 1/2 c. corn syrup | 1/4 tsp vinegar |
| 1/4 c. brown sugar | 1/4 tsp. chili powder |

Simmer ribs with water and salt for 1 hour. Drain and place in 9x13 inch pan. Preheat oven to 350°. Baste ribs and bake for 1 hour.

FIVE SPICE CASSEROLE

Lois Geiger
Bemidji, MN

| | |
|--------------------------------|-----------------------------------|
| 1 1/2 lb. hamburger | 1/4 tsp. pepper |
| 1 medium onion, chopped | 1 can of tomatoes |
| 1 1/2 tsp. salt | 1 can of cream of mushroom |
| 1 small bay leaf | soup |
| 1/4 tsp. oregano | 1 c. of minute rice |
| 1/4 tsp. thyme | 1 c. of shredded cheese |
| 1/4 tsp garlic powder | |

Brown meat with chopped onion, drain. Add remaining ingredients, except cheese. Bring to a boil. Cover and lower heat to simmer for 15 minutes. Add shredded cheese (sprinkle on top) the last few minutes, until melted.

FIVE STAR CALICO BEANS

Patricia Hermann
Stacy, MN

| | |
|----------------------------|-----------------------------|
| 1 lb. Hamburger | 1 tsp. dry mustard |
| ½ lb. bacon | 2 tsp. vinegar |
| 1 c. chopped onions | 1 can kidney beans |
| ½ c. ketchup | 1 can Lima beans |
| 1 tsp. salt | 1 can butter beans |
| ¾ c brown sugar | 1 can pork and beans |

Brown hamburger with onions. Crumble cooked bacon, Drain kidney, Lima, butter beans and pork and beans. Mix in order given. Bake 40 minutes at 350° or put in crock pit on low for 4 to 5 hours.

JOHNNIE MANETTI

Jean Einerson
Waverly, TN

| | |
|---|---|
| 1 lb. ground beef | 1 can stewed tomatoes (do not drain) |
| 1 small can tomato sauce | 1 small can/jar mushrooms, drained and chopped |
| 6 to 8 oz. jar of green olives and a little bit of the juice | American cheese |
| 1 lb. pkg egg noodles, cooked | |
| ⅓ c. chopped onion | |

Cook noodles according to pkg. directions, then drain. Use a deep or big pan. Brown the ground beef and onions. Add tomato sauce, stewed tomatoes, mushrooms, and sliced green olives with a little juice. Simmer a few minutes until warm all the way through. Pour the noodles into the meat mixture. Mix well and heat through. Place cheese slices around the top of mixture. Place a tight lid on the pan, heat at medium low for about 15 to 20 minutes until the cheese is mostly melted on top. Do not stir. serve. Feeds 5 easily.

LASAGNA

Rose Vesely
Bemidji, MN

| | |
|------------------------------------|---|
| 2 lbs. ground beef | ½ tsp oregano |
| ½ c. onion, chopped | 1 (8-oz.) pkg. lasagna noodles |
| ½ green pepper, chopped | 1 pt. cream style cottage cheese |
| 3 (8-oz.) cans tomato sauce | mozzarella cheese |
| ½ tsp. salt | |

Brown ground beef, onions and peppers, pour off drippings and add tomato sauce, salt, oregano. Cook noodles, arrange ½ of the noodles in greased 3 quart casserole, spread on half of cottage cheese and then half of the meat mixture. Repeat layers. Bake at 350° for 30 to 35 minutes. (I usually bake for an hour if the casserole has been prepared and refrigerated ahead of time. I also like to add mozzarella cheese.)

MACARONI, TOMATO AND WIENERS

Bonnie Dahl
Bemidji, Mn

| | |
|----------------------------|------------------------|
| 1 c. elbow macaroni | 5 to 6 wieners |
| 1 can tomato soup | pepper to taste |

Bring 4 or 5 cups of water to a boil. Add macaroni and cook for 6 to 7 minutes. Drain water and add tomato soup and sliced wieners. Add a dash of pepper. Heat on low until soup and wieners are hot.

MARGARET'S HOT DISH

Rose Vesely
Bemidji, MN

| | |
|--------------------------|---------------------------------------|
| 1 lb. bacon | 1 large and 1 small can Franco |
| 1 lg. onion | American spaghetti |
| 1 lb. ground beef | 2 cans. kidney beans (drained) |

Cut up bacon into bite sized pieces and fry till brown, add onion (diced), and ground beef and cook till browned - drain grease. Add Franco American spaghetti, kidney beans. Heat and serve.

MEATLOAF IN A MUG

Carol Carlson
Laporte, MN

2 T. milk
1 T. Ketchup
2 T. oatmeal

1 tsp. onion soup mix
¼ lb. hamburger

In a small bowl mix 1st 4 ingredients. Crumble Hamburger over mixture and mix well. Pat into mug or custard cup that is greased. Cover and microwave 3 minutes. Drain. Let stand 3 minutes.

MINNESOTA HOTDISH

Delores Broekemeier
Cass Lake, MN

4 cups potatoes
2 cups carrots
1 c. celery
1½ lb. hamburger
1 ca of cream of mushroom soup

1 ca of tomato soup salt and pepper onion to your taste garlic to your taste

Brown and drain hamburger with onion and garlic at the same time. Peel and cut the potatoes, slice the carrots and chop the celery. Layer in 12 inch casserole. Place the hamburger on the top of vegetables. Salt and pepper to taste. Mix soups together and pour on top. cover and bake at 350° for 1 to 1½ hours.

MOM'S MEAT LOAF

Angela Lyseng
Bemidji, MN

2 eggs, beaten
¾ c. milk
⅔ c. finely crushed saltines
½ c. chopped onion
1 tsp. salt
½ tsp. rubbed sage

dash pepper
1½ lbs. ground beef
1 c. ketchup
½ c. packed brown sugar
1 tsp. Worcestershire sauce

In a large bowl, beat the eggs. Add milk, saltines, onion, salt, sage and pepper. Add beef and mix well. Shape into an 8x4 loaf pan in an ungreased shallow baking pan. Combine ketchup, brown sugar and Worcestershire sauce; spread ¾ cup over meat loaf. Bake at 350° for

(continued)

60-65 minutes or until meat is no longer pink; drain. Let stand 10 minutes before slicing. Service with remaining sauce.

MULLIGAN

Rose Vesely
Bemidj, MN

4 slices of bacon
1½ lb. hamburger
1 onion, chopped
½ chopped green pepper
1 can tomato soup and 1 can of water

3 T. ketchup
2½ c. elbow macaroni or spaghetti

Dice bacon and brown, then add hamburger and onion and green pepper, pour off drippings. Add tomato soup and water and ketchup. Cook macaroni, add to meat mixture. Heat and serve.

PIZZA BURGERS

Delores Broekemeier
Cass Lake, MN

2 lbs. hamburger
1 medium onion, chopped
1 can tomato soup
1½ tsp. oregano

¾ c. salad dressing
1½ c. cubed Monterey Jack cheese

Brown hamburger and onion, and cool add the remaining ingredients, refrigerate 2 hours or overnight. Spread on buns and broil till the cheese melts.

QUICK CHEESEBURGER BAKE

Rose Vesely
Bemidji, MN

1 lb. ground beef
¾ c. chopped onions
1 can cheddar cheese soup
1 c. frozen mixed vegetables (if desired)

¼ cup milk
1 c. cheddar cheese

(continued)

Brown ground beef and onions and drain, stir in cheese soup, vegetables, and milk.

2 cups. Bisquick

¾ c. water

Grease 13 x 9 inch baking dish and in it mix Bisquick and water, spread meat mixture on top, sprinkle with 1 cup cheddar cheese. Bake at 400° for 30 minutes.

SAUSAGE GRAVY

Arlene Hogquist
Bemidji, Mn

1 lb. pork sausage

½ tsp. ground nutmeg

2 T. onion, finely chopped

¼ tsp. salt

6 T. flour

dash worcestershire sauce

1 qt. milk

dash hot pepper sauce

**½ tsp. poultry seasoning or
sage**

Biscuits

Crumble sausage in skillet, cook over medium low heat. Add onion cook and stir until transparent. Drain all but 2 T. drippings stir in flour, cook over medium low heat about 6 minutes or until mixture bubbles and turns golden. Stir in milk slowly. Add seasonings, cook, stirring until thickened. To serve, slice biscuits and spoon over halves.

SLOPPY JOES

Lois Hadrava
Bemidji, MN

1 lb. Hamburger

2 T. mustard

½ onion

2 T. ketchup

2 stalks celery

salt and pepper

1 can chicken gumbo soup

Brown meat and drain, add onion and celery, add remaining ingredients and simmer for 1 hour.

SLOPPY JOES FOR A CROWD

Angela Lyseng
Bemidji, MN

20-25 lbs lean ground beef

¾ c. Worcestershire sauce

6 small onions, finely chopped

1 ½ c. molasses

1 pkg. brown sugar

Salt (to taste)

5 c. ketchup

Black pepper (to taste)

1 c. mustard

In a large skillet, brown 2-3 lbs. ground beef at a time, adding some chopped onions, along with salt and pepper. Drain off the liquid before transferring to a large roaster. Once you have finished frying all hamburger and onions, you will add the remaining ingredients to the roaster: ketchup, mustard, brown sugar, Worcestershire sauce, and molasses. Mix well and let simmer in roaster for 3-4 hours. Serve on buns. (Serves around 100 people)

SPAGHETTI PIE

Ann McKenzie
Bemidji, MN

7 oz long spaghetti

1 T. sugar

2 eggs, beaten

**¼ c. green pepper, chopped,
optional**

⅓ c. parmesan cheese

½ c. onion, chopped, optional

1 lb. hamburger

1 c. cottage cheese

1 tsp. oregano

**½ c. mozzarella or cheddar
cheese**

1 c. canned tomatoes

1 small can tomato paste

½ tsp. garlic salt

Cook and drain spaghetti. Add eggs and parmesan cheese, form into crust in buttered pan or pie plate. Brown and drain hamburger. Add oregano, tomatoes, tomato paste, garlic salt, sugar, green peppers, onions. Simmer 5 minutes. Spread cottage cheese over spaghetti mixture, then add hamburger mixture. Bake at 350° for 30 minutes. Remove and sprinkle ½ c. mozzarella or cheddar cheese over top and bake 5 minutes more. Remove and let stand 10 minutes before serving.

STUFFING MEATLOAF

Carol Carlson
Laporte

1 pkg of stuffing mix dry **2 eggs, slightly beaten**
1 c. warm water **1 pkg. onion soup mix**
1 ½ lbs hamburger

Preheat oven to 350°. Coat bundt pan with cooking spray. Place water, soup mix and stuffing in a bowl. Mix well, let sit for 5 minutes. Add eggs and hamburger. Mix well. Place evenly in bundt pan can also put in muffin tins for individual ones. Bake 1 hour. Let rest 5 minutes.

SWEDISH MEATBALLS

Maxine Lunderborg
Walker, MN

MEATBALLS

1 ½ lb. hamburger **1 medium raw potato, grated**
1 egg **1 small onion, chopped fine**
¼ c. milk **salt and pepper**

Combine ingredients and mix well. Shape into balls. Dip in flour and brown in small amounts of shortening. Put into a casserole dish.

SAUCE

1 can cream of mushroom soup **¼ c. milk**

Mix together and heat in pan until bubbly, then pour over the meatballs. Cover and bake at 350° for 1 hour.

TACO HOT DISH

Janice Frenzel
Blackduck, MN

1 pkg. Crescent rolls **1 (8-oz) sour cream**
1 c. crushed tortilla chips **1 (8-oz) cheddar cheese**
1 pkg. taco seasoning mix
**1 lb. hamburger, browned, w/
taco seasoning added**

Put crescent rolls in the bottom of 8x11 pan. Prepare hamburger as directed by the taco seasoning package. Layer as follows: ½ c. crushed
(continued)

tortilla chips, hamburger, ½ c. crushed tortilla chips, sour cream and cheddar cheese. Bake for 22 minutes, uncovered at 375°. Garnish with lettuce, tomato, ranch dressing, taco sauce, etc.

WESTERN HASH

Rose Vesely
Bemidji, MN

1 lb. ground beef **½ tsp. salt**
3 ½ cups. canned tomatoes (1 lb **½ tsp. basil**
12 oz. can) **dash pepper**
1 c. chopped green pepper **a little water**
½ c. chopped onions **½ lb. Velveeta**
¾ c. uncooked rice

Brown ground beef, add tomatoes and rest of the ingredients. Cover and simmer 25 minutes, stirring occasionally. Top with ½ lb Velveeta, sliced. Heat until melted.

WILD RICE HOT DISH

Bonnie Dahl
Bemidji, Mn

1 lb. hamburger **1 can of chicken gumbo soup**
1 chopped onion **1 c. wild rice and water**
1 can cream of chicken soup **1 can (3 ½ oz) sliced**
1 can cream of mushroom soup **mushrooms with liquid**

Brown hamburger. Drain. Cook rice in 2 to 2 ½ water for 15 minutes. Mix all ingredients together. Bake, uncovered in a 2 ½ qt. casserole for 1 hour at 350°. Try cooking rice in Pampered chef rice cooker maybe for only 15 to 30 minutes. Try celery instead of sliced mushrooms.

WILD RICE HOTDISH

Joan Forbes
Bemidji, MN

½ c of wild rice, wash and drain **1 can of chicken soup**
1 lb. hamburger **1 ½ cups water**
1 small onion
**1 can of cream of mushroom
soup**

(continued)

Brown hamburger and onion, drain, mix all together and put in casserole dish. Bake at 350° stirring every ½ hour for about 1 ½ hours.

WILD RICE LASAGNA

Judy Honer
Laporte, MN

2 lbs. Hamburger
1 can wild rice
1 box lasagna noodles
1 container cottage cheese (I used 3 cups)

parmesan cheese, optional
1 large marinara sauce
1-3 cups. cheddar cheese
1-3 cups pizza cheese

Make 3 layers in 9x13 inch pan. Bake 1 hour at 350° covered, remove cover about 10 minutes before hour is up.

Pork

CROCK POT PORK TENDERLOIN

Delores Broekemeier
Cass lake, MN

2 lb. tenderloin
¼ c. soy sauce (low sodium)
1 T. mustard
2 to 3 T. maple syrup

2 T. olive oil
2 T. dried diced onions
1 ½ tsp. garlic salt or powder

Mix all ingredients. Pour over tenderloin in crock pot and cook on low for 6 hours.

HAM LOAF

Marian Kappahn
Puposky, MN

HAM LOAF

2 lb. ham loaf mix (1 lb. ground pork and 1 lb. smoked ham)
1 c. bread crumbs

2 eggs
¾ to 1 c. milk
Salt and pepper to taste

(continued)

Mix all the ingredients together. Shape in a loaf and place in a roasting pan. Bake at 350° for about 1 ½ hours. (Serves 8)

GLAZE

¾ c. brown sugar
1 tsp. dry mustard

½ c. water
½ c. vinegar

Mix all ingredients and bring to a boil before pouring over ham loaf.

KIELBASA SAUSAGE HOT DISH

Joan Serbus
Solway, MN

2 lbs. Kielbasa sausage
1 small can sauerkraut
1 (10¾ oz) can cream soup (any kind)

5 to 6 cubed potatoes, partially cooked
1 c. sour cream
1 c. mayonnaise

Cut sausage into small pieces. Drain the sauerkraut. Place all the ingredients into a crock pot for about 2 to 3 hours on high.

PORK CHOPS AND RICE

Julie Amundson
Grand Forks, ND

6 T. margarine
1 small onion
1 c. rice
1 can beef consomme broth
1 T. worcestershire sauce

1 tsp. salt
½ tsp. pepper
1 T. ketchup
1 c. boiling water
4 pork chops

Brown 4 pork chops. Bake in a covered baking dish for one hour at 350°. sauté onions in margarine. Add other ingredients. Pour together over meat. Bake at 350° for another hour uncovered.

SAN FRANCISCO PORK CHOPS

Carol Carlson
Laporte, MN

1 ½ lb. pork chops
1 T. oil
2 tsp. oil
¼ c. beef broth or sherry wine
2 T. brown sugar
¼ c. soy sauce

¼ tsp. crushed red pepper flakes, optional
black pepper to taste
2 cloves garlic, minced
2 T. water
2 tsp. cornstarch

Heat 1 T. oil in skillet, and brown chops on both sides. Meanwhile, combine the 2 tsp. oil, broth or sherry, brown sugar, soy sauce, red pepper, and black pepper. Add garlic to pork chops and pour sauce mixture over everything. Cover and simmer 30 minutes, adding 1 to 2 T. of water if needed to keep sauce from cooking down to much. Turn chops once. Remove chops to platter. In pan, stir in cornstarch dissolved in 2 T. of water. Cook until thickened. Pour over chops and serve.

SAUERKRAUT CASSEROLE

Rosemary Pulczynski
Bemidji, MN

2 ¼ lb. pork steak (cut into cubes)
1 lg. can sauerkraut (or) 2 (14-oz) cans sauerkraut
1 lb. Kluski noodles (or) Homestyle noodles

1 can mushrooms
1 pkg. dry onion soup mix
1 (10.5-oz) can cream of mushroom soup
1 soup can of water
Bread crumbs for topping

Fry pork steak, drain grease. Add soups and water to meat. Simmer until meat is tender. Add drained mushrooms to meat/gravy. Cook noodles, then drain and rinse. Layer sauerkraut, meat/gravy, and noodles in 9x13 baking dish until all is gone. Top with buttered bread crumbs. Bake for 1 hour at 350°. This dish freezes well, if you want to freeze for later, freeze prior to baking. Remove from freezer and bake. If you are going to freeze or make a day before serving, add more soup.

SPAGHETTI IN WHITE SAUCE

Joan Yearling-Parnell
Tenstrike, MN

Mild or hot Italian sausage
1 small onion, minced
2 garlic cloves, minced
4 to 6 fresh mushrooms

1 pint of cream
3 pinches of parsley
grated parmesan cheese

Sauté sausage, onion and garlic until brown. Add mushrooms until tender. Add cream, reduce heat to a simmer and cover. Simmer till sauce thickens. Add parsley and freshly grated parmesan cheese on top. Serve on any type of spaghetti noodles or pasta your prefer.

UN-COOKED NOODLE LASAGNA

Barb Pommerening
Bemidji, MN

Lasagna Noodles
1 ½ to 2 lbs. Italian sausage
1 medium onion, chopped

2 - 3 kinds of cheese, shredded
minced garlic, amount to your preference

Brown Sausage, onion and garlic together.

Add to meat mixture:
2- 8 oz. cans tomato sauce
1 can tomato soup

2- 6 oz. cans tomato paste

Cook until well mixed, about 5 to 10 minutes. In a 9x13 inch pan, put a layer of UNCOOKED lasagna noodles, a layer of meat sauce, then a layer of your shredded cheeses. Repeat layers ending with cheese on top. Add 1 ½ cups of cold water over the top. I sprinkle about ½ cup or so of parmesan cheese on top after I add the water. Bake in a 375 ° oven for 1 hour, covering your pan with foil for the last 15 minutes. You can assemble the lasagna the night before and put in fridge. If you do this, add an additional 15 to 20 minutes to your baking time.

Poultry

BRUSCHETTA CHICKEN

Sheila Story
Laporte, MN

- | | |
|--|--------------------------------------|
| ½ c. flour | 2 large tomatoes, seeded and chopped |
| ½ c. egg substitute | 3 T. minced fresh basil |
| 4 boneless skinless chicken breast halves (4 oz. each) | 2 garlic cloves, minced |
| ¼ c. grated parmesan cheese | 1 T. olive oil |
| ¼ c. dry bread crumbs | ½ tsp. salt |
| 1 T. butter, melted | ¼ tsp. pepper |

Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs; place in a greased 13x9 inch baking dish. Combine the cheese, bread crumbs and butter, sprinkle over chicken. Loosely cover baking dish with foil. Bake at 375° for 20 minutes. Uncover, bake 5 to 10 minutes longer or until a meat thermometer reads 170°. Meanwhile, in a small bowl, combine the remaining ingredients. Spoon over the chicken. Return to the oven for 3 to 5 minutes or until tomato mixture is heated through. Yield: 4 servings.

CHICKEN AND BROCCOLI STUFFING SKILLET

Bonnie Dahl
Bemidji, MN

- | | |
|---|--|
| 6 small boneless skinless chicken breast halves (1½ lb.) cut into bite sized pieces | 1 lb. fresh broccoli florets |
| 1 T. oil | 1 pkg. (6 oz) stove top stuffing mix for chicken |
| 2 c. water | 1¼ cups shredded cheddar cheese |

Cook chicken in hot oil in large skillet on medium high heat for 6 minutes on each side or until chicken is cooked through (170°). Remove chicken from skillet; cover to keep warm. Add water and broccoli to skillet; bring to a boil. Add stuffing mix; stir just until moistened. Return chicken to skillet; sprinkle with cheese. Reduce heat to low; cover. Cook 5 minutes or until cheese is melted.

CHICKEN AND WILD RICE

Rose Vesely
Bemidji, MN

- | | |
|---|---|
| 1 cup uncooked wild rice | Raw chicken pieces, cut up (quarters, legs, thighs, breast, etc.) |
| 1 can cream of celery soup | 1 pkg. dry onion soup mix |
| 1 can cream of mushroom soup | |
| 1 c. milk (or substitute part white wine) | |
| 1 can mushrooms (I use wild mushrooms) | |

In large casserole mix together 1st five ingredients. Place cut up raw chicken pieces on top, sprinkle on pkg. of dry onion soup, seal as tight as possible with foil, bake 2 hours at 350°. (I have made this recipe with tame rabbit pieces or pheasant pieces. When using dry wild mushrooms, I first soak them in hot water and then drain the water and mix them in.)

CHICKEN CORDON BLEU CASSEROLE

Arlene Hogquist
Bemidji, MN

- | | |
|---|---|
| 1 lb. Baby Red Potatoes, cut into 1 in chunks | 8 oz. cooked ham in 1 piece, cut into ½ inch chunks |
| 1 lb. chicken breast tenders | 1 c. shredded Swiss cheese |
| 1 bag (12 oz) broccoli florets | ½ c. milk |
| 1 can (10 oz) condensed cream of chicken soup | 2 T. chopped fresh parsley |
| | 1 garlic clove, finely chopped |

Preheat oven to 350°. In a microwave safe large bowl, place potatoes and 2 T. water. Cover bowl with wax paper and microwave for 3 to 4 minutes or until potatoes are fork tender, stirring once. Add chicken and all remaining ingredients to potatoes and toss to mix well. Transfer mixture to 13 x 9 inch glass or ceramic baking dish. Bake uncovered 50 to 55 minutes or until chicken loses its pink color throughout and cheese begins to brown.

CHICKEN DIVAN

Carol Frost
Green Bay, WI / Blackduck MN

6 Chicken Breasts
3 (10 oz) pkgs. frozen broccoli
2 cans cream of chicken soup
½ c. mayonnaise
2 tsp. lemon juice

½ tsp. curry powder
½ c. soft bread cubes
1 T. melted butter
1 c. grated cheese

Cook chicken breasts, de-bone and cube. Cook broccoli according to directions. Drain. Place broccoli in a greased 9x13 inch pan, put chicken cubes on top. Combine soup, mayonnaise, lemon juice and curry powder, spread over chicken. Mix bread cubes with butter and sprinkle over soup mixture. Bake at 375° for about 40 to 45 minutes until hot and bubbly. Last 5 minutes sprinkle cheese on top. Serve over hot rice.

CHICKEN HOTDISH

Maxine Lunderborg
Walker, Mn

1 large chicken, cut up
1 medium onion, chopped
2 stalks celery, chopped
1 lb. curly egg noodles
1 can cream of mushroom soup

2 T. pimentos
1 can peas, drained
1 can water, soup can
crushed corn flakes, topping

Cook cut up chicken, onion, celery, salt and pepper in water. When chicken is done remove to debone chicken. Cook noodles in the chicken broth until soft. Drain. Combine chicken, cooked noodles, mushroom soup, water, peas, and pimentos in a casserole dish. Sprinkle top with crushed corn flakes. Dot with butter. Bake at 350° for 1 hour.

CHICKEN PARMESAN

Marlys Harder
Bemidji, MN

4 skinless, boneless chicken breasts
4 T. bread crumbs
4 T. parmesan
½ tsp. salt

½ tsp. pepper
2 cups. Mozzarella cheese
1 ½ cups spaghetti sauce
2 tsp. garlic powder

(continued)

Mix together bread crumbs, parmesan, salt, pepper and garlic powder. Rinse chicken and dip well in mixture. Place in 9x13 inch pan. Pour 1 ½ cups of spaghetti sauce over chicken. Cover with Mozzarella cheese. Bake at 400° for 30 to 40 minutes, or until chicken is done.

