

Prairie Land Electric Cooperative
1938-2018

from our kitchen

80th

anniversary

COOKBOOK

to your table

Prairie Land Electric Cooperative Inc.



Norton Headquarters

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The History of **Prairie Land Electric Cooperative**

The Rural Electrification Act was passed by Congress and signed by President Franklin D. Roosevelt in May 1936. It authorized REA to finance the construction of generation, transmission and distribution facilities to provide electric energy to rural areas not receiving central station electricity. Cooperative farm organizations and rural public power districts became the principal borrowers under the REA program. The National Rural Utilities Cooperative Finance Corporation (CFC) was incorporated April 10, 1969, to provide supplemental financing for the REA borrowers.

In the fall of 1938 interested citizens of Norton and Decatur counties met in various places for the purpose of organizing a rural electric company to bring the conveniences of electricity to their farms. Other efforts having failed, they were convinced that in order to get the job done they would have to do it themselves. The Norton-Decatur Cooperative Electric Company, Inc. received its charter on October 13, 1938 and became the first rural electric cooperative in Western Kansas.

The Norton-Decatur Cooperative Electric Company, Inc., Norton, Kansas filed its Articles of Incorporation with the Secretary of the State of Kansas on October 13, 1938, authorizing 600 shares of common stock with a par value of five dollars. Articles of Conversion were adopted under the Electric Cooperative Act, on April 14, 1945, changing the cooperative to a nonprofit membership corporation. The association has been granted exemption from federal income tax under Section 501C-12 of the Internal Revenue Code.

The value of capital stock was \$3000. They had accumulated \$735 in cash from sign-ups at this time.

The first meeting of the board of directors was held at the City Hall in Norcatur on the 7th of November 1938 at 2:00 P.M. At this meeting Robert W. Hemphill, Norton, was employed as project attorney.

The first certificate to operate as a utility was issued by the Kansas Corporation Commission on December 13, 1938. The area covered by this certificate was along Highway 383 from 8 miles east to 20 miles west of Norton and also an area south and west of the City of Norton.

The first meeting of the members was held at the City Hall in Norcatur on the 14th day of February 1939, with 30 members present.

The "A" loan was granted on May 19, 1939 in the amount of \$88,000 to construct approximately 104 miles of line. Raymond H. Reed, then doing business in Abilene, Kansas, was selected as project engineer for the A Section.

The first Norton-Decatur office was in two rooms in the Broquet building rented for \$13 per month.

Fremont Sleffel resigned from the board in July 1939, to become Project Superintendent. Iver Standish was elected as president of the board to replace Mr. Sleffel.

The "A" section was constructed and energized by February 1941. Due to wartime material shortage further construction became virtually impossible. Power was purchased from the City of Norton.

On January 1, 1997, history was again made when Norton-Decatur Cooperative Electric Company, Inc. merged with the neighboring rural electric cooperative to the west. Cheyenne and Rawlins county rural residents had been served by the Northwest Kansas Electric Cooperative Association since its incorporation in April 1945. The Norton-Decatur territory now includes counties from the Phillips/Smith county line westward to the Colorado border. The first annual meeting of the merged cooperative membership was on April 3, 1997. An important item on the agenda for that meeting was the announcement of the merged cooperative's new name — **Prairie Land Electric Cooperative, Inc.**

On April 1, 2007, Prairie Land Electric Cooperative, Inc. continued to make history with the acquisition of Aquila, Inc., an investor owned utility. Prairie Land Electric welcomed 67 towns in eight counties to the cooperative family. Prairie Land Electric Cooperative's service territory now extends east from the Washington/Marshall county line westward 270 miles to the Colorado border.

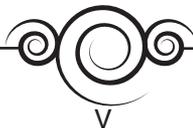


Dear Friends:

We hope you enjoy our 80th Anniversary Cookbook celebrating 80 years of furnishing electric power to our members. The cookbook contains a fantastic collection of 359 recipes from Prairie Land members and employees who want to share their favorite culinary accomplishments.

Thanks to the 250 individuals who submitted recipes contained in the cookbook, and a special thanks to Anna Foley, Prairie Land's Member Service Representative, for compiling and organizing the recipes for the publisher.

*Allan Miller, CEO
Prairie Land Electric Cooperative*



A decorative ribbon banner with a scalloped edge and a central fold, containing the text "from our kitchen" in a cursive font.

from our kitchen

Appetizers & Dips

A decorative ribbon banner with a scalloped edge and a central fold, containing the text "to your table" in a cursive font.

to your table

Velveeta Chile Cream Cheese Spread

Anna Foley, Norton, employee

1 large Velveeta Cheese block 2-3 cans diced green chiles
1 8 oz. cream cheese (softened) (drained)
You can also use whipped
cream cheese

Remove cheese from box. Cut 1/2 to 3/4 of the cheese block and remove wrapping. Store remaining cheese for another time. Place cheese between two large pieces of wax paper, flatten cheese down with hands. Use rolling pin to roll the cheese out to about 1/4-1/2 thickness, (if you roll too thin it will be hard to remove from wax paper and invert to a serving dish). Remove top sheet of wax paper and evenly spread cream cheese on the top and out to the edges. Sprinkle with diced green chilies. Fold cheese in half, pull back wax paper from the top and invert onto a serving plate. remove remaining wax paper. Trim up with a knife. You can make this the day of your party and refrigerate. Remove 1/2 hour before serving. Serve with any type of crackers.

Healthy Buffalo Cauliflower Bites

Ashley Christy, Phillipsburg, employee

6 C. fresh cauliflower florets pinch of pepper
2 tsp. garlic powder 1 T. butter, melted
pinch of salt 3/4 C. Frank's Red Hot hot sauce

Preheat oven to 450°. Spray baking sheet with olive oil; set aside. Mix the garlic powder, salt, pepper, melted butter and hot sauce in small bowl. Add the cauliflower into a large gallon sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower are fully coated. Spread on baking dish. Bake for 20 minutes. Serve with Ranch or Blue Cheese dressing.

Call 8-1-1 before you dig.

BLT Dip

Ashley Christy, Phillipsburg, employee

<i>1 lb. bacon cooked, crumbled</i>	<i>1 tsp. dried minced garlic</i>
<i>8 oz. cream cheese</i>	<i>pinch of salt</i>
<i>1/4 C. mayonnaise</i>	<i>1 C. chopped lettuce</i>
<i>1/4 C. sour cream</i>	<i>1 C. chopped tomato</i>
<i>1/4 C. shredded cheddar</i>	<i>Fresh veggies to dip</i>
<i>1 tsp. onion powder</i>	

Combine 1/3 of the bacon with the cream cheese, sour cream, mayo, cheddar and seasonings. Mix in a deep dish pie plate. Sprinkle on the lettuce, tomato and the rest of the bacon. Serve with fresh veggies or crackers to dip.

Glory's Shrimp Dip

Dala Chizek, Cuba

<i>1 8 oz. cream cheese, softened</i>	<i>1 T. horseradish (to taste)</i>
<i>2 cans cocktail shrimp, drained</i>	<i>2-3 T. catsup (to taste)</i>
<i>1/2 small onion, minced</i>	<i>salt and pepper to taste</i>

Mix well and chill overnight. Garnish with fresh dill.

Tortilla Rollups

LeAnn Grover, Morrowville

<i>2 pkg. (8 oz. each) cream cheese, softened</i>	<i>3 jalapeno peppers</i>
<i>1/2 medium onion</i>	<i>3 pkgs. (3 oz. each) dried beef</i>
	<i>1 pkg (10-12) flour tortillas</i>

Chop onion, peppers and dried beef very fine. (I use the food processor); mix with cream cheese. Spread evenly onto tortillas. Roll tightly and chill several hours. Slice 1/2 inch thick and serve. Makes a 100 or more snacks.

Ventilating in the attic can help reduce air conditioner use. Attic fans can push hot air that accumulates in the attic out of your home.

Festive Olive Cheese Ball

Mary Ann Long, Smith Center

- | | |
|-------------------------------------------------------------------------|---------------------------------|
| <i>1 8 oz. pkg. cream cheese,
softened</i> | <i>1 1/2 tsp. garlic powder</i> |
| <i>1/2 C. butter, room temperature</i> | <i>1 C. chopped pecans</i> |
| <i>1 5 oz. jar pimento stuffed green
olives, drained and minced</i> | |

In a medium bowl, stir together the cream cheese and butter until well blended. Mix in the green olives and garlic powder. Shape in ball and roll in chopped pecans to coat. Refrigerate for at least 30 minutes before serving but preferably overnight. Serve with an assortment of crackers.

Peanut Butter Apple Dip

Joyce Boeve, Phillipsburg

- | | |
|----------------------------------|----------------------------------|
| <i>1 8 oz. pkg. cream cheese</i> | <i>1/4 C. milk</i> |
| <i>1 C. peanut butter</i> | <i>3 apples, cut into wedges</i> |
| <i>1 C. packed brown sugar</i> | |

Mix cream cheese, peanut butter, brown sugar and milk together. Use as a dip for your apple wedges.

Tuna Cheese Ball

Jean Ann Wilson, Almena

- | | |
|---------------------------------------------------------|-----------------------------------|
| <i>2 - 8 oz. pkg cream cheese,
softened</i> | <i>1/4 to 1/2 tsp. onion salt</i> |
| <i>1 can tuna - in light oil is best,
undrained</i> | |

Cream undrained tuna and cream cheese. Add onion salt. Form into a ball. You may roll the ball in crushed walnuts or cracker crumbs, or just put in a bowl. Chill.

Serve with cracker or vegetables.

Sweet & Salty Chex Mix

Tracy Decker, Smith Center

<i>3/4 C. white corn syrup</i>	<i>2 C. salted peanuts</i>
<i>1 stick butter</i>	<i>2 C. cashews</i>
<i>1 C. brown sugar</i>	<i>2 C. mini pretzels</i>
<i>1 box Corn Chex</i>	<i>2 C. M&M's</i>
<i>1 box Wheat Chex</i>	

Add corn syrup, butter and brown sugar to saucepan; bring to boil; remove from heat. In a large bowl, mix together, corn chex, wheat chex, peanuts, cashews and mini pretzels. Pour syrup mixture over chex and nut mix. Stir until coated. Spread mixture on 2 cookie sheets, lined with parchment paper. Bake for 1 hour at 270°. Stir every 15 minutes, during baking time. When cool, add in M&M's. Enjoy!

Jalapeno Popper Dip

Kaye O'Brien, Saint Francis

<i>6-8 slices of bacon, fried and crumbled</i>	<i>1/2 C. shredded Mozzarella cheese</i>
<i>2- 8 oz. cream cheese</i>	<i>1/4 C. chopped onions</i>
<i>1 C. mayonnaise</i>	<i>Topping:</i>
<i>4-6 Jalapenos, chopped and seeded</i>	<i>1 C. crushed crackers</i>
<i>1 C. shredded cheddar cheese</i>	<i>1/2 C. grated Parmesan cheese</i>
	<i>1/4 C. butter</i>

Preheat oven to 350°. Combine first 7 ingredients. Transfer to oven proof dish. Combine topping ingredients and sprinkle on top. Bake 20 minutes. Serve with favorite chips or crackers.

One of the best ways to stay one step ahead of storms, power outages and other emergencies is to plan ahead and have an emergency preparedness kit. Your kit should include: bottled water, flashlight and extra batteries, first aid kit, cell phone with chargers, inverter or solar charger, non-perishable food, blankets, a battery-powered or hand crank radio, a weather radio and extra batteries and toiletries.

Texas Trash Bean Dip

Jeri Rahe, Ludell

<i>1 lb. ground beef</i>	<i>1 8 oz. pkg. cream cheese, room temperature</i>
<i>1 28 oz. can refried beans</i>	<i>1 1 oz. pkg. taco seasoning</i>
<i>1 16 oz. pkg. Velveeta cheese, cubed</i>	<i>1 1/2 C. salsa</i>

Brown ground beef in large pan or skillet over medium-high heat, drain and pat dry with paper towels. Combine ground beef, salsa and taco seasoning in slow cooker and stir together to combine. Mix in beans, Velveeta and cream cheese; cover and cook on low for 4 hours. Serve hot with with chips and enjoy.

Yummy for your Tummy Corn Dip

Cynthia Walker, Norton

<i>8 oz. sour cream</i>	<i>1 bunch of chopped green onions</i>
<i>1 C. mayonnaise</i>	<i>1 can black beans, drained and rinsed well</i>
<i>2 cans mexi-corn, drained</i>	<i>sugar to taste</i>
<i>1 can Rotel tomatoes, drained</i>	
<i>8 oz. shredded cheese, Cheddar</i>	

Mix all ingredients together and refrigerate for a couple of hours before serving. Make sure sure you drain and rinse your black beans well or it will turn your dip black.

Mexi Corn Dip

Monica Kats, Lenora, employee

<i>1/2 C. mayonnaise</i>	<i>1 can rotel</i>
<i>1/2 C. sour cream</i>	<i>cheddar cheese</i>
<i>2 cans Mexi Corn, drained</i>	

Mix all ingredients together and refrigerate until ready to serve.

When starting a generator, disconnect all appliances that might be connected to it. That will not only protect the appliances but prevent a fuse from being blown on the generator.

Corn Dip

Sandy Benoit, Damar, Prairie Land Electric Trustee

<i>2 cans Mexi-corn</i>	<i>1 C. mayonnaise</i>
<i>1 can Rotel</i>	<i>1 C. sour cream</i>
<i>1 C. shredded cheddar cheese</i>	<i>Chopped green onion</i>

Mix all ingredients together; chill. Serve with tortilla chips.

Spicy Pretzels

Sandy, Benoit, Damar, Prairie Land Electric Trustee

<i>1 envelope Ranch Dip mix</i>	<i>1 tsp. garlic powder</i>
<i>1/4 C. oil</i>	<i>1 tsp. cayenne pepper</i>
<i>1 tsp. lemon pepper</i>	<i>16 oz. pkg. small pretzels</i>

Mix ranch dip mix, lemon pepper, garlic powder and cayenne pepper together. Pour over pretzels. Stir to coat the pretzels. Store in covered container.

Blue Ribbon Cheese Ball

Rhonda Jones, Kirwin

<i>4 oz. cream cheese, room temperature</i>	<i>1/2 C. pimientos, chopped</i>
<i>4 oz. extra sharp cheddar cheese, shredded</i>	<i>1/8 tsp. salt</i>
<i>4 oz. American cheese, shredded</i>	<i>1/4 tsp. garlic salt</i>
<i>1/2 C. pecans, chopped</i>	<i>1/4 tsp. onion salt</i>
	<i>2 drops Tabasco sauce</i>
	<i>1 T. chili powder</i>
	<i>1 T. paprika</i>

Combine cheeses and set aside. Combine pecans, pimientos, salt, garlic salt, onion salt and Tabasco. Mix together cheeses and pecan mixture. Shape into a ball. Combine chili powder and paprika, and spread on a piece of wax paper. Roll ball in mixture to coat. Chill at least 4 hours. Cheese ball may be made several days ahead and refrigerated or frozen.

Harvest Chex Mix

Megan Crawford, Clifton

<i>For the Mix:</i>	<i>1 bag (8 oz.) Reese's Pieces</i>
<i>1 (12 oz.) box Rice Chex cereal</i>	<i>Sauce:</i>
<i>1 (7 oz.) bag Bugles</i>	<i>1 C. butter, melted</i>
<i>4 C. mini pretzel twists</i>	<i>1 C. brown sugar, packed</i>
<i>1 C. (heaping) candy corn</i>	<i>2 T. vanilla</i>
<i>1 C. (heaping) candy corn pumpkins</i>	

preheat oven to 275°. Melt butter in the microwave in medium bowl or measuring cup. Add the brown sugar and vanilla, whisk well until combined and dissolved. In a VERY large bowl, add the Chex cereal, pretzels and Bugles. Pour the sauce over the cereal mixture and toss gently until evenly coated. Line two large baking sheets with parchment paper. Divide mixture on the two baking sheets and spread in even layers. Bake for 45 minutes, stirring every 15 minutes. Remove from oven and allow it to cool. Then add it to a large bowl, along with candy corn, pumpkins and Reese's Pieces. Toss to combine.

Caramel Popcorn

Connie Miller, Norton

<i>1 (8 oz.) bag of hull-less popcorn</i>	<i>1 C. brown sugar</i>
<i>1/2 lb. butter - DO NOT use margarine</i>	<i>1/2 C. white corn syrup</i>
	<i>1 tsp. baking soda</i>

Put popcorn in large roaster. In a heavy saucepan, melt butter, brown sugar and corn syrup. Boil for 2 minutes. Add baking soda. Spoon over corn and bake at 250° for 1 hour; stirring every 15 minutes.

Inspect window frames, doors and other openings into the home and seal cracks with weather stripping and caulking.



from our kitchen

Breads
& Rolls

to your table

Sweet Potato Crescents

Maggie Malmberg, Phillipsburg - 2016 Your Tour winner

<i>2 pkg. (1/4 oz. each) active dry yeast</i>	<i>1/2 C. shortening</i>
<i>1 C. warm water (110° to 115°)</i>	<i>1 egg</i>
<i>1 can (15-3/4 oz.) cut sweet potatoes, drained and mashed</i>	<i>1-1/2 tsp. salt</i>
<i>1/2 C. sugar</i>	<i>5 to 5-1/2 C. all purpose flour</i>
	<i>1/4 C. butter, melted</i>

In a large bowl, dissolve yeast in water; let stand 5 minutes. Beat in the sweet potatoes, sugar, shortening, egg, salt and 3 cups of flour. Add enough remaining flour to form a stiff dough. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; divide into thirds. Roll each portion into a 12 inch circle; cut each circle into 12 wedges. Brush with butter. Roll up from the wide end and place pointed end down, 2 inches apart on greased baking sheets. Cover and let rise until doubled, about 40 minutes. Bake at 375° for 13-15 minutes or until golden brown. Remove from pans to wire racks.

Trees should never be planted directly under power lines, near power poles or too close to electrical equipment.

Honey Bagels

Maggie Malmberg, Phillipsburg - 2016 Youth Tour winner

<i>1 T. active dry yeast</i>	<i>1 egg</i>
<i>1-1/4 C. warm water (110°-115°)</i>	<i>4 to 5 C. bread flour</i>
<i>3 T. canola oil</i>	<i>8 C. water</i>
<i>3 T. sugar</i>	<i>2 T. dried minced onion</i>
<i>3 T. plus 1/4 C. honey, divided</i>	<i>2 T. sesame seeds</i>
<i>1 tsp. brown sugar</i>	<i>2 T. poppy seeds</i>
<i>2 tsp. salt</i>	

In a large bowl, dissolve yeast in warm water. Add the oil, sugar, 3 T. honey, brown sugar, salt, and egg; mix well. Stir in enough flour to form a soft dough. Turn onto floured surface; knead until a smooth, firm dough forms, about 8-10 minutes. Cover and let rest for 10 minutes. Punch dough down. Shape into 12 balls. Push thumb through centers to form a 1-1/2 inch hole. Stretch and shape dough to form an even ring. Placed on a floured surface. Cover and let rest for 10 minutes; flatten bagels slightly. In a large saucepan or dutch oven, bring the water and remaining honey to a boil. Drop bagels, one at a time, into boiling water. Cook bagels for 45 seconds; turn and cook 45 seconds longer. Remove bagels with slotted spoon; drain and sprinkle with onion, sesame seeds and poppy seeds. Place bagels 2 inches apart on baking sheets lined with parchment paper. Bake at 425° for 12 minutes. Turn and bake 5 minutes longer or until golden brown. Remove from pan to a wire rack.

Grandma's Cinnamon Rolls

Kathy Frieling, Smith Center

<i>1 yellow cake mix</i>	<i>1/2 C. shortening</i>
<i>2 pkgs. yeast</i>	<i>2 1/2 C. warm water</i>
<i>5 C. flour</i>	

Mix dry ingredients. Cut in shortening. Add warm water and mix well. Let rise once. Punch down, divide dough in half and roll out in 2 separate rectangles. Brush with softened butter, sprinkle with cinnamon and sugar; roll-up, cut into slices, place in a prepared greased pan. Let rise again. Bake at 350° for 15-25 minutes or until brown. Frost with your favorite frosting. My family prefers almond flavored frosting.

Banana Nut Bread

Donna Brohman, Downs

<i>1 1/34 C. flour</i>	<i>1/2 C. vegetable oil</i>
<i>1 1/2 C. sugar</i>	<i>1 C. ripe banana's; mashed</i>
<i>1 tsp. baking soda</i>	<i>1/4 C. buttermilk</i>
<i>1/2 tsp. salt</i>	<i>1 tsp. vanilla</i>
<i>2 eggs</i>	<i>1 C. chopped walnuts</i>

Combine the dry ingredients and the wet ingredients. Pour into (2) Greased 2 9x5x3 loaf pans. Bake at 325° for 1 hour and 20 minutes or until bread test is done. Cool on wire rack.

Note: recipe does not double well.

Banana Bread

Gladys Peterson, Concordia

<i>1 3/4 C. ripe banana's about 4 banana's</i>	<i>1 tsp. baking soda</i>
<i>1 C. sugar</i>	<i>1/2 tsp. salt</i>
<i>1 C. shortening (oil preferred)</i>	<i>1 tsp. vanilla</i>
<i>1 egg</i>	<i>1/2 C. raisins</i>
<i>2 C. flour</i>	<i>1/2 C. nuts finely chopped</i>

Mix bananas, sugar, shortening and egg with mixer; Add flour, baking soda, salt, vanilla, nuts and raisins. Beat on medium speed until well-blended. Pour into (4) greased and floured 6 x 3 1/2 inch pans. Bake 50 minutes at 350°. You can omit raisins and nuts. You can also bake in (2) greased and floured 3 1/2 x 7 1/2 inch pans. I prefer the smaller loaves.

Did you know that electric devices can continue to use energy even when not in use? Equipment that's plugged in and left idle leads to energy waste known as "phantom" or "vampire" energy.

Common phantom power culprits include computers, battery chargers, DVD players, and treadmills.

Pumpkin Cinnamon Rolls

Caroline Manis, Woodston

2 1/2 C. all-purpose flour

2 T. granulated sugar

4 tsp. baking powder

1/4 tsp. salt

1 tsp. ground nutmeg

*1/4 C. (1/2 stick) cold butter, cut
into small pieces*

1 C. canned pumpkin puree

1/3 C. 2% reduced fat milk

FILLING:

3/4 C. firmly packed brown sugar

1 T. cinnamon

FROSTING:

4 oz. cream cheese

1/2 C. powdered sugar

Preheat oven to 400°. Sift flour, sugar, baking powder, salt and nutmeg into a large bowl. Add butter, using a pastry blender; work butter into flour mixture until butter pieces are the size of small peas. Add pumpkin and milk, mix well. If dough is too sticky, add flour 1 tablespoon at a time, until dough is easy to work with. On a floured piece of parchment paper, roll dough into a 1/2 inch thick rectangle, patting with more flour if needed. Sprinkle with with brown sugar and cinnamon. Roll dough into a long log. Refrigerate 30 minutes. Cut into 1 inch thick slices. Place slices, with sides touching, into a buttered pie plate or cake pan. Bake 15-20 minutes until rolls are golden. Let cool 15 minutes. Meanwhile, combine cream cheese and powdered sugar in a bowl. Beat until creamy. Spread over the tops of warm rolls. Makes about 14 rolls.

*If you see a downed power line, do not get out of your car.
The safest place is inside the vehicle. Contact 911 immediately.*

Lemon Zucchini Bread

Judy Trzicky, Munden

Sift or Stir: set aside

3 C. flour

1 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

*Mix together with fingers; to
release oils and flavor:*

2 C. sugar

zest of 2 lemons

*Combine with sugar; then add
dry ingredients:*

3 eggs

1 C. oil

2 T. lemon juice

1 1/2 tsp. vanilla

Stir in:

2 C. shredded zucchini

Frosting:

2 C. powdered sugar

3 T. lemon juice

Grease and flour 2 loaf pans. Bake at 325° for 60-65 minutes. Combine frosting ingredients and frost while still warm.

Cinnamon Nut Brunch Loaf

Debra Anderson, Clifton

1/4 C. brown sugar

1/4 C. chopped nuts

3 T softened butter

1 tsp. cinnamon

Cooking spray

1/2 C. shortening

3/4 C. sugar

1 tsp. vanilla

3 eggs

2 C. flour

1 tsp. baking powder

1 tsp baking soda

*2/3 C. undiluted Carnation
Evaporated milk*

1/2 C. water

1 T. vinegar

1/2 tsp. salt

Combine brown sugar, butter, nuts and cinnamon: set aside. Spray 9x5x3 inch loaf pan with cooking spray. Cream shortening, sugar and vanilla thoroughly. Add eggs one at a time; beat well after each addition. Sift flour, baking powder, baking soda and salt together. In a separate bowl, combine evaporated milk, water and vinegar. Add flour mixture alternately with milk mixture to creamed mixture, blend well after each addition. Pour half the batter into prepared pan. Top with brown sugar nut mixture; spread with remaining batter. Bake at 325° for 45-50 minutes or until inserted toothpick comes out clean. Makes one loaf.