CHICKEN WITH ORANGE

Leslie Huot
Solway, MN

10 to 12 (4 oz) chicken breasts
1 can frozen orange juice
2 T. brown sugar
4 tsp. soy sauce
1 tsp. ground ginger

2 T. parsley
1 medium onion, cut into rings
1 to 2 tsp. paprika
white rice

Cut chicken breasts into bite sized pieces, cook in 1 T. oil. Mix in bowl the remaining ingredients, add a OJ can of water. Layer rings of onions on top of cooked chicken and sprinkle paprika on top. add remaining mixed ingredients. Let simmer for 1 hour, covered, stir occasionally. Serve over cooked white rice.

CROCK POT CHICKEN

Delores Broekemeier
Cass Lake, MN

Chicken Breasts
Orange Marmalade

Barbecue sauce
soy sauce

In crock pot cook chicken breasts, Drain the juices. Mix marmalade, Barbecue sauce and soy sauce. Pour over chicken and cook another 30 minutes on high.

CROCK POT CHICKEN

Sammy Daken
Kelliher, MN

6 cups cubed cooked chicken
1 c mayo
1 can cream of mushroom soup
1 can cream of celery soup
2 cups chopped celery

½ c chopped onion
2 small jars drained pimento's (opt)
2 cups cubed Velveeta cheese

(continued)

Cook the celery and onion with the chicken, put all in the crock pot. Heat till cheese is melted. Serve on buns.

EASY CHICKEN CASSEROLE

Elva Bustrack
Warren, MN

2 c. diced, cooked chicken
½ pt. sour cream
1 can cream of mushroom soup

½ pkg. Pepperidge Farm dressing (herb flavored croutettes)

Mix chicken, sour cream and mushroom soup together. Pour into buttered casserole. Prepare dressing mix according to pkg. directions. Place on top of chicken mixture. bake at 350° for 45 to 60 minutes, partly covered, removing cover the last 15 minutes.

EASY CHICKEN MEAL

Judy Honer
Laporte, MN
(Director)

4-6 chicken breasts
1 (20 oz.) can sauerkraut, drained

1 (8 oz.) bag shredded mozzarella cheese
16 oz. bottle of ranch dressing

Cover chicken breasts with sauerkraut, cover with shredded mozzarella cheese, pour bottle of ranch dressing over all. Bake for 1 hour at 350° uncovered.

FOOL PROOF CHICKEN

Mary Noble
Big Lake, MN/ Tenstrike, MN

1 can cream of celery soup, undiluted
1 can cream of chicken soup, undiluted
1 pkg. onion soup mix

1 soup can of dry white wine or sherry
1 c. wild rice, well washed
3 chicken breasts, boned, skinned, and split

Mix soups, wine and rice together in baking dish, let stand several hours. Arrange chicken breasts on top. Cover, put in oven at 350° for 1 hour. Remove cover, stir gravy and cook for 1 more hour.

HONOLULU CHICKEN

Lynette Nieuwsma
Bemidji, MN

MEAT

6 to 8 chicken breast
3 peppers (one red, one yellow, one green)

Cook chicken in fry pan then place in 9 x 13 inch casserole pan. Slice peppers and layer over chicken.

SAUCE

18 oz. (or 1 ½ cups) peach preserves
½ c. onion, chopped
½ c. BBQ sauce
2 T. soy sauce

Mix and pour over chicken. Bake at 375° for 1 hour. Serve with white rice or mashed potatoes.

MEXICAN CHICKEN

Verna Lofberg
Bemidji, MN

4 to 5 boneless, skinless chicken breasts
1 ½ cups. drained corn
1 can Black beans, drained and rinsed

1 Jar Salsa (I used my homemade)
1 (8-oz.) fat free cream cheese

Place chicken in crock pot. You can leave whole or cut into strips. Top with other ingredients and cook on low all day or on med-high for 4 hours. Half hour before serving, add cream cheese to the top (cut into chunks.) It will melt and form a creamy sauce with the other ingredients. Serve with brown rice.

ONE PAN CHICKEN ALFREDO

Vonda Johnson
Bemidji, MN

- | | |
|--|---|
| 3 T. olive oil | 1 c. heavy cream |
| 1 ¼ lbs. boneless, skinless chicken breasts | ½ lb. Penne pasta |
| 2 cloves garlic, minced | 2 cups. freshly shredded parmesan cheese |
| 1 (14 oz) can low sodium chicken broth | salt and pepper |
| | flat leaf parsley for garnish |

Start by cutting chicken breasts into 1 inch pieces. Season with ½ tsp. kosher salt and a few turns of pepper. Brown chicken in olive oil over medium high heat. Once chicken is browned, add minced garlic and sauté for one minute. Add chicken broth, cream, and uncooked pasta to pan and stir. Bring to a boil. Then cover and reduce to a simmer. Simmer for 15 to 20 minutes or until pasta is tender. Remove from heat and stir in shredded parmesan cheese. Season with salt and pepper as needed.

PHEASANT CASSEROLE

Jessica Delaney
Bemidji, MN

- | | |
|---|---|
| 2 pkg. stove top stuffing | 3 to 4 pheasant breasts (cut into cubes) |
| 1 cup butter | 1 cup of milk |
| 1 can cream of mushroom soup (16 oz) | 1 cup of cooked wild rice |
| 1 can of cream of mushroom soup (10¾ oz) | |

Preheat oven to 350°. Use a 9x13 inch pan. Cook the 2 pkg. of stuffing according to the directions of pkg. Place the cooked stuffing in bottom of pan. Then place the cut cubes of pheasant on the top of stuffing as the next layer and then place the cooked wild rice on top of the pheasant, next mix all the cream of mushroom soup with the milk and pour on top of the wild rice layer. Place in oven at 350° for one hour uncovered.

SMOTHERED CHICKEN BREASTS

Leslie Huot
Solway, MN

- | | |
|--|---|
| 6 (4 to 5 oz) chicken breasts, thawed | 3 slices Swiss cheese |
| 2 cans cream of chicken soup | 1 bag garlic and butter Croûtons |
| ¾ c. white cooking wine | ½ c. butter, melted |

Put chicken breasts in 9x13 inch pan. Cut each slice of Swiss cheese in half and put on each chicken breast. Mix soup and wine together and pour over chicken, Crush croûtons and add to melted butter, mix well. Sprinkle on top of soup mixture. Bake at 350° for ½ hour to 45 minutes. Serve with mashed potatoes. The soup mixture makes a gravy.

SWISS CHEESE CHICKEN

Joan Yearling-Parnell
Tenstrike, MN

- | | |
|--|---|
| 10 chicken breasts, boned and skinned | ¾ cup white cooking wine |
| 1 slice of Swiss cheese over each | ½ c. melted butter |
| 1 can cream of chicken soup | 1 (8 oz) pkg. Pepperidge Farm herb seasoned stuffing |

In a 9 x 13 inch pan put chicken, cheese, soup and wine, Mix stuffing and butter, spread on top of chicken. Bake for 45 minutes at 350°. Can be fixed ahead and baked later. Serves well with rice or wild rice.

TURKEY BURGERS

Donna Schimke
Bemidji, MN

- | | |
|---------------------------------|----------------------------------|
| ½ lb. lean ground turkey | 2 T. low sodium soy sauce |
| ½ c. bread crumbs | 1 tsp. crushed garlic |
| ¼ c. skim milk | ⅛ tsp. pepper |

Mix together it will be moist. Fry or grill.

Fish

CRAB CAKES

Joan Yearling-Parnell
Tenstrike, MN

| | |
|-------------------------------|------------------------------------|
| 1 lb. Crab-meat | 1 ½ cups minced onion |
| ½ tsp. Tabasco sauce | 1 tsp. worcestershire sauce |
| 2 eggs, lightly beaten | 1 tsp. old bay seasoning |
| 1 T. Dijon mustard | 1 tsp. salt and pepper |
| 2 T. mayo | 1 c. fresh bread crumbs |
| ½ tsp. chopped garlic | 3 T. butter |
| 1 ½ cups minced celery | 3 T. Canola oil |
| 1 T. lemon juice | |

Preheat oven to 450°. Mix all ingredients except butter and Canola oil. and form cakes. Heat 1 T. butter and 1 T. Canola oil (per batch of cakes) in a 2 qt. non-stick pan. Sauté cakes for approx. 2 minutes per side or until golden brown. Finish cakes in oven for approx. 5 minutes or until heated through.

SCALLOPED CLAMS

Lucille Bucher
Bemidji, MN

| | |
|---------------------------|--------------------------------------|
| 1 can minced clams | Dash pepper |
| 4 T. butter | Dash cayenne |
| 1 small onion | Dash dry mustard |
| 4 T. flour | 1 tsp. chopped parsley |
| 1 c. milk | 2 hard boiled eggs |
| ½ c. clam liquid | 1 c. potato chips or crackers |
| ½ tsp. salt | |

Drain clams, reserving liquid. Heat butter in sauce pan and brown onion until golden brown. Add flour and stir until well blended. Add milk and clam liquid. Stir until smooth. Add seasonings, clams and eggs and pour into greased casserole. Top with chips or crackers. Bake at 375° for 20 minutes.

SIMPLE CRAB BAKE

Arlene Bubar
Cass Lake, MN

| | |
|--|------------------------------------|
| 1 medium green pepper chopped | ½ tsp. worcestershire sauce |
| 1 medium onion chopped | 1 c. mayo |
| 1 c. celery, chopped | 1 c. croûtons |
| 1 lb. imitation flaked crab | 4 T. butter, melted |

Combine green pepper, onion, celery and crab. Mix together mayo and Worcestershire sauce. toss crab mix and mayo mix and put in sprayed casserole dish. Mix croûtons and melted butter and sprinkle on top. Bake at 350° for 30 minutes or until browned.

TUNA CASSEROLE

Lois Hadrava
Bemidji, Mn

| | |
|---|----------------------------|
| 1 can cream of celery soup | 1 can tuna, drained |
| 3 eggs beaten | ⅓ c. very hot water |
| 1 ½ cups biscuit mix | |
| 1 c. shredded Monterey jack cheese | |

In bowl, stir soup, eggs, set aside. Mix biscuit mix and hot water well. Knead on floured surface till smooth. Press dough into a greased 10x6 inch baking dish. Sprinkle ½ cheese on dough. Add tuna and top with remaining cheese. Bake at 350° for 50 minutes.

Meatless Dishes

ASIAN-STYLE VEGETABLE STIR FRY

Gwen Vogel
Bemidji, MN

- | | |
|--|---|
| ¼ c. honey | 2 cups small broccoli florets |
| ¼ c. prepared stir fry sauce | 2 cups small mushrooms |
| ¼ tsp crushed red pepper flakes (¼ to ½ tsp) | 1 small onion, cut into wedges and separated into 1 inch strips |
| 4 tsp peanut oil | 1 medium carrot, cut diagonally into ⅓ inch slices |
| or | |
| 4 tsp vegetable oil | |

Combine honey, stir fry sauce and pepper flakes in small bowl. Set aside. In wok or large skillet, heat oil over medium high heat, add vegetables and toss while cooking, about 2 to 3 minutes. Add honey sauce, stir until all vegetables are glazed and sauce is bubbly hot, about 1 minute. Serve as a vegetable side dish or over steamed rice or noodles for a main dish

JAMBALAYA

Rose Vesely
Bemidji, MN

- | | |
|------------------------------|-----------------------------|
| 1 T. butter | ⅛ tsp. Tabasco sauce |
| 1 lb. ham | 1 c. water |
| 1 medium onion | 1 c. uncooked rice |
| 1 medium green pepper | 1 can tomatoes |
| 1 clove garlic | |

In browned butter add all the ingredients and bring to a boil, cover tightly and simmer 30 minutes or until the rice is done. Stir occasionally.

Breads & Rolls



5/16" Binder allowance

Old REA Truck from the 1940's

Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

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5/16" Binder allowance

Breads 6-99

BREADS & ROLLS

Breads

BANANA BREAD

Linda Weikel
Bemidji, Mn

| | |
|------------------------|-----------------------|
| ½ c. shortening | 2 cups flour |
| 1 c. sugar | 1 tsp. soda |
| 2 eggs | 1 tsp. vanilla |
| 4 bananas | |

Mix everything together. Place in greased pans. 2 loaves or 5 little loaves. Bake at 350° for 30 to 35 minutes. You can add 1 c. chocolate chips to bread also.

BLUEBERRY MUFFINS

Evie Johnson
Bemidji, MN

| | |
|------------------------|---|
| 1 c. sugar | 4 tsp. baking powder |
| ½ c. shortening | ½ tsp. salt |
| 2 eggs, beaten | 2⅔ cups flour |
| 1 c. milk | 2 cups raw or frozen blueberries |

Beat sugar, shortening, eggs together add milk, then add dry ingredients, mix in blueberries. Pour in greased muffin tins. Sprinkle top with sugar. Make 24 muffins. Bake at 400° for 20 minutes.

BRAN REFRIGERATOR MUFFINS

Alison Leas
Bemidji, MN

| | |
|--|---------------------------|
| 1 (15-oz) box bran flake cereal | 2 tsp. salt |
| 5 c. flour | 4 eggs |
| 3 c. sugar | 1 qt. buttermilk |
| 5 tsp. baking soda | 1 c. vegetable oil |

Mix bran flake cereal, flour, sugar, baking soda and salt together in a large bowl. Mix eggs, buttermilk and vegetable oil in another bowl, then add to the dry ingredients and mix just until blended. Store in a tightly covered container in the refrigerator for up to 6 weeks. To bake: preheat oven to 400°. Just take out what you will be using and stir in any fruit, nuts or chips you like and bake in a muffin tin lined with muffin cups for 15 to 25 minutes. Optional: add blueberries or bananas/walnuts.

BUTTERCUP SQUASH YEAST BREAD

Mildred Wiechmann
Pennington, MN

| | |
|--|-------------------------------|
| 3 pkgs. (14 oz each) active dry yeast | ⅔ c. brown sugar |
| ½ c. warm water (110° to 115°) | ⅔ c. butter, softened |
| 2 T. sugar | 2 eggs, lightly beaten |
| 2½ c. mashed cooked squash | 3 tsp. salt |
| 2 cups milk | 13 cups flour |

In large mixing bowl dissolve yeast in warm water, add sugar let stand 5 minutes. Add squash, milk, brown sugar, butter, eggs and salt. Mix well. Add 6 cups flour and mix well. Stir in enough of the remaining flour to form soft dough. Turn onto floured surface knead until smooth and elastic about 10 minutes. Place in greased bowl. Cover and let rise until doubled. Punch down divide in 3 formed loaves. Place in greased pans rice until doubled. Bake at 350° for 35 to 40 minutes or golden brown.

BUTTERMILK CORNBREAD

Arlene Hogquist
Bemidji, Mn

| | |
|------------------------|---------------------------|
| ½ c. butter | ½ tsp. baking soda |
| ⅔ cups sugar | 1 c. cornmeal |
| 2 eggs | 1 c. flour |
| 1 c. buttermilk | ½ tsp. salt |

Preheat oven to 375°. Grease a 8 inch square pan. Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour and salt until well blended and few lumps remain. Pour batter into the prepared pan. Bake for 30 to 40 minutes or until toothpick inserted in the center comes out clean.

CRANBERRY RICE BREAD

Doris Naughton
Bemidji, MN

| | |
|--|--|
| 1 c. cooked wild or brown rice | 4 T. melted butter/margarine |
| 1 c. dried cranberries | 2 tsp. salt |
| 1 small potatoes, grated | 2 T. sugar, plus ½ tsp. for yeast mixture |
| 2½ cups water | 1 c. whole wheat flour |
| 1 T. plus 1½ tsp. fast rising yeast | 5½ cups plus flour |

Step 1: Grate one potato and bring to boil in 2 cups water for 15 minutes. Then add to potato water 4 T. margarine/butter and 1 cup dried cranberries. Set aside to cool to at least 110 to 115°. Cook 1 cup wild rice or brown rice until done. Boiling about 20 minutes. Set aside to cool and drain if needed. Step 2: Fill measuring cup with ½ c. water at 110 to 115°, no hotter as will cause yeast not to rise. Add 1 T. plus 1½ tsp. fast rising yeast. Add ½ tsp. sugar. Stir well, will get frothy and rise in cup. Step 3: In mixer, put 5½ cups flour and 1 c. Whole wheat flour, Add 2 tsp. salt and 2 T. sugar. Add drained rice and all of potato, cranberry mixture of liquids (110 to 115°), add yeast when frothy. Mix well with mixer. Add more flour as needed to prevent dough from being sticky. When dough is not sticky, mix for at least 7 minutes at high speed to kneed dough well. (if not using mixer, kneed with hands for at least 7 minutes or longer) Remove from mixer and kneed on floured board to form nice ball. Step 4: Butter large bowl and put dough in, cover with oiled plastic wrap and let rise till double in size. Punch down and make into 3 or 4 loaves, depending on size of loaf you want. Cover and let rise again till double in size. Step 5: Heat oven to 450°, then

(continued)

lower heat to 350°, place raised bread on middle oven rack and bake for 20-30 minutes, or until browned. May take longer depending on your oven. Remove from oven, butter top of each loaf, remove from pans and wrap in towel until cooled. store in Ziploc bags. Freezes well.

GARLIC BUBBLE BREAD

Lois Hadrava
Bemidji, MN

1 loaf frozen white bread dough **1 tsp. parsley flakes**
¼ c. margarine, melted **¼ tsp. salt**
1 egg, beaten **½ tsp. garlic powder**

Thaw dough and cut into walnut sized pieces. Mix together margarine, egg, parsley flakes, salt and garlic powder. Dip pieces into mixture and place in greased loaf pan. Cover and let rise until doubled in size. Bake at 375° for 30 minutes. Cool in pan for 10 minutes and remove.

GRAPE NUTS BREAD

Melissa Schroth
Bemidji, MN

2 c. grape nuts **1 qt. buttermilk**
1 tsp. salt

Soak together for 45 minutes.

7½ c. flour **4 tsp. baking soda**
4 c. sugar **4 tsp. warm water**
2 tsp. baking powder **4 beaten eggs**

After letting grape nuts, salt and buttermilk soak for 45 minutes combine all other ingredients. Mix well. Pour into loaf pans. Makes four. Bake at 350° for 1 hour.

HONEY WHOLE WHEAT BREAD

Ruth Hiltz
Bemidji, MN

1 c. milk **2 pkg. active dry yeast**
2 T. sugar **2½ cups sifted flour**
1 T. salt **5 cups unsifted whole wheat**
¼ c. butter or margarine **flour**
½ c. honey **2 T. melted butter or margarine**
1½ c. warm water (110° to 115°)

In a large bowl, sprayed with vegetable oil, mix together ingredients. Let rest for 10 minutes. Knead for 10 minutes. Let rise 1¼ hours. Punch down. Let rest 10 minutes. Shape into loaves. Brush tops with butter. Let rise 1¼ hours. Bake at 375° for 40 to 45 minutes. Remove from pans. Brush with butter and a little sugar or honey. (may add 1½ cups raisins).

IRISH SODA BREAD

Fannie Mae Edwards
Bemidji, MN

3 cups flour **1 tsp. baking soda**
1 T. baking powder **1 egg, lightly beaten**
⅓ c. sugar **2 cups buttermilk**
1 tsp. salt **¼ c. butter, melted**

Combine dry ingredients adding 1½ cups raisins. Whisk together egg and buttermilk and pour into four mixture. Mix until moistened. Stir in butter and pour into greased 9 x 5 inch loaf pan. bake at 325° for 65 to 70 minutes. Bake until toothpick comes out clean.

ITALIAN THREE CHEESE BREAD

Lois Hadrava
Bemidji, MN

¼ lb. Swiss cheese **2 pkg. yeast**
¼ lb. sharp cheddar **1 c. warm water**
4½ cups flour, sifted **1 c. margarine**
2 tsp. sugar **6 eggs, beaten, room temp**
½ tsp. salt **½ c. parmesan cheese**

Cut cheeses in ¼ inch cubes and let set at room temperature. Dissolve yeast in water. Cream margarine and beat in eggs; mix well. Add yeast (continued)

and flour sifted with salt and sugar. Beat until satiny. Stir in the 3 cheeses; cover and rise until doubled. Stir down gently and let rise again. Stir down and pour into well greased tube pan. Let rise until doubled and bake at 350° for 40 minutes. Cool 20 minutes and remove.

LEMON POPPY SEED BREAD

Leslie Huot
Solway, MN

1 box lemon cake mix
1 pkg lemon instant pudding
¼ c. poppy seeds
4 eggs

¼ c. lemon juice
¾ c warm water
½ c vegetable oil

Mix all ingredients for 4 minutes. Put in 2 greased loaf pans. Bake at 325° for 45 minutes.

LONG COLD WINTER BREAD

Ruth Hiltz
Bemidji, MN

4 to 5 cups bread flour
2 tsp. salt
2 pkg. active dry yeast
1 c. water
½ c. honey
¼ c. margarine or butter

1 c. cream style cottage cheese
2 eggs
1 c. whole wheat flour
½ c. rolled oats
1 c. chopped nuts

Generously grease 2 bread pans, or 2 round cake pans. Combine 2 cups bread flour, salt and yeast; blend well. In a saucepan, heat water, honey, margarine and cheese until very warm (120° to 130°). Add warm liquid and eggs to flour mixture. Blend at low speed until moistened. By hand, stir in whole wheat flour, oats and nuts, plus enough bread flour to form soft dough. On floured surface, knead dough about 10 minutes, or until dough is smooth and elastic. Place dough in greased bowl and cover. Let rise in warm place until light and doubled in size. about 1 hour. Form into 2 loaves. Let rise again in pans. Bake at 350° for 25 minutes, or until loaves test done when tapped.

MOIST BANANA BREAD

Christine Davis
Laporte, Mn

¼ c. butter or margarine
1 ½ cups sugar or brown sugar
1 ½ cups mashed bananas
(about 4 medium)
2 eggs, beaten
1 tsp. vanilla
2 cups flour, sifted

1 tsp. baking soda or baking powder
¾ tsp. salt
½ c. buttermilk or sour milk
¼ c. chopped walnuts, pecans or macadamia nuts, optional

Cream together butter or sugar. Blend in Bananas, eggs, vanilla. Sift together flour, salt, baking soda or powder. Add dry ingredients or buttermilk to creamed ingredients. Stir in nuts. Pour in greased and floured loaf pan. Bake at 350° for 50 minutes to 1 hour until toothpick comes out clean. Cool 15 minutes before removing from pan. To make sour milk in 1 T. vinegar or lemon juice into ½ c. milk.

MORGAN BUNS

Lois Hadrava
Bemidji, MN

2 pkg. frozen dinner rolls
1 small pkg. of butterscotch pudding
½ c. butter, melted

½ c. brown sugar
1 tsp. cinnamon
chopped pecans, optional

Grease large bundt pan and fill with frozen dinner rolls. Top with dry pudding mix and pour melted butter, brown sugar, cinnamon and pecans over the top. Cover with greased wax paper and let stand overnight. Bake at 325 to 350° for 30 to 35 minutes. Turn onto platter and let drain.

NO EGGS BANANA BREAD

Christine Davis
Laporte, MN

⅓ c. shortening, or butter or margarine.
½ c. brown sugar
6 T. honey
2 to 3 large bananas, crushed

1 tsp. soda
¼ tsp. salt
1 tsp. vanilla
2 cups flour, sifted
1 c. chopped nuts, optional

(continued)

Mix ingredients as listed and mix well. Place in a greased loaf pan. Bake at 350° for 45 minutes to 1 hour. Note: In place of a loaf pan, use vegetable cans. Green bean or pea can. Instead of having a large loaf pan, there can be up to 3 cans used for smaller round loaves.

POPPY SEED BREAD

Susan Sether
Bemidji, MN

| | |
|---------------------------------|------------------------------------|
| 3 cups flour | 1 1/8 c. veg oil |
| 1/12 tsp. salt | 1 1/2 c. milk |
| 1 1/2 tsp. baking powder | 1 1/2 tsp. vanilla |
| 2 1/2 cups sugar | 1/2 tsp almond extract |
| 2 T. poppy seeds | 1 1/2 tsp. butter flavoring |
| 3 eggs | |

Mix all dry ingredients in large bowl. Add eggs, veg oil, mild and flavorings. Mix well. Pour into 2 greased loaf pan. Bake at 330° for 1 hour or until a toothpick comes out clean, you can sprinkle sugar on top before you bake. When you remove from oven, remove from pan wrap in wax paper and cover with towel. Let cool. This freezes very well.

POTATO BREAD

Lois Hadrava
Bemidji, MN

| | |
|--------------------------------|----------------------------|
| 3 1/2 cups milk | 2 pkg. yeast |
| 6 T. sugar | 1/2 c. warm water |
| 6 T. butter | 10 to 11 cups flour |
| 2 tsp. salt | 3 T. cornmeal |
| 1/4 c. instant potatoes | |

Heat milk and stir in sugar, butter, salt and potatoes. Cool to lukewarm. Dissolve yeast in warm water. Add 4 cups flour and beat 2 minutes with mixer. Add remaining flour and let rise for 10 minutes. Knead dough. Place in greased bowl and let rise until doubled. Punch down and let rise again. Divide into 3 parts; let sit 10 minutes. Grease 3 pans and sprinkle with cornmeal. Let raise and bake at 375° for 45 minutes.

RAISIN BRAN MUFFINS

Melissa Schroth
Bemidj, MN

| | |
|----------------------------------|-------------------------|
| 10 oz. box of raisin bran | 2 tsp. salt |
| 5 c. flour | 1 qt. buttermilk |
| 3 c. sugar | 1 c. oil |
| 3 tsp. soda | 4 beaten eggs |

Mix dry ingredients. Add liquid and mix. Bake at 400° for 15 to 20 minutes.

SISTER FRENCH'S WHOLE WHEAT BREAD

Sandra Nye
Puposky, MN

| | |
|----------------------------------|------------------------------------|
| 2 1/3 cups warm water | 1 c. whole wheat flour |
| 1 pkg or 2 tsp. dry yeast | 2 1/2 to 3 cups white flour |
| 1/3 c. sugar | |

Mix all ingredients together. Let rise in a warm place until doubled.

| | |
|---------------------|---|
| 1 T. salt | 1/4 c. melted shortening or butter |
| 1/3 c. sugar | 4 cups flour |

Add ingredients to dough and mix well. Put 4 cups flour on counter and pour dough into center of flour. Knead in the second step ingredients. Let rise in warm place until double again. Knead risen dough on lightly floured surface until smooth and not sticky. Divide and put into two loaf pans. Let rise in warm place until double again. Bake risen loafs at 350° for 45 minutes. Take out of oven and butter tops. Cool, slice, and enjoy!

THREE GRAIN WILD RICE BREAD

Verna Lofberg
Bemidji, MN

| | |
|-------------------------------------|---|
| 1 pkg. active dry yeast | 2 T. butter or margarine, melted |
| 1/3 c. warm water (110-115°) | 2 tsp. salt |
| 2 cups warm milk (110-115°) | 4 to 4 1/2 cups bread flour or all purpose flour |
| 2 cups whole wheat flour | 1 c. cooked wild rice, cooled to room temp |
| 1/2 c rye flour | |
| 1/2 c. quick cooking oatmeal | |
| 1/2 c. honey | |

(continued)

In a mixing bowl, dissolve yeast in warm water. Add the mild, whole wheat flour, rye flour, oats, honey, butter, salt and 2 cups bread flour. Beat until smooth. Stir in wild rice and enough remaining bread flour to form a stiff dough. Turn onto a floured surface: Knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 ½ hours. Punch dough down. Turn onto a lightly floured surface: divide in half and shape into 2 loaves. Place in greased 9 x 5 x 3 inch loaf pans. Cover and let rise until doubled, about 30 minutes. Bake at 370° for 35 to 40 minutes or until golden brown. Remove from pans to wire rack to cool. Makes 2 loaves.

WHITE BREAD

Linda Weikel
Bemidji, MN

1 pkg yeast (2 tsp. dry or 1 to 2 oz cake)
3 T. sugar
2 tsp. salt

3 T. butter
2 eggs
2 cups warm milk
5 to 6 cups flour

Dissolve yeast in a little warm water. Add everything else. Knead until smooth. Put into greased bowl. Let rise until double. Make into loaves or buns. Let rise again. Cook 30 minutes for loaves or 20 minutes for buns. Bake at 350°. Variations: 1 ½ to 2 cups raisins, ¼ to ½ c. molasses, substitute 2 to 3 cups wheat flour.

WHITE HONEY BREAD

Ruth Hiltz
Bemidji, MN

2 pkgs. dry yeast in about 1 ¼ cups warm water
3 T. honey
1 C. milk

2 T. shortening
1 ½ tsp. salt
6 cups flour

Add dry yeast to warm water, add honey, when it get foamy add milk then the rest of the ingredients. Mix, knead about ten minutes. Let set in warm place covered till doubled in size. Shape into 2 loaves bake at 350° for about 25 minutes or till test done when tapped on top of loaf (when tapped on tip of loaf it should sound hollow).

YEAST FRY BREAD

Ruth Hiltz
Bemidji, MN

1 (25 oz) pkg. active dry yeast
1 T. honey
3 cups flour
1 tsp. salt

1 T. baking powder
1 c. warm water
1 egg
2 T. oil

Mix liquids together then add egg and oil next add the dry ingredients mix together to make a soft dough. Fry in hot oil (can also be used as pizza crust or make donuts)

ZUCCHINI BREAD

Angela Lyseng
Bemidji, MN

3 eggs
1 c. vegetable oil
2 c. white sugar
2 c. grated zucchini
2 tsp. vanilla extract
3 c. all-purpose flour

3 tsp. ground cinnamon
1 tsp. baking soda
¼ tsp. baking powder
1 tsp. salt
½ c. chopped walnuts

Preheat oven to 325°. Grease and flour two 8x4 loaf pans. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans. Bake for 60-70 minutes, or until done.

Rolls

BAKERY ROLLS

Lois Hadrava
Bemidji, MN

1 (8 oz) can evaporated milk
3 cups hot water
3 pkgs. yeast
½ c. warm water
3 T. sugar

½ c. sugar
1 c. vegetable oil
11 or more cups flour
3 tsp. salt

(continued)

Mix 3 T. sugar, ½ c. warm water and yeast; set aside. Mix evaporated milk, 3 cups hot water, 3 level tsp. salt, half cup sugar and oil in large bowl. Add dissolved yeast and 2 cups flour using mixer. Add the rest of the flour. Knead lightly (dough will be soft) Let rise, punch down, let rise again and make rolls. Bake at 350°. Makes 8 dozen.

CARAMEL ROLLS

Maxine Lunderborg
Walker, MN

2 refrigerator buttermilk biscuit rolls **½ c. whipping cream**
1 c. brown sugar

Mix cream and brown sugar. Pour into a greased 9 x 13 inch cake pan. cut the biscuits into fourths and layer over brown sugar/cream mixture. Bake at 350° for 25 to 30 minutes. until browned.

CHEESE PUFFS

Lois Hadrava
Bemidji, MN

1 loaf white bread **1 small round cookie cutter**
2½ cups mayonnaise **½ can parmesan cheese**
½ medium white onion, finely chopped

Mix mayonnaise, cheese and onion in a medium bowl; set aside. Cut out approximately 24 bread rounds. Bake bread rounds at 350° until slightly brown on both sides. Cool and set aside. Spoon mayonnaise mixture onto rounds evenly. Broil in oven until slightly brown on top and serve.

CHRISTMAS BUNS

Lois Hadrava
Bemidji, MN

ROLLS

2 tubes dinner rolls **red and green peppers**
Broccoli

Bake buns as directed on pkg.

(continued)

TOPPING

8 oz. cream cheese **1 pkg. hidden valley ranch dressing**
½ c. sour cream

Mix well and spread on buns and decorate with Broccoli, red pepper, green peppers.

CINNAMON ROLLS

Linda Weikel
Bemidji, Mn

2 pkgs. yeast (dissolve in ½ c. warm water) **3 tsp. baking powder**
2 cups warm milk **2 tsp. salt**
⅓ c. sugar **1 egg**
⅓ c. shortening **5 to 6 cups flour**

Add all ingredients to dissolved yeast. Knead until smooth. Cover in greased bowl. Let rise to about double. Make into cinnamon rolls. Put butter, cinnamon and sugar inside rolls. Let rise again. Bake at 350° for 30 to 35 minutes. To make caramel rolls Spread butter on bottom of pan, add brown sugar and a little milk or cream. Makes 24 large rolls.

HERBED DINNER ROLLS

Arlene Hogquist
Bemidji, MN

1 c. water (70 to 80°) **¾ c. bread flour**
2 T. butter, softened **2¼ tsp. active dry yeast**
1 egg **additional butter, melted**
¼ c. sugar **course salt**
1 tsp. salt
½ tsp. each dried basil, oregano, thyme and dried rosemary, crushed

In bread machine pan, place water, softened butter, egg, salt, sugar, seasonings, flour and yeast in order suggested by manufacturer. Select dough setting. Check dough after a few minutes. Add 1 or 2 T. of water or flour if needed. When cycle is complete, turn dough onto a lightly floured surface, divide into 16 portions. Shape each into a ball. Place 2 inches apart on a greased baking sheet. Cover and let rise in a warm place until doubled about 30 minutes. Bake at 375° for 12 to 15 minutes or until golden brown. If desired brush with butter and sprinkle with course salt. Remove from pans and cool on wire rack.

PULL A PARTS

Lois Hadrava
Bemidji, MN

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|---------------------------------------|---------------------------------------|
| 4 tubes of buttermilk biscuits | ½ c. vanilla ice cream |
| ½ c. margarine | 1 tsp. cinnamon and 1 c. sugar |
| ½ c. white sugar | (mixed) |
| ½ c. brown sugar | |

Quarter biscuits and roll in cinnamon and sugar mixture. Put in 9 x 13 inch greased pan. Heat margarine, sugar, and ice cream until hot. Pour over biscuits and bake at 400° for 20 minutes.

TWO HOUR ROLLS

Lois Hadrava
Bemidji, MN

- | | |
|---------------------------|-------------------------|
| ½ c. sugar | 1 c. warm water |
| ½ c. shortening | 2 pkg. dry yeast |
| 1 c. boiling water | 1 tsp. salt |
| 1 egg | 6 cups flour |

Dissolve dry yeast in warm water. Allow to stand approximately 5 minutes. Cream sugar and shortening, add boiling water and beat with mixer. Add egg and beat. Add yeast and water mixture. Add salt and flour, mix well. Let rise 1 hour. Mix down and form into rolls. Put in a greased pan. Let rise 1 hour. Bake for 15 to 20 minutes.

Desserts



5/16" Binder allowance

BEC Lineman, Ricky Willberg, Mid-1970's

Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

DESSERTS

Cakes

3,2,1 CAKE

Judy Honer
Laporte, MN
(Director)

- 1 angel food cake mix (one you only add water to)**
- 1 lemon cake mix, or chocolate, strawberry, carrot or white cake mix**

Mix above dry mixes together in 1 gallon bag. To make cake: use custard cup glass dish or something similar.

- 3 T. of above mixture**
- 2 T. water**

Mix dry ingredients and water and stir. Microwave for 1 minute to have individual cakes for kids or company etc. Top with fruit or pudding if desired.

APPLE CAKE WITH VANILLA SAUCE

Barb Tessmer
Cass Lake, MN

CAKE

- ¾ c. oil**
- 2 cups sugar**
- 2 eggs**
- 1 tsp. vanilla**
- 1 tsp. salt**
- 1 tsp. baking soda**

- 2 tsp. baking powder**
- 3 cups apples peeled and sliced**
- 2½ cups flour**
- ⅓ c brown sugar**
- 1 tsp. cinnamon**
- ¼ c. nuts**

(continued)

Add oil, sugar, eggs, vanilla, salt, baking soda, baking powder and apples. Then add flour, pour into greased 9x13 inch cake pan. Sprinkle with brown sugar, cinnamon and nuts. bake at 350° for 40 minutes.

VANILLA SAUCE

1 c. sugar
2 T. flour
½ c. butter

2 tsp. vanilla
1 ½ cups whipping cream

Cook until sugar is dissolved serve warm over cake.

BLACK BOTTOM CUP CAKES

Angela Lyseng
Bemidji, MN

CUPCAKE INGREDIENTS

3 c. flour
2 c. sugar
½ c. cocoa
2 tsp. salt
2 tsp. baking soda

1 tsp. vanilla
2 T. vinegar
1 egg
¾ c. vegetable oil
2 c. water

Mix all ingredients for cupcakes together. Spoon into cupcake cups to about ½ full. Set aside.

FILLING

2 (8-oz) cream cheese
⅔ c. sugar
2 eggs

¼ tsp. salt
1 (16-oz) bag semi-sweet chocolate chips

Combine cream cheese, sugar, eggs and salt together with mixer until well blended. Then add chocolate chips and mix well. Spoon a tablespoonful of filling on top of mix in each cupcake cup. Bake for 10 to 15 minutes at 350°. Remove from pan, let cool before serving.

CAKE THAT DOESN'T LAST

Arlene Bubar
Cass Lake, MN

3 cups flour
2 cups sugar
3 eggs, beaten
1 ½ cups cooking oil
1 (8 oz.) can crushed pineapple, drained

1 c. chopped nuts
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. vanilla
2 cups. mashed banana

Mix dry ingredients. Make a well. Add eggs, pineapple, nuts oil, vanilla and bananas. Stir, do not beat. Pour into greased and floured tube pan. Bake at 350° for 75 minutes.

CHOCOLATE CAKE IN A MUG

Carol Carlson
Laporte, MN

4 T. cake flour, plain, not self rising
4 T. sugar
2 T. cocoa
1 egg

3 T. milk
3 T. oil
small splash of vanilla
3 T. chocolate chips, optional

In a microwave safe mug. Add dry ingredients to mug, mix well with a fork. Add egg, mix thoroughly. Pour in milk and oil and vanilla, mix well. Add chips, if using. Put mug in microwave, and cook for 3 minutes on 1000 watts. Cake will rise over top of mug, do not be alarmed. Allow to cool a little, tip onto a plate if desired.

CHOCOLATE CRAZY CAKE

Arlene Hogquist
Bemidji, MN

3 c. flour
2 c. sugar
2 tsp. baking soda
¾ c. salad oil
2 tsp. white vinegar

1 tsp. vanilla
1 tsp. salt
⅓ c. cocoa
2 c. water

Mix oil, vinegar, vanilla, salt and cocoa. Add the flour, sugar, baking soda and water and blend well. Bake at 325° for 30-35 minutes.

(continued)

FROSTING

6 T. butter
1 ½ c. sugar
6 T. milk

½ c. chocolate chips
½ tsp. vanilla

Cook butter, sugar and milk in a saucepan until it comes to a boil. Boil for 30 seconds. Remove from heat and add chocolate chips and vanilla. Beat until chips melt and mixture is thick. Spread on cake.

CHOCOLATE UPSIDE DOWN CAKE

Bev Haman
Laporte, MN

1 c. flour
1 ½ tsp. cocoa and ¼ c. cocoa
¾ c. sugar and 1 c. sugar
½ tsp. salt
2 tsp. baking powder

2 tsp. butter
¾ cups. nuts (pecans)
1 tsp. vanilla
¾ c. milk
1 c. hot water

Sift flour, 1 ½ tsp. cocoa, ¾ c. sugar, salt and baking powder. Add butter, nuts, vanilla and milk. Beat 2 minutes and pour into 8" square pan. Mix 1 c. sugar, 1 c. hot water and ¼ c. cocoa and pour over batter. Bake at 350° for 35 minutes. This make a small cake pan so if you want to use a 9x13 inch pan you will need to double the recipe.

COCO COLA CHOCOLATE CAKE

Maxine Lunderborg
New Ulm, MN

1 (16 oz) chocolate cake mix,
dry mix

1 (12 oz) can coco cola
1 (8 oz) cool whip

Mix the two ingredients together and pour into a greased and floured 9 x 13 inch cake pan. Bake according to the box directions. Cool cake and top with 8 oz cool whip.

COCONUT CHOCOLATE CAKE

Bonnie Dahl
Bemidji, MN

CAKE

4 eggs
¾ c. vegetable oil
¾ c. water
1 tsp. vanilla extract
1 (18 ¼-oz) chocolate cake mix
1 (3.9-oz) instant chocolate
pudding mix

(Without pudding, Duncan Hines
Dark Chocolate Fudge works
well)
1 (16-oz) can chocolate frosting
(Pillsbury chocolate fudge is
good)

In a mixing bowl, beat the eggs, oil, water and vanilla. Add the cake and pudding mixes; beat for 5 minutes. Pour 3 c. of batter into a greased and floured 10 inch fluted tube pan (bundt pan).

FILLING

⅓ c. sweetened condensed milk
2 c. flaked coconut

¼ tsp. almond extract

Combine the coconut, milk and extract; mix well. Drop by spoonfuls onto batter. Cover with remaining batter. Bake at 350° for 50 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to wire rack to cool completely. Frost with chocolate frosting. Sprinkle coconut on frosting. (Yield 12 to 15 servings)

CRAZY CAKE

Lois Hadrava
Bemidji, MN

⅓ cup cocoa
3 cups flour
2 tsp. baking powder
½ tsp. salt

2 cups sugar
2 T. vinegar
¾ c. oil
2 cups water

Put everything in bowl, mix well and bake at 350° for 40 minutes.

greased Pyrex baking pan or custard cups. Bake in a panful of hot water for 45 minutes. Sponge cake on top, custard pudding on bottom.

MANDARIN ORANGE CAKE

Gloria Schwantes
Bemidji, MN

CAKE

| | |
|---|-----------------------|
| 2 cups flour | 2 cups sugar |
| 2 tsp. soda | 2 eggs |
| 2 cans mandarin oranges, drained | ½ tsp. salt |
| 1 c. chopped walnuts | 2 tsp. vanilla |

Sift dry ingredients, add remainder of the ingredients except walnuts. Beat for 3 minutes with mixer. Pour into well greased and floured 9x13 inch pan. Bake at 350° for 40 minutes.

TOPPING

| | |
|-------------------------|------------------|
| 1 c. brown sugar | 3 T. milk |
| 2 T. butter | |

Bring to a boil. Pour over hot cake, sprinkle nuts on top.

MEXICAN FIESTA CAKE

Linda Weikel
Bemidji, MN

CAKE

| | |
|---------------------|---|
| 2 cups flour | 1 (15 oz) can crushed pineapple with juice |
| 2 cups sugar | 1 c. coconut |
| 2 tsp. soda | ½ c. nuts (optional) |
| 2 eggs | |

Combine all the ingredients in bowl, mix until blended. Pour into ungreased 9x13 inch pan. Bake at 350° for 35 minutes. Cool!

CREAM CHEESE FROSTING

| | |
|-------------------------------|-----------------------|
| 8 oz. cream cheese | ½ c. butter |
| 2½ cups powdered sugar | 2 tsp. vanilla |

mix all together and frost cake.

OMA'S RHUBARB CAKE

Sandy Overkamp
Laporte, MN

CAKE

| | |
|----------------------------|--|
| 1¼ cups white sugar | 1 c. sour cream |
| 1 tsp. baking soda | 1 tsp. vanilla |
| ½ tsp. salt | 3 cups finely diced rhubarb (peeled off some outer strings for more tender rhubarb) |
| 2 cups flour | |
| 2 eggs, beaten | |

Preheat oven to 350°. Grease and flour a 9 x 13 inch baking dish. In a large bowl, stir together 1¼ cups sugar, baking soda, salt and 2 cups flour. Stir in the eggs, vanilla and sour cream until smooth. Fold in the rhubarb. Pour into the prepared dish and spread evenly.

STREUSEL TOPPING

| | |
|-----------------------------|------------------------|
| 1 c. white sugar | ¼ c. flour |
| ¼ c butter, softened | ¾ tsp. cinnamon |

In a smaller bowl, stir together remaining 1 c. sugar and butter until smooth. Stir in ¼ c. flour and cinnamon until the mixture is crumbly. Sprinkle the mixture on top of the cake then dust lightly with cinnamon. Bake in preheated oven until a toothpick inserted in the center comes out clean, about 40 minutes.

PUMPKIN CAKE ROLL

Lois Hadrava
Bemidji, MN

CAKE

| | |
|---------------------------|------------------------|
| 3 eggs | 1 tsp. ginger |
| 1 c sugar | ½ tsp nutmeg |
| ⅔ c. pumpkin | ½ tsp. soda |
| 1 tsp. lemon juice | 2 tsp. cinnamon |
| ¾ c. flour | 1 c. nuts |

Beat eggs for 5 minutes. gradually add sugar, stir in pumpkin and lemon juice. Mix together flour, ginger, nutmeg, soda, cinnamon. Fold into pumpkin mixture. Spread into greased 10x15 inch pan. Top with nuts. Bake at 375° for 15 minutes. Turn out onto towel sprinkled with powdered sugar. Roll up and cool.

(continued)

FILLING

1 c. powdered sugar
4 T. butter

6 oz. cream cheese

Beat till smooth and spread on cake and re roll.

PUMPKIN PECAN RUM CAKE

Bonnie Dahl
Bemidji, MN

CAKE

¾ c. chopped pecans
3 cups flour
2 T. pumpkin pie spice
2 tsp. baking soda
1 tsp. salt
1 c. butter, softened

1 c. sugar
1 c. brown sugar
4 eggs
1 (15 oz) can pumpkin
1 tsp. vanilla

Grease and flour bundt pan. Sprinkle bottom of bundt pan with pecans. Mix together: flour, pumpkin pie spice, baking soda and salt. In large bowl beat: butter, sugar and brown sugar add eggs and beat well. Add pumpkin and vanilla. Gradually combine flour and pumpkin mixture, mix well. Pour batter over chopped pecans in bundt pan. Bake in preheated 325° oven for 60 to 70 minutes or until wooden toothpick comes out clean. Cool 10 minutes. Make holes in cake with long pick.

GLAZE

¼ c. butter
½ c. sugar

2 T. water
1 tsp. rum extract

Melt butter, sugar and water bring to a boil, remove from heat. stir in rum extract. Pour ½ of the glaze over cake. Let stand 5 minutes. Invert onto plate and repeat with remaining glaze. Cool Makes 16 servings. Can add leftover pecans from pkg. to batter, chop finely.

RAISIN CUPCAKES

Lois Hadrava
Bemidji, MN

½ cups sugar
½ c. shortening
1 c. cooked raisins
½ c. raisin water
1 egg

1 tsp. each, soda, cloves,
allspice
½ tsp. salt and cinnamon
1¾ cups flour

Mix all together, bake in paper cups in 300° oven for 25 minutes.

RHUBARB BUNDT CAKE

Mildred Wiechmann
Pennington, MN

CAKE

1 c. shortening
1 c. sugar
½ c. brown sugar
2 eggs
1 tsp. soda
1 tsp. salt

1 c. buttermilk
2 cups. fine cut rhubarb
½ c. chopped walnuts
1 tsp. vanilla
2½ cups flour

Cream shortening and sugars. Add eggs and other ingredients. Mix well. Grease 12 inch bundt pan.

TOPPING

½ c sugar
½ c. chopped walnuts

1 tsp. cinnamon

Sprinkle ½ topping mix in bottom of pan. Spoon in half of batter more topping mixture rest of batter and last of topping. Bake at 350° for 45 to 50 minutes. Invert on plate remove pan and cool. Cake also works well with fresh apples.

STRAWBERRY ANGEL CAKE

Bonnie Dahl
Bemidji, MN

- | | |
|--|---|
| 1 (3 oz) pkg. strawberry jell-o | 1 (8 oz) tub of extra creamy cool whip |
| 1¼ c. boiling water | ½ of a full size Angle food cake or 1 angel food bar |
| dash of salt | |
| 1 (10 oz) pkg. frozen strawberries, do not thaw | |

Mix Jell-o and boiling water until dissolved. Add frozen strawberries and salt. Let stand until cool and slightly thickened. Fold in cool whip. Break cake into bite size pieces and scatter ½ of the pieces in the bottom of 9x9 inch Tupperware pan. Pour ½ the jell-o mix over the cake pieces. Layer the rest of the cake and strawberry mix on top. Refrigerate. Cut into 9 pieces.

STRAWBERRY CAKE AND FROSTING

Jean Einerson
Waverly, TN

CAKE

- | | |
|---|-------------------------------------|
| 1 box white cake mix | 4 eggs |
| 1 c. frozen sliced strawberries (thawed) | 1 c. coconut |
| 1 c. vegetable oil | 1 c. chopped walnuts |
| ¼ c. milk | red food coloring (optional) |

Mix cake mix, oil, eggs and milk on low speed for 10 minutes. Add strawberries and mix well on low speed until blended. Add coconut and nuts, mix until blended. Grease and flour a 9 x 13 inch pan and bake at 350° as long as it says on cake box. Baking should be 40 to 45 minutes or until toothpick comes out clean.