Rhubarb Bread

Crystal Creek Country Church, Phillipsburg

<i>1 1/2 C. brown sugar</i>	<i>1 tsp. baking soda</i>
<i>2/3 C. oil</i>	<i>1 tsp. vanilla</i>
<i>1 egg</i>	<i>2 1/2 C. flour</i>
<i>1 C. sour milk or buttermilk</i>	<i>1 1/2 C. rhubarb (cut fine)</i>
<i>1 tsp. salt</i>	<i>1/2 C. nuts</i>

Mix flour with rhubarb. Mix remaining ingredients in the order given. Spray 2 loaf pans with cooking spray and coat with flour. Pour batter into prepared loaf pans. Bake at 350° for 1 hour.

Peanut Butter Banana Flourless Muffins

Vera Keller, St. Francis

<i>1 C. peanut butter</i>	<i>1/2 tsp. salt</i>
<i>2 very ripe bananas, (about 1 cup)</i>	<i>1/4 C. Truvia</i>
<i>1 tsp. baking soda</i>	<i>1 tsp. cinnamon</i>
<i>1 tsp. vanilla</i>	<i>1/2 C. chocolate chips, sugar-free</i>
<i>3 whole eggs</i>	

Preheat oven to 350° Prepare muffin tins with 12 paper liners. In medium bowl beat eggs until light and fluffy. Beat in all the other ingredients except chocolate chips. Beat together well; fold in half the chocolate chips. Scoop about 1/4 cup of batter into each paper-lined muffin tin. Sprinkle the other half of chocolate chips on top of the batter. Bake at 350° for 22-25 minutes. Allow to cool for 15 minutes, before removing from pan. Serve immediately or store in refrigerator. I let mine set overnight before storing them.

Portable generators should only be used with extension cords to power lights and small appliances. Be sure to use a heavy-duty extension cord rated for the wattage of the load being connected.

One Rise Cinnamon Rolls

Joleen Claycamp, Cuba

Topping:

1 C. whipping cream

1 C. brown sugar

Filling:

1/2 C. granulated sugar

1/2 C. oleo

2 tsp. cinnamon

Rolls:

3 to 3 1/2 C. flour

1/4 C. sugar

1 C. hot tap water

1 egg

1 pkg. yeast

2 T. oleo

1 tsp. Salt

Mix brown sugar and cream in a ungreased 9 x 13 inch pan. In a large bowl, blend 1 1/2 cups flour, sugar, water, egg, yeast, salt and oleo. Beat 3 minutes at medium speed. Stir in remaining 1 1/2 to 2 cups flour. Knead on floured surface for one minute. Roll dough into a 15 x 7 rectangle. Mix the sugar, oleo and cinnamon and spread over the dough. Starting at long side, roll tightly, seal edges. Cut into 12 rolls. Place cut side down on cream mixture. Cover and let rise until double about 35-40 minutes. Bake at 400° for 25 minutes. Cool 10 minutes before turning out on tray.

Low-Carb Muffins

Linda Colburn, Stockton

3/4 C. soy flour

1/4 C. oat bran

1/4 C. Splenda

1 tsp. cinnamon

1 tsp. baking powder

2 eggs

1/2 C. whipping cream

less than 1/2 C. water

1 tsp. vanilla

1/4 C. chopped pecans, optional

*1/2 C. dried blueberries or
strawberries, optional*

Preheat oven to 375°. Spray muffin pan with cooking spray. In a large bowl, mix all the ingredients together with a fork. Pour into prepared muffin pans. Bake 20 minutes. Makes 6 muffins. You can double the recipe and freeze the extras.

Butterhorn Rolls

Alvina Vickie Smith, Atwood

<i>2 pkg. yeast</i>	<i>1 T. salt</i>
<i>1 C. milk</i>	<i>1/2 C. warm water</i>
<i>1/2 C. sugar</i>	<i>2 eggs</i>
<i>1/2 C. butter</i>	<i>4 1/2 C. flour</i>

Dissolve yeast in warm water. Heat milk, sugar, butter and salt to a scalding point. Let it cool down a bit; then add unbeaten eggs and yeast mixture, mix well. Add flour, mix well and let rise until doubled. Divide dough into 3 balls. Roll each ball into a circle, about the size of a pie dish and spread with butter. Cut like a pie into 8 pieces. Roll each piece starting from big end. Place on greased pans, next to each other. Bake at 350° for 15 minutes.

Morning Glory Muffins

Norma Johnson, Phillipsburg

<i>3 eggs</i>	<i>1/2 tsp. salt</i>
<i>1/2 to 3/4 C. vegetable oil</i>	<i>2 tsp. cinnamon</i>
<i>2 tsp. vanilla</i>	<i>2 C. grated carrots</i>
<i>1/2 C. raisins (or more if you like)</i>	<i>1 apple, grated (or more if you like)</i>
<i>2 C. whole wheat flour</i>	<i>1/2 C. coconut</i>
<i>1 C. sugar</i>	
<i>2 tsp. baking soda</i>	

Beat eggs, oil and vanilla. Soak raisins in this mixture for 15 minutes. In a large bowl, mix flour, sugar, baking soda, salt and cinnamon. Stir carrots, apples and coconut into flour mixture. Add egg mixture to flour mixture. Stir just until mixed. It will be thick. Spoon into muffin tins, that have been sprayed with cooking spray. Bake 18-20 minutes or until done at 350°.

Using ceiling fans along with air conditioning will allow you to turn your thermostat up 4 degrees.

Bran Muffins

Norma Johnson, Phillipsburg

<i>1 C. wheat Bran</i>	<i>1/2 C. molasses (or honey)</i>
<i>1 1/2 C. whole wheat flour</i>	<i>3/4 C. apple sauce</i>
<i>1/2 C. raisins</i>	<i>1/4 C. nuts (more if you like)</i>
<i>1 tsp. baking powder</i>	<i>2 T. oil</i>
<i>1 tsp. baking soda</i>	<i>2 eggs beaten</i>
<i>1 C. milk</i>	

Combine wheat bran, flour, baking soda, baking powder. Stir in nuts and raisins. In separate bowl, blend applesauce, milk, molasses, oil and eggs. Add to dry ingredients just until moistened. Spoon into greased muffin tin (or paper lined muffin tins). Bake for 15-20 minutes at 400°. Makes 12 delicious muffins.

Buttermilk Rolls

Delpha Sis, Atwood

<i>1 pkg. dry yeast</i>	<i>1/4 C. sugar</i>
<i>1/2 C. warm water</i>	<i>1/4 C. melted shortening</i>
<i>1 C. warm buttermilk (may use reconstituted powder buttermilk)</i>	<i>1/4 tsp. baking soda</i>
	<i>1 egg</i>
<i>1 tsp. salt</i>	<i>4 C. flour</i>

Dissolve yeast in warm water. In a separate bowl, combine warm buttermilk, salt and sugar. Add shortening. Then stir in baking soda. Add yeast mixture and 2 cups of flour. Add egg and beat well. Stir in 1 1/2 to 2 cups more flour. Place on floured board and knead a few times. Put in greased bowl; cover and let rise until doubled. Make into rolls and let rise again. Bake at 350° for 15-20 minutes. Brush with melted butter after baking.

Plant trees to shelter your home from the elements.

Monkey Bread

Gladys Harper, Norton, retired employee

2 cans biscuits

1/2 C. oleo

1/2 C. vanilla ice cream

1/2 C. sugar

1/2 C. brown sugar

*1/2 C. sugar with 1 tsp. cinnamon
added*

Spray 8 x 8 pan with cooking spray. Cut each biscuit into fourths, then roll in sugar and cinnamon mixture. Put into prepared pan. In saucepan, melt oleo, vanilla ice cream, brown sugar and sugar. Melt on medium heat on the stove, stir until melted and smooth. Pour over dough and bake at 350° for 15-20 minutes.

No Knead Rolls

Wanda Snow, Agra

1 pkg. yeast

1 tsp. salt

1 egg

2 1/4 C. flour

1 C. warm water

2 T. sugar

2 T. shortening

Dissolve yeast in warm water. Add remaining ingredients, mix with electric mixer for 2 minutes. Let rise until doubled. Stir dough down. Spoon into greased muffin tins. Let rise again. Bake at 350° for 20 minutes. Makes 12 rolls.

“When thunder rolls, go indoors.” The most dangerous place to be during a lightning storm is outdoors. Lightning can travel sideways for up to 10 miles, blue skies are not a sign of safety.

Chocolate Cinnamon Rolls

Betty Caspers, Gaylord

<i>3/4 C. warm water</i>	<i>1/3 C. baking cocoa</i>
<i>1/4 C. oleo, softened</i>	<i>2 1/4 C. flour</i>
<i>1 tsp. salt</i>	<i>brown sugar</i>
<i>1/4 C. sugar</i>	<i>cinnamon</i>
<i>1 egg</i>	

Soften yeast in warm water, add the rest of the ingredients and enough flour to make a stiff dough. Knead dough; let rise. Roll out dough spread with softened oleo; then with sprinkle brown sugar and cinnamon. Roll up dough and cut into slices about an inch thick. Place in a 9 x 9 pan, let rise. Bake at 350°, testing to see if they are done. Do not over bake. Glaze with white or chocolate icing. Recipe can be doubled or tripled.

Helen Kalivoda's Kolaches

Sharon Moravek, Narka

<i>2 C. milk (1 cup canned, 1 cup regular)</i>	<i>1/2 C. warm water</i>
<i>2/3 C. melted lard</i>	<i>flour</i>
<i>2/3 C. sugar</i>	<i>Cipani Topping:</i>
<i>1 T. salt</i>	<i>1 C. sugar</i>
<i>1/2 C. instant mashed potatoes</i>	<i>1 C. flour</i>
<i>4 egg yolks beaten</i>	<i>1 Stick butter</i>
<i>2 T yeast</i>	<i>few drops of vanilla</i>

Mix the first 6 ingredients together. Dissolve the 2 tablespoons of yeast in the 1/2 cup warm water with a little sugar. Before I add the yeast mixture into the warm mixture, I add a little flour. Then add more flour, until the dough is quite soft. Use a mixer or mix by hand. Do not knead on a bread board. Let rise until doubled. Make balls, let rise again. Then put fruit filling of your choice in the center of the ball. Mix Cipani topping ingredients together. Top the fruit filled kolache with the Cipani topping. I let them rest 5 minutes or more after filling. Bake at 400° until golden brown.

Bread Machine Oatmeal Bread

Marsha Haines, Stockton

1 pkg. (1/4 oz.) active dry yeast 1/2 C. molasses or honey
1 C. quick-cooking oats 1 T. vegetable oil
3 C. bread flour 1 1/4 C. plus 1 T. warm water
1 tsp. salt

In bread machine pan, place ingredients in order given. Select "white bread" setting. Bake according to bread machine directions. Yield: 1 loaf

Cranberry Banana Bread

Gladys Wilkening, Goodland

1 C. sugar 2 C. sifted flour
1/2 C. shortening 1/2 C. chopped walnuts
2 large eggs 1 tsp. baking soda
3 bananas, mashed 1/4 tsp. salt
1 tsp. vanilla 1 C. dried cranberries

Beat shortening and sugar. Add 1 egg at a time, beating after each addition. Sift flour, baking soda and salt. Stir into creamed mixture until blended. Stir in mashed bananas; add nuts and vanilla. Pour into greased loaf pan. Bake at 350° until done.

Coconut Bread

Vicky Oviatt, Downs

3 C. flour 4 eggs
2 tsp. baking powder 2 tsp. coconut extract
1/2 tsp. baking soda 1 C. buttermilk
2 C. sugar 1 C. coconut
1 C. vegetable oil 1 C. chopped nuts
1/2 tsp. salt

Combine flour, baking powder, baking soda and salt. In a separate bowl, mix sugar, oil, eggs and coconut extract. Add dry ingredients to sugar mixture alternately with buttermilk. Stir until just moist. Fold in nuts and coconut. Pour into 2 greased and floured 8 x 4 loaf pans. Bake at 325° for 1 hour.

Biscuits--Beer

Maxine Mai, Lenora

3 1/2 C. Bisquick

1 can (12 oz.) beer

2 T. sugar

Stir together Bisquick and sugar. Add beer and stir carefully. Don't over mix. Drop into greased muffin tin. Bake at 375° until light brown. Yield: 18 biscuits.

Bran Muffins

Maxine Mai, Lenora

1 qt. buttermilk

1 (20 oz.) box Raisin Bran Flakes

1 C. water

5 C. flour

1 C. cooking oil

5 tsp. baking soda

4 eggs

2 tsp. salt

1 1/2 C. sugar

In a large bowl, mix buttermilk, water, oil, eggs and sugar. Add Raisin Bran Flakes. Let set 10 minutes. Sift together flour, soda and salt; stir into bran mixture. Fill muffin cups 2/3 full. Bake at 400° for 20 minutes. Microwave Method: Place paper or silicone muffin cups in a circle on glass dish. Cook 1 1/2 minutes on power 7 and then 1 1/2 minutes on full power, (you just have to work with your microwave). Serve hot. Batter keeps six weeks, just store in refrigerator in a covered container.

Bread--Beer

Maxine Mai, Lenora

3 C. self-rising flour

1 can (12 oz.) beer

3 T. sugar

Mix flour and sugar. Gently stir in beer. Don't over mix. Place in greased loaf pan. Bake at 350° for 1 hour. Serve hot. Great with soup or casseroles.

Ice Cream Cinnamon Rolls

Ruth Mizell, Norton

- | | |
|-----------------------------------------------|--------------------------------------------|
| <i>4 cans refrigerated biscuits, 10 count</i> | <i>1 C. butter or margarine (2 sticks)</i> |
| <i>1 C. sugar</i> | <i>1 C. brown sugar</i> |
| <i>1 T. cinnamon</i> | <i>1 C. ice cream (any flavor works)</i> |

Mix sugar and cinnamon in a bowl. Cut biscuits in fourths and roll in sugar/cinnamon mixture. Drop in a 13 x 9 pan. Sprinkle any remaining sugar/cinnamon mixture over rolls in pan. Place butter, brown sugar and ice cream in a microwave safe bowl and microwave until melted together. Pour this mixture over rolls in pan. Bake at 350° for 25 minutes. Cover a sheet cake pan with aluminum foil. Turn it upside down over your 13 x 9 pan, then turn over together to invert rolls onto sheet cake pan. Enjoy!

Garlic Cheese Drop Biscuits

Phyllis Keim, Glade

- | | |
|---------------------------------------|------------------------------------|
| <i>2 C. Bisquick baking mix</i> | <i>2/3 C. skim or low-fat milk</i> |
| <i>1/4 C. grated Parmesan cheese</i> | <i>1 tsp. minced garlic</i> |
| <i>1/2 C. shredded Cheddar cheese</i> | |

Preheat oven to 450°. Grease a baking sheet and set aside. In a large bowl, combine all ingredients; and mix well until dough stiffens. Drop dough by heaping tablespoons onto prepared baking sheet. Bake for 10-12 minutes, until golden brown. Serve warm.

Clean your dryer lint filter after every load. A dirty lint screen can lead to 30 percent more energy usage and can be a fire hazard.

Pumpkin Apple Muffins

Connie Miller, Norton

<i>2 1/2 C. flour</i>	<i>1/2 C. vegetable oil</i>
<i>2 C. sugar</i>	<i>2 C. peeled, finely chopped apples</i>
<i>1 T. pumpkin pie spice</i>	<i>Topping:</i>
<i>1 tsp. baking soda</i>	<i>2 T. flour</i>
<i>1/2 tsp. salt</i>	<i>1/4 C. sugar</i>
<i>2 eggs lightly beaten</i>	<i>1/2 tsp. cinnamon</i>
<i>1 C. Libby pumpkin</i>	<i>4 tsp. oleo</i>

Combine first 5 ingredients, set aside. Combine egg, pumpkin and oil. Add liquid mixture to dry mixture. Stir until just moistened; add apples. Spoon into muffin cups.

Topping: Mix flour, sugar and cinnamon; cut in oleo until mixture is crumbly.

Sprinkle topping on muffins. Bake at 350° for 35-40 minutes. makes 24 muffins.

Zucchini Bread

Connie Miller, Norton

<i>3 eggs</i>	<i>1 tsp. baking soda</i>
<i>1 C. oil</i>	<i>1 tsp. salt</i>
<i>2 T. vanilla</i>	<i>1 tsp. cinnamon</i>
<i>2 C. sugar</i>	<i>1/2 tsp baking powder</i>
<i>2 C. grated zucchini</i>	<i>1/2 C. nuts, optional</i>
<i>3 C. flour</i>	

Preheat oven to 325°. Grease and flour 2 loaf pans. Beat eggs; add oil, vanilla, sugar and zucchini. Cream well. Sift together; flour, baking soda, salt, cinnamon and baking powder. Add to creamed mixture. Add nuts if desired. Bake 1 hour.

Invest in low-flow shower heads to save water.

A decorative ribbon banner with a scalloped edge and a central fold, containing the text "from our kitchen" in a cursive font.

from our kitchen

Cookies
& Candies

A decorative ribbon banner with a scalloped edge and a central fold, containing the text "to your table" in a cursive font.

to your table

Monster Cookies

Anna Foley, Norton, employee

<i>6 eggs, beaten</i>	<i>2 1/2 C. creamy peanut butter</i>
<i>2 C. packed brown sugar</i>	<i>9 C. oatmeal (quick oats, work best)</i>
<i>2 C. white sugar</i>	<i>1 Pkg. Semi-Sweet Chocolate Chips</i>
<i>1 1/2 tsp. vanilla</i>	<i>1 large bag regular M&M's</i>
<i>2 T. white corn syrup</i>	
<i>4 tsp. baking soda</i>	
<i>1 C. butter-softened not melted</i>	

In a big bowl combine and mix the first 8 ingredients until creamy. Add the Oatmeal, Chocolate Chips and M&M's and mix well with hands.

Using a small ice cream scoop, place ping pong or golf ball size scoop onto ungreased cookie sheet. Press down a little. Bake at 350° for 8-10 minutes or 10-13 minutes for crunchier cookies. Makes 6-10 doz.

Conductors like metals, water, and trees, provide easy paths for electricity. Insulators, like glass, porcelain and plastic, provide difficult paths for electricity.

Zucchini Cupcakes

Maggie Malmberg, Phillipsburg - 2016 Youth Tour winner

<i>3 eggs</i>	<i>1/2 tsp ground cloves</i>
<i>1 1/3 C. sugar</i>	<i>1 1/2 C. shredded zucchini</i>
<i>1/2 C. canola oil</i>	CARAMEL FROSTING:
<i>1/2 C. orange juice</i>	<i>1 C. brown sugar</i>
<i>1 tsp. almond extract</i>	<i>1/2 C. butter</i>
<i>2 1/2 C. all-purpose flour</i>	<i>1/4 C. milk</i>
<i>2 tsp. ground cinnamon</i>	<i>1 tsp. vanilla extract</i>
<i>2 tsp. baking powder</i>	<i>1 1/2 to 2 C. powdered sugar</i>
<i>1 tsp. salt</i>	

In a large bowl, beat the eggs, sugar, oil, orange juice and extract. Combine flour, cinnamon, baking powder, baking soda, salt and cloves; gradually add to egg mixture and mix well. Stir in zucchini. Fill paper-lined muffin cups two-thirds full. Bake at 350° for 20-25 minutes or until toothpick inserted near center comes out clean. Cool for 10 minutes; remove to wire racks to cool completely.

Frosting:

Combine brown sugar, butter and milk in a saucepan. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from heat; stir in vanilla. Cool to lukewarm. Gradually beat in powdered sugar until frosting reaches spreading consistency. Frost the cupcakes.

White Chocolate Popcorn

Janae Champlin, Concordia - 2014 Youth Tour winner

<i>1 (7 or 7 1/2 oz.) bag white popcorn</i>	<i>1 pkg. white almond bark</i>
<i>3 C. Rice Krispies</i>	<i>3 T. peanut butter</i>
<i>1 (16 oz.) jar dry roasted peanuts</i>	<i>2 cubes chocolate bark</i>

Spray BIG bowl with cooking spray. Mix popcorn, Rice Krispies, and peanuts in bowl. Melt white almond bark with peanut butter. Spray a spoon with cooking spray and use it to add the almond bark mixture to the bowl with the popcorn mixture. Mix well and spread evenly onto wax paper. Melt chocolate bark in microwave. Drizzle over the mixture on wax paper. Let cool to harden. Break up into chunks to serve.

Low Carb Peanut Butter Brownies

Lacey Smith, Lenora, employee

<i>BROWNIES:</i>	<i>2 tsp. vanilla extract</i>
<i>2 sticks butter, cubed</i>	<i>3 C. Almond Flour</i>
<i>1 C. peanut butter</i>	<i>FROSTING:</i>
<i>1 C. unsweetened cocoa powder</i>	<i>1 C. peanut butter</i>
<i>1/2 C. Truvia (or 1 C. sugar substitute)</i>	<i>1 C. powdered sugar-free sweetener</i>
<i>5 eggs</i>	<i>2 sticks butter, softened</i>

Preheat oven to 325°. Grease 9x13 inch baking pan, set aside. Melt butter and peanut butter. Add cocoa powder and stir until fully incorporated. Stir in sugar in sugar substitute and continue to stir until fully incorporated, set aside. In a large bowl, whisk eggs and vanilla together. Add chocolate mixture to the egg mixture and stir until full incorporated. Add almond flour and stir until flour is completely incorporated. Spoon batter into greased baking pan and bake for 20-25 minutes. Brownies will be moist and fudge-like, so be careful not to over-bake!

Frosting:

Mix ingredients until smooth. Spread over cooled brownies, cut into squares and serve.

Brenda's Old Fashion Teacakes

Esther McKinley, Glade

<i>4 C. flour</i>	<i>2 tsp. baking powder</i>
<i>1 1/2 C. sugar</i>	<i>4 eggs</i>
<i>1 C. butter</i>	<i>2 T. vanilla</i>

Put flour into large mixing bowl, and dig a hole in the middle. Mix sugar, butter, baking powder, eggs, and vanilla until well mixed. Pour mixture into the hole in the flour. Slowly work the flour into the liquid mixture. You may need to add more flour. When it comes together to make a ball, roll out and cut out cookies. I use a large mouth jar lid as cookie cutter. Bake at 350° for 20-30 minutes.

Check outlets for loose fitting plugs.

Peanutty Bars

Pat Owen, Concordia

BASE:

*1 Pillsbury Yellow Cake Mix
3/4 C. quick rolled oats
1/2 C. butter, softened
1/2 C. peanut butter*

1 egg

FROSTING:

*1 can chocolate frosting
1/2 C. peanut butter
1/2 C. chopped peanuts*

Heat oven to 350°. Grease 13x9 inch pan.

In large bowl combine all base ingredients at low speed until crumbly. Press into prepared pan. Bake for 10-20 minutes or until golden brown. Cool on wire rack. In small bowl, combine frosting and peanut butter until well-blended. Spread on cooled bars, sprinkle with chopped peanuts. Makes 36 bars.

No Bake Chocolate Cookies

Vonda Tompkins, Portis

2 C. sugar

1/2 C. milk

1 stick margarine

3 T. cocoa (unsweetened)

1 tsp. salt

1 tsp. vanilla

3 C. Oatmeal - Quick Oats

1 C. coconut

1/2 C. peanut butter

raisins.

Combine sugar, milk, margarine, cocoa and salt in saucepan and bring to boil, stirring constantly. Add vanilla, oatmeal and coconut. Add peanut butter and raisins, if desired. Drop by teaspoonfuls onto wax paper. Let cool. Makes about 48 cookies.

Never drive over a downed power line because that could pull down the pole and other equipment, causing additional hazards.

Crackerjack Cookies

Margaret Wetter, Norton

<i>2 sticks unsalted butter</i>	<i>1 tsp. baking powder</i>
<i>1 C. brown sugar</i>	<i>1 1/2 C. flour</i>
<i>1 C. sugar</i>	<i>2 C. oatmeal</i>
<i>1 tsp. vanilla</i>	<i>2 C. Rice Krispies</i>
<i>2 eggs</i>	<i>1 C. coconut (optional)</i>
<i>1 tsp. baking soda</i>	<i>chopped nuts (optional)</i>

In a mixing bowl, combine ingredients in order. Drop by rounded teaspoons on to an ungreased pan. bake at 350° for 8-12 minutes. Makes 5 dozen.

Crispy Cereal No-Bakes

January Johnson, Hunter

<i>1/2 C. oleo</i>	<i>2/3 C. chocolate chips</i>
<i>1 pkg. (10 oz.) Marshmallows</i>	<i>1/3 C. Peanut butter</i>
<i>6 C. Rice Crispy cereal</i>	<i>1 1/4 tsp. vanilla</i>

Melt oleo in large saucepan over low heat; add marshmallows. When melted add peanut butter, stir well. Take off burner-add vanilla. Stir in Rice Crispy cereal. With buttered spatula, press mixture into greased 13 x 9 or 15 x 11 pan. Melt chocolate chips, spread over mixture. Refrigerate. Cut into squares.

Peanut Butter Honey Balls

Donna Brown, Haddam

<i>1 1/2 C. raw honey</i>	<i>2 C. peanut butter</i>
<i>4 C. dry milk</i>	<i>1 1/2 C. Rice Krispies</i>

Mix honey and peanut butter. Gradually add dry milk and then rice krispies (or other options, if you desire). Work dough and roll into balls. Keep adding rice krispies until dough is not sticky. Roll balls in rice krispies and store.