FROSTING

- | | |
|---|-----------------------------|
| 1 stick butter, softened | ½ c. coconut |
| 1 box (1 lb) confectioners sugar | ½ c. chopped walnuts |
| ½ c. strawberries | |

Cream sugar, margarine and strawberries well. Add coconut and nuts. Spread on the cooled cake.

TEXAS CAKE

CAKE

- | | |
|---------------------------|---------------------------|
| 2 cups sugar | ½ c. buttermilk |
| 2 cups flour | 1 tsp. baking soda |
| 2 sticks margarine | 2 eggs |
| 4 T cocoa | 1 tsp. vanilla |
| 1 c. water | |

Place sugar and flour in a bowl. Melt margarine cocoa and water in saucepan, bring to a boil. Pour this mixture into sugar and flour then add buttermilk, baking soda, eggs and vanilla. Blend, bake 20 minutes @ 400° in 11x15 inch pan.

FROSTING

- | | |
|----------------------|-----------------------------|
| 6 T butter | ½ c. chocolate chips |
| 6 T. milk | 1 tsp. vanilla |
| 1½ cups sugar | |

Bring butter, milk and sugar to a rolling boil. While stirring remove from heat and add chocolate chips. Stir until thickened, Add vanilla.

WACKY CAKE

Linda Weikel
Bemidji, MN

CAKE

- | | |
|---------------------|-----------------------|
| 3 cups flour | 2 cups water |
| 2 cups sugar | 2 tsp. vinegar |
| 4 T. cocoa | ⅔ c. oil |
| 2 tsp. soda | 2 tsp. vanilla |
| 1 tsp. salt | |

Mix all together. Bake at 350° for 30 minutes in 9x13 inch pan.

FROSTING

- | | |
|--------------------|-----------------------------|
| 1½ c sugar | ¾ c. chocolate chips |
| 6 T. butter | 1 tsp. vanilla |
| 6 T. milk | |

Boil for 30 seconds, Add chocolate chips and vanilla. Stir until chips are melted and starts to thicken. Pour over cake.

WONDERFUL CAKE

Judy Honer
Laporte, MN
(Director)

CAKE

| | |
|-----------------------|---|
| 2 eggs | 2 cups sugar |
| 2 cups flour | 1 c. chopped nuts |
| 2 tsp. soda | 1 (20 oz.) crushed pineapple, DO |
| 1 tsp. vanilla | NOT DRAIN |

Mix with mixer, spread batter in 9x13 inch greased pan. Bake at 350°. For 45 minutes.

FROSTING

| | |
|-------------------------------------|-----------------------------|
| 8 oz. cream cheese, softened | 2 cups powered sugar |
| ½ c. margarine | 1 tsp. vanilla |

Beat together. spread on warm cake. Sprinkle with nuts. Freezes well.

Pies

BANANA BUTTERSCOTCH PIE

Linda Simonson
Cass Lake, MN
In memory of Geneva Johnson

GRAHAM CRACKER CRUMB CRUST

| | |
|---|---------------------------|
| 1 ½ cups fine graham crumb crust | ¼ c. sugar |
| | ½ c. melted butter |

Mix crumbs and sugar together. Stir in butter. Line 9 inch pie pan with mixture by pressing it firmly into place. Bake at 350° oven for 10 minutes. Cool on a wire rack.

FILLING

| | |
|-------------------------------------|---|
| ¾ c. brown sugar | 2 T. butter |
| 5 T. flour | 1 tsp. vanilla |
| ½ tsp salt | 3 ripe bananas, sliced |
| 2 cups milk | 3 egg whites, whipped for meringue |
| 2 egg yolks, slightly beaten | |

(continued)

Combine sugar, flour and salt in a bowl. Using a double boiler, stir in the flour/sugar mixture, slowly into the milk, stir constantly, cook over boiling water until milk mixture thickens, Cover and cook for 10 minutes longer, stirring occasionally. Add egg yolks to cooked mixture, stir vigorously. Cook one minute longer. Add butter and vanilla and cool. Place alternate layers of filling and bananas in the baked graham cracker crumb crust. Whip egg whites until stiff peaks. You can add ⅓ c. sugar and a pinch of cream of tarter while whipping whites. Cover the filling with meringue, from crust edge to edge to prevent shrinkage and weeping. Place in well heated 375° oven and toast meringue 10 to 12 minutes. Instead of baking, you could broil ½ minute to 1 minute until nicely browned.

BLUEBERRY GLAZE PIE

Evie Johnson
Bemidji, MN

| | |
|------------------------------------|---------------------------|
| 2 pie crusts for 9 inch pie | 3 T. cornstarch |
| 4 c. blueberries | ¼ tsp. cinnamon |
| ¾ c. water | ⅓ tsp. salt |
| 1 c. sugar | 1 tsp. lemon juice |

Bake 9 inch pie crust and cool. Bake top crust on separate cookie sheet. Simmer 1 c. fresh blueberries and water for 3 to 4 minutes. blend together the sugar, cornstarch, cinnamon and salt. Stir into berry mixture. cook till clear. Add 1 tsp. lemon juice. Pour over 3 cups fresh blueberries in baked pie crust. Slide top crust on and refrigerate.

FORT BENEDICT AWARD WINNING JAPANESE WALNUT PIE

Eva Pohl
Laporte, MN

| | |
|-------------------------------|-----------------------|
| 1 unbaked 8" pie shell | 1 c. sugar |
| ¾ stick butter, melted | ½ c. raisins |
| 2 well beaten eggs | ½ c. coconut |
| ½ c. chopped walnuts | 1 tsp. vanilla |

Preheat oven to 325°. Bake crust 5 minutes. Mix remaining ingredients. Pour into pie shell. Bake 35 minutes until golden brown on top. Serve warm or cold.

FRESH BERRY PIE

Linda Weikel
Bemidji, MN

1 small pkg Jello (your choice) **1 ½ cups water**
1 small pkg. vanilla pudding **½ c. sugar**
(not instant)

Cook until glossy and starts to thicken. Add 4 cups of berries. (strawberries, raspberries, blackberries) I match the Jello with berries. Pour into pie crust (reg or graham)

IMPOSSIBLE PUMPKIN PIE

Leah Harder
Bemidji, MN

¾ c. sugar **1 can evaporated milk (13 oz.)**
½ c. Bisquick **1 can Pumpkin (16 oz.)**
2 T. margarine **2 ½ tsp. cinnamon**
2 eggs **2 tsp. vanilla**

Mix all ingredients in blender on High speed for 1 minute. Pour into greased deep dish pie plate. Bake 50-55 minutes at 350°/325° for glass until knife comes out clean. Cool and refrigerate. This pie makes it's own crust. Serves: 8

LEMON MERINGUE PIE

Ada Schrock
Bemidji, Mn

PIE
5 T. cornstarch **3 egg yolks, beaten**
2 cups water **2 T. butter**
1 c. sugar **5 T. lemon juice**
¼ tsp. salt

One 9 inch baking pastry shell. Mix cornstarch, sugar and salt in top of double boiler. Slowly add the water blending it well. Stir constantly over low heat until mixture boils. Cover and cook over boiling water 10 minutes. Gradually pour hot mixture over beaten egg yolks, stirring constantly. Return to double boiler and cook 2 minutes longer. Remove from heat and add butter and lemon juice. Mix well. Cool and put in pie shell.

(continued)

MERINGUE

3 egg whites **6 T. sugar**

Beat egg whites till stiff, gradually beat in sugar. Pile on top of pie. bake at 325° for 15 minutes

LOIS PECAN PIE

Lois Hadrava
Bemidji, MN

4 eggs **¾ c. sugar**
⅓ cup of butter **1 ¼ c. dark Karo syrup**
2 cups pecans

Melt butter, add sugar and beaten eggs, add syrup and pecans. Pour into unbaked pie shell. Bake at 375° for 30 to 35 minutes.

LOIS REAL LEMON PIE

Lois Hadrava
Bemidji, MN

PIE
1 ½ c. sugar **2 heaping T. butter**
1 ½ c. water **4 egg yolks, separated**
3 heaping T. cornstarch **1 ½ cups lemon juice**
dash of salt **2 T. lemon rind**

Mix sugar, cornstarch in pan, mix well. In a separate pan, heat 1 ½ cups water to a boil and pour into sugar mixture. Boil till clear, this will be thick. Add 2 T. butter, add egg yolks. Slowly cook 1 minute more, add lemon juice and rind. Pour into baked pie shell and cool.

MERINGUE

2 egg whites **7 to 8 T. sugar**
¼ tsp. cream of tarter

Mix together and beat well. put on top of pie.

RHUBARB PIE

Judy Jensen
Walker, MN

2 c. rhubarb
2 tsp. sugar
1 ½ c. milk
4 eggs, yolks only

2 eggs, beaten
½ tsp. cinnamon
½ tsp. salt
½ tsp. vanilla

Sprinkle sugar over rhubarb. Mix milk, eggs, cinnamon, salt and vanilla together and pour over rhubarb. Bake at 350° for 1 hour.

SQUASH PIE

Lois Hadrava
Bemidji, Mn

6 eggs
2 cups brown sugar
3 T. flour
3 cups cooked squash
2 cups evaporated milk

1 tsp. salt
2 tsp. cinnamon
½ tsp. cloves,
½ tsp nutmeg
½ tsp. ginger

Mix eggs, brown sugar, flour, squash. then add: milk, salt, cinnamon, cloves, nutmeg and ginger. Put in pie shell and bake at 375° for 40 to 45 minutes.

SUGAR FREE CREAM CHEESE PIE

Arlene Bubar
Cass Lake, MN

Crust

1 stick margarine
1 c. flour

1 c. chopped nuts

Mix together and press into greased deep dish pie plate or 7 x 11 inch baking dish. Bake @ 350° for 15 minutes. Cool.

Filling #1

1 (8 oz.) pkg. cream cheese
1 c. splenda

½ tsp. vanilla
1 c. cool whip

Mix until smooth.

(continued)

Filling #2

2 pkgs. Sugar free instant
butterscotch pudding mix

3 cups milk

Mix for 2 minutes or until pudding consistency. Spread cream cheese mixture over cooled crust. Spread pudding on top of cream cheese layer. Top with additional cool whip and chill.

SUGAR FREE STRAWBERRY PIE

Arlene Bubar
Cass Lake, MN

CRUST

1 stick margarine, softened
1 c. flour

1 c. chopped nuts

Mix together and press in greased 7x11 baking dish or deep dish pie plate. Bake @ 350° for 15 minutes. Cool.

1st FILLING LAYER

1 (8 oz) pkg cream cheese
1 cup Splenda

12 tsp vanilla
1 c cool whip

Mix together and spread over cooled crust.

2nd FILLING LAYER

1 (1.1 oz.) box sugar free cook
and serve vanilla pudding mix.

1 c. water
1 (3 oz.) pkg. sugar free
strawberry Jello

4 cups sliced strawberries
which have been sweetened
with Splenda

Mix pudding and water, heat to boiling. Remove from heat and immediately add Jello stirring until dissolved. Set aside and let cool to room temp. Mix in strawberries and pour on top of cream cheese layer. Chill and let set up. Top with cool whip and serve.

Bars & Brownies

ALMOND BARS

Alison Leas
Bemidji, MN

CRUST

2 c. flour
1 c. butter

½ c. powdered sugar

Mix together using a mixer until very crumbly looking, pat into a 9x13 pan lined with foil that has been sprayed with non-stick cooking spray. Bake at 350° for 20 minutes or until light golden brown.

FILLING

1 (8-oz) pkg cream cheese
½ c. sugar

1 tsp. almond extract
2 eggs

Beat together, using a mixer, until creamy and well blended. Pour over hot crust and bake for 15 to 20 minutes or until set.

FROSTING

1½ c. powdered sugar
¼ c. butter, melted

1 tsp. almond extract
4 to 5 tsp. milk

Beat together, using a mixer, until spreadable adding milk as needed. Spread onto cooled bars. (These freeze well.)

ALMOND BARS

Pam Gregg
Bemidji, MN

BARS

1 c. butter, softened
2 c. flour
1 c. granulated sugar

1 (8-oz) cream cheese, softened
2 eggs
1 tsp. almond extract

Mix 1 cup of softened butter, flour, and ½ c. granulated sugar. Pat into 9x13 pan. Beat cream cheese, 2 eggs, ½ c. granulated sugar and 1 tsp almond extract together. Pour over crust. Bake at 350° for 15 minutes. Chill in refrigerator before frosting.

(continued)

FROSTING

3 c. powdered sugar
½ c. butter, softened

3 T. milk
1 tsp. almond extract

Beat all ingredients together until light and fluffy. Spread over bars.

BROWNIES

Judy Honer
Laporte, MN
(Director)

1 c. sugar
1 stick margarine, softened
4 eggs

1 can chocolate syrup
1 c. flour
Nuts optional

Mix and bake at 350° for 20-25 minutes.

Frosting

Powdered Sugar
2 T. cocoa
1 T. butter or margarine

cold coffee (enough to make spreadable)

Spread on cooled Brownies.

BUTTERMILK BROWNIES

Linda Arnold
Bemidji, MN

Brownies

1 c. margarine
⅓ c. cocoa
2 cups flour
2 cups sugar
1 tsp. soda

½ tsp. salt
2 eggs, slightly beaten
½ c. buttermilk
1½ tsp. vanilla

In saucepan, combine margarine, cocoa, and 1 c. water. Bring to boil, stir constantly. Remove from heat and cool. In large bowl sift together flour, sugar, soda and salt. Stir in eggs, buttermilk and vanilla, add cocoa mixture until blended. Pour into greased 15x10x1 pan. Bake at 375° for 20 minutes.

(continued)

frosting

¼ c. margarine
3 T. cocoa
3 T. buttermilk

2¼ cups powdered sugar
½ tsp. vanilla

In saucepan mix margarine, cocoa, buttermilk. stir and cook till boiling, remove and beat in powdered sugar and vanilla. optional: walnuts or pecans.

CHERRY BARS

Joan Forbes
Bemidji, MN

BAR

1 c. oleo
1¾ c. sugar
4 eggs
1 tsp. vanilla

3 cups flour
1½ tsp. baking powder
1 can cherry pie filling

Cream oleo and sugar. Add eggs one at a time. Beat well. Add vanilla, flour and baking powder. Mix well. Put ¾ of batter in greased 9x13 in pan. Spread pie filling on top. Use rest of dough by dropping T. on top of pie filling. Bake at 350° for 30 to 45 minutes or until knife comes clean. Optional: may use other pie fillings such as: apple or strawberry.

FROSTING

1½ cups powdered sugar
1½ T. milk

¼ tsp. almond flavoring

Mix together and drizzle over bars.

CHOCOLATE CHIP BARS

Sheila Story
Laporte, MN

2¼ cups flour
1 tsp. baking soda
1 tsp. salt
1 c. butter, softened
¾ c. sugar
¾ c. brown sugar

1 tsp. vanilla extract
2 eggs
**2 cups (12 oz) semi-sweet
chocolate chips**
1 c. chopped nuts (optional)

(continued)

Preheat oven to 350° Combine flour, baking soda and salt in bowl. Beat butter, sugar and brown sugar and vanilla in mixing bowl until creamy. Add Eggs, (1 at a time) mixing well. Gradually beat in flour mixture, Stir in morsels and nuts. grease 15x10 inch jelly roll pan. Spread mixture into pan. Bake for 20 to 25 minutes or until golden brown.

CHOCOLATE CHIP BARS

Charissa Peters
Bemidji, MN

11 T. butter
1½ c. brown sugar
¼ c granulated sugar
3 eggs
1 tsp. vanilla extract

1½ c. white flour
½ c. whole wheat flour
1 tsp. baking powder
½ tsp. salt
1 c. chocolate chips

Heat oven to 350°. Cream together butter and sugars. Add eggs, vanilla, flours, baking powder, and salt. Stir in chocolate chips. Bake in greased 9 x 13 inch pan for 20 minutes.

CREAM CHEESE BARS

Linda Arnold
Bemidji, MN

2 rolls crescent rolls
1 (8 oz) pkg cream cheese

1 c. sugar
1 tsp. vanilla

Lay 1 pkg. rolls on bottom of lightly greased 9x13 inch pan. Pinch and seal at perforations. Beat together cream cheese and sugar and vanilla. Spread cream cheese mixture over rolls. Lay other pkg. rolls on top. Pinch and seal perforations and edges. Bake at 350° for 20 to 25 minutes. Sprinkle with powdered sugar when cool.

CRESENT ROLL CREAM BARS

Joan Forbes
Bemidji, MN

BAR

2 pkgs. crescent rolls
8 oz cream cheese
1 c. sugar

1 egg yolk
½ tsp. vanilla

(continued)

Pat one pkg. of crescent rolls on bottom of greased 9x13 inch pan. Mix cream cheese, sugar, egg yolk, vanilla. Spread over crescent rolls in pan. Put on other pkg. of crescent rolls (I pat them out on the counter to make the size of 9x13 inch pan) Push sides and ends to side of pan cause it tends to shrink while baking. Coat with beaten egg whites. Bake at 350° for 30 to 35 minutes. Drizzle with powdered sugar frosting.

FROSTING

1 ½ cups powdered sugar **1 ½ T. milk**

Mix together, drizzle over top. Put slivered almonds on top of frosting.

CRUNCHY TRAIL MIX BARS

Evie Johnson
Bemidji, MN

4 cups cheerios cereal **1 c. brown sugar**
3 cups trail mix (seeds, nuts **2 T. flour**
and dried fruits) **½ c. corn syrup**
¼ c. butter

Grease 13x9 inch pan with shortening or cooking spray. In a large bowl, mix cereal and trail mix, set aside. In a 2 qt. saucepan, melt butter over medium heat. Stir in brown sugar, flour and corn syrup. Cook stirring occasionally until mixture comes to a full boil. Boil 1 minutes, stirring constantly. Pour mixture evenly over cereal mixture, toss to coat. Press mixture in pan. Cool completely about 30 minutes. Cut into 6 rows by 6 rows.

DATE BARS

Lois Hadrava
Bemidji, MN

1 Big pkg. dates **2 cups flour**
2 cups water **1 tsp soda and salt**
2 sticks butter **2 cups oatmeal**
1 c. brown sugar

Cook dates and water. Cream together butter and brown sugar. Sift flour, soda, salt and oatmeal and add to mixture. Bake at 350° for 15 to 20 minutes.

FUDGE NUT BARS

Diane Dockendorf
Bemidji, MN

FILLING

4 T. butter or margarine **½ tsp. salt**
1 can condensed milk (Eagle **1 tsp. vanilla**
Brand) **1 c. chopped nuts**
1 (12-oz) bag milk chocolate
chips

Melt filling ingredients in double boiler. Set aside to add to batter.

BATTER:

1 c. butter or margarine **2 ½ c. flour**
2 c. brown sugar **1 tsp. baking soda**
2 eggs **1 tsp. salt**
2 tsp. vanilla **3 c. rolled oats**

Cream butter and sugar; add eggs and vanilla. Beat well. Sift flour, baking soda, and salt and rolled oats together and add to creamed mixture. Spread ⅔ of the batter on the bottom of a large greased cookie sheet. Add filling and top with the rest of the batter. Bake for 25 minutes at 350°.

GINGER CREAM BARS

Beverly Gibson
Blackduck, MN

¾ c shortening (I use margarine) **1 tsp. baking soda**
1 c. brown sugar **1 tsp. cloves**
2 eggs **1 tsp. cinnamon**
½ c. molasses **1 tsp. ginger**
1 c. boiling hot coffee **¼ tsp. salt**
2 ½ cups flour **1 c. raisin**

Cream shortening and sugar. Add eggs. Blend in molasses and coffee. Alternately. Sift dry ingredients. Add the first mixture. Add raisin and spread on a 11x15 greased shallow baking pan. (I use a cookie sheet) Bake at 350° for 15 to 20 minutes. Cool slightly till warm and frost with soft butter frosting. It will make 36 bars.

HAWAIIAN CHEESECAKE BARS

Theresa McKee
Bemidji, MN

| | |
|------------------------------|--|
| 1 c. flour | 1 egg |
| ½ c. sugar | 1 tsp. vanilla |
| ½ c. margarine | 1 (8 oz) crushed pineapple, drained |
| 1 (8-oz) cream cheese | 1 c. flaked coconut |
| 2 T. milk | 1 T. butter, melted |
| 2 T. sugar | |

Combine flour, sugar and margarine for the crust. Spread into ungreased 9x9 pan. Bake at 350° for 15 minutes or until slightly browned. Cool slightly. Mix cream cheese, milk, sugar, egg and vanilla together. Add pineapple. Spread mixture over crust. Combine coconut and butter and sprinkle over mixture. Bake at 350° for 15-20 minutes or until cheesecake looks set and coconut browns)

MIXED NUT BARS

Sheila Story
Laporte, MN

CRUST

| | |
|-------------------------|-----------------------------|
| 1½ c. flour | ½ c. butter (melted) |
| ¾ c. brown sugar | 1 can mixed nuts |

Mix together and press into bottom of greased 9x13 inch pan. Bake at 350° for 10 minutes. Pour can of mixed nuts on top of baked crust.

TOPPING

| | |
|--------------------------------|--------------------|
| 1 c. butterscotch chips | 2 T. butter |
| ½ c. karo syrup | |

Melt chips, syrup and butter. Drizzle over nuts until completely covered. Bake @ 325° for 10 to 15 minutes. Try not to let sides bubble. Cut with pizza cutter.

NO-BAKE CHOCOLATE OATMEAL BARS

Angela Lyseng
Bemidji, MN

| | |
|-----------------------------------|--|
| 2 c. butter | 2 c. semisweet chocolate chips |
| 1 c. brown sugar | 1 cup peanut butter (creamy or crunchy) |
| 2 tsp. vanilla | |
| 6 cups uncooked quick oats | |

Grease 9 x 13 baking pan. Melt butter in large saucepan over medium heat. Add brown sugar and vanilla; mix well. Stir in oats. Cook over low heat 2 - 3 minutes or until ingredients are well blended. Press half of mixture into prepared pan. Use back of large spoon or spatula to spread mixture evenly. Meanwhile, melt chocolate chips in small heavy saucepan over low heat, stirring occasionally. Stir in peanut butter. Pour chocolate mixture over oat mixture in pan; spread evenly with knife or spatula. Crumble remaining oat mixture over chocolate layer, pressing down gently. Cover and refrigerate 2 to 3 hours or overnight. Bring to room temperature before cutting into bars. (Bars can be frozen; let thaw at least 10 minutes before serving)

NUTTY BARS

Carol Stevens
Solway, MN

| | |
|-------------------------|-----------------------|
| 1 c. brown sugar | 1 tsp. vanilla |
| 1 c. butter | 2 cups flour |
| 1 egg yolk | ¼ tsp. salt |

Cream together sugar, butter, egg yolk and vanilla, gradually stir in flour, salt. Press the above 6 mixed ingredients in the bottom of a 9x13 inch ungreased pan. Bake at 350° for 25 minutes or till lightly browned. Cool!

| | |
|---|--|
| 1 (6 oz) pkg. butterscotch chips | 1 T. water |
| ½ c. light corn syrup | Chopped nuts for top (optional) |
| 2 T. butter | |

Melt ingredients over low heat in a medium saucepan (stir often). Let cool slightly and spread over cooled baked layer. Sprinkle chopped nuts of your choice over top and lightly press down. Cut into desired sized bars. Refrigerate.

PINEAPPLE BARS

Barb Tessmer
Cass Lake, MN

BARS (PART 1)

½ c. butter
1 c. flour

½ c. brown sugar

Mix and put in 9x13 inch pan. Bake at 350° for 8 to 10 minutes.

BARS (PART 2)

1 c. brown sugar
2 eggs, beaten
1 c. walnuts

1 tsp. vanilla
3 T. flour
½ tsp. salt

Mix all together and pour over 1st layer, bake at 350° for 20 minutes. Cool.

FILLING

1 c. cream
2 T. cornstarch
2 T. butter
2 eggs, beaten

1 c. sugar
1 c. crushed pineapple (do not drain)

Cook until thick. Cool and put on bars.

PINEAPPLE BARS

Maxine Lunderborg
New Ulm, MN

CRUST

½ c. butter
½ c. lard

1 c. sugar
2 cups flour

Mix butter, lard, sugar and flour like you would a pie crust. Put ⅔ into 9 x 13 cake pan reserve ⅓ for topping.