Crispy Brownies

Wanda Gower, Agra

<i>2 sticks oleo</i>	<i>1 C. flour</i>
<i>2 C. sugar</i>	<i>7 oz. marshmallow cream</i>
<i>6 T. unsweetened cocoa (heaping)</i>	<i>1 C. peanut butter</i>
<i>2 tsp. vanilla</i>	<i>6 oz. chocolate chips</i>
<i>4 eggs</i>	<i>6 oz. butterscotch chips</i>
	<i>3 C. Rice Krispies</i>

Cream oleo, sugar, cocoa and vanilla. Beat in eggs and flour. Pour on cookie sheet. Bake at 350° for 25 minutes. Immediately after baking, spoon marshmallow cream on top brownies. (You can set back in oven for 2 minutes). Then carefully spread out on top of brownie layer. Mix peanut butter, chocolate chips and butterscotch chips. Melt in microwave. Add Rice Krispies. Spoon on top of marshmallow cream and spread. Let cool completely or set in freezer for 10 minutes or so to set.

Chocolate Snowballs

Shirley Leiszler, Clifton

<i>1 C. shortening</i>	<i>2 C. flour</i>
<i>1 C. sugar</i>	<i>1 tsp. salt</i>
<i>1 egg</i>	<i>1/4 C. walnuts</i>
<i>1 tsp. vanilla</i>	<i>powdered sugar</i>
<i>1 unsweetened chocolate square, melted or 3 T. unsweetened cocoa powder which is equivalent to the chocolate square</i>	

Mix shortening, sugar, egg, vanilla and salt. Add chocolate and flour. Roll into small balls. Roll in powdered sugar before baking. Bake at 375°, for 12-14 minutes.

*Set your hot water heater temperature to
no more than 120 degrees Fahrenheit.*

Peanut Butter Bars

Patricia A. Babcock, Phillipsburg

1/2 C margarine (1 stick)
1/2 C. peanut butter
1/2 C. white sugar
1/2 C. brown sugar
1 egg
1/2 tsp. baking powder
1 C. flour

1 C. quick oats
1/2 to 1 C. Chocolate chips
Frosting:
1-2 T. peanut butter
powdered sugar
milk

Mix margarine, sugars, baking powder, peanut butter and egg. Add flour and quick oats. Batter will be stiff. Grease and flour 9 x 13 pan and pat mixture into pan. Bake 10-15 minutes at 350°. Remove from oven and pour chocolate chips on top. Make a powdered sugar frosting. Mix and pour over the chocolate chips. Spread the chocolate chips and frosting over the bars.

Pie Dough Sugar Cookies

Mrs. Kathy Riepl, Atwood

3 C. flour
2 tsp. baking powder
1 scant tsp. baking soda
1/2 tsp. salt
1 C. sugar
1 cube butter
1/2 C. Crisco
4 T. milk
2 eggs, beaten

1 tsp. vanilla
1 tsp. lemon extract
Frosting:
2 C. sugar
1/4 C. butter or Crisco
1 egg white,
1/2 tsp vanilla
1 T. milk or cream
Add food coloring if desired

Mix first 7 ingredients until crumbly. Then add wet ingredients mix until completely blended. Chill for 30 minutes. On a lightly floured surface roll dough to a 1/2 inch thickness. Cut with your favorite cookie cutter dipped in flour. Transfer cookies to greased baking sheets. Bake at 375° for 5 to 6 1/2 minutes, depending on your oven. Cool on wire racks.

Frosting: Combine all frosting ingredients, mix well. Spread frosting over cookies.

Pumpkin Pie Squares

Billie Hilt, St. Francis

<i>1 1/4 C. sugar</i>	<i>1/2 tsp. ginger</i>
<i>1 1/2 C. milk (evaporated or regular)</i>	<i>1/4 tsp. cloves</i>
<i>1 1/2 C. pumpkin (mashed) or 16 oz. can</i>	<i>3 eggs, slightly beaten</i>
<i>1 tsp. cinnamon</i>	<i>1 (18.5 oz.) box yellow cake mix</i>
	<i>1/2 C. butter or margarine (softened)</i>

Combine first seven ingredients and pour into a 13 x 9 baking pan, sprayed with cooking spray. In a medium size mixing bowl, mix cake mix and margarine until crumbly. Sprinkle over pan of pumpkin mixture. Bake at 350° for 1 hour, or until knife comes out clean, or is set up and doesn't jiggle any more when shaken. Serve with whipped topping.

*bake at 325° if using glass dish.

Delicious Pumpkin Bars

Sharon Slabaugh, Oberlin

<i>2 C. canned pumpkin</i>	<i>2 C. flour</i>
<i>1 2/3 C. sugar</i>	<i>Icing:</i>
<i>1/2 tsp. salt</i>	<i>1 3 oz. pkg. cream cheese</i>
<i>2 tsp. cinnamon</i>	<i>2 T. milk</i>
<i>1 C. nuts and/or raisins</i>	<i>3/4 stick margarine</i>
<i>3/4 C. salad oil</i>	<i>1 2/3 C. powdered sugar</i>
<i>1 tsp. baking soda</i>	

Mix together pumpkin, sugar and salad oil. Add salt, cinnamon, baking soda, flour, nuts and/or raisins. Spread on ungreased 12 x 18 cookie sheet with sides. Bake at 350° for 20 minutes. With electric mixer: mix all icing ingredients and frost bars.

During the winter, open up curtains on sunny days to let the warm sunlight in. At night, make sure to close the curtains. In the summer, keep your curtains closed.

Chocolate Nut Cookies

Joreen Wilcox, Concordia

<i>1 C. sugar</i>	<i>2 C. flour</i>
<i>1/4 lb. butter</i>	<i>1/2 C. unsweetened cocoa</i>
<i>2 eggs</i>	<i>1/3 tsp. salt</i>
<i>1/2 tsp. vanilla</i>	<i>2 tsp. baking powder</i>
<i>1/2 C. milk</i>	<i>1/2 C. walnuts</i>

Cream sugar and butter until creamy. Add eggs and beat into mixture; then add vanilla and milk. In a separate bowl, mix together flour, cocoa, salt and baking powder, add to cream mixture. Stir well and add nuts. Drop by tablespoons on lightly greased cookie sheet. Bake at 350° for 11-13 minutes. Move to cooling rack.

Sugared Pecans

Joyce Boeve, Phillipsburg

<i>Pecan halves</i>	<i>1 C. sugar</i>
<i>1 egg white</i>	<i>3/4 tsp. salt</i>
<i>1 T. water</i>	<i>1 tsp. cinnamon</i>

Grease one baking sheet. Whip together egg white and water. Add pecans to egg white mixture to coat evenly. Mix sugar, salt cinnamon. Toss pecans into sugar mixture and place on baking sheet. Bake at 250° for one hour-stir every 15 minutes.

Snack Cookies

Beverly Wiese, Hunter

<i>1 lb. Almond Bark</i>	<i>2 C. Rice Krispies cereal</i>
<i>1/2 C. peanut butter</i>	<i>1 C. miniature marshmallows</i>
<i>1 C. skinless peanuts</i>	

Melt almond bark over low heat. Stir in peanut butter, peanuts, rice krispies and marshmallows. Drop by spoonful onto waxed paper. Enjoy!

Pumpkin Cookies

Carolyn Babcock, Phillipsburg

<i>2 C. sugar</i>	<i>2 tsp. baking powder</i>
<i>2 C. canned pumpkin</i>	<i>2 tsp. nutmeg</i>
<i>1 C. shortening</i>	<i>2 tsp. allspice</i>
<i>4 C. flour</i>	<i>2 tsp. cinnamon</i>
<i>2 tsp. baking soda</i>	<i>1 (12 oz.) chocolate chips</i>

Cream shortening, pumpkin and sugar. Add dry ingredients, mix well. Add chocolate chips and mix well. Drop by teaspoon onto a greased cookie sheet. Bake at 350° for 10-12 minutes. Makes 6-7 dozen cookies. It is a good moist cookie and keeps well.

Corn Flake Candy

Gladys Harper, Norton, retired employee

<i>5 or 6 C. corn flakes</i>	<i>1 C. white syrup</i>
<i>1 C. sugar</i>	<i>1/2 C. peanut butter</i>

Bring sugar and syrup to boil; boil 1 minute. Add peanut butter, then corn flakes. Do not add all the corn flakes at once, you may not need that much. Spoon onto wax paper.

Peanut Brittle

Gladys Harper, Norton, retired employee

<i>1 C. white syrup</i>	<i>2 T. oleo</i>
<i>2 C. sugar</i>	<i>2 tsp. vanilla</i>
<i>1/2 C. water</i>	<i>2 tsp. baking soda</i>
<i>2 C. raw peanuts</i>	<i>1/2 tsp. salt</i>

Combine syrup, sugar, water and salt. Using a candy thermometer, bring slowly to 230°. Add peanuts and continue to cook to 300°. Remove from heat. Add oleo, vanilla and baking soda and stir until well-blended. Working quickly (it will set-up fast), pour into a large flat pan that has been lightly coated with oleo. As you pour, use a spoon to spread it out. Break into pieces after it is cooled.

Amish Sugar Cookies

Wanda Snow, Agra

<i>1 C. butter</i>	<i>1 tsp. vanilla</i>
<i>1 C. oil</i>	<i>4 1/2 C. all purpose flour</i>
<i>1 C. sugar</i>	<i>1 tsp. baking soda</i>
<i>1 C. powdered sugar</i>	<i>1 tsp. cream of tartar</i>
<i>2 eggs</i>	

In large bowl beat butter, oil and sugars. Beat in eggs until well blended, beat in vanilla. Combine the flour, baking soda and cream of tartar, gradually add to creamed mixture. Drop by teaspoon onto greased baking sheet. Bake at 375° for 8-10 minutes.

Cookie Dough Brownies

Sherry Woodside, Prairie View

<i>2 C. sugar</i>	<i>1/2 C. brown sugar</i>
<i>1 1/2 C. flour</i>	<i>1/4 C. sugar</i>
<i>1/2 C. baking cocoa</i>	<i>2 T. milk</i>
<i>1/2 tsp. salt</i>	<i>1 tsp. vanilla</i>
<i>1 C. vegetable oil</i>	<i>1 C. flour</i>
<i>4 eggs</i>	<i>Glaze:</i>
<i>2 tsp. vanilla</i>	<i>1 C. semi-sweet chocolate chips</i>
<i>1/2 C. chopped nuts (optional)</i>	<i>1 T. shortening</i>
<i>Filling:</i>	<i>3/4 C. chopped nuts (optional)</i>
<i>1/2 C. butter or margarine,</i> <i>softened</i>	

In a mixing bowl, combine sugar, flour cocoa and salt. Add oil, eggs and vanilla; beat at medium speed for 3 minutes. Stir in walnuts if desired. Pour into a greased 13 x 9 x2 baking pan. Bake at 350° for 30 minutes or until brownies test done. Cool completely.

Filling: Cream butter and sugars in a mixing bowl. Add milk and vanilla; mix well. Beat in flour. Spread over brownies; chill until firm.

Glaze: Melt chocolate chips and shortening in a saucepan, stirring until smooth. Spread over filling. If using nuts: immediately sprinkle with nuts pressing down slightly.

Brownies

Amy Payne, Stockton

<i>1/2 C. butter</i>	<i>1 tsp vanilla</i>
<i>2 squares unsweetened chocolate or 6 T. cocoa powder</i>	<i>1/2 C. chopped nuts (optional)</i>
<i>1 C. flour</i>	<i>Frosting:</i>
<i>1/2 tsp. baking powder</i>	<i>1 C. powdered sugar</i>
<i>3/4 tsp. salt</i>	<i>3 T. cocoa powder</i>
<i>2 eggs</i>	<i>3 T. butter, soft</i>
<i>1 C. sugar</i>	<i>2-4 T. milk</i>

Melt butter in pan on stove. Add remaining ingredients, add eggs last. Mix and spread into a greased 8 x 8 pan. Bake at 350° for 15-20 minutes. Cool.

Frosting: Mix all ingredients and spread on cooled brownies.

Crackle Top Ginger Cookies

Debra Witt, Norton

<i>1 C. sugar</i>	<i>1 tsp. baking soda</i>
<i>3/4 C. shortening (I substitute 1 cup oil for the shortening)</i>	<i>1 tsp. cinnamon</i>
<i>1 egg</i>	<i>1 tsp. ginger</i>
<i>1/4 C. molasses</i>	<i>1/2 tsp. salt</i>
<i>2 C. flour</i>	<i>1/2 tsp. cloves</i>

Cream sugar, shortening or oil and egg together. Add molasses and flour. Sift together soda, cinnamon, ginger, salt and cloves and add to cream mixture. Roll into 1 inch balls and place on ungreased cookie sheet. Bake at 400° for 8-10 minutes.

A large part of the cost of running a hot water heater comes from keeping water at a selected temperature. If you will be gone more than three days you can turn the water heater off entirely.

Most hot water heaters also have a vacation setting.

Cowboy Cookies

LeAnn Grover, Morrowville

<i>1 C. brown sugar</i>	<i>1/2 tsp. salt</i>
<i>1 C. sugar</i>	<i>1 tsp. vanilla</i>
<i>1 C. shortening</i>	<i>2 eggs</i>
<i>2 C. flour</i>	<i>1 small pkg. chocolate chips</i>
<i>1 tsp. baking soda</i>	<i>2 C. oatmeal</i>
<i>1/2 tsp. baking powder</i>	<i>1 C. chopped nuts</i>

Cream shortening and sugars. Add eggs and vanilla; mix. Add flour, baking soda, baking powder and salt; mix. Then add chocolate chips, oatmeal and nuts. Drop by spoonful onto cookie sheet and bake at 350° until done.

Apple Pie Bars

Lois Kussman, Kensington

<i>2 C. flour</i>	<i>5 C. diced apples</i>
<i>1 tsp. salt</i>	<i>1 1/4 C. sugar</i>
<i>3/4 C. shortening</i>	<i>1 tsp. cinnamon</i>
<i>1 egg yolk</i>	<i>2 T. flour</i>
<i>1/2 C. milk</i>	<i>1 T. butter</i>

Blend flour, salt and shortening; mix in egg yolk and milk. In a 13 x 9 pan, press half of the mixture on the bottom of the pan. Mix apples with sugar, cinnamon and flour. Cover bottom of pan with apple mixture and dot with butter. Roll out the other half of dough to cover pan. Put holes in top of dough (as you would an apple pie). bake at 350° for 45 minutes. Frost with 1 cup powdered sugar, 1 teaspoon butter and enough milk so you can easily spread on top of the baked apple crust.

Check to make sure outlet and switch plates are not unusually hot to the touch. If they are, unplug the cords and do not use the switches. Have a licensed electrician perform an electrical inspection as soon as possible.

Sugar Cookies

Nancy Dix, Agra

<i>1 C. sugar</i>	<i>1 tsp. lemon juice</i>
<i>1 C. butter</i>	<i>1/2 tsp. baking soda</i>
<i>2 eggs</i>	<i>1/2 tsp. baking powder</i>
<i>2 tsp. vanilla</i>	<i>1/2 tsp. salt</i>

Mix together, sugar, butter, eggs, vanilla and lemon juice. Mix on low speed until mixture resembles whipped cream. Sift dry ingredients together and gradually add to creamed mixture. (It should be a very soft dough). Roll out dough on floured surface and cut as desired. Bake at 350° for 8 minutes.

Crunchy Fudge Bars

Krista Simminger, Ludell

<i>1 12 oz. bag Butterscotch chips</i>	<i>1 12 oz. bag chocolate chips</i>
<i>1 C. peanut butter</i>	<i>1 C. powdered sugar</i>
<i>8 C. Rice Krispies cereal</i>	<i>4 T. soft butter</i>
<i>2 T. water</i>	

Melt butterscotch chips with peanut butter. Add Rice Krispies cereal and stir until well coated. Press half the cereal mixture into buttered 13 x 9 pan. Chill in refrigerator. Set remaining cereal aside. Combine chocolate chips, sugar, butter and water and melt. Spread over chilled cereal mixture. Spread remaining cereal mixture over top. Press gently. Chill.

Sugar Cookies

Vicky Mumm, Gem

<i>1/2 C. salad oil</i>	<i>1/2 tsp. vanilla</i>
<i>1/2 C. soft margarine</i>	<i>2 - 2 1/4 C. sifted flour</i>
<i>1/2 C. granulated sugar</i>	<i>1/4 tsp. salt</i>
<i>1/2 C. powdered sugar</i>	<i>1/2 tsp. baking soda</i>
<i>1 egg</i>	<i>1/2 tsp. cream of tartar</i>

Cream oil, margarine and sugars. Add egg, vanilla and sifted dry ingredients. When mixed, chill several hours or overnight. Make into 1-inch balls and roll in granulated sugar. Bake at 350° for 10-12 minutes on an ungreased cookie sheet. Makes 3 1/2 dozen.

Lemon Bars

Susan Swanson, Scandia

<i>Crust:</i>	<i>1 tsp. baking powder</i>
<i>1 C. cold butter</i>	<i>1/2 tsp. salt</i>
<i>1 2/3 C. flour</i>	<i>1/3 C. lemon juice</i>
<i>1/2 C. powdered sugar</i>	<i>4 T. flour</i>
<i>Filling:</i>	<i>Glaze:</i>
<i>3 eggs</i>	<i>2-3 T. lemon juice</i>
<i>1 2/3 sugar</i>	<i>2 - 2 1/2 C. powdered sugar</i>

Mix together crust ingredients and pat into a greased 13 x 9 pan. Bake at 325° for 20 minutes. Combine all filling ingredients and pour over crust. Bake for 25-30 minutes. Do not over bake. Mix together glaze ingredients and spread over warm bars.

World's Best Sugar Cookie

Lynn Nelson, Norton

<i>1 C. powdered sugar</i>	<i>2 tsp. vanilla</i>
<i>1 C. granulated sugar</i>	<i>5 C. flour</i>
<i>1 C. soft butter</i>	<i>1 tsp. baking soda</i>
<i>1 C. vegetable oil</i>	<i>1 tsp. cream of tartar</i>
<i>2 eggs</i>	<i>1 tsp. salt</i>

Cream together powdered sugar, granulated sugar and butter. Add, oil, eggs and vanilla; mix well. Sift together dry ingredients and gradually add to creamed mixture. Mix until well blended. Roll into small balls or drop from a spoon onto a cookie sheet. Flatten with a cookie press or glass dipped in sugar. Bake at 350° for 10-12 minutes. Makes 8 dozen. Can be put through a cookie press, if dough is chilled first.

If you are building a new home, locate your hot water heater as close to the kitchen or bathroom area as possible to minimize the distance to the tap. The water at the tap will come out warmer sooner, so you will save water, and wait less time for it to run hot.

Butterscotch Drops

Gretchen Spitz, Jewell

3/4 C. peanut butter

2 1/2 - 3 C. Rice Krispies

1 pkg. Butterscotch morsels

Melt peanut butter and butterscotch morsels, in a double boiler. (You can melt in a glass/pyrex bowl in microwave-but be careful not to overcook!) Let cool a little bit; then add Rice Krispies. Drop by spoonfuls onto cookie sheet, lined with wax paper. Refrigerate several hours. Enjoy!

Butterfinger Bars

Nyla Skinner, Scandia

1 C. margarine

Topping:

1 C. brown sugar

1 C. chocolate chips

1/2 C. white sugar

3/4 C. peanut butter

4 C. oatmeal

Mix together margarine, brown sugar, white sugar and oatmeal. Press into a 9 x 12 pan. Bake at 350° for 15 minutes. Melt topping ingredients and spread on cooled bars. Refrigerate.

Crock Pot Candy

Eldyne Taskinen, Greenleaf

1 16 oz. jar unsalted peanuts

2 1 lb. pkgs. white almond bark

1 16 oz. jar salted peanuts

1 12 oz. pkg. white chocolate

*1 12 oz. pkg. semi-sweet
chocolate chips*

chips

*2 10 oz. pkgs. peanut butter
chips*

In a large crock pot, layer all ingredients starting with peanuts. Turn crock pot on low. Cover with lid and cook for 2 hours. Remove lid, stir to combine. Replace lid and cook for another 30 minutes. Stir again, then spoon mixture on to wax paper or non-stick aluminum foil. Allow to harden for at least 1 hour.

Goopy Peanut Butter Squares

Sue Meyerhoff, Linn

- | | |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <i>1 10 oz. pkg. mini marshmallows
(adding another 1/2 pkg. holds
the squares together better)</i> | <i>6 C toasted whole grain cereal
(I've used Cheerios and Honey
Nut Cheerios; generic brands,
too)</i> |
| <i>3 T. butter</i> | |
| <i>3/4 C. peanut butter, divided</i> | |
| <i>1 1/2 C. semisweet chocolate
chips, divided</i> | |

Coat a 10 x 15 inch baking sheet with cooking spray. In a large microwave-safe bowl, microwave marshmallows and butter until melted. mix in 1/2 cup peanut butter and 1 cup chocolate chips, stirring until smooth. Add cereal and mix until evenly coated. Spread evenly on baking sheet and sprinkle with remaining chocolate chips, lightly pressing them into cereal mixture. In a small microwave-safe bowl, microwave remaining peanut butter 5 seconds. Place in a small resealable plastic bag, snip off one corner and drizzle peanut butter over cereal mixture. Let firm up; cut into squares.

Soft Pumpkin Cookies

Kathy Willis, Smith Center

- | | |
|------------------------|-----------------------------|
| <i>1 C. shortening</i> | <i>4 tsp. baking powder</i> |
| <i>1 1/4 C. sugar</i> | <i>1 tsp. salt</i> |
| <i>3 eggs</i> | <i>2 tsp. cinnamon</i> |
| <i>2 C. pumpkin</i> | <i>2 1/2 C. flour</i> |

Cream sugar and shortening together. Beat in eggs and pumpkin. Sift baking powder, salt and cinnamon into flour. Mix into cream mixture. Drop by teaspoon onto greased cookie sheet. Bake at 375° for 15 minutes.

*Up to one-tenth of electric bills are from phantom energy loads.
When possible, unplug all electronics that are not in use,
especially those that you do not use often.*

Hot Cocoa Cookies

Katherine Vandike, Saint Francis

<i>1 1/4 C. butter</i>	<i>3/4 C. Swiss Miss cocoa mix, do not use sugar free</i>
<i>1 C. sugar</i>	<i>1 1/4 tsp. baking soda</i>
<i>2/3 C. brown sugar</i>	<i>1 1/4 tsp. baking powder</i>
<i>2 eggs</i>	<i>1 C. mini chocolate chips</i>
<i>1 tsp. vanilla</i>	<i>1 C. marshmallow bits</i>
<i>3 1/4 C. flour</i>	

Beat butter and sugars until light and fluffy. Add eggs and vanilla, mix well. Gradually beat in the rest of the ingredients, then add chips and marshmallow bits. Drop by teaspoonfuls onto pan, 2 inches apart. Bake at 350° for 8-9 minutes. Cool on pan for 5 minutes, before removing.

Fluffernutter Rice Krispie Treats

Roxana Marcotte, Clyde

<i>1/4 C. unsalted butter plus additional</i>	<i>1 1/4 C. mini-marshmallows</i>
<i>1 pkg. (10 oz.) regular marshmallows</i>	<i>1 pkg. (10 oz.) Reese's peanut butter chips, melted</i>
<i>1/2 C. creamy peanut butter</i>	<i>2 pkgs. (8 oz. each) Reese's peanut butter cup mini's</i>
<i>5 C. Rice Krispies cereal</i>	

Line 9 inch square pan with foil; butter foil. In large pot, melt 1/4 cup of butter over medium-low heat. Add regular marshmallows and turn heat to low. Stir until completely smooth. Remove from heat; quickly stir in peanut butter until blended. Add cereal; fold in mini-marshmallows. Pour cereal mixture into prepared pan. Do not press mixture in tightly; just very gently level top of treats. Spread melted peanut butter chips over top. Sprinkle with peanut butter cup mini's; press in so they stick! Let stand until set, about 1 hour. Cut into squares and store in airtight container. Enjoy! Makes 32 treats.

Only start the washing machine or the dishwasher when loads are full.

Peanut Butter Fingers

Carol Carter, Dresden

<i>1/2 C. butter or oleo</i>	<i>1/4 tsp. salt</i>
<i>1/2 C. sugar</i>	<i>1/2 tsp. vanilla</i>
<i>1/2 C. brown sugar, packed</i>	<i>1 C. flour</i>
<i>1 egg</i>	<i>1 C. quick cook oatmeal</i>
<i>1/3 C. peanut butter</i>	<i>1 (16 oz.) pkg. semi-sweet chocolate chips</i>
<i>1/2 tsp baking soda</i>	

Grease 13 x 9 pan. Cream together butter, sugar, brown sugar and egg. Blend in peanut butter, soda, salt and vanilla. Stir in flour and oatmeal. Press mixture into pan; bake at 350° for 20-25 minutes. Remove from oven; sprinkle chocolate chips on top. Let stand 5 minutes, then spread. Cool and cut into squares.