FILLING

1 can crushed pineapple (#2 can)
½ c. cream

1 T. cornstarch
½ c. sugar
1 egg yolk

Cook in saucepan until thick, stirring constantly. Pour on top of crust. Sprinkle the ⅓ reserve crust mixture on top of filling. Bake at 350°. 20 to 25 minutes.

PUFFED WHEAT BARS

Joan Serbus
Solway, MN

⅓ c. butter
½ c. white syrup
1 c. brown sugar

2 T. cocoa
1 tsp. vanilla
8 cups puffed wheat

In a saucepan, melt the butter. Add syrup, sugar, cocoa, and vanilla. When it begins to bubble, remove from heat. Pour over puffed wheat and mix well. Press into a buttered 13x9 cake pan. Cool. Cut into squares and enjoy.

RHUBARB DREAM BARS

Theresa McKee
Bemidji, MN

CRUST

2 c. flour
¾ c. powdered sugar

1 c. butter

Combine flour and powdered sugar; cut in butter until crumbly. Press into 15 x 10 jelly roll pan. Bake at 350° for 15 minutes. While baking, prepare filling.

FILLING

4 eggs
½ c. flour
2 c. sugar

½ tsp. salt
4 c. rhubarb, diced

Blend eggs, sugar, flour and salt. Fold in rhubarb. Spread over hot crust. Bake at 350° for 40 to 45 minutes until lightly browned.

SOUR CREAM BANANA BARS

Maxine Lunderborg
Walker, MN

BARS

| | |
|------------------------------|---------------------------|
| ½ c. butter, softened | 2 cups flour |
| 1½ cups sugar | ¼ tsp. salt |
| 2 eggs | 1 tsp. baking soda |
| 1 c. sour cream | 2 to 3 bananas |
| 1 tsp. vanilla | |

Cream butter and sugar together. Add eggs and mix. Add sour cream and vanilla. Add flour, salt and baking soda. Mix. Fold in mashed bananas. Pour into greased and floured Jelly roll pan. Bake at 350° for 20 to 25 minutes. Cool bars and frost.

FROSTING

| | |
|-------------------------------------|------------------------------------|
| 6 T. butter, softened | 1 tsp. vanilla |
| 4 oz. cream cheese, softened | 2 to 2½ cups powdered sugar |
| 1 tsp. milk | |

Cream butter and cream cheese together. Add milk and vanilla. Mix well. Slowly add powdered sugar. Frost bars and store in refrigerator.

ZUCCHINI BARS

Barb Tessmer
Cass Lake, MN

BARS

| | |
|--|-----------------------------|
| 2 cups peeled and shredded raw zucchini | ½ tsp. salt |
| 2 cups sugar | 4 eggs |
| 1 c. oil | 2 cups flour |
| 1 tsp. soda | 2 tsp. baking powder |
| 1 tsp. cinnamon | 1 tsp. vanilla |

Grease and flour 10x15 inch jelly roll pan. Bake at 350° for 20 to 25 minutes.

CREAM CHEESE FROSTING

| | |
|-----------------------------------|------------------------------|
| 1 (3 oz) pkg. cream cheese | 1 tsp. vanilla |
| ½ c. butter | 2 cups powdered sugar |
| 1 tsp. milk | |

Beat until fluffy. Put on cooled bars.

Miscellaneous

APPLE CRISP

Marian Kapphahn
Puposky, MN

| | |
|---|-----------------------------------|
| 6 cups apples, sliced | ½ c. brown sugar, packed |
| 2 T. sugar (more if apples are tart) | ⅓ c. quick cooking oatmeal |
| 1 tsp. vanilla | ½ tsp. cinnamon |
| ½ c. flour | ¼ tsp. salt |
| | ¼ c. butter |

Preheat oven to 375°. Mix apples and 2 T. sugar in a shallow ungreased glass baking dish; drizzle with vanilla. Mix flour, brown sugar, oatmeal, cinnamon and salt. Cut in butter with a pastry blender until crumbly. Spoon over apple mixture. Bake for 25 to 30 minutes or until apples are tender.

BUTTERSCOTCH PUDDING DESSERT

Angela Lyseng
Bemidji, MN

| | |
|-------------------------------|---|
| 1 c. pecans | 1 c. powdered sugar |
| 1 c. all-purpose flour | 2 (3.4-oz) pkg. instant butterscotch pudding |
| ½ c. butter, melted | 3 c. milk |
| 1 (8-oz) cream cheese | 1 tsp. vanilla |
| 1 (16-oz) Cool Whip | |

Mix ¾ c. pecans, flour and butter and smooth into bottom of 9x13 pan. Bake for 15 minutes at 350°. Let cool. Next, mix cream cheese, 1½ c. cool whip, and powdered sugar together and spread on top of the cooled crust. Mix pudding, milk and vanilla together and spread over cream cheese layer. Spread remaining cool whip on top. Sprinkle remaining pecans over cool whip. Refrigerate.

CHERRY DESSERT

Gloria Johnson
Bemidji, MN

CRUST

½ c. graham cracker crumbs ¼ c. sugar
⅓ c. margarine, melted

Combine above and pat into 13 x 9 inch pan. Chill.

TOPPING

½ c. powdered sugar 1 tsp. vanilla
3 oz. cream cheese (room 1 pkg dream whip
temperature)
1 T. milk 1 can cherry pie filling

Prepare 1 pkg. dream whip, Whip and chill. Then cream together sugar, cream cheese, milk and vanilla. Combine with dream whip. Then spread over graham cracker crust. Refrigerate overnight. In morning spread large can of cherry pie filling on top.

CHOCOLATE MINT TRIFLE

Sandy Overkamp
Laporte, MN

1 pkg. brownie mix 2 cups thawed frozen whipped
1¾ c. milk topping
1 small box vanilla instant 1 box of Andes mints
pudding
creme De Menthe or green food
coloring to desired color

Lightly spray a 9 x 13 inch pan with vegetable oil. Prepare and bake brownies according to package directions for cake like brownies. Cool completely. In a bowl, whisk pudding mix into milk until mixture begins to thicken. Add Creme De Menthe to taste. Mix well. Fold in whipped topping. Cut brownies into 1 inch cubes. Chop Andes Mints. Layer ⅓ of the cubed brownies onto the bottom of large glass bowl. Top with ⅓ of the pudding mixture and ⅓ of the chopped Andes mints. Repeat layers two more times. Chill 30 minutes before serving. (can use box of Andes holiday cherry jubilee thins for the Andes mints, and substitute Grenadine or maraschino cherry juice for the Creme De Menthe).

CROCKPOT DESSERT

Carol Carlson
Laporte, MN

2 cups Rhubarb ¼ c. butter
¾ c. sugar ⅓ c. flour
1 cinnamon stick ⅓ c. sugar
1 tsp. lemon peel

Combine first 4 ingredients in Crock pot. Cover and cook on low for 3 to 4 hours. Remove cinnamon stick. Spoon Rhubarb into baking dish. Combine remaining ingredients until crumbly and sprinkle over Rhubarb. Bake 400 for 20 to 25 minutes. Until top is brown serve with whipped cream or over ice cream. Serves 4 to 6.

DELICIOUS CHOCOLATE DESSERT

Joyce Vogel
Bemidji, MN

CRUST

28 crushed graham crackers ½ c. butter melted (or
¼ c. powdered sugar margarine)

Mix all together and spread into 9x13 pan. (Save a little of crust mixture to sprinkle on top)

FILLING

32 large marshmallows 2 c. whipping cream
1 c. milk 1½ tsp. vanilla
1 (7-oz) milk chocolate Hershey
Bar

Melt marshmallows in 1 cup milk in a double boiler. Break the Hershey bar into the mix, stir until melted. Let cool. Whip the 2 cups cream, add vanilla. Fold into chocolate mix. Pour into crust. Top with remaining crumbs. Refrigerate.

EASY FRUIT COBBLER

Susan Turner
Golden Valley, MN

2/3 c. flour
1/2 c. sugar
1 1/2 tsp. baking powder
1/4 tsp. salt

2/3 c. milk
2 T. butter
1 to 1 1/2 cups fresh fruit

Mix together and pour into a casserole containing 2 T. melted butter (batter will be thin) Add 1 to 1 1/2 cups fresh fruit. Bake at 350° for 40 to 45 minutes. Serve Warm.

EASY SCANDINAVIAN ROMMEGROT

(Cream Pudding)

Lynn Hirschev

1 qt. whole milk
1 c half and half
1 c. margarine or butter
3/4 c. flour

1/2 c. sugar
1/4 c. margarine or butter, melted
sugar and cinnamon to taste

Heat milk and half and half, being careful not to scorch. In a heavy pan, melt margarine and add flour; cook 5 minutes, stirring constantly. Pour in milk mixture. Cook, stirring frequently until mixture bubbles and thickens. Stir in sugar. Pour 1/4 c. melted margarine on top. Serve warm sprinkled with cinnamon and sugar. This may be kept warm and served from a crock pot on low heat.

FRUIT NUT CRUNCH

Gloria Johnson
Bemidji, Mn

1 (20 oz) can crushed pineapple
3 cups sliced raw apples
12 c. sugar, divided
2 T. lemon juice

1 box (18 and 1/4 oz) yellow cake mix
1/2 c. melted butter
3/4 c. chopped nuts

Spread pineapple over bottom of 13 x 9 x 2 inch greased dish. Toss together apples with 1/4 c. of sugar and lemon juice. Layer over the pineapple. Sprinkle cake mix on top of apples. Dribble butter on mix. Sprinkle nuts and 1/4 c. sugar on top. Bake at 350° oven for 20 minutes. Then cut through all over top to bottom of dish to allow juice to rise to
(continued)

top. Continue to bake another 30 to 40 minutes. Good served warm with vanilla ice cream. (Could use 3 cups of fresh or frozen blueberries or sliced pears instead of apples)

FRUIT PIZZA

Barbara Peck
Laporte, MN

CRUST

1/2 c. powdered sugar
3/4 c. butter

1 1/2 cups flour

mix all together, pat in pizza pan. Bake 10 to 15 minutes at 350°.

FILLING

1 (8 oz) cream cheese
1/2 c. sugar

1 tsp. vanilla

Stir together and spread over crust.

FRUIT

strawberries
kiwi
grapes

cherries
blueberries
or any fresh fruit you want

cut up fruit and layer over filling.

HURRY UP DESSERT

Rosemary Bakke
Bemidji, MN

Ice cream sandwiches
cool whip

Heath bar chips

Lay ice cream sandwiches on bottom of 9 x 13 inch pan, cover with cool whip. Sprinkle heath bar chips over top. Freeze. Serves 12.

NUT ROLLS

Sheila Story
Laporte, MN

12 oz. pkg. peanut butter chips **2 T. Margarine**
1 (24 oz) jar roasted, salted **1 (10 oz) pkg. mini**
peanuts **marshmallows**
1 c. sweetened condensed milk

Grease a 9x13 inch pan. Layer half the peanuts on the bottom. Mix the chips, Marshmallows, sweetened condensed milk and margarine together and melt. Pour over nuts in pan. Sprinkle remaining peanuts over the top and press down. Cool and cut.

OLD FASHIONED BREAD PUDDING

Christine Davis
Laporte, MN

8 cups diced bread cut into 7" **½ tsp. salt**
squares **1 T. cinnamon**
6 eggs, slightly beaten **2 cups milk whole or 2%**
4 T. softened oleo or butter **fruit of some sort**
¼ c. brown sugar **caramel topping**
¼ c. honey

In a large bowl, place bread cubes, butter, eggs, milk, brown sugar, honey, salt and cinnamon. Use a large spoon to mix the ingredients together. Mix until all ingredients are moist. Add fresh apples, raisins or any other fruit. Place in baking pan (9x13 inch pan or 2 loaf pans). Bake at 375° for 30 to 40 minutes or until brown topping. Remove from oven and cool on a rack. Serve warm plain or with topping. Bread can be the crusts or raisin or cinnamon bread or dinner rolls or cinnamon rolls. If using raisin or cinnamon bread cut back on the cinnamon to 1 tsp. Can use nutmeg along with cinnamon reduce cinnamon to 1 tsp. or use half nutmeg and half cinnamon. Can use carnation milk instead of milk. Topping use whipped cream or ice cream, or caramel topping. Also can use cup cake pans, use a cup cake liner, place bread pudding in and bake for 15 to 20 minutes. Can freeze for later use. Substitute the milk for egg nog, or use half milk and half egg nog.

OLD FASHIONED RICE PUDDING

Gloria Johnson
Bemidji, Mn

½ c. rice **⅓ c. sugar**
2¼ cups water **1 tsp. vanilla**
½ tsp. salt **1 cup raisins (plumped)**
2 cups milk **cinnamon and nutmeg**
2 eggs, beaten

Cook rice and 1¾ cups water and salt. After rice is cooked. Add ½ c. water and simmer covered until all water is absorbed. Then add milk and boil gently, stirring until it just starts to thicken slightly. Remove from heat and add eggs, sugar, a pinch of salt, vanilla and raisins. Pour into greased 2 qt. Pyrex pan. Sprinkle lightly with cinnamon and nutmeg on top. Place in pan containing 1 inch of hot water. Bake at 350° oven for 45 to 50 minutes or until knife inserted comes out clean.

PINEAPPLE DESSERT

Maxine Lunderborg
Walker, MN

1 (9 oz) pkg. yellow Jiffy cake **8 oz. cream cheese, softened**
mix **1 (20 oz) can crushed pineapple,**
2 cups milk **drained**
1 (3 oz) pkg. vanilla instant **8 oz. cool whip, thawed**
pudding **1 c. nuts**

Make cake according to the box directions baking in a greased 9 x 3 inch cake pan. Bake at 350° for 10 to 12 minutes. Cool. Mix pudding and milk, then beat in softened cream cheese. Spread mixture on top of cooled cake. Top with the drained pineapple. Spread cool whip on top and sprinkle with nuts. Refrigerate overnight.

PISTACHIO DESSERT

Leslie Huot
Solway, MN

CRUST

1 c. flour **½ c. soft butter**
2 T. sugar **½ c. chopped walnuts**

(continued)

Mix together and press into bottom of 9x13 inch pan. Bake at 350°. Let cool.

FILLING

8 oz cream cheese, softened **8 oz. cool whip**
⅓ c. powdered sugar

Mix together and spread on top of cooled crust.

TOP LAYER

2 PKGS. PISTACHIO PUDDING **8 oz cool whip**
2½ C. MILK **walnuts or pecans**

Beat milk and pudding until thick. Pour over cream cheese mixture. Cover and let set up in fridge for about 1 hour. Spread other half of cool whip on top. Sprinkle chopped walnuts or pecans on top.

RAZZLEBERRY CRISP

Mary Noble
Big Lake, MN/Tenstrike, MN

TOPPING

⅓ c. cold unsalted butter, cut up, plus more for the pie plate **¼ c. light brown sugar, packed**
1 c. unbleached all-purpose flour **½ tsp. fine sea salt**
1 T. fresh mint, finely chopped

Position a rack in the middle of the oven and preheat to 350°. Butter a 9-inch deep dish pie plate. Stir together flour, sugar, salt and mint with a fork, in a bowl, until completely blended. Add butter and work it in with your hands until it is the size of small peas; chill.

FILLING

1 c. raw sugar **1 c. raspberries**
6 T. unbleached all-purpose flour **1 c. blueberries**
¼ tsp. fine sea salt **1 c. blackberries**
2 c. sliced strawberries **1 Fuji or Gala apple, peeled cored, and sliced**

Whisk together sugar, flour and salt in a bowl. Add strawberries, raspberries, blueberries, blackberries, and apple and gently toss to coat. Pour fruit mixture into prepared pie plate and sprinkle with topping. Bake until fruit is bubbling and the top is golden brown and crispy, 50 to 55 minutes. Serve warm.

RED, WHITE AND BLUE TRIFLE

Angela Lyseng
Bemidji, MN

1 Angel Food Cake **1 pkg instant vanilla pudding**
3 pints fresh blueberries **1 (16-oz) Cool Whip**
2 quarts fresh strawberries, sliced

Mix vanilla pudding according to package, set aside. Break apart cake into 1 inch pieces. Place 1 even layer on bottom of trifle dish. Mix pudding with 2 cups of Cool Whip. Place half of mixture over cake layer. Top with sliced strawberries. Layer blueberries on top of strawberries. Repeat layer: cake, pudding mixture, strawberries, blueberries. Top with remaining Cool Whip. Layer remaining strawberries on top around outer edge of trifle. Fill the center with remaining blueberries. Refrigerate until served. (Optional: may use raspberries and blackberries if desired)

RHUBARB CRISP

Leslie Huot
Solway, MN

1 c. sifted flour **4 c. rhubarb, diced**
1 c. brown sugar **1 c. sugar**
¾ c. quick oats, uncooked **1 c. water**
½ c. butter, melted **2 T. cornstarch**
1 tsp. cinnamon **1 tsp. vanilla**

Mix flour, brown sugar, quick oats, butter and cinnamon until crumbly. Press half of mixture into a 9x13 pan. Cover with rhubarb. In sauce pan, combine sugar, water, cornstarch and vanilla. Cook until clear, may boil. Pour over rhubarb. Top with remaining dry mixture. Bake at 350° for 1 hour. Cut into squares. Serve plain or with whipped cream or ice cream.

ROYAL RHUBARB DESSERT

Ruth Hiltz
Bemidji, MN

CRUST

| | |
|----------------------|---------------|
| 1 c. flour | 2 T. butter |
| 1 tsp. baking powder | 1 egg, beaten |
| 1/3 tsp. salt | 2 T. milk |

Combine flour, baking powder, salt and butter. Mix as for pie crust, add egg and milk. Pat in bottom and sides of a 9x9 inch baking pan.

FILLING

| | |
|------------------------------|---------------------------|
| 4 cups fresh rhubarb, cut up | 1 pkg. strawberry gelatin |
|------------------------------|---------------------------|

Arrange cut up rhubarb in crust. Sprinkle with dry gelatin over evenly.

TOPPING

| | |
|--------------|---------------|
| 2/3 c. sugar | 1/3 c. butter |
| 1/2 c. flour | |

Mix the sugar, flour and butter together and sprinkle over dry gelatin. Bake in moderate 350° for 30 to 40 minutes, Cool, cut into squares to serve. Top with whipped cream or ice cream.

SALTED NUT BARS

Maxine Lunderborg
Walker, MN

| | |
|-------------------------------------|---------------------------------|
| 16 oz. dry roasted peanuts | 12 oz. pkg. peanut butter chips |
| 14 oz. can sweetened condensed milk | 4 cups mini white marshmallows |
| 3 T. butter | |

Grease 9 x 13 inch pan. Line bottom of pan with enough peanuts to cover. Melt butter and peanut butter chips on stove. Add sweetened condensed milk and stir. Slowly add marshmallows to coat but not melted. Pour mixture over peanuts in pan. Top with remaining peanuts. Refrigerate to keep firm. Cut when cooled.

SPICY OATMEAL DROPS

Evie Johnson
Bemidji, MN

| | |
|--|----------------------------|
| 1/2 c. shortening | 1/2 tsp. nutmeg |
| 1 c. brown sugar | 1/2 tsp. cloves |
| 1 egg | 1/4 tsp. salt |
| 2 tsp. vanilla | 1/2 c. milk |
| 1 1/2 cups flour | 1 c. quick cooking oatmeal |
| 1/2 tsp baking powder, 1/2 tsp baking soda | 1 c. raisins |
| 1 tsp. cinnamon | 1 c. copped walnuts |

Blend shortening, brown sugar, egg and vanilla, mix all dry ingredients together and mix in and then mix in milk, oatmeal, raisins and walnuts. Bake at 375° for 12 minutes.

STRIPED DELIGHT

Leslie Huot
Solway, MN

CRUST

| | |
|---------------------------------|-------------------------|
| 1 1/2 c crushed graham crackers | 1/3 c margarine, melted |
| 1/4 c. sugar | |

Mix graham crackers, sugar and melted margarine. Spread in bottom of 9x13 inch pan.

FILLING

| | |
|------------------------------|-----------------|
| 8 oz. cream cheese, softened | 2 tsp. milk |
| 1/2 c. sugar | 8 oz. cool whip |

Mix together and spread on top of graham cracker crust.

TOP LAYER

| | |
|---|-----------------|
| 2 small pkgs. instant chocolate pudding | 3 1/2 cups milk |
| | 8 oz. cool whip |

Mix pudding and milk together and pour on top of cream cheese mixture. Cover and let set up in fridge for 1 hour. Spread remaining cool whip on top.

SWEDISH KRINGLE

Judy Becker
Laporte, MN

CRUST

½ c. flour
½ c. butter
1 T. water

Mix like pie crust and pat on cookie sheet in 2 strips the length of the cookie sheet 3 inches wide.

FILLING

1 c. water
½ c. butter
1 c. flour
3 eggs
1 tsp. almond flavoring

Heat water and butter to boiling point. Remove from heat. Add flour, beating with a fork. Add eggs on at a time and flavoring. Spread on first mixture and bake 1 hour at 350° oven.

FROSTING

1 c. powdered sugar
1 T. butter
½ tsp. almond extract
slivered almonds

Enough cream to spread. Decorate with slivered almonds.

Mix butter water. Bring to a rapid boil. Add Almond extract and remove from heat. Stir in flour, add eggs, one at a time, beating well until smooth. Spread to edges of dough. bake at 350° for 55 minutes.

Frosting

1 Egg white
1½ c. Powdered Sugar
½ c. Finely chopped walnuts
½ tsp. Almond extract

Beat egg whites until stiff. Slowly add powdered sugar and almond extract. Spread over cooled kringle and sprinkle with nuts.

SWEDISH KRINGLER

Carol Frost
Green Bay, WI/ Blackduck, MN

Crust

1 c. Flour
1 T. Cold water
½ C. Butter

Cut butter into flour (like making pie crust) sprinkle with water. Pat dough in two strips 12 x 3 inches. Place on non-greased sheets.

Filling

1 c. Water
1 c. Flour
3 Eggs
½ c. Butter
½ tsp. Almond extract

(continued)



Cookies & Treats

5/16" Binder allowance



Beltrami Electric Linemen, 1970's

Front row: Howard Chandler, Stanley Ellingson, Ed Chandler, Earl Decker, Jack Cronemiller, Don Bock, Bob Kaasa, Russel Devries. Back row: Mike Pafko, John Unger, Al Lakey, Nick Burns, Clifford Nelson, Jim Knudson, Vern Anderson, Greg Hommerding, Jerry Nelson, Keith Barnes, Roger Chwialkowski, Bud Statton, Lawrence Brook, Andrew Freeman, Jim Treseler, Iald Auchter, John Stebe, Virgil Reiersen, Charles Curtis

Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.

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5/16" Binder allowance

Cookies 6-99

COOKIES & TREATS

Cookies

ALMOND JOY COOKIES

Linda Arnold
Bemidji, MN

| | |
|-------------------------|---------------------------------|
| ½ c soft butter | 1 tsp. soda |
| ¾ c sugar | ½ tsp. salt |
| ¾ c brown sugar | 2 ½ cups chocolate chips |
| 2 eggs | 1 c. coconut |
| 1 ½ tsp. vanilla | 1 c. slivered almonds |
| 2 ¼ cups. flour | |

Cream together butter and sugars, add eggs one at a time. Add vanilla, mix dry ingredients and add a little at a time. Stir in chips, coconut and almonds. Drop by tsp. on cookie sheet. Bake at 375° for 8 to 10 minutes. Cool slightly before removing to wire rack.

CHEESECAKE COOKIES

Ruth Hiltz
Bemidji, MN

| | |
|-----------------------------|-------------------------------|
| ⅓ c. butter | 8 oz cream cheese |
| ⅓ c. brown sugar | 1 egg |
| 1 c. flour | 2 T. milk |
| ½ c. chopped walnuts | 1 T. lemon juice |
| ¼ c. sugar | ½ tsp. vanilla extract |

Cream butter and brown sugar in small mixing bowl. Add flour and nuts. Mix to make a crunch mixture. Reserve 1 cup for topping. Press remainder into bottom of 8 inch square pan. Bake at 350° for 12 to 15 minutes until lightly browned. Blend sugar with cream cheese in small mixing bowl until smooth. Add egg, milk, lemon juice and vanilla. Beat well. Spread over baked crust. Sprinkle with reserved crunch mixture. Bake at 350° for 25 minutes. Cool and cut into 2 inch squares.

CHOCOLATE CHOCOLATE CHIP COOKIES

Arlene Hogquist
Bemidji, Mn

2¼ c. flour
1 tsp. salt
1 tsp. baking soda
2 sticks butter, softened
1 c. sugar
1 c. brown sugar

2 large eggs, beaten
1 T. vanilla
½ c. unsweetened cocoa
2 cups chocolate chips
1 c. walnuts, optional

Preheat oven to 375°. In a bowl stir together flour, salt and baking soda. In another large bowl stir together butter, both sugars, eggs, vanilla and cocoa. Gradually stir together flour mixture into butter mixture and mix until combined. Stir in chocolate chips and walnuts until distributed evenly. Drop dough by T. onto baking sheets and bake about 10 minutes. Cool on a baking rack.

CHOCOLATE MARSHMALLOW COOKIES

(YIELD: about 3 dozen)

Diane Dockendorf
Bemidji, MN

½ c. butter, softened
1 c. sugar
1 egg
¼ c. milk
1 tsp. vanilla extract

1¾ c. all purpose flour
⅓ c. baking cocoa
½ tsp. baking soda
½ tsp. salt
16 - 18 large marshmallows

In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in the egg, milk and vanilla. Combine the flour, cocoa, baking soda, and salt; beat into creamed mixture. Drop by rounded teaspoonfuls 2 in. apart onto ungreased baking sheets. Bake at 350° for 8 minutes. Meanwhile, cut marshmallows in half. Press a marshmallow half cut side down onto each cookie. Bake 2 minutes longer. Remove to wire racks to cool.

ICING

6 T. butter
2 T. baking cocoa
¼ c. milk

1¾ c. confectioners' sugar
½ tsp. vanilla extract
Pecan halves

For icing, combine the butter, cocoa and milk in a saucepan. Bring to a boil; boil for 1 minute, stirring constantly. Cool slightly; transfer to a small mixing bowl. Add confectioners' sugar and vanilla; beat well. Spread over the cooled cookies. Top each with a pecan half.

DATE-FILLED COOKIES

Ruth Hiltz
Bemidji, MN

COOKIE

4 cups flour
⅓ c. butter, melted
¼ tsp. baking soda

¼ tsp. salt
½ c. honey

Mix first 5 ingredients well. Roll into small balls. Place on a greased cookie sheet and press balls into flat cookies with the back of a buttered tsp. Bake at 300° until golden brown. Remove from pan and cool.

FILLING

1 lb. pitted dates (California dates)
⅓ c. water

Put dates and water in covered oven safe saucepan and bake in oven until soft. This should take about 15 minutes at 350°. (This date mixture can be cooked on top of stove, but it has a tendency to scorch if not stirred constantly.) Stir occasionally while in oven, heating until thick. Cool. Spread date filling between 2 cookies.

EVERYTHING COOKIES

Ada Schrock
Bemidji, MN

1 c. margarine (may use ½ c. coconut oil to ½ c. margarine)
¾ c. salad oil
1 c. brown sugar
1 c. sugar
1 egg
1 tsp. vanilla
3 cups flour

1 tsp. cream of tarter
1 tsp. soda
1 tsp. salt
1 c. oatmeal
1 c. crisp rice cereal
1 c. coconut
12 oz. chocolate chips

Beat margarine, oil, sugars, egg and vanilla. Sift together flour cream of tarter, soda and salt. Mix into sugar mixture. Add oatmeal, cereal, coconut and chips. (if its to smeary add more rice cereal) Drop by tsp. on greased baking sheet. Bake at 350° for 12 minutes.

FLOURLESS PEANUT BUTTER COOKIES

(Gluten Free)

Joan Yearling-Parnell
Tenstrike, MN

1 c. packed light brown sugar
1 c. smooth or chunky peanut butter
1 egg, slightly beaten

1 tsp. vanilla
½ tsp. baking soda
chocolate chips, optional

Preheat oven to 350°. Beat brown sugar, peanut butter, egg, vanilla and baking soda in bowl by hand or with electric beater until well blended. Shape dough into 24 balls and place on ungreased cookie sheets. Flatten slightly with fork. Bake at 10 to 12 minutes until set. Cool completely. Can add chocolate chips to dough or melt ½ c. and drizzle on top.

FUDGE PEANUT BUTTER FILLED COOKIES

Pam Gregg
Bemidji, MN

COOKIES

¼ c. butter, softened
4-oz cream cheese, softened
2 eggs
1 tsp. vanilla
1 (18¼-oz) pkg chocolate cake mix

¼ c. flour
12 mini Reeses peanut butter cups, chopped

In a large bowl, cream butter and cream cheese until light and fluffy. Beat in eggs and vanilla. Gradually add cake mix and flour. Shape into 1 inch balls, flatten slightly. Bake 7 minutes at 375°. Cool 1 minute before removing from pan. Prepare filling as below. Spread bottom cookie with filling. Sprinkle cut up Reeses peanut butter cups on top of filling layer and add another cookie on top. Store in refrigerator.

FILLING

¾ c. creamy peanut butter
4 oz. cream cheese, softened
2½ c. powdered sugar

3 T. 2% milk
1 tsp. vanilla

Beat peanut butter and cream cheese until fluffy. Add powdered sugar, milk and vanilla.

GINGER SNAPS

Eva Pohl
Laporte, MN

¾ c. shortening
¼ c. Molasses
1 c. sugar
1 egg
½ c. sugar for rolling

2 cups flour
2 tsp. soda
1 tsp. cloves
1 tsp. ginger
1 tsp. cinnamon

Cream together shortening and 1 c. sugar. Add molasses and well beaten egg. Add the sifted dry ingredients and beat smooth. Roll into balls and coat in sugar. Place 2 inches apart on greased cookie sheet. Bake at 350° for 10 to 12 minutes. Keep in airtight container.

GRANDMA JACKS NOBAKE COOKIES

Gwen Vogel
Bemidji, MN

½ cup butter
½ c. coco powder
2 cups sugar
1 tsp vanilla
3 cups oatmeal

½ c. milk
6 large marshmallows (if you want the cookies to be soft)
¾ c. peanut butter

In a large saucepan, add the 1st three ingredients, still continuously, boil 3 minutes, add vanilla and oatmeal. drop by spoonful onto buttered surface. Cool! (for the peanut butter variation increase milk to ¾ cup, add peanut butter with butter.

ICEBOX COOKIES

Judy Lowmaster
Bemidji, MN

¾ c. sugar
¾ c. brown sugar
½ c. margarine
½ c. shortening
2 eggs
vanilla

3 cups flour
½ tsp salt
1 tsp. baking soda
1 tsp. cream of tartar
1 c. black walnuts

Cream shortening and sugars, eggs and vanilla. Mix all the other ingredients in and form into rolls. Wrap in waxed paper or plastic wrap. Let stand in refrigerator overnight. Slice and bake at 350°. Makes 4 dozen.

MELT IN YOUR MOUTH COOKIES

Gwen Vogel
Bemidji, MN

2 cups brown sugar
2 lg eggs
2 T. vanilla
1 tsp. salt
1 c. coconut or oatmeal or ½ cup of each

1 c. chopped nuts
1 tsp. soda
4 cups flour
2 cups shortening
1 c. chopped nuts

Mix together well. Drop by tsp full on baking sheet. Flatten with fork dipped in milk.

MOCHA CRINKLES

Angela Lyseng
Bemidji, MN

1 ½ c. packed light brown sugar
½ c. vegetable oil
¼ c. reduced-fat sour cream
1 egg
1 tsp. vanilla
1 ¾ c. all purpose flour
¾ c. unsweetened cocoa powder

2 tsp. instant espresso or coffee granules
1 tsp. baking soda
¼ tsp. salt
½ tsp black pepper
½ c. powdered sugar

Beat brown sugar and oil in medium bowl with electric mixer. Mix in sour cream, egg and vanilla. Set aside. Mix flour, cocoa, espresso, baking soda, salt and pepper in another medium bowl. Add flour mixture to brown sugar mixture; mix well. Refrigerate dough until firm, 3 to 4 hours. Preheat oven to 350°. Pour powdered sugar into shallow bowl. Roll dough into 1 inch balls. Roll balls in powdered sugar. Bake on ungreased cookie sheets 10 to 12 minutes or until tops of cookies are firm to touch. (Do not overbake.) Cool on wire racks. (Makes about 6 dozen cookies)

NO BAKE COOKIES

Brittany and Kimberly Story
Laporte, MN

2 cups sugar
4 T. Cocoa
½ c. milk
½ c. butter

½ c. peanut butter
4 c. oatmeal
1 tsp. vanilla

Bring sugar, cocoa, milk and butter to a boil. Take off burner and add the remaining ingredients. drop by spoonfuls on cookie sheet to cool.

OATMEAL DROP COOKIES

Gwen Vogel
Bemidji, MN

2 cups raisins
1 c. water
2 cups shortening
2 cups sugar
4 lg eggs, beaten

4 cups flour
1 tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
1 c. chopped nuts

Cook raisins in water till soft, save 5 T. of liquid, in which raisins were cooked. Cream sugar and shortening, add in eggs. Mix flour, soda and salt together, stir in cinnamon, nuts, oatmeal, alternatively with raisins-water. Drop by tsp. onto greased cookie sheet. Bake 9 to 10 minutes at 350°.

OATMEAL RAISIN COOKIES

Gwen Vogel
Bemidji, MN

1 c. shortening
3 lg. eggs, beaten
1 tsp. vanilla
1 c. raisins
1 tsp. cinnamon
2 ½ cups flour

2 cups oatmeal
1 tsp. salt
2 tsp. baking soda
1 c. granulated sugar
1 c. brown sugar, packed
1 c. pecans or walnuts, chopped

Mix all ingredients. Shape into 1 inch balls. Place on ungreased baking sheet. Flatten with fingers. Bake at 350° for 10 to 11 minutes, or until golden brown. Do not over bake. Let slightly cool on pan then remove to cooling rack. Yield: 3 ½ dozen.

ORANGE ICE BOX COOKIES

Maxine Lunderborg
Walker, MN

| | |
|--------------------------------|--------------------------------|
| 1 c. butter | 2 T. orange juice |
| ½ c. white sugar | 1 T. grated orange rind |
| ½ c. brown sugar | 2¾ c. flour |
| 1 egg | ½ tsp baking soda |
| ½ c. walnuts or almonds | ½ tsp. salt |

Cream butter, white sugar and brown sugar. Cream together until fluffy. Blend in well beaten egg. Add flour, baking soda and salt. Mix well. Add orange juice and rind. Add chopped nuts and mix. Roll into a log and wrap in wax paper. Refrigerate overnight. Dip sliced dough into sugar before baking. Bake at 400° for 8 to 10 minutes.

OUTRAGEOUS CHOCOLATE CHIP COOKIES

Bonnie Dahl
Bemidji, Mn

| | |
|---------------------------|--------------------------------------|
| 1 c. butter | 1 c. quick cooking or regular |
| 1 c. sugar | rolled oats |
| 1 c. peanut butter | 2 tsp. baking soda |
| ¾ c. brown sugar | ½ tsp. salt |
| 1 tsp. vanilla | 1 (12 oz) pkg. semi-sweet |
| 2 eggs | chocolate chips |
| 2 c. flour | |

Form into balls using 40 mm. cookie scoop. Put on ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Cool on wire rack. Do not over bake.

PEANUT BUTTER ROUND UP COOKIES

Arlene Bubar
Cass Lake, MN

| | |
|---------------------------|-----------------------------|
| 1 c. shortening | 2 plus cups flour |
| 1 c white sugar | ½ tsp. salt |
| 1 c. brown sugar | ½ tsp soda |
| 2 eggs | 1 c. oatmeal |
| 1 tsp. vanilla | 1 c. chocolate chips |
| 1 c. peanut butter | 1 c. whole peanuts |

(continued)

Cream shortening and sugars. Add eggs and vanilla and beat well. Blend in peanut butter. Add dry ingredients then oatmeal, chocolate chips and peanuts. Roll dough in small balls, place on greased cookie sheet and criss-cross with fork. Bake at 350° for 12 minutes.

PLAIN SUGAR COOKIES

Judy Dahl

| | |
|---------------------------|-----------------------------|
| 1½ c. sugar | 2 lg. eggs |
| ⅔ c. butter | ½ c. sweet milk |
| ⅓ c shortening | 4 cups. flour |
| 1 tsp. baking soda | 2 tsp. baking powder |
| 1 pinch salt | 1 pinch nutmeg |
| 14 tsp. vanilla | |

Mix all ingredients. Let stand in refrigerator 2 hours. Roll out to ¼ inch thick and cut with cookie cutters. Bake at 350° until edges start to brown about 8 minutes. Makes a crisp cookie. (you can leave out vanilla and nutmeg, add ¼ tsp almond or lemon extract instead, cool and decorate.

POOR MAN COOKIES

Gloria Schwantes
Bemidji, MN

| | |
|-------------------|---------------------|
| 4 c. water | 2 c. raisins |
|-------------------|---------------------|

Cook on stove top until half of water is gone. Cool.

| | |
|------------------------|-------------------------|
| 1 c. shortening | 1 c. brown sugar |
| 1 c. sugar | 2 eggs |

Mix until well blended.

| | |
|-----------------------------|----------------------|
| 2 tsp. baking soda | ½ tsp. cloves |
| 2 tsp. baking powder | ¼ tsp. salt |
| 2 tsp. cinnamon | 4 cups flour |
| 1 tsp. allspice | |

Mix together and add to creamed ingredients. Bake in oven at 350° for 10 minutes.

PREMIUM CHOCOLATE CHUNK COOKIES

Angela Lyseng
Bemidji, MN

| | |
|---|--|
| 1 ¾ c. flour | ½ c. brown sugar, firmly packed |
| ¾ tsp. baking soda | 1 egg |
| ¼ tsp. salt | 1 tsp. vanilla |
| ¾ c. butter or margarine, softened | 1 (12-oz) package semi-sweet chocolate chunks |
| ½ c. sugar | 1 c. chopped walnuts or pecans |

Mix flour, baking soda and salt in medium bowl; set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; beat well. Gradually beat in flour mixture. Stir in chocolate chunks and nuts. Drop by heaping tablespoonfuls onto ungreased cookie sheets. Bake at 375° for 11 to 13 minutes or just until golden brown, Cool on cookie sheets 1 minute. Remove to wire racks to cool completely. (Makes about 3 dozen cookies)

PUMPKIN RAISIN COOKIES

Diane Dockendorf
Bemidji, MN

| | |
|-------------------------------|-------------------------------|
| ½ c. shortening | 1 tsp. baking powder |
| 1 c. sugar | 1 tsp. baking soda |
| 1 c. canned pumpkin | 1 tsp. ground cinnamon |
| 1 tsp. vanilla extract | dash salt |
| 2 c. all-purpose flour | 1 c. raisins |

In a large mixing bowl, cream shortening and sugar until light and fluffy. Add pumpkin and vanilla. Combine the flour, baking powder, baking soda, cinnamon and salt; add to the creamed mixture and mix well. Fold in raisins. Drop by teaspoonfuls 2 in. apart onto greased baking sheets. Bake at 350 ° for 12 to 14 minutes or until lightly browned. Remove to wire racks to cool.

Frosting

| | |
|------------------------------------|-------------------------------|
| 2 T. butter | 2 T. milk |
| 1 ½ c. confectioners' sugar | 1 tsp. vanilla extract |

For frosting, melt butter in a small saucepan. Stir in the sugar, milk and vanilla until smooth. Frost cooled cookies.

SALTED PEANUT COOKIES

Barb Tessmer
Cass Lake, MN

| | |
|---------------------------|-----------------------------|
| 1 c. shortening | 1 tsp. baking powder |
| 2 cups brown sugar | 1 c. salted peanuts |
| 2 eggs | 2 cups oatmeal |
| 2 cups flour | 2 cups cornflakes |
| 1 tsp. soda | |

Mix and drop from tsp. and bake at 350° for 10 to 15 minutes.

SANDWICH COOKIES 1

Judy Dahl

| | |
|---|---|
| crackers (Ritz or Vanilla Wafers Peanut butter | Almond bark or Chocolate chips for melting |
|---|---|

Per cookie: take two crackers, put peanut butter in between and dip in melted chocolate. Place on cooling rack to cool.

SANDWICH COOKIES 2

Judy Dahl

| | |
|----------------------------------|------------------------------|
| Graham crackers | Chocolate for melting |
| Frosting flavor of choice | |

Spread a cracker with frosting, top with the other half. Dip cracker sandwich in melted chocolate, place on wire rack to cool.

SOFT SUGAR COOKIE

Ruth Hiltz
Bemidji, MN

| | |
|------------------------|-----------------------------|
| ½ c. shortening | 2 tsp. baking powder |
| 1 c. sugar | ¼ tsp. salt |
| 1 egg, beaten | 2 T. milk |
| 2 cups flour | 1 tsp. vanilla |

Cream shortening and sugar. Stir in egg. Sift flour, baking powder and salt together. Add alternately with milk and vanilla. Chill in refrigerator for one hour. Drop from tsp. onto lightly greased cookie sheet. Flatten (continued)

each cookie with bottom of glass covered with damp cloth. Decorate with colored sugar. Bake at 350° for 7 to 9 minutes or until lightly browned. Makes 2 dozen.

SOUR CREAM RAISIN COOKIES

Becky Livermore
Bemidji, MN

| | |
|-----------------------|-------------------------------|
| ½ c. butter | ½ tsp. baking soda |
| 1½ c. sugar | ½ tsp. baking powder |
| 2 eggs | 1 c. sour cream |
| 1 tsp. vanilla | 1 c. dark raisins |
| 3 c. flour | sugar/cinnamon mixture |

Cream butter and sugar together. Add eggs and vanilla and continue to cream until light and fluffy. In a separate bowl, mix flour, baking soda and baking powder together. Add to creamed mixture alternately with sour cream. Fold in raisins. Drop spoonful of dough into shallow bowl of sugar/cinnamon mixture. Roll around to coat entire spoonful of dough. Place on greased cookie sheet. Don't press down. Bake for about 12 minutes at 375°, or until toothpick inserted in center of cookie comes out clean.

SUGAR COOKIES

Linda Weikel
Bemidji, Mn

| | |
|-----------------------------|-------------------------------|
| 1 c. butter | 2½ cups flour |
| 1½ c. powdered sugar | 1 tsp. baking soda |
| 1 egg | 1 tsp. cream of tarter |
| 1 T. vanilla | |

Mix butter, sugar, egg and vanilla. Blend in remaining ingredients, on low speed to soft dough. Chill to firm dough a little. Roll out and cut. Bake at 350° for 10 minutes.

SWEET BUTTER COOKIES

Linda Arnold
Bemidji, MN

| | |
|-------------------------------|-----------------------------|
| 1 cup butter, softened | 1 tsp. vanilla |
| ¾ c. sugar | 2 tsp. white vinegar |
| 1 tsp soda | 1¾ cups flour |

Mix together the butter and sugar, add soda, vanilla, vinegar, flour. Make into balls, press with fork or glass bottom onto ungreased cookie sheets, sprinkle with sugar. Bake at 350° for 12 to 15 minutes.

TURTLE COOKIES

Joan Yearling-Parnell
Tenstrike, MN

| | |
|---------------------------|------------------------------|
| ½ c. melted butter | ½ tsp. salt, optional |
| ⅔ c. sugar | 1 c. plus 1 T. flour |
| 6 T. cocoa | 2 eggs, beaten |
| ½ tsp. vanilla | |

Mix well. Heat waffle iron to medium, drop 1 tsp. dough every 2 inches on iron. Bake for 45 seconds to 1 minute. Frost or sprinkle with powdered sugar on top. Fun to make with children.

WORLD'S BEST SUGAR COOKIES

Bonnie Dahl
Bemidji, Mn

| | |
|----------------------------|-------------------------------|
| 1 c. powdered sugar | 2 tsp. vanilla |
| 1 c. sugar | 5 c. flour |
| 1 c. butter | 1 tsp. soda |
| 1 c. vegetable oil | 1 tsp. cream of tarter |
| 2 eggs, beaten | ¼ tsp. salt |

Cream together the powdered sugar, sugar and butter. Add oil, eggs, vanilla and dry ingredients. Uses a 40 mm. level scoop to form into balls. Flatten with sugared cookie press. Bake at 350° for 10 to 12 minutes. Makes 6½ dozen.

Treats

BUTTERCREAM DROPS

Mary Noble
Big Lake, MN/ Tenstrike, MN

COOKIE

| | |
|---------------------------|-------------------------------|
| 1 ½ c. brown sugar | 1 ½ tsp. baking powder |
| ¼ c. butter | ½ tsp. salt |
| ¼ c. shortening | 1 c. sour cream |
| 2 eggs | 1 tsp. vanilla |
| 2 ½ c. flour | ¾ c. chopped walnuts |
| 1 tsp. baking soda | |

In a mixing bowl, cream sugar, butter and shortening together. Add eggs. Mix together flour, baking soda, baking powder and salt on waxed paper. Add dry mixture alternately with sour cream to creamed mixture in mixing bowl. Once blended, add vanilla and chopped walnuts and mix well. Drop by teaspoonfuls onto greased cookie sheets. Bake for 10 to 12 minutes at 350°.

BUTTER ICING

| | |
|------------------------------|-------------------------|
| 6 T. butter | 1 tsp. vanilla |
| 1 ½ c. powdered sugar | 4 tsp. hot water |

Melt butter in sauce pan, brown slightly, remove from heat. Stir in powdered sugar, vanilla and hot water and beat. Frost cooled cookies.

CHINESE CHEWS

Ada Schrock
Bemidji, Mn

| | |
|-----------------------------|---------------------------|
| 3 eggs, well beaten | ¼ tsp salt |
| 1 c. sugar | 1 c. chopped dates |
| ¾ c. flour | 1 c. chopped nuts |
| 2 tsp. baking powder | |

Combine eggs and sugar, blend in dry ingredients and dates and nuts. Blend thoroughly. Spread thinly in greased 10x15 inch pan. Bake at 400° for 10 minutes. Cut into two inch squares while still warm. Roll each square into a ball and roll balls into confectioners sugar.

CROCK POT CANDY

Joan Forbes
Bemidji, MN

| | |
|---|---------------------------------------|
| 2 lbs. white almond bark | 24 oz. jar dry roasted peanuts |
| 1 (4 oz) bar German chocolate baking chocolate | 1 c. peanut butter |
| 12 oz. semi sweet chocolate chips | |

Put all ingredients in crock pot on high. Do not stir for 1 hour. Turn crock pot to low and stir every 15 minutes. When melted put in candy cups or drop on wax paper. Newer or hotter crock pots may have to be on medium. Mine was a little hot and it was done in the first hour.

DATE BALLS

Gwen Vogel
Bemidji, MN

| | |
|-------------------------------|----------------------------|
| 2 T. butter | ½ c. chopped nuts |
| 1 c. dates | 1 pinch salt |
| 1 c. sugar | ½ tsp. vanilla |
| 2 lg eggs, beaten | coconut for rolling |
| 2 ½ cups rice krispies | |

Cook dates, butter, sugar and eggs in sauce pan till thick. remove from heat and rest the ingredients, roll into balls and then into flakes coconut, place on wax paper. Can be froze on cookie sheets for 30 minutes, place in freezer container and pull out for any quick use. place frozen ball on cookie sheet and bake 15 minutes at 300° instead of the 350° time may vary depending on dough ball size.

DATE ROLL UPS

Gloria Schwantes
Bemidji, MN

| | |
|---------------------------|---------------------------------------|
| ½ c. butter | ⅛ tsp. salt |
| 4 oz. cream cheese | confectioners sugar |
| 1 c. flour | 4 dozen dates, that are pitted |

Blend butter and cream cheese until creamy. Mix in flour and salt, then chill in refrigerator for 2 hours or until firm enough to roll. Sprinkle board with the confectioners sugar. Roll cookie mixture to ¼ inch by 3 ½ inch strips or long enough to wrap around each date. Place on cookie sheet
(continued)

folded side down. Bake 15 minutes at 350°. Moderate oven. Cool roll in confectioners sugar.

FANNY FARMER FUDGE

Linda Arnold
Bemidji, MN

4½ cups sugar **1 can evaporated milk**

Bring to full rolling boil for 10 minutes. Stirring constantly.

2 (6 oz) pkg. milk chocolate chips **2 sticks margarine**
1 (6 oz) pkg. semi-sweet chips **2 cups chopped walnuts**

Take off heat and beat in above ingredients, beat well and pour in greased 9x13 inch pan or larger.