Cathedral Windows

Carol Carter, Dresden

<i>1 pkg. semi-sweet chocolate chips</i>	<i>1 small pkg. of small marshmallows</i>
<i>1 stick butter</i>	<i>Flaked coconut</i>
<i>1 cup nuts, chopped, your choice</i>	

Melt chocolate chips and butter in a pan. When slightly cooked, add nuts and marshmallows. Have the chocolate cool enough so it doesn't melt the marshmallows. Put flaked coconut on a long piece of waxed paper and spread chocolate mixture over the coconut. Roll up as you would a jelly roll. Put in the refrigerator to cool. When firm and cool, slice and serve.

Look up, Look Out. Overhead power lines are so common, they can fade from view and people can forget the life-threatening danger if contact is made. Keep yourself and equipment at least 10 feet away from power lines and service connections. Always look up before using long tools like pruning poles, ladders or antennas.

Martha Washington Candies

Jeri Rahe, Ludell

<i>2 sticks melted butter</i>	<i>1 10 oz. jar maraschino cherries</i>
<i>1 lb. powdered sugar</i>	<i>3 C. finely chopped pecans</i>
<i>1 tsp. vanilla</i>	<i>1 16 oz. pkg. chocolate</i>
<i>1 14 oz. pkg. shredded sweetened coconut</i>	<i>Candiquik or Almond bark</i>
<i>1 14 oz. can sweetened condensed milk</i>	

Chop cherries, place on paper towel to absorb liquid and blot dry. Combine all ingredients except for Candiquik in large bowl. Refrigerate 2 hours. Form into balls, the size of a walnut and refrigerate balls for 20 minutes. Line baking sheet with parchment paper. Melt Candiquik or almond bark according to package directions. Dip balls into melted chocolate, tap off extra and place on parchment paper to set up. Store in airtight container.

Banana Oatmeal Bars

Cynthia Walker, Norton

<i>3/4 C. oleo</i>	<i>1 1/2 C. mashed bananas</i>
<i>1 C. sugar</i>	<i>1 1/2 C. Quick cooking oatmeal</i>
<i>1 egg</i>	<i>1 tsp. nutmeg</i>
<i>1 1/2 C. flour</i>	<i>1/2 tsp. salt</i>
<i>1/2 tsp. baking soda</i>	

Cream oleo, sugar and egg until fluffy. Mix dry ingredients and bananas together; add to creamed mixture. Pour into 13 x 9 pan. Bake at 325° for 25-30 minutes. Cool and sprinkle with powdered sugar. You can also make a thin powdered sugar frosting and drizzle it over the bars.

Cut you're your energy costs by 5 to 15 percent by cleaning the filters on your heating and air conditioning system.

Chocolate Chip Cookies

Monica Kats, Lenora, employee

<i>3 1/2 C. flour</i>	<i>12 oz. milk or semi-sweet chocolate chips</i>
<i>1 1/2 tsp. baking soda</i>	<i>1 1/2 C. walnuts, optional</i>
<i>1 1/2 tsp. salt</i>	<i>Oatmeal version:</i>
<i>1 1/2 C. shortening</i>	<i>2 C. flour (cut flour down)</i>
<i>1 C. plus 2 T. sugar</i>	<i>Add 2 1/2 C. quick oats</i>
<i>1 C. plus 2 T. brown sugar</i>	<i>1 T. cinnamon</i>
<i>3 eggs</i>	<i>1 C. raisins, optional</i>
<i>1 1/2 tsp. vanilla</i>	

Stir together and set aside: flour, baking soda and salt. Cream together: shortening, sugar, brown sugar, eggs and vanilla. Add dry ingredients to cream mixture. Fold in chocolate chips and nuts. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for 10-15 minutes.

Cowgirl Cookies

Deb Berg, Logan

<i>1 1/2 C. butter, at room temperature</i>	<i>1 T. baking powder</i>
<i>1 C. sugar</i>	<i>1 T. baking powder</i>
<i>2 C. brown sugar</i>	<i>3 C. flour</i>
<i>3 eggs</i>	<i>3 C. old fashioned rolled oats</i>
<i>1 T. vanilla</i>	<i>2 C. coconut</i>
<i>1 tsp. salt</i>	<i>2 C. chopped pecans</i>
<i>1 T. cinnamon</i>	<i>3 C. chocolate chips, (you can use M&M's)</i>

Beat butter and sugars until smooth and creamy. Add eggs and vanilla. Stir in flour, spices and remaining ingredients. Mix well. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for 9-10 minutes.

*No matter what the climate or time of year, proper use
of a programmable thermostat can save you 10 percent
on your monthly utility bill.*

Super Quick Peanut Clusters

Phyllis Keim, Glade

*1 pkg. (12 oz.) semi-sweet or
milk chocolate chips*

*1 to 1 1/2 C. salted peanuts
(almonds or pecans can be
used)*

Melt chocolate chips in microwave on high for 1-2 minutes. Stir in nuts of your choice. Drop by spoonfuls onto a wax paper covered cookie sheet. Refrigerate until hard and enjoy. Store in the refrigerator.

Mashed Potato Candy (Mounds bar)

Judy Kitzke, Prairie View

*3/4 C. plain mashed potatoes,
cold*

4 C. flaked coconut

8 oz. chocolate bark

4 C. powdered sugar

Combine ingredients then roll into balls the size of a walnut. Put on wax paper covered cookie sheet and put into refrigerator until cold. Melt chocolate bark. Dip the chilled candy balls in chocolate and then place back on waxed paper until coating hardens. These taste just like Mounds candy.

To achieve at least a 10 percent savings on your heating and cooling: set your thermostat at 68 degrees during cold weather and maintain a recommended indoor temperature of 78 degrees during warm weather.



from our kitchen

Desserts

to your table

Sour Cream-Lemon Pie

Anna Foley, Norton, employee

<i>1 baked single-crust pie (9 inches)-cooled</i>	<i>1/4 C. butter, cubed</i>
<i>1 C. sugar</i>	<i>1 T. grated lemon peel</i>
<i>3 T. plus 1 1/2 tsp. cornstarch</i>	<i>1 C. (8 oz.) sour cream</i>
<i>1 C. milk</i>	TOPPING:
<i>1/2 C. lemon juice- I use fresh squeezed lemons</i>	<i>1 C. heavy whipping cream</i>
<i>3 egg yolks, lightly beaten</i>	<i>2-3 T. sugar</i>
	<i>1 tsp. vanilla</i>

In large heavy saucepan, mix sugar and cornstarch. Whisk in milk and lemon juice until smooth. Cook and constantly stir over medium-high heat until thickened and bubbly. Reduce heat to low; cook and stir 2 minutes longer. Remove from heat. In small bowl, whisk a small amount of hot mixture into egg yolks; return all to the pan, whisking constantly. Bring to a gentle boil; cook and stir 2 minutes. Remove from heat. Stir in butter and lemon peel. Cool without stirring. Stir in sour cream. Add filling to prepared crust.

Topping:

Whip the cream, sugar and vanilla together. Top pie with whipped cream. Store in the refrigerator.

Replacing your home's roof is a major investment. When shopping, look for the Energy Star on roofing products. Energy Star qualified roof products not only reflect more of the sun's rays, but they can also help reduce the amount of air conditioning needed in buildings and reduce peak cooling demand by 10 to 15 percent.

Granny's Chocolate Cake

Anna Foley, Norton, employee

1 Devil's Food box cake

1 tsp. vanilla

MARSHMALLOW FILLING:

FROSTING:

3/4 C. butter

2 small pkgs. instant pudding-
chocolate, fudge or devil's food

2 C. powdered sugar

1 C. milk

2 C. marshmallow cream (a 7 oz.
jar= 1 1/2 C.)

1 12 oz. container whipped
topping

Make cake according to package directions and bake in a 13 x 9 pan. Cool 15 minutes and then remove from pan and invert onto a baking rack. Cool completely.

Marshmallow Filling:

Cream butter, powdered sugar and vanilla together, stir in marshmallow cream. Using a serrated knife, halve the cake horizontally. Carefully remove top layer and set aside. Spread filling over the bottom cake layer. Put top layer back on cake.

Frosting:

Using a whisk or mixer, mix pudding and milk until thickened. Fold whipped topping. Frost the cake. Refrigerate until ready to serve.

*Give your electric bill a break during the holiday season.
Save energy by shutting off the decorations that use electricity
when they are not needed. Consider investing in a timer that will
automatically turn your lights on/off at a certain time.*

Bread Pudding w/ Praline Sauce

Anna Foley, Norton, employee

1/4 C butter, melted

2 C. half-and-half

2 C. milk

1 lb. French Bread

3 eggs, lightly beaten

3 C. white sugar

4 tsp. vanilla extract

1 1/2 tsp. cinnamon

1/4 C. raisins-(soaked in warm water for about 5-10 minutes, so they soften and plump up)

PRALINE SAUCE:

1/2 lb. unsalted butter

1 C. heavy cream

1 C. brown sugar

1/2 C chopped pecans

Preheat oven to 325°. Coat 13x9 baking dish with 1/4 cup melted butter. Tear French bread loaf into small pieces, and place in large mixing bowl. Pour half and half and milk over bread. Let soak for 10 minutes before gently stirring. Stir eggs into bread mixture until incorporated. Add sugar, vanilla, cinnamon and raisins respectively. Be sure to stir each addition into mixture before adding next one. Spoon bread mixture into prepared baking dish, and bake in preheated oven until bread mixture is firm and pudding-like (about 50 minutes)

Praline Sauce:

Stir 1/2 lb. unsalted butter, heavy cream and brown sugar together in heavy saucepan; stirring constantly, bring to boil. Reduce heat to low, stir pecans into cream mixture, continue stirring and simmer until sugar is dissolved and the sauce thickens (about 5 minutes). Pour the sauce mixture over each serving of bread pudding.

Save 10 percent on your monthly utility bill by cleaning the coils around your electric baseboard heater to maintain maximum efficiency.

Hershey's Vanilla Chip Fruit Tart

Lynette Jones, Norton, employee

3/4 C. butter or margarine

1/2 C. confectioner's sugar

1 1/2 C. all purpose flour

VANILLA FILLING:

*1 10 oz. pkg. Hershey's Vanilla
Milk Chips*

1/4 C. whipping cream

*1 pkg. (8 oz.) cream cheese
softened*

FRUIT TOPPING:

1/4 C sugar

1 T. cornstarch

1/2 C. pineapple juice

1/2 tsp. lemon juice

Assorted fresh fruit

Heat oven to 300°. Beat butter and confectioner's sugar until light and fluffy; blend in flour. Press mixture onto bottom and up the side of a 12-inch round pizza pan. Bake 20 to 25 minutes or until lightly browned. Cool completely.

Prepare Vanilla Filling:

In microwave-safe bowl, microwave vanilla chips and whipping cream at HIGH (100%)

1 to 1 1/2 minutes or until chips are melted and mixture is smooth when stirred. Beat in cream cheese. Spread on cooled crust. Cover; chill.

Prepare Fruit Topping:

In small saucepan combine sugar and cornstarch; stir in juices. Cook over medium heat, stirring constantly, until thickened; cool. Meanwhile, slice and arrange fruit on top of filling; pour juice mixture over fruit. Cover and chill assembled tart. 10-12 servings.

*Install a programmable thermostat to make
automatic changes to your home's temperature.*

Red Raspberry Pie

Maggie Malmberg, Phillipsburg - 2016 Youth Tour winner

<i>FILLING:</i>	<i>4 T. cornstarch</i>
<i>4 C. raspberries</i>	<i>CRUST:</i>
<i>1 box raspberry gelatin mix</i>	<i>2 C. flour</i>
<i>1 C. water</i>	<i>2/3 C. shortening</i>
<i>1 C. sugar</i>	<i>8 T. water</i>
<i>dash of salt</i>	

Crust:

To make dough, cut the shortening into flour until pieces are the size of small peas. Sprinkle water over mixture, gently tossing with a fork. Chill dough.

Filling:

Mix raspberries with sugar, gelatin mix, salt and 1/2 cup water. Dissolve cornstarch in remaining water. Stir into gelatin mixture. Cook over medium heat until thickened. Set filling aside.

Roll out pastry. Line a 9 inch pie plate with half the pastry. Trim pastry to 1/2 inch beyond edge of pie plate. Pour raspberry mixture into pastry-lined pie plate. Cut remaining pastry into 3/4 inch wide strips. Weave strips atop filling to make a lattice crust; flute edge. Brush pastry with milk. Sprinkle with sugar. To prevent over browning, cover edge of pie with pie shield. Bake at 375° oven for 40 minutes. Remove pie shield; bake for 15-20 minutes more. Cool on rack before serving.

Cherry Coffee Cake

Daphne Brockman, Concordia

<i>4 eggs</i>	<i>1 tsp. vanilla</i>
<i>1 C. oil</i>	<i>2 C. flour</i>
<i>1 tsp. baking powder</i>	<i>1 can cherry pie filling</i>
<i>1 C. sugar</i>	

Beat eggs together with oil, baking powder, sugar, vanilla and flour. Put 3/4 of batter in a greased 9x13 inch pan. Spread cherry pie filling over this and cover with the rest of the batter. Bake 35 minutes in a 350° oven. Top with thin icing.

Lemon Pie Filling Cake

Twila Means, Jewell

1 box Lemon Cake mix
1 can lemon pie filling

Glaze:
juice of 1 lemon
powdered sugar - enough to
make a glaze.

Mix cake mix according to package directions. Pour into a prepared 9x13 inch pan. Cover with the lemon pie filling. Bake at 350° for 50-60 minutes. Cool. Drizzle with the lemon glaze.

Apple Coffee Cake

Leota Clawson, Randall

1/2 C. oleo or butter
1 C. sugar
2 eggs
1 C. sour cream
1 tsp. vanilla
2 C. flour
1/4 tsp. salt
1 tsp. baking soda

1 tsp. baking powder
2 C. peeled, diced raw apples
TOPPING:
2 T. softened butter
1/2 C. brown sugar
1/2 C. nuts
1/2 tsp. cinnamon

Mix butter and sugar. Add eggs, sour cream and vanilla. In separate bowl, mix together flour, salt, baking soda and baking powder. Add to first mixture, mix well. Add apples and mix well. Place in a greased 9x13 inch pan. Mix topping ingredients together and spread on top of cake. Bake at 350°, for 45 minutes to an hour.

Diabetic Sugar Free Apple Pie

Luella Welch, Haddam

Pastry for 2 crust pie
6 C. tart apples, sliced
1 (6 oz.) pkg. Vanilla Sugar Free
cook and serve pudding mix
(use dry)

1 to 1 1/2 tsp. cinnamon
1/4 tsp nutmeg

Stir pudding mix, cinnamon and nutmeg together, then mix and stir in apples, coating well. Put in crust, cover with pastry and bake as usual. Or, Bake at 400° for 15 minutes then lower to 375° for approximately another 30 minutes, depends on when apples are done.

Green Tomato Pie

Rita Collette, Concordia

<i>3 C. sliced green tomatoes</i>	<i>1 T. vinegar</i>
<i>1 C. sugar</i>	<i>1/4 C. oleo, softened</i>
<i>2 heaping T. flour</i>	<i>Pastry for 2 crust pie</i>
<i>1 tsp. cinnamon</i>	

Cut tomatoes into eighths, slice tomatoes thin. Add sugar, flour and cinnamon. Stir well. Fold in vinegar and oleo until well blended. Pour into pastry lined pie pan and cover with pastry. Bake at 350° for 1 hour or until golden brown.

Earthquake Cake

Judy Rentschler, Smith Center

<i>1 C. chopped nuts</i>	<i>1 stick oleo, melted</i>
<i>1 C. coconut</i>	<i>1 8 oz. cream cheese</i>
<i>1 Pillsbury German Chocolate Cake Mix</i>	<i>3 C. powdered sugar</i>

Layer coconut and nuts in bottom of floured and greased 9 x 13 inch pan. Mix cake mix as directed on box, spread over nuts and coconut. Combine melted oleo, cream cheese and powdered sugar. Dab by tablespoons full on top of cake, do not stir in. This will cook down through the cake. Bake at 350°, for 50-60 minutes. Serve with a dab of cool whip.

Never string more than three strands of Christmas lights together unless the packaging says it is safe to do so. Overloaded extension cords or outlets can cause shocks and start fires.

Turn the lights off before going to bed or leaving the house.

Rum Cake

George Kisby, Clifton

1 pkg. yellow cake mix
1 small pkg. instant vanilla
pudding
1/2 C. rum
1/2 C. oil
4 eggs

GLAZE:
1 C. sugar
1/4 C. Rum
1/2 C. margarine
1/4 C. water

Mix cake ingredients together, when you get to the eggs, add them one at a time. Grease and flour a Bundt pan. Bake at 350° for 45-50 minutes. Test with a toothpick. Stir glaze ingredients in a saucepan and bring to boil for 3 minutes. Put the glaze on the cake right out of the oven. Let sit for 20-30 minutes then invert onto a cake plate, and enjoy. A very moist cake!

Rhubarb Squares

Hilda Stapel, Phillipsburg

CRUST:
3/4 C. melted shortening
1 C. brown sugar
2 C. sifted flour
2 C. oatmeal
1 tsp. soda
1 tsp. vanilla

FILLING:
4 C. cut-up Rhubarb
2 C. sugar
3 T. cornstarch
1 tsp. red food coloring
1/2 tsp. almond flavoring

Crust: Mix together like pie dough and spread half of mixture in a 9 inch square or 7 X 11 pan.

Filling: Cook rhubarb until tender then add remaining ingredients and stir until thick. Remove from heat and pour over bottom crust. Top with remaining crust. Press down lightly. Bake 30 minutes at 325°. Delicious hot or cold. Can serve with ice cream or whipped cream.

Before you begin your holiday decorating, inspect all the lights you plan on using. Make sure no bulbs are broken or missing. Make sure light sockets are not damaged and that wires are not cracked or frayed. Repair or replace any damaged items.

Angel Pie

Ann Cox, Long Island, employee

Meringue Layer:

8 egg whites

2 C. sugar

1/2 tsp cream of tartar

Lemon Torte Filling:

8 egg yolks

1 C. sugar

1/2 C. lemon juice

4 T. grated lemon peel

Meringue: Heat oven to 275°. Beat egg whites and cream of tartar until frothy. Gradually beat in sugar, a little at a time. Beat until very stiff and glossy. Spread in 9 x 13 pan. Bake for 60 minutes, turn off oven and leave in oven until it is cooled.

Lemon Torte Filling: Beat egg yolks until thick and lemon-colored. Gradually beat in sugar. Blend in lemon juice and grated lemon peel. Cook over hot water, stirring constantly, until thick, 5-8 minutes. Cool. Spread over cooled meringue. Top with real whipped cream or cool whip. Spread whipped cream over lemon torte filling. Chill about 12 hours before serving.

Better than Almost Anything Cake

Alice Morgan, Smith Center

*1 box German Chocolate Cake
Mix*

*1 can (14 oz.) Sweetened
Condensed Milk*

*1 jar (7 oz.) Caramel or fudge
topping*

1 container Cool Whip

1 bag (8 oz.) toffee chips or bits

Make cake according to package directions and pour into in a 13 x 9 pan. Bake as directed. After cake has cooled, poke the top of cake and drizzle the sweetened milk over the top. Let stand until milk has been absorbed into cake. Drizzle with caramel or fudge topping. Cover and refrigerate about 2 hours or until chilled. Spread whipped topping over cake and sprinkle with chips; cover and chill.

*1 use jar of fudge topping- spread and frost over cake.

*1 use SKOR candy bars- about 4-5 bars. Crush the bars into tiny bits and sprinkle on top of cool whip. Enjoy!

Homemade Ice Cream

Marcia Shoemaker, Norton

<i>5 eggs</i>	<i>1 pt. half and half</i>
<i>3 C. sugar</i>	<i>3 T. vanilla</i>
<i>1 qt. whipping cream</i>	<i>whole milk</i>

Mix eggs, sugar, whipping cream, half/half and vanilla. Pour into ice cream freezer and fill to top with the whole milk. Freeze.

Banana Cake

Geraldine Klein, Damar

<i>1/2 C. oleo</i>	<i>1/4 tsp. vanilla</i>
<i>1 1/2 C. sugar</i>	<i>1 tsp. baking soda</i>
<i>2 eggs</i>	<i>2 tsp. baking powder</i>
<i>1/2 C. milk</i>	<i>2 C. flour</i>
<i>3 bananas, mashed</i>	

Mix oleo, sugar, eggs, milk, bananas and vanilla. Add baking soda, baking powder and flour. Grease 9 x 13 pan and pour batter into pan. Bake at 325° or 350°. This cake doesn't need a frosting.

"Beauty Shop" Favorite Fruit Cake

Connie Benyshek, Connie's Beauty Shop, Munden

<i>Cake:</i>	<i>1 C. chopped nuts</i>
<i>1 20 oz. crushed pineapple, undrained</i>	<i>1/2 tsp. salt</i>
<i>2 C. flour</i>	<i>Frosting:</i>
<i>2 C. sugar</i>	<i>1 8 oz. cream cheese</i>
<i>2 tsp. baking soda</i>	<i>1 stick oleo</i>
<i>2 eggs</i>	<i>1 tsp. vanilla</i>
	<i>2 C. powdered sugar</i>

Mix all cake ingredients together. Bake at 350° for 40-45 minutes in a greased and floured 9 x 13 pan. Use toothpick to check if cake is done. Using electric mixer; mix together frosting ingredients and frost cake while it is warm. Add nuts on top if desired.

Too Much Chocolate Cake

Arlyne Hutton, Agra

<i>1 box chocolate cake mix</i>	<i>2 C. chocolate chips</i>
<i>1 box chocolate pudding</i>	<i>1 C. oil</i>
<i>1 C. sour cream</i>	<i>1/2 C. warm water</i>
<i>4 eggs</i>	

Mix all ingredients together. Pour into 12 x 15 glass dish. Bake at 350° for 30-40 minutes.

Homemade Ice Cream

Myrna Cairns, Greenleaf

<i>5 eggs</i>	<i>1 pt. half-half</i>
<i>2 C. sugar</i>	<i>4 T. pure vanilla</i>
<i>1/2 C. cocoa</i>	<i>whole milk</i>
<i>1 pt. whipping cream</i>	

For 1 1/2 gallon freezer. Beat eggs well, add sugar, cocoa, whipping cream, half-half and vanilla; mix well. Add enough whole milk to the fill line of ice cream freezer. Mix well.

7-Up Cake

Sharon Slabaugh, Oberlin

<i>1 box yellow cake mix</i>	<i>Icing:</i>
<i>4 eggs</i>	<i>2 eggs, beaten</i>
<i>1 large box pineapple or vanilla instant pudding</i>	<i>1 stick oleo</i>
<i>3/4 C. 7-Up soda</i>	<i>1 T. flour</i>
	<i>1 small can crushed pineapple, including juice</i>
	<i>2/3 C. coconut</i>

Combine first 3 ingredients, beat until light and fluffy. Add 7-Up and beat well. Pour into greased 9 x 12 x 2 cake pan. Bake at 350°. Do not use smaller pan. Remove from oven and immediately cover with icing. Icing: Combine all ingredients except coconut and cook over low heat until thick. Remove from heat, add coconut and pour over hot cake.

Prune Cake

Mary Gutchewsky, Herndon

<i>3 eggs, beaten</i>	<i>2 C. flour</i>
<i>1 1/2 C. sugar</i>	<i>1 T. vanilla</i>
<i>1 C. sour cream</i>	<i>Brown Sugar Icing:</i>
<i>1 tsp. baking soda</i>	<i>6 T. butter</i>
<i>pinch of salt</i>	<i>6 T. cream</i>
<i>1 C. cooked prunes</i>	<i>6 T. brown sugar</i>
<i>1 C. nuts, ground</i>	<i>3 C. powdered sugar</i>

Mix soda with sour cream. Mash cooked prunes with fork and finish filling to 1 cup with prune juice. Combine all ingredients as given and mix together for 5 minutes. Pour batter into 2 (9 inch) round, greased and floured cake pans. Bake for 30 minutes at 350°.

Icing: Bring butter, cream and brown sugar to a full boil. Remove from heat and add powdered sugar. Frost cake.

Oatmeal Cake

Elaine B. Skrdlant, Norton

<i>1 C. quick Oats</i>	<i>1 tsp. vanilla</i>
<i>1 1/2 C. boiling water</i>	<i>1 tsp. cinnamon</i>
<i>1 stick butter</i>	<i>Topping:</i>
<i>2 eggs</i>	<i>1 C. brown sugar</i>
<i>1 C. sugar</i>	<i>4 T. Butter</i>
<i>1 C. brown sugar</i>	<i>1 1/2 C. coconut</i>
<i>1 1/2 C. flour</i>	<i>1/3 C. milk</i>
<i>1 tsp. baking soda</i>	<i>1 C. nuts (optional)</i>

Mix oats, water and butter together and set aside. Beat eggs, sugar, brown sugar, flour, baking soda, vanilla and cinnamon. Then pour oats mixture over the top and stir. Pour batter into greased and floured 13 x 9 baking dish or pan and bake 30 minutes at 350° or until done.

Mix topping ingredients together and pour over cake and put under broiler until browned.