FANNY FARMER FUDGE

Evie Johnson
Bemidji

4½ cups sugar **3 tsp. vanilla**
1 (14½ oz) carnation evaporated milk **3 (6 oz) (18 oz) bakers chocolate chips**
1 c. butter **2 cups chopped walnuts**

Add sugar and milk to kettle heat to boiling boil 8 to 10 minutes, stirring constantly. Remove from heat. Add butter, vanilla, chocolate chip and walnuts. Place in cold water and beat by hand until cool and thick. If candy gets to thick add a little more milk. Place in a 10x14 inch greased pan. freezes well.

FUDGE

Ruth Hiltz
Bemidji, MN

2 cups semi-sweet chocolate chips **2 T. vanilla extract**
1 c. milk chocolate chips **walnuts for peanut butter,**
1 stick butter or margarine **optional**

Heat in microwave for about 2 minutes. Stir until well mixed pour in buttered 9x9 or 8x8 inch pan cool in refrigerator till set.

FUDGE

Rosemary Bakke
Bemidji, MN

½ c. butter **3 (4-oz) bars sweet chocolate**
1 (13-oz) can evaporated milk **1 T. vanilla**
4½ c. sugar **2 c. pecans (or) walnuts,**
½ lb. marshmallows **chopped**
2 oz. unsweetened chocolate
1 (12-oz.) bag semi-sweet chocolate chips

Stir together in large heavy pan over moderate heat, the butter, milk and sugar. Bring to a boil and cover. Boil 5 minutes and turn off heat. Add marshmallows and stir until melted. Add the chocolate, one kind at a time, stirring as it melts. Add vanilla and nuts. Pour into buttered 9x13 pan and smooth out. Let stand until firm and cut into one inch squares. Serve with love.

HONEY POPCORN BALLS

Ruth Hiltz
Bemidji, MN

¾ c. brown sugar **⅓ c. honey**
2 T. oleo or butter

Combine ingredients in pan over low heat until mixture bubbles around edge. Pour over 10 to 12 cups seasoned popcorn. Grease hands lightly, form popped corn into balls. If balls do not hold together let set for about 5 to 6 minutes. Try again the only one I have found that will not burn your fingers.

KOLACKIES

Gwen Vogel
Bemidji, MN

1 c. lukewarm water **½ c. melted shortening**
2 lg. eggs, beaten **6 cups flour**
1 c. scalded milk **1 T. salt**
2 T. yeast (or 2 pkg)

Mix all ingredients until dough is well blended. Place in greased bowl and grease top of dough. Let stand one hour. Take dough which is very soft and put on a well floured surface. Grease top side (a little flour on
(continued)

top makes dough easier to handle), pat out with hands just as if rolled out ½ inch thick. Cut with round cookie cutter, place on cookie sheet to rise ½ hour or a little less. Use two fingers to make ridge around the edge place date, prune, pineapple, blueberry filling in center. Fold dough in half to cover filling, Kolackies are now half moon shaped. Bake at 400° for 20 minutes, or until golden brown, frost with powdered sugar frosting.

MICROWAVE PEANUT BRITTLE

Ruth Hiltz
Bemidji, MN

2 cups white sugar
1 c. white karo syrup
2 tsp. salt
2 cups raw peanuts, unsalted

2 tsp. butter or margarine
2 tsp. vanilla
2 tsp. baking soda

Cook sugar, syrup and salt for 9 minutes on high in a Pyrex dish. Stir, then add the raw unsalted Spanish peanuts. Cook 7 more minutes on high. Stir then add butter or margarine. Add vanilla. Cook 2 more minutes on high. Add baking soda and stir in fast. Pour onto buttered cookie sheet. (not Teflon). Cool and break into pieces.

MOUNDS BALL CANDY

Ruth Hiltz
Bemidji, MN

1 can sweetened condensed milk
14 oz. pkg. shredded coconut

12 oz. chocolate chips
½ square paraffin wax

Mix milk and coconut together and put in 9 x 13 inch pan or bigger depending on size of pieces. Freeze when frozen take out roll into balls or cut into pieces size you want to make candy. Refreeze. Melt chocolate chips and paraffin wax together. Dip balls or pieces into melted mixture with toothpicks then place on waxed paper or put into paper cups. Optional: Melt almond bark candy blocks add colors and peppermint if desired.

NO BAKE ENERGY BITES

Arlene Hogquist
Bemidji, Mn

1 c. oatmeal (quick cooking)
½ c. chocolate chips
½ c. peanut butter

½ c. ground flax
⅓ c. honey
1 tsp. vanilla

Mix together, roll into bite size balls. Refrigerate.

PEANUT BUTTER CUPS

Ruth Hiltz
Bemidji, MN

½ c. margarine
2 cups powdered sugar (sift)

1 c. peanut butter
2½ lbs. chocolate almond bark

Mix first three ingredients. Melt almond bark in 200° oven. Put a drop of chocolate in bottom of petite four wrapper. Add about one tsp. of peanut butter mixture and top with more chocolate.

PEANUT CLUSTERS

Arden Stevens
Bemidji, MN

1 pkg. chocolate chips
1 pkg. white almond bark

1 c. chunky peanut butter
4 cups dry roasted peanuts

Melt chips, almond bark, then add peanut butter and add peanuts. Drop on waxed paper.

WORLDS BEST DOUGHNUTS

Lois Hadrava
Bemidji, MN

3 eggs
1 c. sugar
1 c. buttermilk
1 tsp. lemon
1 tsp. salt

1 tsp. nutmeg
4 cups flour
5 T. melted shortening
1 tsp. soda
2½ tsp. baking powder

(continued)

Mix eggs, sugar buttermilk, lemon, salt and nutmeg, then add: 2 cups flour, beat well, then add 5 T. melted shortening, then fold in 2 cups flour, soda and baking powder. Pat out with hands, cut and fry in hot oil.



This & That

5/16" Binder allowance



BEC Lineman, Larry Eichstadt, 2002

Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it “spices.” It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

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5/16" Binder allowance

THIS PAGE

THIS & THAT

Household

HOUSEHOLD CLEANER

BEC Cookbook Committee

4 qt. water
¼ c. baking soda

½ c. vinegar
1 c. ammonia

Mix together, put in spray bottle.

HOUSEHOLD CLEANING WIPES

BEC Cookbook Committee

5 T. liquid Lysol
1 ⅔ c. water
½ roll bounty paper towels or
napkins

1 empty baby wipes container

Cut the paper towels in half with core removed. Mix Lysol and water in the container. Add paper towels. Allow to absorb cleaning mixture for several hours.

LAUNDRY SOAP POWDER

Ruth Hiltz
Bemidji, MN

2 cups Fels Naptha Soap, finely
grated

1 c. washing soda
1 c. borax

Mix in store in an airtight container. To use, add 2 T. per full load of laundry.

SHOWER CLEANER SPRAY

BEC Cookbook Committee

1 gallon water
1 c. super washing soda

1 c. white vinegar

Mix all together, put in spray bottle, spritz shower and tub walls and doors daily to help with soap scum. Keeps the walls clean between cleanings.

SKUNK ODOR REMOVAL

Angela Lyseng
Bemidji, MN

½ qt. hydrogen peroxide
⅓ c. baking soda

1 tsp. Dawn dish soap

Combine all ingredients in an open container. Draw a tepid bath and put dog in it. Apply the solution liberally throughout your dog's coat and suds him up well (to the skin). Avoid getting any solution in his eyes. Rinse your dog well, drain the tub, and rinse well again. Smell for any spots you've missed and repeat if necessary. Follow up with a pH-balanced shampoo and conditioner for dogs; rinse well to remove all residue.

Breakfast

APPLE-MAPLE FRENCH TOAST

Bonnie Dahl
Bemidji, MN

6 eggs
1 c. milk
½ tsp. vanilla extract
Ground cinnamon
2 T. butter, plus more for serving

6 slices bread
3 apples, peeled and sliced
2 T. water
½ c. maple syrup

Whisk the eggs, milk, vanilla, and a pinch of ground cinnamon in a 9x13 inch baking dish. Add the bread in a single layer, turning until all the egg is absorbed. Meanwhile, heat a large skillet over medium heat, melt 1 T. butter, and add apples, stirring to coat until starting to caramelize. Add the water, cooking until water has evaporated and

(continued)

apples are tender, about 4 minutes. Pour maple syrup and a dash of ground cinnamon into skillet; simmer for a minute to combine. In a large, heated nonstick skillet, melt about 1 tablespoon butter and sauté the soaked bread until golden brown on each side, about 4 minutes. Place french toast on a plate and top with apple-maple mixture, plus more butter if you'd like!

EGG BAKE

Leslie Huot
Solway, MN

1 ½ lbs. breakfast sausage
18 eggs
3 cups shredded cheddar cheese

2 cups milk
1 ½ tsp salt
3 cups. garlic and butter croûtons

Brown sausage and drain grease. Spray 9x13 inch pan with cooking spray; spread sausage in bottom of pan. Beat eggs and add milk, cheese and salt. Pour over sausage; cover and put in fridge over night. Remove and spread croûtons on top before baking. Bake at 350° for 1 hour, covered.

FRENCH TOAST BAKE

Melissa Schroth
Bemidji, MN.

½ c. melted butter
1 c. brown sugar
1 loaf of think slice bread (Texas Toast works well)
4 eggs

1 ½ c. milk
1 tsp. vanilla
powered sugar for sprinkling
cinnamon for sprinkling

Melt butter in microwave and add brown sugar. Stir until mixed. Pour butter sugar mix into bottom of 9x13 inch pan and spread around. Beat eggs, milk and vanilla, lay single slices of bread in pan, spoon ½ of the egg mixture on bread layer, sprinkle with cinnamon, add second layer of sliced bread, spoon on remaining egg mixture. Cover and chill in fridge overnight. Bake at 350° for 45 minutes (cover for first 30 minutes). Sprinkle with powdered sugar and cinnamon, serve with warm maple syrup.

FRITTER TOAST

| | |
|-------------------|-----------------------------|
| 2 eggs | 1 tsp. salt |
| ½ c milk | 1 tsp. baking powder |
| 1 c. flour | 1 tsp. oil |

bread

Beat eggs and add milk. Beat in flour, baking powder, salt and oil. Dip bread in mixture and fry in electric fry pan at 375° until brown. Serve with butter and syrup.

HASH BROWN EGG BREAKFAST

Bonnie Dahl
Bemidji, Mn

| | |
|--|--------------------------------|
| 1 pkg. (32 oz) frozen cubed hash brown potatoes, thawed | 1 medium onion, chopped |
| 2 cups cubed fully cooked ham | 12 eggs, beaten |
| 1½ cups (6 oz) shredded cheddar cheese | 1 c. milk |
| 1 lg. green pepper, chopped | 1 tsp. salt |
| | 1 tsp. pepper |

Spray 6 qt. slow cooker with cooking spray. Layer a third of the potatoes, ham, cheese, green pepper and onion. Repeat layer twice. In a large bowl, whisk the eggs, milk, salt and pepper; pour over top. Cover and cook on low for 3½ to 4 hours or until a thermometer reads 160°.

ORANGE CINNAMON FRENCH TOAST

Maxine Lunderborg
Walker, MN

| | |
|-------------------------------|------------------------------|
| 4 T. butter, melted | ½ c. orange juice |
| 2 T. honey | 6 slices bread |
| ½ tsp. ground cinnamon | ⅛ tsp. salt, optional |
| 3 eggs | syrup |

In a small bowl, mix melted butter, honey and cinnamon. Pour into a greased 9 x 13 inch pan. Spread to coat bottom of pan. In a shallow bowl whisk eggs, orange juice and ⅛ tsp. salt if desired. Dip both sides of bread in egg mixture and put into cake pan. Bake at 400° for 15 to 20 minutes or until golden brown. Invert onto serving plate. Serve with syrup.

PROTEIN PANCAKES

Joan Yearling-Parnell
Tenstrike, MN

| | |
|----------------------------|----------------------------------|
| 1 c. uncooked oats | ½ banana (or honey) |
| 2 to 3 eggs, beaten | ½ tsp. cinnamon, optional |
| 1 c. cottage cheese | |

Blend ingredients in blender until consistency of batter. Fry over medium heat.

QUICK BRUNCH

Evie Johnson
Bemidji

| | |
|--------------------------------------|-------------------------------|
| 7 slices of cubed bread | 2 cups milk |
| ½ lb. shredded cheddar cheese | ½ tsp. salt, optional |
| 1 lb. cubed ham | ¼ tsp. dry mustard |
| 3 to 5 eggs, beaten | 1 stick butter, melted |

Place 5 slices of cubed bread in greased 9x13 inch pan. Arrange cheese and ham on bread, beat eggs, milk, salt and mustard. Pour over ham and cheese layer. Add other 2 slices of cubed bread. Pour melted butter over all on top. Refrigerate overnight. Bake 1 hour at 375°. Cover with foil when baking.

Sauces & Dressings

BBQ SAUCE

Ruth Hiltz
Bemidji, MN

| | |
|---------------------------------|--|
| 1 (32 oz) bottle ketchup | 2 T. lemon juice |
| ¼ c. vinegar | ¼ tsp. garlic powder |
| 2 tsp. liquid smoke | 2 cups honey |
| 1 T. dry mustard | dash red pepper or more if you like it hot. |
| 1 T. onion salt | |

Mix together store in refrigerator. Stays on meat won't run off.

HONEY POPPY SALAD DRESSING

Gloria Johnson
Bemidji, Mn

| | |
|---------------------------|-------------------------------------|
| 2/3 c. sugar | 1/3 c. honey |
| 1 tsp. dry mustard | 5 T. vinegar |
| 1 tsp. paprika | 1 T. lemon juice |
| 1 tsp. poppy seeds | 1.4 to 1/2 tsp. grated onion |
| 1/4 tsp salt | 1 c. salad oil |

Mix dry ingredients. Add honey, vinegar, lemon juice and onion. Pour oil into mixture slowly, beating constantly with electric beater. Blender could be used instead of beater. Note: If onion is strong use less.

ORIENTAL DRESSING

Ruth Hiltz
Bemidji, MN

| | |
|-------------------------------|-----------------------------|
| 6 T. honey | 2 tsp. Dijon mustard |
| 3 T. rice wine vinegar | 1/4 tsp. sesame oil |
| 1/2 c. mayonnaise | |

Mix together store in refrigerator. Makes about 1 cup for 4 servings. Really good as chicken dip.

QUICK AND EASY ALFREDO SAUCE

Angela Lyseng
Bemidji, MN

| | |
|-----------------------------------|--|
| 1/2 c. butter | 6 ounces grated Parmesan cheese |
| 1 (8-oz) pkg. cream cheese | 1/8 tsp. ground black pepper |
| 2 tsp. garlic powder | |
| 2 c. milk | |

Melt butter in a medium, non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked to long. Toss with hot pasta to serve.

RHUBARB SAUCE

BEC Cookbook Committee

| | |
|-----------------------|---------------------|
| 3 cups Rhubarb | 3/4 c. sugar |
| 1/4 c. water | |

Boil, simmer 5 minutes.

Jams & Jellies

BEET JELLY

Christine Davis
Laporte, MN

| | |
|---------------------------------|--|
| 6 1/2 cups Beet juice | 2 pkg. Raspberry or Strawberry Kool Aid |
| 1 pkg. sure gel (pectin) | |
| 7 cups sugar | |

Bring first 2 ingredients to a boil add sugar and boil for 30 minutes. Add Kool Aid and stir until dissolved. Ladle into jars and seal. Save the beet juice after cooking the beets for other use.

RASPBERRY-JALAPEÑO JAM

Angela Lyseng
Bemidji, MN

| | |
|---|-------------------------------------|
| 2 c. fresh or frozen raspberries | 9 c. white sugar |
| 2 green bell peppers | 2 1/4 c. apple cider vinegar |
| 10 jalapeño peppers | 6 oz. pectin |

Sterilize jars and lids by immersing in boiler water for at least 5 minutes. Prep your veggies by seeding green peppers (make sure not to touch your eyes!) Finely chop jalapeños and green peppers. (I use a food processor for this purpose) Wash the raspberries and crush one layer at a time using a potato masher. In a large saucepan, mix together raspberries, green peppers, jalapeños, sugar, and vinegar in the large saucepan and bring to a boil and continue to boil for 1 minute. Remove from heat and let cool for approximately 5 minutes. Stir in pectin. Pour into sterilized jars. Cover tightly and store in a cool place up to 6 months. The longer you store the jelly, the longer the flavors meld together the better!

STRAWBERRY RHUBARB JAM

Angela Lyseng
Bemidji, MN

8 c. rhubarb, chopped **2 c. strawberries, sliced**
4 c. sugar **1 (6-oz.) pkg Jell-o**
1 (20-oz.) can crushed pineapple

Cook rhubarb, sugar, pineapple and strawberries on medium heat until rhubarb has softened and lost its shape. Stir in package of Jell-o till dissolved. Put into hot jars and seal in boiling water bath for 10 minutes. Better if refrigerated. Makes about 4 pints.

Pickles & Relish

CUCUMBER PICKLES

Ruth Hiltz
Bemidji, MN

Cucumber slices in a 1 gallon **1 tsp. mustard seed**
ice cream bucket **2 c. vinegar**
4 cups sugar **2 T. pickling salt**
1 ½ tsp. turmeric

Boil vinegar, sugar, salt and spices until sugar is dissolved, stirring often. Cool. Pour solution over prepared cucumbers. Let sit on counter for 5 days, stirring often, then refrigerate. Keep covered. Will keep indefinitely in the refrigerator.

EASY DELICIOUS PICKLES

Doris Naughton
Bemidji, MN

1 qt. jar of over the counter dill **1 c. water**
pickles **½ c. apple cider vinegar**
2 cups sugar

Drain, rinse, remove, and cut up dill pickles into chunks. Replace pickle chunks in jar. Bring to boil the sugar, water, vinegar, remove from heat and pour over jar of cut up pickles. Replace lid and let set at least 24 hours in refrigerator.

FIRE AND ICE CUCUMBERS AND ONIONS

Shelley Jacobson
Blaine, MN

2 medium cucumbers **¼ tsp. pepper**
1 medium white onions **¼ tsp. crushed red pepper**
1 c. vinegar **¼ tsp. celery seeds**
1 c. sugar **1 tsp. salt**
1 c. water **¼ tsp. cayenne pepper**

Slice cucumbers and onions. Place in bowl. Mix vinegar, sugar, water and spices in a bowl making sure the sugar is dissolved. Pour over the cucumbers and onions. Toss to thoroughly coat. Chill in the fridge overnight.

HORSERADISH PICKLES

Maxine Lunderborg
Walker, MN

1 (48 oz) jar dill pickles (medium **⅓ c. water**
size) **1 ½ c. sugar**
¼ c. horseradish **⅔ c. vinegar**

Drain pickles and wash jar. Quarter pickles lengthwise and return to jar. Add a scant ¼ c. horseradish on top. Combine water, sugar and vinegar in pan and bring to a boil. Pour over the pickles and refrigerate. Good the next day.

PICKLED NORTHERN

Cindy Stevens
Solway, MN

3 medium sized northern fish or **1 ½ qt. water**
2 large ones. **½ c salt**

cut fish into 1 inch chunks. Leave the bone in. Dissolve salt completely in water. Pour over and through cut up fish. Let sit 24 hours, stirring occasionally. Drain and rinse. Cover fish with white vinegar. Let sit 24 hours, stirring occasionally.

2 cups white vinegar **3 T. pickling spice**
1 c. water **onions (optional)**
1 c. sugar **white wine (optional)**

(continued)

Boil above ingredients together for at least 5 minutes. (keep covered)
Let cool! Pour this solution over and through fish that has been drained
(no need to rinse). At this point you can add cup up onion and 1 c of
white wine if you so desire. Mix through fish. These keep for many
weeks in the refrigerator. Put in glass jars or a plastic ice cream bucket.

SLICED REFRIGERATOR PICKLES

Ruth Hiltz
Bemidji, Mn

| | |
|---------------------------|-----------------------------|
| 3 cups sugar | 1 tsp. mustard seeds |
| ½ c. salt | 1 tsp. turmeric |
| 3 cups vinegar | cucumbers |
| 1 tsp. celery salt | 2 lg. onions, sliced |

In a 1 gallon jug, slice unpeeled cucumbers and onions. Pour liquid
over the cucumbers. Stir every 2 days for 1 month to 6 weeks. Keep
in refrigerator.

ZUCCHINI RELISH

Joan Forbes
Bemidji, MN

| | |
|--|----------------------------|
| 10 cups zucchini squash (chopped or if you have a grinder) about 5 large zucchini | 1 tsp. dry mustard |
| 4 cups onion (chopped) | 1 tsp. turmeric |
| 1 green pepper | 1 tsp. corn starch |
| 2¼ cups brown vinegar | 2 tsp. celery seed |
| 6 cups sugar | 2 tsp. mustard seed |
| | ½ tsp. pepper |

Grind squash and onions. Put in large bowl, add salt and let stand
overnight. Drain and rinse. Add chopped pepper. Combine rest of
ingredients. Bring to a boil and simmer 10 minutes. Add vegetables.
Bring to a boil. Pack relish in hot jars. Put jars in boiling water bath for
20 minutes. Makes 6 pints.

Miscellaneous

HOME SWEETENED CONDENSED MILK

Ruth Hiltz
Bemidji, MN

| | |
|--|---------------------------|
| 3 T. melted butter or margarine | ½ c. boiling water |
| ⅔ c. sugar | pinch of salt |
| 1 c. instant nonfat milk powder | |

Put into blender and process till smooth. It makes the same amount as
the canned, and it can be used in any recipe calling for sweetened
condensed milk. Keeps several weeks in refrigerator.

HOW MUCH CHICKEN TO COOK

Lois Hadrava
Bemidji, MN

3 to 4 lb chicken (whole)
2 whole chicken breast (10 oz
each)

1- 3 to 4 lb chicken, ready to cook, will give about 3 to 3½ cups diced
cooked chicken. Two whole chicken breasts (10 oz each) yield: 1½ to
2 cups diced cooked chicken, or 12 thin slices of cooked chicken.

MOM'S SALSA RECIPE

Angela Lyseng
Bemidji, MN

| | |
|-------------------------------------|---------------------------------------|
| 20-25 Peeled Tomatoes | 2 large onions, chopped |
| 2 (12 oz.) cans tomato paste | 6 cloves garlic |
| 2 T. Tabasco sauce | 2 large green peppers, chopped |
| 1½ T. cumin powder | 8-10 Jalapeño peppers |
| 1½ T. salt | 1-2 small zucchini, peeled |
| 1 T. black pepper | ¼ c. lemon juice |

Add tomato paste, Tabasco sauce, cumin, salt, pepper and lemon juice
to large pot on medium heat. Put cooked tomatoes, onions, garlic,
peppers and zucchini into food processor. Add to large pot. Cook at
medium heat until well blended. Add to hot pint jars. Pressure cook at
5 lbs pressure for 20 minutes or hot water bath for 40 minutes.

PREPARING WILD RICE

Joan Forbes
Bemidji, MN

4 cups boiling water **1 T. salt**
2 cups raw wild rice

Always wash and rewash rice before using. Preheat oven to 500°. Put above ingredients in 9x13 inch pan (cover with aluminum foil) and put in 500° oven. Turn off oven and leave overnight. Fluff with a fork. Ready for use in soups, casseroles, etc. Can also be frozen.

SPAM SANDWICH SPREAD

Maxine Lunderborg
New Ulm, MN

1 can Spam, ground up **1 small onion, chopped**
½ lb. Velveeta cheese **green pepper, chopped**
¼ lb. butter **3 T. ketchup**

Mix ground Spam, green peppers and onions. Set aside. In a saucepan melt butter and cheese, stirring. Add ketchup into melted cheese mixture stir till blended. Add to Spam mixture mixing well. Spread mixture onto buns and wrap in foil. Heat wrapped buns in oven at 350° about 15 minutes or until heated.

SUGAR FREE CREAM CHEESE FROSTING

Carol Carlson
Laporte, MN

1½ c. low fat lite cream cheese **2 tsp. vanilla**
1½ T. margarine, softened **1 to 2 T. milk**
16 packets of Splenda

Beat cheese and margarine then stir in Splenda and milk until powder is moistened. Beat until smooth.

TOASTED PUMPKIN SEEDS

BEC Cookbook Committee

Pumpkin Seeds **1 tsp. salt**
1 T. oil

(continued)

Pull seeds out of pumpkin (no need to wash) add, 1 T. oil and 1 tsp. salt for each cup of pumpkin seeds. Stir. Lightly oil baking sheet, bake until crisp, for 45 minutes at 200° to 250°. Stirring every 15 minutes. Serve.