Kansas Dirt Cake

Elaine B. Skrdlant, Norton

<i>1/2 C. butter or margarine</i>	<i>3 1/2 C. milk</i>
<i>1 8 oz. pkg. cream cheese, softened</i>	<i>1 12 oz. carton cool whip</i>
<i>1 C. powdered sugar</i>	<i>1 1/4 lb. Oreo cookies, crushed fine</i>
<i>2 large pkgs. instant vanilla pudding</i>	<i>Gummy worms</i>

Cream together butter, cream cheese and powdered sugar. In a separate bowl, mix pudding and milk, adding cool whip. Combine the two mixtures, folding until blended. Starting and ending with cookie crumbs, layer cookie crumbs, pudding mixture, plus a few gummy worms in pan or flower pots. Before serving arrange flowers and a few worms in pots or pan.

Apple Pie Pudding

Rose Lewis, Burr Oak

<i>1 C. sugar</i>	<i>1 tsp. baking soda</i>
<i>1 egg, beaten</i>	<i>1/4 tsp. nutmeg</i>
<i>1/2 C. margarine</i>	<i>1/4 tsp. cinnamon</i>
<i>1 C. flour</i>	<i>2 C. apples, diced</i>

Beat together sugar, egg and margarine. Add flour, baking soda, nutmeg and cinnamon. Add apples. Spoon batter into greased 9 inch pie plate. Bake at 350° for 35 minutes.

Carbon Monoxide (CO) detectors are highly recommended in homes with fuel-burning natural gas furnaces, stoves, ovens, water heaters and fuel burning space heaters. An alarm signals homeowners if CO reaches potentially dangerous levels.

Rhubarb Cream Pie

Georgia Farr, Stockton

1 baked single crust pie shell *2 egg yolks, well beaten*
2 T. oleo *1/2 C. coffee cream (like*
2 C. diced rhubarb *half-half) or (1) 5 oz. can*
1 1/4 C. sugar, divided *evaporated milk*
2 T. cornstarch

Melt oleo in saucepan. Add rhubarb and 1 cup sugar. Cook slowly over medium heat until rhubarb is tender. Combine 1/4 cup sugar, cornstarch, egg yolks, cream or evaporated milk and a pinch of salt. Add to rhubarb mixture and cook until thick. Pour into baked pie shell, top with meringue.

Sunshine Cake

Delores M. Zollman, Phillipsburg

7 eggs- separated *1 C. flour*
1 1/4 C. sugar *1 tsp. vanilla*
3/4 tsp. cream of tartar *pinch of salt*

Beat egg whites stiff, mix in cream of tartar, sugar and salt. In a separate bowl, whip yolks, add vanilla, fold into egg white mixture. Stir flour into egg mixture, mixing well. Pour into an angel food pan. Bake at 350° for 1 hour.

Mini- Cheese Cakes

Justin & Michelle Tien, Prairie View

Vanilla wafers *3/4 C. sugar*
2 (8 oz.) pkgs. cream cheese *1 tsp. vanilla*

Beat all ingredients, except wafers, until smooth. Line cupcake tin with cupcake papers. Put a vanilla wafer in bottom of each cupcake paper. Fill each cupcake 1/2 full with cream cheese mixture. Bake at 350° for 20-25 minutes. Top with cherry pie filling or any filling of your choice.

Rhubarb Dessert

Joyce Boeve, Phillipsburg

<i>1 yellow cake mix, mix as directed</i>	<i>1 pt. half and half</i>
<i>4 C. chopped rhubarb</i>	<i>1 C. sugar</i>

Pour cake mix batter in prepared 13 x 9 pan. Sprinkle chopped rhubarb on top of batter. Pour half and half evenly over rhubarb. Sprinkle sugar evenly over all. Bake at 350° till done. Approximately 45 minutes.

Cherry Cream Cheese Bake

Joyce Boeve, Phillipsburg

<i>1 can cherry pie filling</i>	<i>1 tube crescent rolls</i>
<i>8 oz. cream cheese - room temperature</i>	<i>1/2 stick butter</i>
<i>1/2 C. powdered sugar</i>	<i>2 T. vanilla</i>
	<i>1/2 C. sugar</i>

Grease 8 x 8 baking dish. Put half of the crescent rolls in bottom of dish. Blend cream cheese until smooth, add powdered sugar and vanilla. Spoon cream cheese mixture onto crescent rolls and spread evenly. Top with can of pie filling. Then top with last half of crescent rolls. Melt butter and pour on top of rolls. Top with sugar. Bake at 375°, for 25 minutes or until browned.

Strawberry Punch Cake

Helen Gano, Barnes

<i>1 white cake mix</i>	<i>1 8 oz. cool whip</i>
<i>1 box strawberry jello</i>	<i>1 small container or frozen strawberries (thawed)</i>
<i>1 C. boiling water</i>	

Bake cake according to package directions, in a prepared 13 x 9 baking pan. Cool. After cooling, punch cake with fork all over the top. In a separate bowl, add boiling water to jello mix, stir and dissolve. Pour over cake. Stir thawed strawberries into cool whip and spread over cake. Refrigerate and serve.

Berenice's Salad Dressing Cake

Marsha Hubert, Clyde

<i>1 C. salad dressing (mayo)</i>	<i>1 C. very warm water</i>
<i>1 C. sugar</i>	<i>2 tsp. vanilla</i>
<i>2 C. flour</i>	<i>Frosting:</i>
<i>4 heaping tsp. unsweetened cocoa</i>	<i>1 C. sugar</i>
<i>2 tsp. baking soda</i>	<i>1 T. unsweetened cocoa</i>
<i>pinch of salt</i>	<i>little bit of half and half</i>
	<i>3/4 C. mini marshmallows</i>

Cream together salad dressing and sugar. Sift together: flour, cocoa, baking soda and salt. Add dry ingredients to creamed mixture, alternating with warm water. Add vanilla. Pour into greased and floured 13 x 9 pan. Bake 30-35 minutes at 350°.

Frosting: Put all ingredients except marshmallows into a quart saucepan and bring to a full rolling boil. Let boil approximately 30 seconds. Take off heat. Add marshmallows and stir until melted. Cool for about 5 minutes. Frost cooled cake.

Pie Filling Delight

Joyce Hostinsky, Cuba

<i>1 1/2 C. crushed graham crackers</i>	<i>21 large marshmallows</i>
<i>2 T. sugar</i>	<i>1/2 C. milk</i>
<i>5 T. melted butter</i>	<i>1 C. cool whip</i>
<i>1 can pie filling- cherry, blueberry or peach or 1 box of prepared pudding pie filling</i>	

Melt marshmallows in milk - stirring constantly. Cool and fold in cool whip. Combine graham cracker crumbs with sugar and melted butter, to make crust. Pat into bottom and side of pie pan. Top crust with your favorite prepared pie filling. If you are using cook and serve pudding pie filling, cool before you add to pie crust. Top pie filling with marshmallow mixture.

Know the location of power lines when working on the farm. Keep a 10 foot distance above, below and to the side of power lines. It may take a little more time, but ensuring proper clearance can save lives.

Banana Cake

Janet Bushnell, Phillipsburg

<i>1 C. sour cream - use heavy whipping cream soured with 2 Tablespoons of vinegar</i>	<i>1 tsp. salt</i>
<i>2 eggs</i>	<i>1 tsp. baking soda</i>
<i>1 1/2 C. sugar</i>	<i>2-3 mashed bananas</i>
<i>1 tsp. vanilla</i>	<i>Frosting:</i>
<i>2 C. flour</i>	<i>2 C. heavy whipping cream</i>
	<i>2 C. sugar</i>
	<i>1 tsp. vanilla</i>

Mix sour cream, eggs, sugar and vanilla together. Then add flour, salt and baking soda mixing until well blended. Mix in mashed bananas last. Bake in a greased and floured 11 x 16 x 1 pan. Bake at 375° for 20-25 minutes.

Frosting: Using a candy thermometer, cook cream and sugar to soft-ball stage, stirring constantly. Remove from heat and add vanilla. Beat mixture until it is spreading consistency. Frost your cake. Enjoy, cake is fabulous!

Peach Cobbler

Marie Overmiller, Smith Center

<i>Sliced fresh peaches</i>	<i>1 tsp. baking powder</i>
<i>1/4 C. sugar</i>	<i>1 C. sugar</i>
<i>3 T. butter</i>	<i>1 T. cornstarch</i>
<i>1 C. flour</i>	<i>1 C. boiling water</i>
<i>1/2 C. milk</i>	

Arrange peach slices in the bottom of a square baking dish. Mix next 5 ingredients together and pour over peaches. Mix together 1 cup sugar and cornstarch. Sprinkle over peach mixture. Pour boiling water over the top. Bake at 350° for 1 hour.

Make sure everyone in your family knows where the home's fire extinguisher is located and how to use it properly. House fires occur more frequently in the winter months, as people tend to use alternative heating methods that may not be safe.

Peanut Butter Lasagna

Mark & Cecilia Peters, Randall

*1 box Nutter Butter cookies,
whole, halved or crushed*

1 tub cool whip

*1 pkg. Peanut Butter Cups,
chopped/cut up*

1/2 C. peanut butter, melted

*1 box instant vanilla pudding-
prepare according to package
directions*

Line bottom of 8 x 8 pan with cookies. Drizzle 1/2 of melted peanut butter. Layer the following: 1/2 of the pudding, 1/2 the cool whip and 1/2 of peanut butter cups. Repeat layering; starting with cookies. Decorate the top with crushed nutter butter cookies, peanut butter cups and drizzled peanut butter. Refrigerate overnight for cookies to soften.

Lemon Pie Bars

Jonita Williams, Stockton

2 1/4 C. flour

1/2 C. powdered sugar

*1 C. butter or margarine,
softened*

4 eggs

1 1/2 C. white sugar

1/2 C. lemon juice

Preheat oven to 350°. Mix 2 cups flour and powdered sugar together. Cut in the butter. Mix well until the dough resembles pie dough consistency. Press dough into a 13 x 9 baking pan. Bake 15-20 minutes or until golden brown. Beat together eggs, sugar, 4 tablespoons flour and lemon juice, for at least 1 minute. Pour the mixture over the baked crust. Bake another 20 minutes or until topping has set. Sprinkle with powdered sugar when cooled.

When you're in the kitchen, have a "kid-free" zone of at least 3 feet in areas where hot foods and beverages are being prepared.

Easy Coffee Cake

Maebeth Walter, Downs

*1 white cake mix
3/4 C. oil
1/2 tsp. vanilla
4 eggs
1 small vanilla instant pudding
3/4 C. water
1/2 tsp. butter flavoring*

*Filling:
3/4 C. brown sugar
1 tsp. cinnamon
1 C. nuts
Glaze:
1 C. powdered sugar
1 T. milk
1 tsp. vanilla
1 tsp butter flavoring*

Mix cake mix, oil, vanilla, eggs, instant pudding, water and butter flavoring all together.

Filling: In a separate bowl, mix brown sugar, cinnamon and nuts together.

In a 13 x 9 pan, layer half the batter, half the filling. Repeat layers with remaining batter and filling. Bake at 350° for 30-35 minutes. Mix glaze ingredients together and drizzle over cake.

Bread Pudding

Lela Morgan, Glade

*5 C. milk
7 eggs
1 1/2 C. sugar
2 T. cinnamon
Dash of nutmeg*

*Dash of allspice
Leftover bread or rolls
raisins
walnuts*

Mix milk, eggs, sugar, cinnamon, nutmeg and allspice until light. Pour mixture into a 13 x 9 pan. Using leftover bread or rolls, add to milk mixture and sop it up. Then sprinkle raisins and walnuts on top. Bake at 350° for 1 hour.

In one week, a family of four, each showering for five minutes a day, uses 700 gallons of water- that's equivalent to a three-year supply of drinking water for one person!

Rhubarb Coffee Cake

Brenda Turner, Concordia

<i>1/2 C. butter or margarine</i>	<i>2 C. flour</i>
<i>1 1/2 C. brown sugar</i>	<i>1 1/2 C. rhubarb, diced</i>
<i>1 egg</i>	<i>1/2 C. chopped nuts</i>
<i>1 C. buttermilk</i>	<i>Topping:</i>
<i>1 tsp. vanilla</i>	<i>1/4 C. sugar</i>
<i>1 tsp. baking soda</i>	<i>2 tsp. cinnamon</i>
<i>1/4 tsp. salt</i>	<i>1/4 C. chopped nuts</i>

Mix in order given. Cream butter and sugar. Add egg, buttermilk, vanilla, baking soda, salt and flour. Mix well. Fold in diced rhubarb and nuts if desired. Bake in a greased 9 x 13 pan. Top with sugar, cinnamon and nuts. Bake for 30-35 minutes at 350°

Pumpkin Pie Cake

Ranelle Hays, Prairie View

<i>1 can pumpkin (29 oz.)</i>	<i>1 yellow cake mix</i>
<i>1 can evaporated milk (13 oz.)</i>	<i>4 eggs</i>
<i>2 tsp. cinnamon</i>	<i>1 1/2 C. sugar</i>
<i>1 C. melted margarine</i>	<i>1 C. chopped nuts</i>
<i>1 tsp. ginger</i>	

Combine pumpkin, eggs, milk, sugar and spices, mix well. Place in ungreased 9 x 13 cake pan. Sprinkle dry cake mix over mixture. Pour melted margarine over cake and sprinkle with chopped nuts. Bake at 350° for 1 hour, NO LONGER.

If you want to use a fireplace for heat, get glass fireplace doors. They act as a barrier against warm air being pulled up the chimney.

Ice Cream-wich Sundaes

Marion & Marilyn Otter, New Almelo

1 1/2 C. crisp Rice cereal
1/4 C. brown sugar, firmly packed
1/4 C. butter
1 C. flaked coconut

1/2 C. walnuts, coarsely chopped
1 1/2 to 2 qt. Vanilla Ice Cream-
slightly softened

Lightly mix cereal, sugar, butter, coconut and nuts. Pat half of the mixture into an 8 inch square pan. Spread evenly with softened ice cream. Sprinkle with remaining cereal mixture and press down lightly. Cover and freeze until firm. Cut into squares, serve with red cherry topping.

Cobbler

Marion & Marilyn Otter, New Almelo

1 C. sugar
1 C. flour
1/2 C. milk
2 tsp. baking powder

1/4 tsp. salt
1/2 C. butter
fruit topping

Mix sugar, flour, milk, baking powder and salt together. Melt butter in a 8 x 8 pan. Pour batter into pan. Pour any kind of fruit topping over batter. Bake at 350° for about 40 minutes or until brown.

Mexican Wedding Cake

Amy Payne, Stockton

20 oz. can crushed pineapple, do
not drain
2 C. flour
2 C. sugar
2 tsp. vanilla
2 tsp. baking soda

2 beaten eggs
Frosting:
8 oz. cream cheese, softened
1 stick butter, softened
1 1/3 C. powdered sugar
1 tsp. vanilla

Mix all cake ingredients together in a bowl. Spread batter into a greased 13 x 9 pan. Bake at 350° for 40-45 minutes. While cake is cooling, make frosting. Combine all frosting ingredients and mix until smooth. Spread on warm cake. Refrigerate cake until it is chilled completely or overnight.

No Sugar Pie

Marlene Heyer, Downs

- | | |
|----------------------------------------------------|---------------------------------------------|
| <i>1 graham cracker pie crust</i> | <i>1 tsp. cinnamon or pumpkin pie spice</i> |
| <i>1 can evaporated milk</i> | |
| <i>2 pkg. sugar-free pudding (pumpkin is good)</i> | <i>1 8 oz. lite whipped topping, thawed</i> |
| <i>1 can plain pumpkin</i> | |

Blend milk, pudding, pumpkin and spice together. Fold in thawed whipped topping. Pour mixture into graham cracker crust and spread evenly. Freeze until ready to use. Then move to refrigerator to soften before serving.

Cherry Dump Cake

Kortnie Grafel, Herndon

- | | |
|---------------------------------|--------------------------------|
| <i>1 yellow box cake</i> | <i>1 can crushed pineapple</i> |
| <i>1 can cherry pie filling</i> | <i>1 stick butter</i> |

In a glass 13 x 9 pan, place the crushed pineapple and spread evenly across the bottom of the dish. Next, evenly spread the can of cherry pie filling over the crushed pineapple. Next, spread the yellow cake mix over the cherry pie filling. Place chunks of butter across the top of cake mix. Preheat oven to 350°. Bake approximately 20 minutes.

Brown Sugar Cake

Jeanie Wheaton, Phillipsburg

- | | |
|-------------------------------------------------|--------------------------------|
| <i>1 Yellow box cake</i> | <i>2/3 C. water</i> |
| <i>1 pkg. (3.4 oz.) instant vanilla pudding</i> | <i>1/2 C. oil</i> |
| <i>4 eggs</i> | <i>1 C. packed brown sugar</i> |
| <i>2/3 C. sour cream</i> | <i>1 C. pecans, chopped</i> |
| | <i>2 tsp. powdered sugar</i> |

Preheat oven to 350°. Beat first 6 ingredients with mixer until blended. Add brown sugar and nuts, mix well. Pour into a 12 cup fluted tube pan or 10-inch tube pan, sprayed with cooking spray. Bake 1 hour or until done. Cool in pan 15 minutes. Loosen cake from sides of pan and invert onto a wire rack. Remove pan, cool cake completely. Sprinkle with powdered sugar just before serving.

Hawaiian Poke Cake

Jean Focke, Atwood

<i>1 yellow box cake</i>	<i>1 C. cold milk</i>
<i>1 20 oz. can crushed pineapple, drained</i>	<i>Topping #2</i>
<i>Topping #1</i>	<i>2 C. cool whip</i>
<i>8 oz. cream cheese</i>	<i>toasted coconut or chopped nuts</i>
<i>1- (3 3/4 oz.) instant vanilla pudding</i>	

Bake cake as directed on package in a 13 x 9 pan. Cool completely. Poke large holes in top of cake, using the end of a wooden spoon. Pour drained pineapple over cake. Mix ingredients for Topping #1, spread over cake. Spread Topping #2, then sprinkle on coconut or chopped nuts. Refrigerate 1 hour before serving.

Fresh Apple Pie

Marge Schorzman, Saint Francis

<i>6 C. apples, peeled, cored and thinly sliced</i>	<i>2 T. oil</i>
<i>1 C. sugar</i>	<i>Crust: (double crust)</i>
<i>3 T. flour</i>	<i>2 C. flour</i>
<i>1 tsp. cinnamon</i>	<i>1 1/2 tsp salt</i>
<i>1/4 tsp. nutmeg</i>	<i>1/2 C. oil</i>
<i>1/8 tsp. salt</i>	<i>1/4 C. milk</i>

Put sliced apples in bowl. Combine dry ingredients; mix with apples to coat. Put into pastry lined 9-inch pie pan. Drizzle with oil. Cover with top crust; cut slits for steam to escape.

Crust: Mix flour and salt. Pour oil and milk into one measuring cup. Do not stir. Add all at once to flour. Stir with fork until mixed. Press into a smooth ball. Cut in half; flatten slightly. Roll half of pastry between 2 sheets of waxed paper. Peel off top paper. Invert pie crust into 9-inch pan and remove wax paper. Add apples and top crust (other half of dough) over filling. Seal edges. Bake at 425° for 35-45 minutes.

Carrot Cake

Carol Peters, Bird City

<i>2 C. flour</i>	<i>3 C. grated carrots</i>
<i>2 tsp. baking soda</i>	<i>Cream Cheese Frosting:</i>
<i>1 tsp. salt</i>	<i>3 oz. cream cheese</i>
<i>2 tsp. cinnamon</i>	<i>1/2 stick margarine</i>
<i>2 C. sugar</i>	<i>1 T. milk</i>
<i>4 eggs</i>	<i>1/2 pkg. powdered sugar</i>
<i>1 1/2 C. vegetable oil</i>	<i>1 tsp. vanilla</i>

Beat eggs, sugar and oil. Add dry ingredients; add carrots last. Grease and flour 13 x 9 pan or (2) 9-inch round cake pans. Bake at 350° for 45-50 minutes. Combine all frosting ingredients until blended and smooth; frost cooled cake. Top with nuts, optional.

Cherry Crumble

Lauana Killman, Almena

<i>#1</i>	<i>#2</i>
<i>2 C. oatmeal</i>	<i>1 C. brown sugar</i>
<i>2 C. flour</i>	<i>1 C. oil</i>
<i>1 tsp. baking soda</i>	<i>1 egg</i>
<i>1 tsp. salt</i>	<i>1 tsp. vanilla</i>
	<i>2 cans Cherry Pie filling</i>

Add #2 mixture to #1 mixture; mix well. Put half of the combined mixture on the bottom of a 13 x 9 pan. Spread both cans of cherry pie filling evenly over mixture. Sprinkle last half of mixture on top of pie filling. Bake at 375° for 40 minutes.

Before moving into campus housing, purchase a power strip with a built-in circuit breaker or surge protector. Similar to a power strip, a surge protector allows for more plug-in options and helps stop the negative effects of inconsistent power quality on electronic devices.

Glazed Pineapple Surprise Cake

Marilyn Soash, Assaria

<i>2 C. flour</i>	<i>1/2 C. brown sugar</i>
<i>1 1/2 C. sugar</i>	<i>1 C. nuts</i>
<i>1/2 tsp. salt</i>	<i>Topping:</i>
<i>2 tsp. baking soda</i>	<i>1 small can evaporated milk</i>
<i>1 egg</i>	<i>1 stick butter</i>
<i>1 large can crushed pineapple with juice</i>	<i>1 C. sugar</i>

Mix together flour, sugar, salt, baking soda, egg and crushed pineapple (undrained) in a 13 x 9 pan. Set aside, in a bowl combine brown sugar and nuts. Sprinkle on batter. Bake at 350° for 30-35 minutes. When cake is nearly finished baking, boil evaporated milk, butter and sugar for 5 minutes. Pour over top of baked cake. Let set a few minutes or longer before cutting.

Pumpkin Crunch Cake

Ethel Sears, Smith Center

<i>1 large can pumpkin</i>	<i>1/8 tsp. cloves</i>
<i>3 eggs</i>	<i>1/2 tsp. salt</i>
<i>1 C. milk</i>	<i>1 yellow cake mix</i>
<i>1 C. sugar</i>	<i>1 1/2 sticks butter or margarine</i>
<i>1 tsp. cinnamon</i>	<i>3/4 C. nuts, chopped</i>
<i>1/4 tsp. ginger</i>	

Grease and flour 13 x 9 cake pan. Mix first 8 ingredients together and pour into pan. Sprinkle dry cake mix over top. Melt butter and pour over the cake mix. Sprinkle nuts on top. Bake at 350° for 1 hour. Serve with cool whip.

If you have an older, second refrigerator in the basement or out in the garage, it's time to get rid of that energy hog. One larger refrigerator is cheaper to run than two smaller ones.

Chocolate Zucchini Cake

Rita Rogers, Jewell

<i>1/2 C. oil</i>	<i>4 T. cocoa</i>
<i>1/2 C. margarine</i>	<i>1 tsp. baking soda</i>
<i>1 3/4 C. sugar</i>	<i>1/2 tsp. cinnamon</i>
<i>2 eggs</i>	<i>1/2 tsp. salt</i>
<i>1 tsp. vanilla</i>	<i>2 C. grated zucchini</i>
<i>1/2 C. sour milk</i>	<i>1/2 C. chopped nuts</i>
<i>2 1/2 C. flour</i>	<i>1/2 C. chocolate chips</i>

In a large mixing bowl combine oil, margarine, sugar, eggs and vanilla. Add sour milk and dry ingredients. Mix until smooth. Stir in grated zucchini. Pour into greased and floured 9x13 pan. Sprinkle top with chopped nuts and chocolate chips. Bake at 350° for 35-40 minutes or until done.

*To prevent nuts and dry fruits from sinking to the bottom of a cake, toss them in a little flour before adding to batter.

Cherry Dessert

Evelyn Goll, Phillipsburg

<i>1 C. graham cracker crumbs</i>	<i>2 C. powdered sugar</i>
<i>2 T. sugar</i>	<i>1 8 oz. Cool Whip</i>
<i>1/4 C. melted margarine or butter</i>	<i>1 can cherry pie filling</i>
<i>1 8 oz. cream cheese</i>	

Mix graham cracker crumbs, sugar and margarine or butter. Pat on bottom of 13 x 9 pan. Mix together cream cheese and powdered sugar until creamy; add cool whip. Spread on top of graham cracker crust. Top with cherry pie filling. Refrigerate.

Do not use water-damaged electronics before properly restoring them. Electric motors in appliances should be cleaned and reconditioned before use. Have your water-damaged items inspected by a professional before using them.

Strawberry Pretzel Dessert

Donnette Oehmke, Linn

<i>1 1/2 C. crushed pretzels</i>	<i>3 C. mini marshmallows</i>
<i>1 stick margarine</i>	<i>1 large Cool Whip</i>
<i>1/4 C. sugar</i>	<i>2 pkgs. strawberry jello</i>
<i>1 8 oz. cream cheese</i>	<i>2 C. boiling water</i>
<i>1/2 C. sugar</i>	<i>2 C. crushed pineapple</i>
<i>2 T. milk</i>	<i>2 C. strawberries, crushed</i>

Add 1/4 cup sugar and margarine to crushed pretzels and mix. Press into a 13 x 9 pan. Bake 10 minutes at 325°. Let cool. Mix cream cheese with with 1/2 cup sugar, add milk. Stir in marshmallows and cool whip. Spread over cooled crust. Dissolve jello in boiling water, then add pineapple and strawberries. Let cool in refrigerator until it starts to jell; and then pour over cream cheese mixture and refrigerate. Serves 15.