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
 Baking powder
 Baking soda
 Barbeque sauce
 Bread crumbs (plain or seasoned)
 Chocolate chips
 Cocoa powder
 Cornmeal
 Cornstarch
 Crackers
 Flour
 Honey
 Ketchup
 Lemon juice
 Mayonnaise or salad dressing
 Non-stick cooking spray
 Nuts (almonds, pecans, walnuts)
 Oatmeal
 Oil (olive, vegetable)
 Pancake baking mix
 Pancake syrup
 Peanut butter
 Shortening
 Sugar (granulated, brown, powdered)
 Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
 Broth (beef, chicken)
 Cake mixes with frosting
 Canned diced tomatoes
 Canned fruit
 Canned mushrooms
 Canned soup
 Canned tomato paste & sauce
 Canned tuna & chicken
 Cereal
 Dried soup mix
 Gelatin (flavored or plain)
 Gravies
 Jarred Salsa
 Milk (evaporated, sweetened condensed)
 Non-fat dry milk
 Pastas
 Rice (brown, white)
 Spaghetti sauce

SPICES/SEASONINGS

Basil
 Bay leaves
 Black pepper
 Bouillon cubes (beef, chicken)
 Chives
 Chili powder
 Cinnamon
 Mustard (dried, prepared)
 Garlic powder or salt
 Ginger
 Nutmeg
 Onion powder or salt
 Oregano
 Paprika
 Parsley
 Rosemary
 Sage
 Salt
 Soy sauce
 Tarragon
 Thyme
 Vanilla
 Worcestershire sauce
 Yeast



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HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

HERBS & SPICES

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

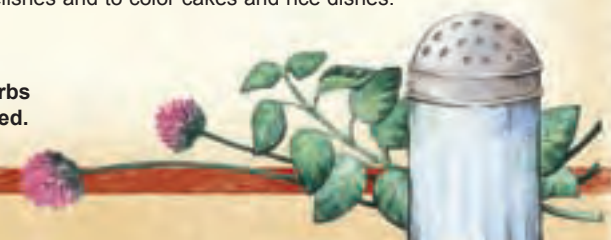
SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

| | |
|---------------|--|
| biscuits |to 1 cup flour use 1 1/4 tsp. baking powder |
| cake with oil |to 1 cup flour use 1 tsp. baking powder |
| muffins |to 1 cup flour use 1 1/2 tsp. baking powder |
| popovers |to 1 cup flour use 1 1/4 tsp. baking powder |
| waffles |to 1 cup flour use 1 1/4 tsp. baking powder |

PROPORTIONS OF LIQUID TO FLOUR

| | |
|-------------|--|
| pour batter |to 1 cup liquid use 1 cup flour |
| drop batter |to 1 cup liquid use 2 to 2 1/2 cups flour |
| soft dough |to 1 cup liquid use 3 to 3 1/2 cups flour |
| stiff dough |to 1 cup liquid use 4 cups flour |

TIME & TEMPERATURE CHART

| Breads | Minutes | Temperature |
|-------------|---------|-------------|
| biscuits | 12 - 15 | 400° - 450° |
| cornbread | 25 - 30 | 400° - 425° |
| gingerbread | 40 - 50 | 350° - 370° |
| loaf | 50 - 60 | 350° - 400° |
| nut bread | 50 - 75 | 350° |
| popovers | 30 - 40 | 425° - 450° |
| rolls | 20 - 30 | 400° - 450° |

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

| Dessert | Time | Temperature |
|--------------------|------------|-------------|
| butter cake, layer | 20-40 min. | 380° - 400° |
| butter cake, loaf | 40-60 min. | 360° - 400° |
| cake, angel | 50-60 min. | 300° - 360° |
| cake, fruit | 3-4 hrs. | 275° - 325° |
| cake, sponge | 40-60 min. | 300° - 350° |
| cookies, molasses | 18-20 min. | 350° - 375° |
| cookies, thin | 10-12 min. | 380° - 390° |
| cream puffs | 45-60 min. | 300° - 350° |
| meringue | 40-60 min. | 250° - 300° |
| pie crust | 20-40 min. | 400° - 500° |



VEGETABLES & FRUITS

COOKING TIME TABLE

| Vegetable | Cooking Method | Time |
|------------------------|-------------------|------------|
| artichokes | boiled | 40 min. |
| | steamed | 45-60 min. |
| asparagus tips | boiled | 10-15 min. |
| beans, lima | boiled | 20-40 min. |
| | steamed | 60 min. |
| beans, string | boiled | 15-35 min. |
| | steamed | 60 min. |
| beets, old | boiled or steamed | 1-2 hours. |
| beets, young with skin | boiled | 30 min. |
| | steamed | 60 min. |
| | baked | 70-90 min. |
| broccoli, flowerets | boiled | 5-10 min. |
| broccoli, stems | boiled | 20-30 min. |
| brussels sprouts | boiled | 20-30 min. |
| cabbage, chopped | boiled | 10-20 min. |
| | steamed | 25 min. |
| carrots, cut across | boiled | 8-10 min. |
| | steamed | 40 min. |
| cauliflower, flowerets | boiled | 8-10 min. |
| cauliflower, stem down | boiled | 20-30 min. |
| corn, green, tender | boiled | 5-10 min. |
| | steamed | 15 min. |
| | baked | 20 min. |
| corn on the cob | boiled | 8-10 min. |
| | steamed | 15 min. |
| eggplant, whole | boiled | 30 min. |
| | steamed | 40 min. |
| | baked | 45 min. |
| parsnips | boiled | 25-40 min. |
| | steamed | 60 min. |
| | baked | 60-75 min. |
| peas, green | boiled or steamed | 5-15 min. |
| potatoes | boiled | 20-40 min. |
| | steamed | 60 min. |
| | baked | 45-60 min. |
| pumpkin or squash | boiled | 20-40 min. |
| | steamed | 45 min. |
| | baked | 60 min. |
| tomatoes | boiled | 5-15 min. |
| turnips | boiled | 25-40 min. |

DRYING TIME TABLE

| Fruit | Sugar or Honey | Cooking Time |
|----------|------------------------------|---------------|
| apricots | 1/4 c. for each cup of fruit | about 40 min. |
| figs | 1 T. for each cup of fruit | about 30 min. |
| peaches | 1/4 c. for each cup of fruit | about 45 min. |
| prunes | 2 T. for each cup of fruit | about 45 min. |

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

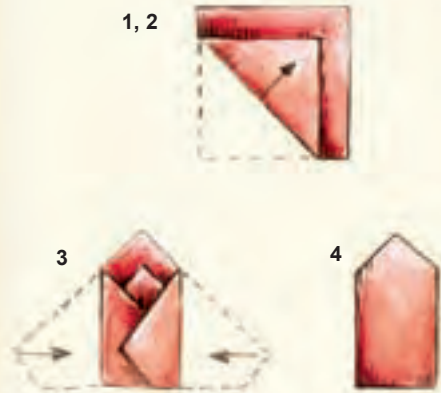
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

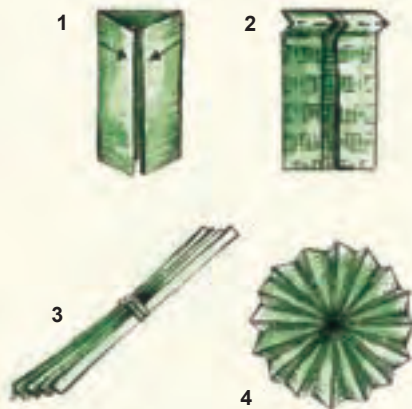


ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



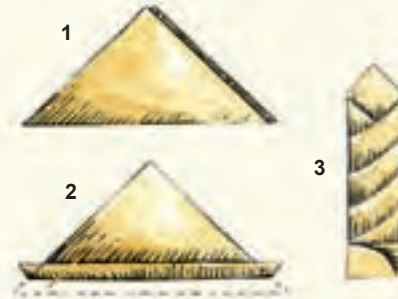
NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

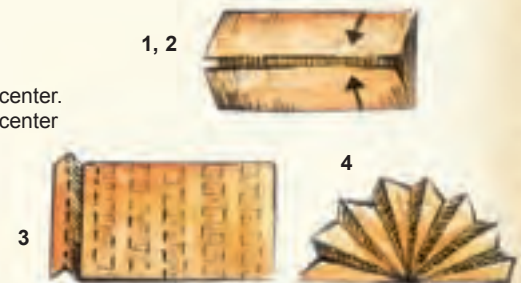


FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

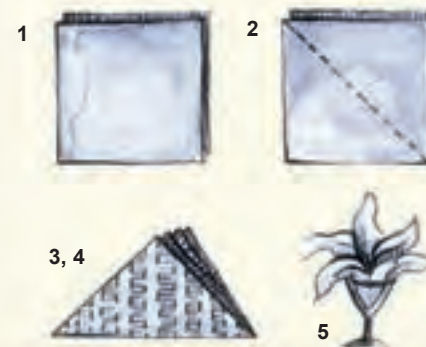


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

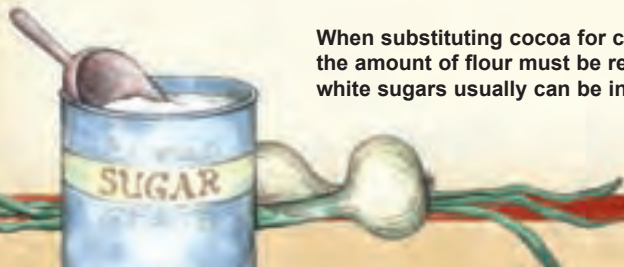
| | |
|-----------------|----------------------|
| a pinch | 1/8 teaspoon or less |
| 3 teaspoons | 1 tablespoon |
| 4 tablespoons | 1/4 cup |
| 8 tablespoons | 1/2 cup |
| 12 tablespoons | 3/4 cup |
| 16 tablespoons | 1 cup |
| 2 cups | 1 pint |
| 4 cups | 1 quart |
| 4 quarts | 1 gallon |
| 8 quarts | 1 peck |
| 4 pecks | 1 bushel |
| 16 ounces | 1 pound |
| 32 ounces | 1 quart |
| 1 ounce liquid | 2 tablespoons |
| 8 ounces liquid | 1 cup |

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

| Ingredient | Quantity | Substitute |
|------------------------|------------------|--|
| baking powder | 1 teaspoon | 1/4 tsp. baking soda plus 1/2 tsp. cream of tartar |
| chocolate | 1 square (1 oz.) | 3 or 4 T. cocoa plus 1 T. butter |
| cornstarch | 1 tablespoon | 2 T. flour or 2 tsp. quick-cooking tapioca |
| cracker crumbs | 3/4 cup | 1 c. bread crumbs |
| dates | 1 lb. | 1 1/2 c. dates, pitted and cut |
| dry mustard | 1 teaspoon | 1 T. prepared mustard |
| flour, self-rising | 1 cup | 1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder |
| herbs, fresh | 1 tablespoon | 1 tsp. dried herbs |
| ketchup or chili sauce | 1 cup | 1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking) |
| milk, sour | 1 cup | 1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes) |
| whole | 1 cup | 1/2 c. evaporated milk plus 1/2 c. water |
| min. marshmallows | 10 | 1 lg. marshmallow |
| onion, fresh | 1 small | 1 T. instant minced onion, rehydrated |
| sugar, brown powdered | 1/2 cup | 2 T. molasses in 1/2 c. granulated sugar |
| | 1 cup | 1 c. granulated sugar plus 1 tsp. cornstarch |
| tomato juice | 1 cup | 1/2 c. tomato sauce plus 1/2 c. water |

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

| Food | Quantity | Yield |
|-------------------------|-----------------------|--------------------------|
| apple | 1 medium | 1 cup |
| banana, mashed | 1 medium | 1/3 cup |
| bread | 1 1/2 slices | 1 cup soft crumbs |
| bread | 1 slice | 1/4 cup fine, dry crumbs |
| butter | 1 stick or 1/4 pound | 1/2 cup |
| cheese, American, cubed | 1 pound | 2 2/3 cups |
| American, grated | 1 pound | 5 cups |
| cream cheese | 3-ounce package | 6 2/3 tablespoons |
| chocolate, bitter | 1 square | 1 ounce |
| cocoa | 1 pound | 4 cups |
| coconut | 1 1/2 pound package | 2 2/3 cups |
| coffee, ground | 1 pound | 5 cups |
| cornmeal | 1 pound | 3 cups |
| cornstarch | 1 pound | 3 cups |
| crackers, graham | 14 squares | 1 cup fine crumbs |
| saltine | 28 crackers | 1 cup fine crumbs |
| egg | 4-5 whole | 1 cup |
| whites | 8-10 | 1 cup |
| yolks | 10-12 | 1 cup |
| evaporated milk | 1 cup | 3 cups whipped |
| flour, cake, sifted | 1 pound | 4 1/2 cups |
| rye | 1 pound | 5 cups |
| white, sifted | 1 pound | 4 cups |
| white, unsifted | 1 pound | 3 3/4 cups |
| gelatin, flavored | 3 1/4 ounces | 1/2 cup |
| unflavored | 1/4 ounce | 1 tablespoon |
| lemon | 1 medium | 3 tablespoon juice |
| marshmallows | 16 | 1/4 pound |
| noodles, cooked | 8-ounce package | 7 cups |
| uncooked | 4 ounces (1 1/2 cups) | 2-3 cups cooked |
| macaroni, cooked | 8-ounce package | 6 cups |
| macaroni, uncooked | 4 ounces (1 1/4 cups) | 2 1/4 cups cooked |
| spaghetti, uncooked | 7 ounces | 4 cups cooked |
| nuts, chopped | 1/4 pound | 1 cup |
| almonds | 1 pound | 3 1/2 cups |
| walnuts, broken | 1 pound | 3 cups |
| walnuts, unshelled | 1 pound | 1 1/2 to 1 3/4 cups |
| onion | 1 medium | 1/2 cup |
| orange | 3-4 medium | 1 cup juice |
| raisins | 1 pound | 3 1/2 cups |
| rice, brown | 1 cup | 4 cups cooked |
| converted | 1 cup | 3 1/2 cups cooked |
| regular | 1 cup | 3 cups cooked |
| wild | 1 cup | 4 cups cooked |
| sugar, brown | 1 pound | 2 1/2 cups |
| powdered | 1 pound | 3 1/2 cups |
| white | 1 pound | 2 cups |
| vanilla wafers | 22 | 1 cup fine crumbs |
| zwieback, crumbled | 4 | 1 cup |

FOOD QUANTITIES

FOR LARGE SERVINGS

| | 25 Servings | 50 Servings | 100 Servings |
|-------------------------------|---|-------------------------------------|-------------------------------------|
| Beverages: | | | |
| coffee | 1/2 pound and 1 1/2 gallons water | 1 pound and 3 gallons water | 2 pounds and 6 gallons water |
| lemonade | 10-15 lemons and 1 1/2 gallons water | 20-30 lemons and 3 gallons water | 40-60 lemons and 6 gallons water |
| tea | 1/12 pound and 1 1/2 gallons water | 1/6 pound and 3 gallons water | 1/3 pound and 6 gallons water |
| Desserts: | | | |
| layered cake | 1 12" cake | 3 10" cakes | 6 10" cakes |
| sheet cake | 1 10" x 12" cake | 1 12" x 20" cake | 2 12" x 20" cakes |
| watermelon | 37 1/2 pounds | 75 pounds | 150 pounds |
| whipping cream | 3/4 pint | 1 1/2 to 2 pints | 3-4 pints |
| Ice cream: | | | |
| brick | 3 1/4 quarts | 6 1/2 quarts | 13 quarts |
| bulk | 2 1/4 quarts | 4 1/2 quarts or 1 1/4 gallons | 9 quarts or 2 1/2 gallons |
| Meat, poultry or fish: | | | |
| fish | 13 pounds | 25 pounds | 50 pounds |
| fish, fillets or steak | 7 1/2 pounds | 15 pounds | 30 pounds |
| hamburger | 9 pounds | 18 pounds | 35 pounds |
| turkey or chicken | 13 pounds | 25 to 35 pounds | 50 to 75 pounds |
| wieners (beef) | 6 1/2 pounds | 13 pounds | 25 pounds |
| Salads, casseroles: | | | |
| baked beans | 3/4 gallon | 1 1/4 gallons | 2 1/2 gallons |
| jello salad | 3/4 gallon | 1 1/4 gallons | 2 1/2 gallons |
| potato salad | 4 1/4 quarts | 2 1/4 gallons | 4 1/2 gallons |
| scalloped potatoes | 4 1/2 quarts or 1 12" x 20" pan | 9 quarts or 2 1/4 gallons | 18 quarts 4 1/2 gallons |
| spaghetti | 1 1/4 gallons | 2 1/2 gallons | 5 gallons |
| Sandwiches: | | | |
| bread | 50 slices or 3 1-pound loaves | 100 slices or 6 1-pound loaves | 200 slices or 12 1-pound loaves |
| butter | 1/2 pound | 1 pound | 2 pounds |
| lettuce | 1 1/2 heads | 3 heads | 6 heads |
| mayonnaise | 1 cup | 2 cups | 4 cups |
| mixed filling | | | |
| meat, eggs, fish | 1 1/2 quarts | 3 quarts | 6 quarts |
| jam, jelly | 1 quart | 2 quarts | 4 quarts |

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweetener alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

| | |
|--|-----|
| apple juice, 6 oz. | 90 |
| coffee (black) | 0 |
| cola, 12 oz. | 115 |
| cranberry juice, 6 oz. | 115 |
| ginger ale, 12 oz. | 115 |
| grape juice, (prepared from frozen concentrate), 6 oz. | 142 |
| lemonade, (prepared from frozen concentrate), 6 oz. | 85 |
| milk, protein fortified, 1 c. | 105 |
| skim, 1 c. | 90 |
| whole, 1 c. | 160 |
| orange juice, 6 oz. | 85 |
| pineapple juice, unsweetened, 6 oz. | 95 |
| root beer, 12 oz. | 150 |
| tonic (quinine water) 12 oz. | 132 |

BREADS

| | |
|------------------------------|-------|
| cornbread, 1 sm. square | 130 |
| dumplings, 1 med. | 70 |
| French toast, 1 slice | 135 |
| melba toast, 1 slice | 25 |
| muffins, blueberry, 1 muffin | 110 |
| bran, 1 muffin | 106 |
| corn, 1 muffin | 125 |
| English, 1 muffin | 280 |
| pancakes, 1 (4-in.) | 60 |
| pumpnickel, 1 slice | 75 |
| rye, 1 slice | 60 |
| waffle, 1 | 216 |
| white, 1 slice | 60-70 |
| whole wheat, 1 slice | 55-65 |

CEREALS

| | |
|---------------------------|-----|
| cornflakes, 1 c. | 105 |
| cream of wheat, 1 c. | 120 |
| oatmeal, 1 c. | 148 |
| rice flakes, 1 c. | 105 |
| shredded wheat, 1 biscuit | 100 |
| sugar krisps, 3/4 c. | 110 |

CRACKERS

| | |
|------------------------|-------|
| graham, 1 cracker | 15-30 |
| rye crisp, 1 cracker | 35 |
| saltine, 1 cracker | 17-20 |
| wheat thins, 1 cracker | 9 |

DAIRY PRODUCTS

| | |
|--------------------------------|---------|
| butter or margarine, 1 T. | 100 |
| cheese, American, 1 oz. | 100 |
| camembert, 1 oz. | 85 |
| cheddar, 1 oz. | 115 |
| cottage cheese, 1 oz. | 30 |
| mozzarella, 1 oz. | 90 |
| parmesan, 1 oz. | 130 |
| ricotta, 1 oz. | 50 |
| roquefort, 1 oz. | 105 |
| Swiss, 1 oz. | 105 |
| cream, light, 1 T. | 30 |
| heavy, 1 T. | 55 |
| sour, 1 T. | 45 |
| hot chocolate, with milk, 1 c. | 277 |
| milk chocolate, 1 oz. | 145-155 |
| yogurt | |
| made w/ whole milk, 1 c. | 150-165 |
| made w/ skimmed milk, 1 c. | 125 |

EGGS

| | |
|-------------------------------|---------|
| fried, 1 lg. | 100 |
| poached or boiled, 1 lg. | 75-80 |
| scrambled or in omelet, 1 lg. | 110-130 |

FISH AND SEAFOOD

| | |
|---------------------------------|-----|
| bass, 4 oz. | 105 |
| salmon, broiled or baked, 3 oz. | 155 |
| sardines, canned in oil, 3 oz. | 170 |
| trout, fried, 3 1/2 oz. | 220 |
| tuna, in oil, 3 oz. | 170 |
| in water, 3 oz. | 110 |

COUNTING CALORIES

FRUITS

| | |
|--------------------------------|---------|
| apple, 1 med. | 80-100 |
| applesauce, sweetened, 1/2 c. | 90-115 |
| unsweetened, 1/2 c. | 50 |
| banana, 1 med. | 85 |
| blueberries, 1/2 c. | 45 |
| cantaloupe, 1/2 c. | 24 |
| cherries (pitted), raw, 1/2 c. | 40 |
| grapefruit, 1/2 med. | 55 |
| grapes, 1/2 c. | 35-55 |
| honeydew, 1/2 c. | 55 |
| mango, 1 med. | 90 |
| orange, 1 med. | 65-75 |
| peach, 1 med. | 35 |
| pear, 1 med. | 60-100 |
| pineapple, fresh, 1/2 c. | 40 |
| canned in syrup, 1/2 c. | 95 |
| plum, 1 med. | 30 |
| strawberries, fresh, 1/2 c. | 30 |
| frozen and sweetened, 1/2 c. | 120-140 |
| tangerine, 1 lg. | 39 |
| watermelon, 1/2 c. | 42 |

MEAT AND POULTRY

| | |
|----------------------------|---------|
| beef, ground (lean), 3 oz. | 185 |
| roast, 3 oz. | 185 |
| chicken, broiled, 3 oz. | 115 |
| lamb chop (lean), 3 oz. | 175-200 |
| steak, sirloin, 3 oz. | 175 |
| tenderloin, 3 oz. | 174 |
| top round, 3 oz. | 162 |
| turkey, dark meat, 3 oz. | 175 |
| white meat, 3 oz. | 150 |
| veal, cutlet, 3 oz. | 156 |
| roast, 3 oz. | 76 |

NUTS

| | |
|---------------------|-----|
| almonds, 2 T. | 105 |
| cashews, 2 T. | 100 |
| peanuts, 2 T. | 105 |
| peanut butter, 1 T. | 95 |
| pecans, 2 T. | 95 |
| pistachios, 2 T. | 92 |
| walnuts, 2 T. | 80 |

PASTA

| | |
|---------------------------------------|-----|
| macaroni or spaghetti, cooked, 3/4 c. | 115 |
|---------------------------------------|-----|

SALAD DRESSINGS

| | |
|-------------------|-----|
| blue cheese, 1 T. | 70 |
| French, 1 T. | 65 |
| Italian, 1 T. | 80 |
| mayonnaise, 1 T. | 100 |
| olive oil, 1 T. | 124 |
| Russian, 1 T. | 70 |
| salad oil, 1 T. | 120 |

SOUPS

| | |
|-----------------------------|---------|
| bean, 1 c. | 130-180 |
| beef noodle, 1 c. | 70 |
| bouillon and consomme, 1 c. | 30 |
| chicken noodle, 1 c. | 65 |
| chicken with rice, 1 c. | 50 |
| minestrone, 1 c. | 80-150 |
| split pea, 1 c. | 145-170 |
| tomato with milk, 1 c. | 170 |
| vegetable, 1 c. | 80-100 |

VEGETABLES

| | |
|-------------------------------|---------|
| asparagus, 1 c. | 35 |
| broccoli, cooked, 1/2 c. | 25 |
| cabbage, cooked, 1/2 c. | 15-20 |
| carrots, cooked, 1/2 c. | 25-30 |
| cauliflower, 1/2 c. | 10-15 |
| corn (kernels), 1/2 c. | 70 |
| green beans, 1 c. | 30 |
| lettuce, shredded, 1/2 c. | 5 |
| mushrooms, canned, 1/2 c. | 20 |
| onions, cooked, 1/2 c. | 30 |
| peas, cooked, 1/2 c. | 60 |
| potato, baked, 1 med. | 90 |
| chips, 8-10 | 100 |
| mashed, w/milk & butter, 1 c. | 200-300 |
| spinach, 1 c. | 40 |
| tomato, raw, 1 med. | 25 |
| cooked, 1/2 c. | 30 |



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