Graham Cracker Frozen Pudding Treats

Sharon Herndon, Smith Center

<i>16 graham crackers, broken into halves to make 32 squares</i>	<i>1 1/2 C. whipped topping</i>
<i>1 box (1 oz.) instant vanilla pudding</i>	<i>Optional:</i>
<i>1 C. milk</i>	<i>1 1.9 oz. Butterfinger or Heath candy bar, crushed or</i>
	<i>1/3 C. mini chocolate chips</i>

Beat pudding with milk, (mixture will be thick), add whipped topping. Add the optional ingredients, if desired. Refrigerate mixture for 30 minutes to let mixture set up. Using a knife or a spatula, spread some of the mixture on a graham cracker square, top with another square, making a sandwich. Put in covered pan and freeze overnight. Eat treats frozen. Makes 16 sandwiches.

*Never enter a flooded basement if electrical outlets are under water.
The water could be energized.*

Eclair Cake

Roxana Marcotte, Clyde

*2 small pkgs. instant French
Vanilla pudding
3 C. milk*

*1 8 oz. cool whip
chocolate graham crackers
1 can chocolate frosting*

Coat a 9 x 13 pan with cooking spray. Mix pudding with milk. Stir in cool whip. Layer half the graham crackers on bottom of pan. Spread half of the pudding mixture on graham crackers in pan. Put another layer of graham crackers and spread remaining pudding on top. Cover with another layer of graham crackers. Heat chocolate frosting in microwave for 1 minute and pour over top of graham crackers. Refrigerate for 24 hours.

Raised Doughnuts

Keith/Pat Forssberg, Logan

*2 cakes of yeast
1 1/2 C. scalded milk
1/2 C. sugar
1/3 C. oleo
4 1/2 C. flour
2 eggs beaten
1 tsp. salt*

*1 C. hot mashed potatoes
Oil for frying
Glaze:
1 C. powdered sugar
1 tsp. vanilla
1 T. oleo
Milk- enough to make a liquid*

Combine hot mashed potatoes, oleo, sugar, milk, when lukewarm add beaten eggs and yeast. Add salt and flour. Place in a greased bowl, and let rise until doubled. Punch down and let rise again. Roll 1/2 inch thick on floured board; cut with cutter. Let rise until doubled. Fry in deep hot oil. While still warm, glaze. Makes 3 dozen large doughnuts.

*When holiday decorating outside, look up and look out.
Never throw holiday lights or other decorations into trees or power
lines. Be especially careful when working near power lines
attached to your house. Keep ladders, equipment and yourself
at least 10 feet away from power lines.*

Banana Cake

Monica Kats, Lenora, employee

<i>1 1/2 C. sugar</i>	<i>2 tsp. baking powder</i>
<i>1/2 C. butter</i>	<i>1 tsp. baking soda</i>
<i>2 eggs</i>	<i>pinch of salt</i>
<i>1/2 C. sweet milk</i>	<i>3 medium ripe bananas</i>
<i>1 tsp. vanilla</i>	<i>Nuts, optional</i>
<i>2 C. flour</i>	

Mix all ingredients together. Mix well. Pour into a 10 x 15, greased and floured baking pan. Bake at 325° to 350° for 20-25 minutes, or until toothpick inserted comes out clean.

You can frost with a powdered sugar frosting, using maple flavoring.

Cake--Beer

Maxine Mai, Lenora

<i>2 C. brown sugar</i>	<i>1 tsp. allspice</i>
<i>1 C. shortening</i>	<i>1/2 tsp. cloves</i>
<i>2 eggs</i>	<i>3 C. flour</i>
<i>1 C. chopped nuts</i>	<i>2 tsp. baking soda</i>
<i>2 C. chopped dates</i>	<i>1/4 tsp. salt</i>
<i>1 tsp. cinnamon</i>	<i>2 C. beer</i>

Preheat oven to 350°. Cream sugar and shortening; stir in eggs, nuts, dates and spices. Sift other dry ingredients together and add to creamed mixture. Gently stir in beer. Bake in a greased tube or bundt pan. Bake for 1 hour.

Pineapple Bars

Maxine Mai, Lenora

<i>1 box ONE step Angel Food Cake mix</i>	<i>1 tsp. almond extract</i>
<i>1 20 oz. can of crushed pineapple</i>	

Stir all ingredients by hand in a mixing bowl. Pour into a jelly roll pan. Bake at 350° until light brown. Optional: Drizzle threads of icing over bars.

Pumpkin Dessert

Clyde Senior Center, Clyde

<i>1 yellow or white cake mix</i>	<i>13 oz. evaporated milk</i>
<i>3/4 C. butter, divided</i>	<i>1 28 oz. can pumpkin</i>
<i>4 eggs, divided</i>	<i>Topping:</i>
<i>1 1/2 C. sugar</i>	<i>1/2 C. oatmeal</i>
<i>1 tsp. cinnamon</i>	<i>1/2 C. brown sugar</i>

Set aside 1 1/2 cups of cake mix. To remaining cake mix add 1/2 cup melted butter and one egg; mix together. Pat into a greased and floured 13 x 9 pan. Beat pumpkin, evaporated milk, 3 eggs, sugar and cinnamon together. Pour over crust. To reserved cake mix add oatmeal, brown sugar and remaining 1/4 cup of melted butter. Crumble over top. Bake for 1 hour at 350°.

Grandma Berd's Lemon Cake

Miranda Simminger, Ludell

<i>1 box lemon cake mix</i>	<i>1 C. water plus 1 T.</i>
<i>1 instant lemon pudding mix</i>	<i>2 C. powdered sugar</i>
<i>4 eggs</i>	<i>6 oz. frozen lemonade</i>
<i>1/2 C. vegetable oil</i>	<i>concentrate, thawed</i>

Mix cake mix and pudding in bowl. Add eggs, oil and water. Pour into a greased 13 x 9 pan. Bake at 350° for 40 minutes. Check for doneness. Prick holes in top of cake with a fork. Mix lemonade with powdered sugar and pour over cake. Bake again for 5 minutes. Let cool.

Vert's Ice Cream Dessert

Sandy Benoit, Damar, Prairie Land Electric Trustee

<i>1/2 C. brown sugar</i>	<i>1 C. walnuts, chopped</i>
<i>2 sticks butter, softened</i>	<i>1 jar caramel ice cream topping</i>
<i>2 C. flour</i>	<i>1/2 gallon vanilla ice cream</i>
<i>1/2 C. oatmeal</i>	<i>(softened)</i>

Mix first 5 ingredients together. Press on cookie sheet, bake 12-15 minutes at 450°. Cool and crumble. Spread 2/3 of crumb mixture on a sheet pan. Drizzle 1/2 jar caramel topping over mixture. Spread ice cream to cover. Sprinkle remaining crumb mixture over ice cream and drizzle remaining caramel topping on top. Freeze before serving.

Coconut Cream Pie

Rhonda Jones, Kirwin

<i>1 baked pie shell</i>	<i>1 tsp. vanilla</i>
<i>2 1/2 C. milk</i>	<i>1 C. coconut</i>
<i>5 egg yolks (keep whites for meringue)</i>	<i>Meringue:</i>
<i>1 C. sugar</i>	<i>5 egg whites</i>
<i>3 1/2 T. cornstarch</i>	<i>1/4 tsp. cream of tarter</i>
<i>2 T. butter</i>	<i>1 T. sugar</i>

Mix sugar and cornstarch and add milk. Microwave for 4 minutes. Stir and beat in egg yolks gradually. Microwave 3-4 more minutes until mixture is thickening. Remove from microwave and add butter and vanilla. Stir and then add coconut. Pour into baked pie shell.

Meringue: Beat 5 egg whites, cream of tarter and sugar until stiff peaks form when you pull beaters up out of meringue. Pile meringue in middle of cream filled pie and spread to edges, sealing with back of spoon. Sprinkle some coconut on meringue. Bake at 350° until meringue is golden brown, about 9-10 minutes. Cool before refrigerating.

For PEANUT BUTTER CREAM: add 1/2 cup of peanut butter in place of coconut. Also, using a fork, mix 1 tablespoon of peanut butter with powdered sugar and sprinkle on top of unbaked meringue.

For CHOCOLATE CREAM: add 2 tablespoons of cocoa with sugar and cornstarch mixture and omit coconut.

For BANANA CREAM: add 3 sliced bananas in place of coconut.

For PINEAPPLE CREAM: add 3/4 cup crushed pineapple, drained well, in place of coconut.

*Keep cooking areas clear of items that could ignite,
like oven mitts, wooden utensils, food packaging etc.
Keep the area clean and free of grease.*

Peaches & Cream Pie

Judy Kitzke, Prairie View

<i>3/4 C. self-rising flour</i>	<i>1 can (28 oz.) sliced peaches, drained with juice reserved</i>
<i>2 pkgs. (3 oz. each) cook & serve vanilla pudding mix</i>	<i>8 oz. pkg. cream cheese, softened</i>
<i>3 T. margarine</i>	<i>1 C. plus 1 T. sugar, divided</i>
<i>1 egg</i>	<i>1/2 tsp. cinnamon</i>
<i>1/2 C. milk</i>	

Combine the first 5 ingredients; mix well. Pour into a buttered 10 inch glass pie pan; arrange peaches on top. Set aside. Blend cream cheese, 3 tablespoons of reserved peach juice, and 1 cup of sugar until smooth and creamy; spread over peaches to within one inch of the edge. Sprinkle with remaining sugar and cinnamon. Bake at 350° for 30-35 minutes. Serves 8.

When shopping for new electronics, invest in Energy Star products, which have a lower standby rate of energy consumption.



from our kitchen

Main Dishes,
Meat &
Poultry



to your table

Chicken Cordon Bleu Casserole

Dave Newell, Norton, employee

<i>3 boneless chicken breasts</i>	<i>1 C. sour cream</i>
<i>1 can chicken broth</i>	<i>1/4 C. broth from crock pot</i>
<i>2 C. chopped ham</i>	<i>2 boxes chicken stove top stuffing - cooked</i>
<i>2 C. shredded Swiss cheese</i>	<i>1 C. shredded cheddar cheese</i>
<i>1/4 C. Italian bread crumbs</i>	
<i>1 can cream chicken soup</i>	

Cook chicken breasts with chicken broth in crock pot for 4-5 hours on low. Shred chicken after it is cooked and cooled. Spray a 13x9 baking dish with non-stick cooking spray, add shredded chicken, cream of chicken soup, sour cream and broth from crock pot. In a mixing bowl, add ham, Swiss cheese, bread crumbs and salt and pepper to taste. Add ham mixture to baking dish and mix together well. Spread cooked stuffing over the top and top with cheddar cheese. Bake at 350° for 30 minutes.

Chicken Penne Pasta

Dave Newell, Norton, employee

<i>3 boneless chicken breasts</i>	<i>2 green onions</i>
<i>1 can chicken broth</i>	<i>2 cloves crushed garlic</i>
<i>12 oz. Penne noodles cooked according to pkg. directions, save the water.</i>	<i>2 C. Mozzarella cheese</i>
<i>1/2 C. chopped spinach</i>	<i>1 T. basil</i>
	<i>1 T. lemon juice</i>
	<i>1 jar Emeril's spaghetti sauce</i>

Cook chicken breast with broth in crock pot 4-5 hours on low. Shred chicken after cooked and cooled. Transfer to large pot and add remaining ingredients. Can add pasta water if it seems too dry. Cook at medium-low heat on stove for 20 minutes or until heated through. Top each serving with Parmesan cheese.

Sweet and Spicy Bacon Wrapped Chicken

Sara Campbell, Norton

<i>4 boneless chicken breasts cut in fourths (16 pieces)</i>	<i>1/4 tsp. garlic powder</i>
<i>8 bacon slices-cut in half to wrap chicken</i>	<i>1 tsp. chili powder</i>
<i>1/2 tsp. onion powder</i>	<i>1 T. Cavender's-All Purpose Greek Seasoning</i>
<i>1/4 tsp. pepper</i>	<i>1/4-1/2 C. brown sugar</i>

Cut each breast into 4 pieces. Season chicken with the spices (excluding the brown sugar) by shaking in a Ziploc bag, then wrap a bacon slice around each piece of chicken. Place in a baking dish sprayed with non-stick cooking spray and sprinkle with brown sugar. Bake at 400° for 30-40 minutes or until chicken is cooked through.

Breakfast Casserole

Laura Christensen, Concordia

<i>Bread cubes</i>	<i>2 1/2 C. milk</i>
<i>Grated cheese</i>	<i>3/4 T. mustard</i>
<i>1 1/2 lb. sausage</i>	<i>1 can cream of mushroom soup</i>
<i>4 eggs, beaten</i>	

In a 9 x 13 pan, cover bottom with bread cubes. Cover cubes with grated cheese. Brown sausage and drain. Put over bread and cheese in pan. Mix together: eggs, milk and mustard, pour over cubes/cheese/sausage. Spoon mushroom soup over ingredients in pan. Bake at 350°, for 1 hour.

Chicken in Honey

Ellie Sparks, Smith Center

<i>5 T. soy sauce</i>	<i>4 sliced carrots</i>
<i>1/4 C. honey</i>	<i>6-8 chicken legs</i>
<i>1/4 C. oil</i>	<i>6-8 chicken wings</i>

Slice carrots into bottom of pyrex baking dish (9 x 12). Place chicken parts on top of carrots. Mix soy sauce, honey and oil and pour over chicken. Bake at 350° for 1 1/2 to 2 hours until tender. Cover with foil for the first 15-30 minutes of baking time.

Too-Easy Rotisserie Chicken

Janice Giedd, Phillipsburg

<i>2 tsp. salt (kosher may be used)</i>	<i>1/2 tsp. pepper</i>
<i>1 tsp. paprika</i>	<i>1/8 tsp. chili powder</i>
<i>1 tsp. onion powder</i>	<i>4-5 lb. roasting chicken</i>
<i>1 tsp. Italian seasoning</i>	<i>4 cloves garlic</i>
<i>1/2 tsp. dried thyme</i>	<i>1 onion quartered</i>
<i>1/2 tsp. cayenne pepper</i>	

Combine spices in a bowl. Rub spice mixture over all sides of chicken. Place chicken, breast-side down, in a slow cooker. Put garlic and onion inside chicken cavity. Cover and cook on low setting for 8-10 hours, or on high for 3-4 hours, until juices run clear. Serves 4-6.

Cream Tuna on Toast

Cleo J. Jansonius, Logan

<i>3/4 cube oleo</i>	<i>1 can tuna</i>
<i>2/3 C. flour</i>	<i>3 C. milk or instant dry milk</i>

Melt oleo in dish in microwave, add flour and stir. Add tuna and stir. Then add milk, stir and microwave 2 minutes at a time. Do this 3 times, stirring in between until it thickens. Ready to serve on toast.

Replace furnace and air conditioning filters on a monthly basis.

Chicken Tamale Pie

Lacey Smith, Lenora, employee

<i>1/3 C. milk</i>	<i>1 (4 oz.) can chopped green chilies, drained</i>
<i>1 large egg</i>	<i>1 1/3 C. Salsa</i>
<i>1 1/2 T. Taco seasoning, divided</i>	<i>2 C. shredded cooked chicken breast</i>
<i>1 (14 3/4 oz.) can cream-style corn</i>	<i>3/4 C. shredded cheese (Mexican or Taco blend works well)</i>
<i>1 (8.5 oz) box corn muffin mix (such as Jiffy)</i>	

Preheat oven to 400°. Combine milk, egg, 1/2 T. of taco seasoning, cream-style corn, muffin mix and green chilies in a large bowl and stir until moist (don't over mix). Pour mixture into greased pie plate. Bake at 400° for 20-30 minutes. While corn mixture is baking, toss the chicken in the remaining 1 T. taco seasoning. Remove mixture from oven and cover with shredded chicken. Pour Salsa over the top to coat the chicken. Sprinkle with cheese. Bake at 400° for 15 minutes or until cheese melts. Remove from oven; let stand 5 minutes. Serve with sour cream, cilantro and salsa.

Margarita Chicken

Kayleen Lewis, Concordia

<i>4 boneless, skinless chicken breasts, cut in half</i>	<i>1 tsp. honey</i>
<i>Whisk together the next three ingredients:</i>	<i>1 C. finely crushed tortilla chips</i>
<i>2 T. corn oil</i>	<i>1 can (14 1/2 oz.) Mexican style stewed tomatoes</i>
<i>2 T. lime juice</i>	<i>2 T. chopped cilantro</i>
	<i>1/3 C. Monterey Jack cheese</i>

Dip chicken in oil, lime juice mixture; then roll in crushed chips. Place in a baking dish and bake at 350° for 25 minutes. Puree tomatoes and cilantro in the blender. Remove chicken from oven, pour tomato mixture over chicken and top with cheese. Return to the oven for 10 minutes.

NOTE- if you want to make it lower in calories, use cornflakes in place of tortilla chips and replace the oil with skim milk and replace cheese with fat-free cheese.

Dago

Anita Singular, Linn

<i>1 1/2 lbs. ground beef</i>	<i>1 can tomatoes</i>
<i>1 medium onion, chopped</i>	<i>1 (rounded) tsp. thyme</i>
<i>8-9 garlic cloves, crushed</i>	<i>1 tsp. marjoram</i>
<i>1 lb. macaroni, cooked in salted water and drained</i>	<i>salt/pepper</i>
<i>1 green pepper</i>	<i>1 lb. American cheese, grated and divided</i>
<i>1 can cream corn</i>	

Sauté ground beef onion and garlic. Combine all other ingredients and add to meat mixture, along with 1/2 lb. American cheese. Put mixture in a pan or roaster and bake at 350°, for 40-45 minutes. The last 20-25 minutes top with the remaining cheese. Makes 10 big servings.

Sausage-Rice Casserole

Carol Short, Prairie View

<i>1 6 oz. box Uncle Ben's Long Grain and Wild Rice</i>	<i>1 4 oz. can mushroom pieces</i>
<i>1 lb. ground sausage</i>	<i>1 10 3/4 oz. can cream of mushroom soup</i>
<i>1 onion, chopped</i>	<i>4 T. butter</i>

Preheat oven to 350°. Cook rice according to package directions on box. Cook sausage until done, drain. Combine all ingredients except butter and pour into casserole dish. Dot top with butter. Bake until bubbly about 20-30 minutes.

Depression Hamburgers

Harold Malmquist, Concordia

<i>1 lb. hamburger</i>	<i>Saltine crackers, crushed</i>
<i>1 egg, whipped</i>	

Make hamburger patties. Add crushed crackers to egg. Pat egg/cracker mixture on top and bottom of hamburger patty. Lightly sprinkle each side of patty with salt and pepper and fry on stove.

Rice/Brown Gravy Casserole

Rosella Hubert, Concordia

<i>1/2 lb. ground turkey</i>	<i>1 1/2-2 C. water</i>
<i>2 C. instant rice</i>	<i>salt and pepper</i>
<i>1 pkg. dry onion soup mix</i>	<i>onion</i>
<i>1 pkg. dry brown gravy mix</i>	

Brown ground turkey with salt, pepper and onion in microwave. Meanwhile cook instant rice as directed on box. Mix browned turkey and rice together in 2 quart casserole dish. Stir in onion soup mix, brown gravy mix and water. Return to microwave for 5 minutes on high. Makes approximately 6 servings.

Swiss Steak

Luella Welch, Haddam

<i>1 1/2-2 lbs. round steak</i>	<i>1 can (10 3/4 oz.) cream of mushroom soup</i>
<i>1/4 C. flour</i>	<i>1 can (10 1/2 oz.) can of onion soup</i>
<i>1 tsp. salt</i>	
<i>1/8 tsp. pepper</i>	

Combine flour, salt and pepper, pound into steak with a meat hammer, cut into serving portions. Brown steak on both sides in hot shortening. Arrange meat in lightly greased 9 x 12 pan or dish. Combine mushroom and onion soup. Pour over meat. Cover, and bake in 350° oven for 1 1/2 hours or until tender. Serve the soup mixture as gravy over potatoes, rice or noodles. Makes 6 to 8 servings.

Broccoli Rice Casserole

Luella Welch, Haddam

<i>1 pkg. (1 lb.) frozen broccoli cooked</i>	<i>1/2 C. celery, chopped</i>
<i>1 C. rice, cooked</i>	<i>1 small jar Cheese Whiz</i>
<i>1/3 C. margarine</i>	<i>1 can cream of chicken soup (undiluted)</i>
<i>1 medium onion, chopped</i>	

Sauté onion, celery and margarine, stir in Cheese Whiz, soup, rice and broccoli. Put in casserole dish. Top with cracker crumbs (optional). Bake at 350° for 30 minutes, uncovered.

Cowboy Casserole

Daisy Freeby, Concordia

1 lb. lean (at 80%) ground beef 2/3 C. milk
1 can (16 oz.) baked beans 1 T. butter or margarine
1/2 C. barbecue sauce 1/2 C. shredded cheddar cheese
2 C. Bisquick Original Baking Mix

Heat oven to 425°. In 10 inch skillet, cook beef over medium high heat 5-7 minutes, stirring occasionally until thoroughly cooked, drain. Stir baked beans and barbecue sauce into beef. Heat to boiling, stirring occasionally. Pour into ungreased 2 qt. casserole dish. Meanwhile in medium bowl stir Bisquick mix, milk and butter until dough forms. Drop dough by 12 spoonfuls over beef mixture. Bake uncovered 18-22 minutes or until topping is golden brown. Sprinkle with cheese and bake about 3 minutes longer or until cheese is melted.

Beef Stroganoff

Lynne Hill, Smith Center

2 lbs. lean beef 1 can mushrooms
1 small onion 1 can condensed cream of
1/4 C. butter chicken soup
2 T. flour 1 C. sour cream
*1 tsp. salt *if you like it soupy stroganoff,*
1-2 cloves garlic, minced you can also add can of
1 tsp. pepper mushroom soup.
Rice, noodles or potatoes

In skillet cook and stir beef and onion in butter until meat is brown and onion is tender. Stir in flour, salt garlic, pepper and mushrooms. Cook stirring constantly for 5 minutes. Stir in soup-heat to boiling then simmer 10 minutes. Stir in sour cream, heat through. Serve over rice, noodles or potatoes.

Parmesan Chicken

Faun Bolton, Smith Center

<i>1 C. crushed cornflake crumbs</i>	<i>Chicken tenders</i>
<i>2/3 C. finely shredded Parmesan cheese</i>	<i>1 cube melted butter</i>
<i>2 tsp. garlic salt</i>	<i>parsley flakes</i>

Mix crushed cornflakes, parmesan cheese, garlic salt and parsley flakes together. Dip chicken tenders in melted butter; then into cornflake mixture. Arrange on ungreased cookie sheet and bake 40 minutes at 375°.

Barbecue Meatballs

Eleanor Rogge, Greenleaf

<i>Meatballs:</i>	<i>1 pkg. dry chicken stuffing</i>
<i>2 lbs. hamburger</i>	<i>Sauce:</i>
<i>2 eggs, beaten</i>	<i>2 C. ketchup</i>
<i>1 chopped onion</i>	<i>1 1/2 C. brown sugar</i>
<i>1/2 tsp. garlic powder</i>	<i>1 T. liquid smoke</i>
<i>1/2 T. chili powder</i>	<i>1/2 tsp. garlic powder</i>
<i>1 C. milk</i>	

Mix all meat ball ingredients together. Roll into balls and place in a 9 x 13 pan. Mix sauce ingredients and pour over meatballs. Cover pan with foil and bake for 1 hour at 350°.

Spiced Hot Dogs

Milton Leiszler, Clifton

<i>16 Hot Dogs</i>	<i>1 pkg. spaghetti sauce mix</i>
<i>1 8 oz. can tomato sauce</i>	<i>1 T. sugar</i>
<i>1/2 C. water</i>	<i>1/4 tsp. dry mustard</i>
<i>2 T. vinegar</i>	

Cut hot dogs into 1 inch slices into crock pot. add other ingredients-stirring after each addition. Cook on medium for 4-6 hours. Stirring occasionally.

Ham Loaf

Lois Wentz, Clayton

<i>2 lbs. fresh ground ham</i>	<i>Sauce:</i>
<i>2 lbs. ground smoked ham</i>	<i>1 can tomato soup</i>
<i>2 lbs. hamburger</i>	<i>1 C. brown sugar</i>
<i>4 eggs</i>	<i>1/4 C. water</i>
<i>2 1/2 C. graham cracker crumbs</i>	<i>1/2 C. vinegar</i>
<i>1 1/2 C. milk</i>	<i>1 tsp. ground mustard</i>

Mix the ground ham, smoked ham, hamburger, eggs, graham cracker crumbs and milk. Form into a loaf, or spread into a 9 x 13 pan. Mix the sauce and baste the ham loaf. Bake at 325° for 1 hour or until browned. Baste with sauce every 20 minutes.

Hardy Ground Beef and Potato Casserole

Laura Oentrich, Barnes

<i>1 lb. ground beef</i>	<i>3/4 C. milk</i>
<i>3 medium potatoes-peeled and sliced</i>	<i>3/4 C. Shredded Colby/Jack cheese</i>
<i>1 can cream of mushroom soup</i>	<i>1/2 tsp. salt</i>
<i>1 medium onion-chopped</i>	<i>1/2 tsp. pepper</i>

Brown ground beef and onion. Drain grease from ground beef. In a mixing bowl, combine milk, soup, salt and pepper. In a casserole dish, sprayed with cooking spray, layer half the potatoes, beef, soup mixture and cheese. Repeat process with the remaining half of the ingredients. Cover with foil. Bake 30 minutes at 350°. Uncover and bake 30 more minutes.

*Nearly half of home fires and a significant number of fire injuries are caused by cooking equipment. Inspect all small appliances and electric cords to make sure they are in good repair before using.
Do not use appliances with cracked or frayed cords.*

Hungry Boys Casserole

Mrs. Ardis Brown, Smith Center

<i>1 1/2 lb. ground beef</i>	<i>1 - 10 3/4 oz. can cream of chicken</i>
<i>1 C. chopped celery</i>	<i>1 can corn</i>
<i>1/2 C. chopped onion</i>	<i>Biscuits:</i>
<i>1/2 C. chopped green pepper</i>	<i>1 1/2 C. flour</i>
<i>1 tsp. salt</i>	<i>2 tsp. baking powder</i>
<i>1 tsp. paprika</i>	<i>1/2 tsp. salt</i>
<i>1 tsp. worcestershire sauce</i>	<i>1/4 C. margarine</i>
<i>1 - 10 3/4 oz. can cream of mushroom soup</i>	<i>1/2 C. milk</i>

In frying pan combine hamburger, celery, onion and green pepper. Cook until meat is brown and vegetables are done. Drain. Add salt, paprika, worcestershire sauce, mushroom soup, chicken soup and corn. Put meat mixture in 12 x 8 or 13 x 9 baking pan.

Biscuits: In a large bowl cut margarine into flour, baking powder and salt. Add milk. Knead on floured surface and roll out to 1/4 inch thickness. Cut biscuits from dough. Put biscuits on top of meat mixture. Bake at 425° for 15 minutes or until golden brown. Makes 6-8 servings.

*If you want, you can make a hole in center of biscuit and fill with a teaspoon of meat mixture.

No wiring should be exposed from behind the outlet and switch cover plates. Replace missing, cracked or broken cover plates.

Classic Chicken Pot Pie

Marilyn James, Burlington, CO

<i>1 pkg. (16 oz.) frozen mixed vegetables</i>	<i>1/4 C. butter</i>
<i>2 1/4 C. cooked cubed chicken</i>	<i>1/4 C. all-purpose flour</i>
<i>1 C. frozen pearl onions (I use 1/2 jar of pickled onions, cut in half)</i>	<i>3/4 tsp. dried thyme</i>
<i>1 jar (4 1/2 oz.) sliced mushrooms</i>	<i>1 can (14 1/2 oz.) chicken broth</i>
	<i>2 tsp. chicken bouillon granules (or 2 cubes)</i>
	<i>Pastry for single-crust pie (I use a bought Pillsbury pie crust)</i>

In a greased deep dish pie plate, with 2 1/2 inch sides, combine vegetables, chicken, onions and mushrooms. Set aside. Pie plate will be full. In small saucepan, melt butter. Stir in flour and thyme until smooth. Gradually add broth and bouillon. Bring to a boil and then cool it down some and stir until it becomes thick. Pour over vegetable mix in the pie plate. Roll out pastry to fit top of dish. Place rolled out pie crust on top of vegetable mix. (If you are using bought pie crust, you just need to unroll it). Cut slits in top of crust. Bake the dish at 450° for 18-20 minutes until golden brown. You can use a pie rim shield to protect it from getting too brown. Let it stand for 5 minutes before cutting. Yield 6-8 servings.

Kusel Burgers

Dee Dorsch, Bird City

Kusel Burgers are leftovers from any basic meatloaf. Thinly slice leftover meatloaf, add a little butter and make a sandwich. Grill or fry it crisp. For a variety, use your imagination and add any additional ingredients.

A garage is a poor location for a second refrigerator. Temperature variations cause the refrigerator to work harder in the summer to keep contents cold and in the winter it allows freezer items to thaw due to outside temperatures. Your most efficient option is to keep the refrigerator/freezer indoors.

State Fair Enchiladas

Linda Elfers, St. Francis

*2 lbs. ground beef
1/2 onion, chopped
1 pkg. (1 oz.) taco seasoning
1 can (15 oz.) refried beans
1 pkg. 9 inch flour tortillas*

*Sauce:
1 can (8 oz.) enchilada sauce
2 C. grated cheese
1 can (10 3/4 oz.) cream of
chicken soup*

Preheat oven to 350°. Brown hamburger and onion, drain. Add taco seasoning (do not add water). Stir in refried beans. Spoon meat mixture into tortilla and roll tightly. Place seam side down in greased 9 x 13 pan. Mix all sauce ingredients together and pour over top of tortillas. Bake for 30 minutes.

German Knipp

Barbara Dunker, Ludell

*5 lbs. beef - cooked and ground
when cool
2 lbs. pork - cooked and ground
when cool
1 tsp. cloves
1 tsp. cinnamon
1 tsp. allspice*

*1/2 tsp. black pepper
Add more salt or spices as
needed per taste
2 1/2 C. regular oats, cooked
2 C. water
1/2 C. pickling salt*

Mix beef, pork and spices together. In separate bowl mix oats, water and pickling spice. Add to meat mixture and mix well. Bake in large pan or dish (I use an enamel black canner) at 250° for 1 1/2 to 2 hours. Remove from oven and press down into 13 x 9 baking pans, let cool in a cool place. Cut into squares, wrap in plastic wrap and foil. Freeze. To serve, heat and brown on both sides.

*Extension cords are designed for temporary use only.
Overloaded, unapproved extension cords can pose shock,
fire and property damage hazards.*

Green Pepper Steak

Kathryn McCary, Smith Center

1 lb. beef chuck or round, cut into 1/8" strips. *1/4 C. soy sauce*
1 clove garlic, minced or crushed
1/2 tsp. ginger
1/4 C. oil

1 C. green onion, thinly sliced
1 C. red or green pepper, cut into 1 inch squares
2 stalks celery, sliced

Combine soy sauce, garlic and ginger. Add beef. Set aside, while preparing vegetables. Heat oil. Add beef and cook until browned. Simmer 30-40 minutes. Add veggies. Cook until tender-about 10 minutes. Mix 1 tablespoon cornstarch and 1 cup water. Stir and cook with the beef mixture till thickened. Serve over rice. Serves 4

Quick Pizza

Joyce Boeve, Phillipsburg

2 regular rolls of biscuits
Pizza sauce (medium size can)

cheese (your preference)
pizza toppings of your choice

Tear each biscuit into fourths. Grease 9 x 13 pan and place biscuits in pan. Spread pizza sauce on biscuits. Add your choice of meat and pizza toppings. Bake at 350° for 10 minutes. Add cheese and bake 10 minutes longer.

Nixon Chicken

Mrs. Charles Peterson, Concordia

Chicken breast - boneless, skinless
1 pkg. broccoli with cheese sauce, cooked (1 pkg=3 servings)
1 can cream of chicken soup

1/4 C. mayonnaise
1/2 tsp. lemon juice
1/4 tsp. curry powder
1 T. oleo
1/2 C. bread crumbs

Boil chicken breast in water for 30 minutes. Mix soup, mayonnaise, lemon juice and curry in bowl. In a 13 x 9 baking dish, spread soup mixture in the bottom of baking dish. Lay chicken breast over soup mixture and cover with broccoli/cheese. Sprinkle bread crumbs and oleo over top. Bake at 350° for 20 minutes. May serve over rice.

Crock Pot Beef

Beverly Wiese, Hunter

<i>2 lbs. stew meat or chuck roast cut into 1 inch cubes</i>	<i>1 4 oz. can mushroom pieces, drained</i>
<i>1 envelope dry onion soup</i>	<i>1/2 C. red wine</i>
<i>1 can cream of mushroom soup</i>	

Place all ingredients into crock pot. Stir to blend. Cook on high for 1 hour. Reduce heat to low and continue cooking for 8-9 more hours. Serve on noodles or rice. Makes 6 servings.

Sloppy Joe's

Barnes United Methodist Church, Barnes

<i>5 lbs. hamburger</i>	<i>1/2 can tomato juice (46 oz.)</i>
<i>1 small can chili beans</i>	<i>14 oz. ketchup</i>
<i>onion</i>	<i>1/2 T. chili powder</i>
<i>8 small square soda crackers</i>	<i>sugar</i>

Brown and drain hamburger. Blend chili beans and onion with blender until smooth. Roll crackers until smooth. Mix hamburger, bean and onion mixture, ketchup, tomato juice, crackers, chili powder and a scant handful of sugar. Cook for 1 hour on low heat. Simmer.

Chicken & Broccoli Alfredo

Norma Johnson, Phillipsburg

<i>1/2 pkg. 8 oz. Linguine or spaghetti</i>	<i>1 can mushroom soup (fat free if desired)</i>
<i>1 C. broccoli, chopped</i>	<i>1/2 C. milk</i>
<i>1 lb. chicken breasts, cubed</i>	<i>1/2 Parmesan cheese</i>
<i>2 T. butter</i>	<i>1/4 tsp. pepper</i>

Cook pasta as directed. Add broccoli the last 4 minutes, drain. Cook chicken breasts in butter until brown, stir often. Add soup, milk, cheese and pepper. Then add pasta/broccoli mixture. Serve with more Parmesan cheese if desired.

Grilled Fajitas

Deb Portschy, Herndon

<i>1 tsp. ground cumin</i>	<i>4 boneless, skinless chicken breasts</i>
<i>1 tsp. paprika</i>	
<i>1 tsp. cayenne pepper</i>	<i>1 large onion</i>
<i>1 tsp. garlic powder</i>	<i>2 green/red peppers</i>
<i>1 tsp. dried oregano</i>	<i>cheese</i>
<i>1 tsp. dried thyme</i>	<i>flour tortillas</i>
<i>4-5 tenderized round steaks</i>	<i>sour cream</i>

Slice beef and chicken into strips. Cut onion and peppers into rings or strips. Put olive oil in 2 foil pans. Put vegetables in one and the meat in the other. Grill over medium-high heat, 45-60 minutes, turning often. Mix seasonings together and sprinkle over both pans during last 10-15 minutes of cooking. Enjoy with sour cream and cheese, rolled in a flour tortilla.

Mexican Spaghetti

Deb Christy, Norton

<i>1 lb. spaghetti or other pasta</i>	<i>1 lb. stewed Mexican tomatoes</i>
<i>1 lb. hamburger</i>	<i>(if I'm using the jalapenos, I usually omit this and add tomato soup instead)</i>
<i>1 chopped onion</i>	
<i>Chopped celery</i>	<i>1 can creamed corn or Mexican corn</i>
<i>2-3 chopped jalapenos (optional)</i>	
<i>Minced garlic</i>	<i>1 can cream of mushroom soup</i>
<i>Worcestershire sauce</i>	<i>1 C. cheese (I like Velveeta)</i>
<i>salt/pepper</i>	

Brown hamburger, onion, garlic and celery, add salt and pepper. Cook spaghetti as directed. Drain. Add to browned meat. Add Mexican tomatoes, corn, soup and cheese. Heat through for 25 minutes or so. If it gets dry, you may need to add a little water. This can be modified many different ways. You can substitute the stewed tomatoes with salsa. This is better the next day.

Best Ever BBQ Meatballs

Johnita Patterson, Mahaska

<i>3 lbs. ground beef</i>	<i>1 C. evaporated milk</i>
<i>2 C. quick oats</i>	<i>BBQ Sauce:</i>
<i>2 eggs</i>	<i>2 C. ketchup</i>
<i>1 C. onion, finely chopped</i>	<i>1 C. brown sugar</i>
<i>1/2 tsp. garlic powder</i>	<i>2 T. liquid smoke</i>
<i>2 tsp. salt</i>	<i>1/2 tsp. garlic powder</i>
<i>1/2 tsp. pepper</i>	<i>1/2 C. finely chopped onions</i>
<i>2 T. chili powder</i>	

Mix together meat, oats, eggs and onion. Then add garlic powder, salt, pepper, chili powder and evaporated milk. After it is all mixed together, roll into 2 inch balls and put on a sprayed cookie sheet.

BBQ Sauce: Heat in saucepan, ketchup, brown sugar, liquid smoke, garlic powder and onion. Mix well until heated, then spoon over meatballs. Bake at 350° for 1 hour.

Chow Mein Hot Dish

Bobbie Holsman, Bogue

<i>1 lb. ground beef</i>	<i>1 can cream of mushroom soup</i>
<i>1 onion, chopped</i>	<i>1 can cream of chicken soup</i>
<i>1 C. diced celery</i>	<i>2-3 T. soy sauce</i>
<i>2 C. water</i>	<i>Chow Mein noodles</i>
<i>1/2 C. raw rice</i>	

Brown hamburger with onion. Drain. Add rest of ingredients except noodles, mix well. Pour into baking dish. Bake at 350° for 1 hour, then add noodles on top and bake a 1/2 hour longer. Do not add any salt.

When cooking, match the pot size to the burner size. Do not unnecessarily open the door to the oven while cooking or baking. Heat escapes, and the oven will have to reheat.

Chef John's Meatless Meatballs

Marjorie Kingham, Almena

<i>1 T. olive oil</i>	<i>2 eggs, divided</i>
<i>1 lb. fresh white mushrooms, finely chopped</i>	<i>1 tsp. salt</i>
<i>1 pinch of salt</i>	<i>freshly ground black pepper to taste</i>
<i>1 T. butter</i>	<i>1 pinch cayenne pepper, or to taste</i>
<i>1/2 C. onion, finely chopped</i>	<i>1 pinch dried oregano</i>
<i>4 gloves garlic, minced</i>	<i>3 C. pasta sauce</i>
<i>1/2 C. quick-cooking oats</i>	<i>1 T. finely shredded Parmigiano- Reggiano cheese, or to taste</i>
<i>1 oz. very finely shredded Parmigiano-Reggiano cheese</i>	<i>1 T. chopped flat-leaf (Italian) parsley, or to taste</i>
<i>1/2 C. bread crumbs</i>	
<i>1/4 C. chopped flat-leaf (Italian) parsley, packed</i>	

Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium; cook and stir mushrooms until golden brown, about 5 minutes. Stir onion into mushrooms, cook stirring often until onion is translucent, about 5 minutes. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about 1 minute. Transfer mixture to a mixing bowl. Mix oats into mushroom mixture until thoroughly combined. Gently stir in 1 ounce Parmigiano-Reggiano cheese into mixture. Add bread crumbs, 1/4 cup parsley and one egg; season with salt, black pepper, cayenne pepper and oregano. Mix together with a fork until crumbly. Stir in remaining egg. Mixture should hold together when pressed. Cover bowl with plastic wrap and refrigerate at least 4 hours. For best flavor and texture, refrigerate overnight. Preheat oven to 450°. Line a baking sheet with a silicone baking mat or parchment paper. Form mixture into small meatballs using a 2 tablespoon scoop. Roll meatballs lightly between your hands until smooth, arrange meatballs on prepared baking sheet. Bake in preheated oven until meatballs are lightly golden brown, 12-15 minutes. Bring pasta sauce to a boil in a large saucepan; reduce heat to low. Gently stir meatballs into sauce until coated. Simmer meatballs in sauce until cooked through, 45 minutes to an hour. Transfer to serving bowl and garnish with 1 tablespoon Parmigiano-Reggiano cheese and 1 tablespoon parsley.

German Skillet Dinner

Gale Hays, Prairie View

<i>3 T. margarine</i>	<i>2 lbs. hamburger- uncooked</i>
<i>1/2 C. cabbage chopped</i>	<i>1 can diced tomatoes or Rotel</i>
<i>1 medium onion</i>	<i>salt and pepper</i>
<i>1 C. rice regular or instant</i>	

Melt butter in skillet, layer cabbage, uncooked rice, onion, raw crumbled hamburger, salt/pepper. Top with tomatoes. Cover with lid and simmer 25-35 minutes until rice and hamburger are done. Do not stir or lift the lid while it is cooking.

Reuben Casserole

Janice Sandman, Concordia

<i>8 oz. noodles</i>	<i>1 can diced tomatoes (16 oz.)</i>
<i>1 can Franks Kraut (14 oz.) drained</i>	<i>2 C. shredded Swiss or cheddar cheese</i>
<i>1 can corned beef</i>	<i>6 slices of bread cubed</i>
<i>3/4 C. ketchup</i>	<i>1 1/2 sticks of butter, melted</i>
<i>3/4 C. Thousand Island Dressing</i>	<i>mushrooms, peppers or onions -optional</i>

Cook noodles; drain and add some butter and/or spices to your liking. Put noodles in 9 x 13 pan. Put drain kraut on top of noodles, then layer corned beef. Combine ketchup and Thousand Island dressing. Pour over corned beef. Layer tomatoes and optional items. Layer cheese. Mix together cubed bread and butter, spread over top. Bake at 350° for 30-40 minutes or until bread is crispy.

If you plan to be out of town, prepare your home for your absence. Unplug appliances that use energy even when they are not in use. Common items include televisions, DVD players, VCR's, cable TV boxes, microwave ovens and toasters. Unplugging appliances cuts energy costs and keeps your home safe.

Taco Salad

Kay Brown, Atwood

<i>1 lb. hamburger</i>	<i>4 tomatoes, chopped</i>
<i>1 small onion, diced</i>	<i>1 bunch green onions, chopped</i>
<i>1 can refried beans</i>	<i>1 green pepper, chopped</i>
<i>1 pkg. taco seasoning</i>	<i>1 small can sliced olives</i>
<i>1 can kidney beans, drained and rinsed</i>	<i>1 bag Doritos, crushed</i>
<i>1 can chili beans, drained and rinsed</i>	<i>1 (8 oz.) bottle Thousand island dressing</i>
<i>1 head lettuce, chopped</i>	<i>1 C. grated cheddar cheese</i>

Brown hamburger. Add onion, refried beans and taco seasoning. Add beans to hamburger mixture. Heat thoroughly, then let cool. In a large salad bowl, put the chopped lettuce, tomatoes, green onions, green pepper and olives. Mix. When cool add meat mixture to salad bowl mixture. Add crushed Doritos, cheese and dressing. Toss all together and serve. Serves 8.

Barbecued Meatballs

Michaela, Girard, Prairie View, 2013 Youth Tour winner

<i>1 egg, slightly beaten</i>	<i>1 1/2 lbs. ground beef</i>
<i>1 can (5 oz.) evaporated milk</i>	<i>Sauce:</i>
<i>1 C. quick cooking oats</i>	<i>1 C. ketchup</i>
<i>1/2 C. finely chopped onion</i>	<i>3/4 C. packed brown sugar</i>
<i>1 tsp. salt</i>	<i>1/4 C. chopped onion</i>
<i>1 tsp. chili powder</i>	<i>1/2 tsp. liquid smoke, optional</i>
<i>1/4 tsp. garlic powder</i>	<i>1/4 tsp. garlic powder</i>
<i>1/4 tsp. pepper</i>	

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into 1 inch balls; place in a greased 13 x 9 x 2 inch baking dish. Bake, uncovered, at 350° for 18-20 minutes or until meat is no longer pink. Meanwhile, combine the sauce ingredients in a saucepan. Bring to a boil. Reduce heat and simmer for 2 minutes, stirring frequently. Pour over meatballs. Bake 10-12 minutes longer. Yield: about 4 dozen.

Grandpa Dave's Taco Salad

Dave Hickert, Bird City, retired employee

- | | |
|-------------------------------------------------------|-----------------------------------------------------------------|
| <i>1 lb. lean hamburger- browned
and drained</i> | <i>1 bottle Thousand Island
dressing</i> |
| <i>2-3 large tomatoes - diced</i> | <i>These are nominal measures;
customize to your liking</i> |
| <i>1 head of lettuce shredded</i> | |
| <i>1 large bag Nacho cheese chips
- broken up</i> | |

Get Grandma to brown the hamburger. Gather up your grandkids to prep the ingredients; they like to help. Mix all ingredients in a large bowl, a little at a time. Since everyone else is doing the work, you can just enjoy the salad.

Easy Chili

Clyde Christian Church, Clyde

- | | |
|-------------------------------|------------------------------|
| <i>1 lb. hamburger</i> | <i>1 lg can tomato juice</i> |
| <i>1 pkg. chili seasoning</i> | <i>2 cans chili beans</i> |

Brown hamburger. Stir in chili seasoning. Add tomato juice, cook 5-10 minutes. Add beans and cook 5-10 minutes more.

Lil Cheddar Meatloaves

Amy Payne, Stockton

- | | |
|--------------------------------------|-------------------------------------|
| <i>1 egg</i> | <i>1 lb. ground beef or venison</i> |
| <i>1 C. cheddar cheese, shredded</i> | <i>Glaze:</i> |
| <i>1/2 C. oatmeal</i> | <i>2/3 C. ketchup</i> |
| <i>1/2 C. chopped onion</i> | <i>1 1/2 T. mustard</i> |
| <i>1 tsp. salt</i> | <i>1/2 C. brown sugar</i> |

Beat egg and milk, add cheese, oatmeal, onion and salt. Add hamburger or venison. Combine and shape into 8 loaves. Place on greased 13 x 9 pan. Mix glaze ingredients and spoon glaze over loaves. Bake uncovered for 45 minutes at 350°.

Chicken Alfredo Tetrazzini

Michaela Girard, Prairie View, 2013 Youth Tour winner

<i>4 oz. thin spaghetti</i>	<i>1/4 C shredded Parmesan cheese</i>
<i>1 jar (15 oz.) Alfredo sauce</i>	<i>2 T. white wine or chicken broth</i>
<i>2 C. frozen peas</i>	<i>1/2 tsp. onion powder</i>
<i>1 1/2 C cooked, cubed chicken</i>	<i>1/2 C. French-fried onions</i>
<i>1 can (4 oz.) mushroom stems and pieces, drained</i>	<i>1/2 tsp. paprika</i>
<i>1/4 C. shredded Swiss cheese</i>	

Cook spaghetti according to package directions. Meanwhile, combine Alfredo sauce, peas, chicken, mushrooms, cheeses, wine and onion powder in a large bowl. Drain spaghetti. Add to sauce mixture; toss to coat. Transfer to a greased 8-inch square baking dish. Sprinkle with onions and paprika. Cover and bake at 350° for 30-35 minutes or until heated through.

Easy Lasagne

Tammy Girard, Prairie View

<i>8 oz. Lasagne noodles</i>	<i>1 tsp Italian seasoning</i>
<i>1 lb. ground beef</i>	<i>1/2 tsp. sugar</i>
<i>4 C. thick spaghetti sauce</i>	<i>1/2 to 3/4 C. water - more if needed</i>
<i>2 C. small curd cottage cheese</i>	<i>1 tsp. salt</i>
<i>3 C. shredded Mozzarella cheese</i>	
<i>1/2 C. Parmesan cheese, optional</i>	

Brown beef and drain fat. Add sauce, water, salt, seasoning and sugar. Cover and simmer 10 minutes. In a 13 x 9 pan, layer 1/3 of sauce, 1/2 of the lasagne pieces, 1 cup cottage cheese, 1/3 of mozzarella. Repeat layers, ending with sauce and remaining mozzarella and Parmesan cheese. Cover with foil. Bake at 350° for 55-60 minutes. Remove foil and let stand 10 minutes before serving. Makes 8-10 servings.

Chicken and Wild Rice

Janet Mathes, Norton, retired employee

<i>3 chicken breasts, cooked, boned and cubed</i>	<i>1 box Uncle Ben's Wild Rice (long grain)</i>
<i>2 cans cream of chicken soup</i>	<i>3/4 C. grated cheddar cheese</i>
<i>2 C. milk</i>	<i>2 C. crushed corn flakes</i>
<i>1 stick of butter and 1/4 cup butter</i>	

Prepare rice according to package directions. Heat soup, milk and stick of butter; until butter is melted. Spray a 13 x 9 dish with non-stick spray. Layer rice and chicken. Pour soup mixture over rice and chicken. Toss crushed corn flakes with 1/4 cup melted butter and spread over top of casserole. Bake at 350° for 1 hour.

Hot Chicken Salad Casserole

Ada Arford, Norton

<i>2 C. cooked, chopped chicken</i>	<i>2 tsp. salt</i>
<i>1 C. cooked rice</i>	<i>2 tsp. lemon juice</i>
<i>1 C. chopped celery</i>	<i>bread crumbs or 1/2 C. Rice Krispies</i>
<i>1/2 C. chopped onion</i>	<i>3 T. melted butter</i>
<i>3/4 C. mayonnaise</i>	
<i>1 can cream of chicken soup</i>	

Mix all ingredients and place in an 8 x 8 casserole dish sprayed with non-stick spray. Top with buttered bread crumbs or Rice Krispies. Bake at 375° for 30 minutes. You can easily double this recipe for a 13 x 9 casserole dish. Casserole can be frozen, then thawed and baked.

*Before entering a storm-damaged building,
make sure the electricity and gas has been turned off.*

Barbecued Meatballs

Avis Henning, Jamestown

<i>1 can evaporated milk</i>	<i>2 tsp chili powder</i>
<i>3 lbs. hamburger</i>	<i>Sauce:</i>
<i>2 C. quick oatmeal</i>	<i>2 C. ketchup</i>
<i>2 eggs</i>	<i>1 1/2 C. brown sugar</i>
<i>1 C. chopped onion</i>	<i>2 T. liquid smoke</i>
<i>1/2 tsp. garlic powder</i>	<i>1/2 tsp. garlic powder</i>
<i>2 tsp. salt</i>	<i>1/2 C. onions, chopped</i>
<i>1/2 tsp. pepper</i>	

Mix first 9 ingredients and shape into balls. Place in flat pan - only 1 layer to each pan.

Mix and dissolve sauce ingredients; pour over meatballs. Bake 1 hour at 350°.

Pizza By-The-Yard

Cathy Kellerman, Baldwin City
In memory of Lonnie Kellerman, employee

<i>1 unsliced loaf of french bread</i>	<i>2 tomatoes, sliced</i>
<i>1 6 oz. can tomato paste</i>	<i>1 green pepper, cut in rings</i>
<i>1/3 C. grated Parmesan cheese</i>	<i>1 C. mild cheddar, shredded or sliced cheese any kind</i>
<i>1/4 C. chopped black olives</i>	<i>1/4 C. chopped green onion (optional)</i>
<i>3/4 tsp. salt</i>	
<i>1/8 tsp. pepper</i>	
<i>1 lb. ground beef, browned and drained</i>	

Cut loaf in half lengthwise. Combine tomato paste, onion, Parmesan cheese, olives, salt and pepper. Add browned meat; mix well. Spread on top of loaf halves. Place loaves on baking sheet. Bake at 400° for 15 minutes. Remove from oven; top with tomato slices and green pepper rings. Sprinkle cheese or use sliced cheese on top of tomatoes and green peppers. Bake 5 more minutes. Serves 4 to 6.

Turkey-Chicken Tetrazzini

Lela Barnes, Agra

<i>2 C. chicken broth</i>	<i>5 C. cooked macaroni or spaghetti</i>
<i>3 C. milk</i>	<i>5 C. cooked chicken or turkey, cut up</i>
<i>1/3 to 1/2 C. cornstarch</i>	<i>1/2 C. American cheese, cubed</i>
<i>1/2 onion, diced</i>	<i>crushed cornflakes</i>
<i>1/2 C. green pepper, diced</i>	
<i>1/2 C. red pepper, diced</i>	

Put broth and milk in a double boiler and thicken it with the cornstarch. Add onion, peppers and cubed cheese. Heat until cheese is melted. Add macaroni and chicken. Pour into a 13 x 9 glass baking dish and heat in at 350° oven until bubbly. Top with crushed corn flakes and brown for a few more minutes.

Taco Casserole

Connie Engelsman, Lakewood, CO

<i>2 lbs. hamburger</i>	<i>8 oz. sour cream</i>
<i>1 onion, chopped</i>	<i>2 C. Monterey Jack cheese, shredded</i>
<i>1 8 oz. can tomato sauce</i>	<i>2 C. cheddar cheese, shredded</i>
<i>1 pkg. taco seasoning</i>	<i>crushed tortilla chips</i>
<i>12 oz. cottage cheese</i>	

Brown onion and hamburger. Drain. Add tomato sauce, taco seasoning, cottage cheese and sour cream. Cover bottom of 13 x 9 pan with crushed tortilla chips. Pour hamburger mixture over chips. Sprinkle on both cheeses. Bake at 350° for 30-40 minutes

Always plug your space heater into an outlet rather than using an extension cord.

Easy Chicken and Noodles

Kristi Beam, Concordia

2 cans cream of chicken soup *1 pkg. (24 oz.) frozen egg
noodles*
2 cans (15 oz.) chicken broth
1 stick butter or margarine
*1 lb. chicken breast, fresh or
frozen*

In a crock pot, place chicken on bottom. Pour chicken soup and broth on top. Then top with stick of butter. Put crock pot on low for 6-7 hours. Then, take chicken out and shred with fork. Place back in crock pot, add frozen egg noodles. Cook for 2 more hours. Stir every 30 minutes. Add salt and pepper to season.

Easy sloppy Joe's

Mary Hedberg, Clifton

2 lbs. ground beef *1 C. ketchup*
1 medium onion, diced *1 T. vinegar*
1 T. mustard *1 T. water, optional*

Brown beef with onions. Drain. Combine the rest of the ingredients and stir into beef. Heat and serve on buns.

Adobo Pork

Robert Blochlinger, Concordia

1 1/2 lbs. boneless pork ribs *1/4 C. red swan soy sauce*
1 medium red onion, sliced *1/4 C. apple cider vinegar*
2 tsp. chopped garlic *1/2 C. water*
2 bay leaves *2-3 Thai peppers, dried,
crumbled*
1 1/2 T. black pepper corns *Cooked Jasmine rice*
*2-3 slices fresh ginger root
(1 x 1 x 1/16)*

Place pork in 2 quart sauce pan. Put liquids in, then spices and garlic; put onions on top. Cover, bring to medium-low simmer. Then cook 45 minutes-1 hour. Remove lid when meat is tender, boil liquid down to 1/3 of original amount. Serve hot with white Jasmine rice. Chicken wings can be used instead of pork.

Bacon Mushroom Chicken

Cheryl Wilkinson, McDonald

<i>4 bacon strips, halved</i>	<i>1 T. light corn syrup</i>
<i>4 boneless chicken breasts</i>	<i>1/2 tsp. dried onion</i>
<i>1/4 tsp. seasoned salt</i>	<i>1/4 C. mushrooms, fresh or canned</i>
<i>1/4 C. honey</i>	<i>1/2 C. shredded Mozzarella cheese</i>
<i>2 T. Dijon mustard</i>	
<i>1 T. mayonnaise</i>	

Cook bacon until crisp, break into pieces. Flatten chicken to 1/2-inch thickness; sprinkle both sides with seasoned salt. Brown slightly in oil. Transfer to greased baking dish. Combine: honey, mustard, mayonnaise, syrup and onion. Spread over breasts. Top with bacon and mushrooms. Sprinkle with cheese. Cover and bake at 350° for 30-35 minutes.

Enchilada Casserole

Ellen Dewey (Otis), McDonald

<i>1 (10 oz.) pkg. tortilla chips</i>	<i>1 1/2 C. grated cheddar cheese</i>
<i>1 can cream of celery soup</i>	<i>1 C. sour cream</i>
<i>1 can cream of mushroom soup</i>	<i>1 lb. hamburger</i>
<i>1 can Enchilada sauce</i>	

Brown and drain hamburger. Add cheese, sour cream, enchilada sauce and soups; blend well. Layer a 13 x 9 pan with tortilla chips. Spread mixture over chips. Bake at 375° for 25-30 minutes.

Chalupas

Kaye O'Brien, Saint Francis

<i>2-3 C. chicken, cooked and cubed</i>	<i>2 cans cream of chicken soup</i>
<i>1 can green chilies</i>	<i>2 C. sour cream</i>
<i>1 onion, chopped</i>	<i>1 C. shredded cheddar cheese</i>
	<i>Flour tortillas</i>

Mix chicken, chilies, onion, soups and sour cream. Fill tortilla shells; roll filled tortilla shells and place seam side down in a 13 x 9 pan. If there is mixture left, put on top of shells. Sprinkle with cheese. Bake at 350° for 30 minutes.

Pork, Sauerkraut and Dumplings

Lora Wiruth, Cuba

<i>Pork Roast</i>	<i>caraway seed</i>
<i>1 pkg. dry Hidden Valley Ranch mix</i>	<i>1 C. chicken broth</i>
<i>1 stick butter</i>	<i>Jiffy Baking mix</i>

Cook Pork roast in crock pot with dry Hidden Valley Ranch mix and butter. Do not add water. Cook on low for 7 hours. Shred pork. Put pork and juice, sauerkraut, caraway seed and chicken broth in pan on stove. Bring to boil. Use recipe on Jiffy Baking mix box for dumplings and spoon on top. When dumplings are done, put in oven on broil until dumplings are brown on top.

Taco Salad

Janice Wakefield, Concordia

<i>1 head lettuce, chopped</i>	<i>2 C. shredded cheese</i>
<i>2 tomatoes, diced</i>	<i>1 small bag Doritos chips, crushed</i>
<i>1 small onion, diced</i>	<i>1 bottle Catalina Dressing</i>
<i>1 can kidney beans, drained</i>	

Mix first 5 ingredients. Just before serving, add Doritos chips and enough Catalina dressing to moisten everything or as much as desired.

Company Ham

Laura Lee Stenberg, Clyde

<i>4 T. butter or margarine</i>	<i>2 C. sour cream</i>
<i>1/2 C. chopped onion</i>	<i>1 can (8.5 oz.) sliced mushrooms, drained</i>
<i>2 C. cooked ham, cut up</i>	<i>Hot, cooked rice or noodles</i>
<i>4 tsp. flour</i>	
<i>1 can cream of mushroom soup</i>	

Melt butter or margarine in large skillet. Add onion and ham. Sauté until onion is tender but not brown. Sprinkle with flour. Stir soup until it is smooth. Blend soup into ham mixture. Cook over moderate heat a few minutes. Gradually stir in sour cream. Add mushrooms. Continue to cook until mixture is just heated through. DO NOT BOIL. Serve over rice or noodles. Garnish with parsley. Serves 6

Spaghetti Amour

Barbara Haresnape, Smith Center

<i>1 1/2 lb. hamburger</i>	<i>1 can water</i>
<i>1/2 C. onion, chopped</i>	<i>1/2 C. sharp cheddar cheese, shredded</i>
<i>1/4 C. green pepper, chopped</i>	<i>1/2 lb. spaghetti, cooked and drained</i>
<i>1 clove garlic, minced or crushed</i>	
<i>1 can tomato soup</i>	
<i>1 can mushroom soup</i>	

Brown the hamburger, onion, pepper and garlic. Add the soups, water and spaghetti. Pour into a 3 qt. casserole dish and top with cheese. Bake at 350° for 30 minutes. I use more cheese and dried garlic. You can mix mild or medium cheddar cheese with the sharp cheese. Also, you can mix cheese in with soups and then sprinkle additional cheese on top before baking.

Meatloaf with Zesty Topping

Roberta McAllister, Clayton

<i>2 eggs</i>	<i>2 lbs. ground beef</i>
<i>3/4 C. milk</i>	<i>Topping:</i>
<i>1 C. dry bread crumbs</i>	<i>1/4 C. ketchup</i>
<i>2 tsp. salt</i>	<i>2 tsp. mustard</i>
<i>1/8 tsp. pepper</i>	<i>3 T. brown sugar</i>
<i>1/4 C. minced onion</i>	

Beat eggs in mixing bowl. Stir in remaining ingredients and mix thoroughly. Pack in a 5 x 9 inch loaf pan. (I use 8 x 8 pan). Mix topping ingredients and spread over meatloaf. Bake at 300° for 1 1/2 hours or until done.

If an outage occurs during winter, you should plan for an alternate heating source. A fireplace, propane space heater or wood-burning stove would be sufficient. Fuel and wood-burning heating sources should always be vented, and make sure carbon monoxide and smoke detectors are working properly. Always practice extreme caution when using alternate heating sources.

Pig In The Blanket

Pauline Micek, Atwood

- | | |
|-------------------------------------------|----------------------------------------|
| <i>1 1/4 lbs. Jimmy Dean Sausage</i> | <i>1 tsp. salt</i> |
| <i>2 1/2 lbs. ground beef</i> | <i>1/2 tsp. pepper</i> |
| <i>1 C. Frank's Sauerkraut</i> | <i>2 medium-size heads of cabbage</i> |
| <i>1 small onion, chopped</i> | <i>1 1/2 qts. Frank's Sauerkraut</i> |
| <i>3/4 C. rice</i> | <i>2 C. vinegar-to boil cabbage in</i> |
| <i>2 or 3 small garlic cloves, minced</i> | |

Cut the cores from the heads of the cabbage. Boil the vinegar and enough water to cover the cabbage heads, then add cabbage heads. Cook until leaves are slightly transparent and come apart easily. Trim the thick vein-like part off the cabbage leaf. Mix other ingredients together except the 1 1/2 qts. of sauerkraut. Roll meat mixture into a cabbage leaf; starting at the thick part of the leaf, that was connected to the core. Using your fingers, push the loose open ends into the roll, to seal the meat roll.

In an oval slow cooker, place a layer of sauerkraut in the bottom. Then begin laying the meat rolls in a circular pattern around the pan. Continue filling the pan; adding a layer of sauerkraut between each layer and on the top. Press a heavy plate over the top of the sauerkraut to hold the meat rolls in place. Keep plate in place during cooking. Cover the meat rolls with water; about an inch over the meat. Cook on high, until it starts boiling, then reduce to low. Cook until rice and meat are done.

Chicken Spectacular Casserole

Mary C. Karls-Baylie, Broomfield, CO

- | | |
|-----------------------------------------------------|---------------------------------------------------|
| <i>3 C. cooked chicken, chopped</i> | <i>2 C. French Style green beans,
drained</i> |
| <i>1 pkg. Uncle Ben's Wild & White
Rice</i> | <i>1 C. mayonnaise</i> |
| <i>1 can cream of celery soup</i> | <i>1 can water chestnuts, diced</i> |
| <i>1 medium jar pimentos</i> | <i>salt/pepper to taste</i> |
| <i>1 medium onion, chopped</i> | |

Mix all ingredients, pour into a 2 1/2 or 3 quart casserole dish. Bake 25-30 minutes at 350°. Serves 12-16. Can be made ahead (do not cook first) and frozen.

Mock Salisbury Steak

Vick Oviatt, Downs

Soup mixture:

1 can cream of mushroom soup

1 1/2 tsp. mustard

1 tsp. Worcestershire sauce

1 tsp. Horseradish

Hamburger mixture:

1 lb. hamburger

1 egg

1 T. chopped onion

2 T. dried bread crumbs

1 T. soup mixture

Combine mushroom soup, mustard Worcestershire sauce and horseradish. Mix well and set aside. Combine hamburger, egg, onion, bread crumbs and 1 Tablespoon of soup mixture. Shape into patties and brown in skillet. Pour remaining soup mixture over the patties and simmer.

Mississippi Pot Roast

Ashley Christy, Phillipsburg, employee

3 lb. chuck roast

1 packet dry Ranch seasoning

1 packet Au Jus seasoning

1/2 C. butter

Pepperoncini peppers

salt/pepper

In a crock pot, layer a few pepperoncini peppers and 1/4 water or juice from peppers. Place chuck roast on top. Sprinkle the dry ranch and Au Jus seasoning on top of roast. Then place a stick of butter on the top and add as many pepperoncini's as you would like. Cook on low for 8 hours. Shred and serve.

Discoloration and darkening around outlets and switch cover plates are signs of potential problems. Contact an electrician.

Mexican Lasagna

Kathleen Hidy, Cedar Bluffs

<i>1 1/2 lb. ground beef</i>	<i>10-12 small flour tortillas, divided</i>
<i>1/2 C. sweet onion</i>	<i>2 C. cottage cheese</i>
<i>1 1/2 tsp. ground cumin</i>	<i>1 C. mozzarella cheese,</i> <i>shredded</i>
<i>1 tsp. garlic powder</i>	<i>3-4 T. chopped green chiles</i>
<i>1 tsp. sea salt</i>	<i>1 egg</i>
<i>1 tsp fresh ground pepper</i>	
<i>1 large can diced tomatoes,</i> <i>partially drained</i>	

Brown beef and onion. Drain. Add spices and tomatoes. Heat until bubbly. Pour into a sprayed 9 x 12 pan, lined with half of the tortillas. Cover meat mixture with the rest of the tortillas. Mix egg, cheeses and chiles. Pour over tortillas. Cover and bake at 350° for 30 minutes. Remove foil and bake another 5 minutes or until browned and bubbly. Top with grated cheese, sour cream, salsa, lettuce, tomatoes or black olives. Enjoy!

Grandma's Sunday Night Supper

Kathleen Hidy, Cedar Bluffs

<i>1 1/2 lbs. hamburger</i>	<i>1 can cream of celery soup</i>
<i>1/2 C. sweet onion</i>	<i>8 oz. medium-wide noodles</i>
<i>1 can cut green beans</i>	<i>1 1/4 C. sour cream</i>
<i>1 can cream of mushroom soup</i>	<i>1/2 C. french fried onions</i>

Fry hamburger with onion. Drain. Add green beans and soups. Cook noodles (not too done), drain and add to the hamburger. Add sour cream and french fried onions. Pour into baking dish and bake at 350° for 45 minutes. Remove and top with more french fried onions.

To ensure your safety and the safety of others, always lower grain augers before moving them, even if it's only a few feet. Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result.

Pork Chops and Stuffing

Mary Hoffman, Haddam

<i>4 pork chops</i>	<i>1/4 C. melted butter</i>
<i>2 T. chopped onion</i>	<i>1/4 tsp. poultry seasoning</i>
<i>1/4 C. water</i>	<i>1 can cream of mushroom soup</i>
<i>3 C. soft bread crumbs</i>	<i>1/2 can water</i>

Brown pork chops on both sides. Season while browning. When done, place pork chops in shallow baking dish. Lightly mix together onions, water, bread crumbs, melted butter and poultry seasoning. Place a mound of stuffing on each pork chop. Blend soup with water and pour over each pork chop. Bake at 350° for 1 hour or until tender.

Corned Beef Casserole

Monica Bach, Woodruff

<i>1 can corned beef</i>	<i>1 T. mustard</i>
<i>1 10.5 oz. cream of chicken soup</i>	<i>1 onion, chopped, optional</i>
<i>16 oz. sour cream</i>	<i>Garlic powder, salt and pepper to your liking</i>
<i>2 C. shredded Colby cheese</i>	<i>1 sleeve Ritz crackers, crushed</i>
<i>1 16 oz. bag dry egg noodles</i>	<i>1 stick margarine</i>
<i>1 C. milk</i>	
<i>1 T. Worcestershire sauce</i>	

Preheat oven to 350°. In a large mixing bowl combine all ingredients except crackers and margarine. Put mixed ingredients in a greased 13 x 9 baking dish. Melt margarine and add to the crushed Ritz crackers. Spread crackers over the ingredients that are in the baking dish. Cover and bake 30 minutes. Remove cover after 30 minutes and continue baking 30-45 more minutes.

Refrigerators and freezers can consume more electricity than any other household appliance. To run more efficiently, refrigerators need space from the walls or cabinets so that air can circulate around the condenser coils. Be sure to keep those coils clean by brushing and vacuuming them.

Las Palmas Chicken Enchiladas

Sherry Abrams, Norton

<i>For an 8 x 8 pan:</i>	<i>salt and pepper</i>
<i>2 C. chicken, cooked and shredded</i>	<i>For a 13 x 9 pan:</i>
<i>2 C. Monterey jack cheese, shredded and divided</i>	<i>3-4 C. chicken</i>
<i>1 19 oz. can Las Palmas Green Chile Enchilada sauce</i>	<i>3 C. Monterey jack cheese, divided</i>
<i>1 C. sour cream</i>	<i>1 28 oz. can Las Palmas Green Chile Enchilada sauce</i>
<i>8-10 corn tortillas (or flour tortillas)</i>	<i>12-15 tortillas</i>
<i>1 4.5 oz. can chopped green chiles (more if you like it spicier)</i>	<i>1-2 cans 4.5 oz. chopped green chiles</i>
	<i>1 1/2-2 C. sour cream</i>
	<i>salt and pepper</i>

In a small bowl, combine chicken, 1 cup cheese, green chiles, salt and pepper. In a small skillet, bring enchilada sauce to a boil. Remove from heat. Dip each tortilla shell into heated sauce for a few seconds to soften. Spoon 1/3 cup of chicken and 2 tablespoons sour cream down the center of each tortilla. Roll the tortilla and place seam-side down in an 8 x 8 (or 9 x 9) inch baking dish. Pour remaining heated enchilada sauce over the top. Sprinkle with remaining 1 cup cheese. Bake 30 minutes at 350°

Chicken Supreme Casserole

Geraldine Stunkel, Palmer

<i>2 C. cooked chicken, cut up</i>	<i>3 T. vegetable oil</i>
<i>2 C. raw macaroni</i>	<i>1/2 tsp. salt</i>
<i>2 cans cream of mushroom soup</i>	<i>1/4 tsp. pepper</i>
<i>2 C. milk</i>	<i>4-8 oz. grated cheddar cheese</i>
<i>1/3-1/2 C. chopped onion</i>	<i>(for the top)</i>

Mix all ingredients except cheese. Pour into a 13 x 9 baking dish. Grate cheese over top. Cover and refrigerate overnight. (You can also freeze it for later). Bake covered at 350° for 1 1/2 hours.

Jalapeno Popper Casserole

Gail Euhus Harvey, Lamar, CO

- | | |
|---------------------------------------------------|--------------------------------------------------------------------------------------------|
| <i>1 (32 oz.) bag frozen tater tots, thawed</i> | <i>1 C. bacon, cooked and crumbled</i> |
| <i>2 (8 oz.) pkgs. cream cheese, softened</i> | <i>3/4 C. jalapeno pepper, seeds removed and minced, plus 3-4 jalapenos, thinly sliced</i> |
| <i>2 C. Mexican cheese blend, grated, divided</i> | <i>1/3 C. green onion, finely chopped</i> |
| <i>1 C. sour cream</i> | |

Preheat oven to 425°. Spread tots out in a 13 x 9 inch baking dish and bake for 15-20 minutes, or until very crispy. In a large bowl, combine cream cheese, sour cream, 1 cup cheese blend and minced jalapenos and stir together. Add 2/3 cups of bacon and mix until incorporated. Remove tater tots from oven and spread cream cheese mixture evenly over the tots, then sprinkle remaining cheese over the top. Spread remaining bacon over the cheese and arrange thinly slice jalapenos and green onion over everything. Place baking dish in oven and bake for 20 minutes, until cheese is golden brown and bubbly. Remove from oven and serve hot. Serves 6-8 .

French Dip Sandwiches

Marilyn Riggs-Rowlison

- | | |
|-------------------------------------------------------------|----------------------------------------|
| <i>1 (3 1/2 to 4 lb.) boneless chuck roast, cut in half</i> | <i>3-4 peppercorns</i> |
| <i>1/2 C. soy sauce</i> | <i>1 tsp. dried rosemary, crushed</i> |
| <i>1 beef bouillon cube</i> | <i>1 tsp. dried thyme</i> |
| <i>1 bay leaf</i> | <i>1 tsp. garlic powder</i> |
| | <i>12 French sandwich rolls, split</i> |

Place roast in a 5 quart slow cooker. Combine soy sauce and next 6 ingredients; pour over roast. Add water to slow cooker until roast is almost covered. Cook, covered on HIGH for 1 hour and then on LOW for 6 hours or until very tender. Remove roast, reserving broth; shred roast with fork. Place roast in rolls. Strain reserved broth for dipping. 12 servings, approximately.

Sloppy Joes

Louis Zillinger, Phillipsburg

<i>1 lb. hamburger</i>	<i>1/2 C. ketchup</i>
<i>minced onion, as desired</i>	<i>1 T. mustard</i>
<i>1 can chicken Gumbo soup</i>	<i>salt/pepper to taste</i>
<i>1/2 can water</i>	

Brown hamburger and onion. Add remaining ingredients. Simmer for at least 1 hour. Can be put in a crock pot. If too juicy, take cover off and boil until desired consistency. Mighty tasty!!

Tangy Meatballs

Monica Kats, Lenora, employee

<i>1 egg</i>	<i>1 lb. hamburger</i>
<i>2/3 C. quick oats</i>	<i>Sauce:</i>
<i>1/2 C. evaporated milk</i>	<i>2/3 C. ketchup</i>
<i>1/3 C. chopped onion</i>	<i>1/2 C. brown sugar</i>
<i>1/2 tsp. salt</i>	<i>2 T. chopped onions</i>
<i>1/8 tsp. pepper</i>	<i>1/2 to 3/4 tsp. liquid smoke</i>
<i>1/8 tsp. garlic powder</i>	<i>1/8 tsp. garlic powder</i>

In a large bowl, beat egg. Add oats, milk, onion, salt, pepper and garlic powder. Add the ground beef; mix well. Shape into 1 1/2 inch balls. Place in 13 x 9 x 2 inch baking pan. Bake uncovered, at 375° for 30 minutes. Remove from oven and drain. In a saucepan, bring all the sauce ingredients to a boil. Pour over meatballs. Return to oven and bake, uncovered, for 20 minutes or until meatballs are done. I normally place the meatballs in a slow cooker for 2 hours, on low, instead of returning them to the oven for the remaining 20 minutes.

Permanently installed generators should be wired into your home by a qualified electrician, using a transfer switch that prevents potentially deadly back-feed.

Chicken Rice Casserole

Marcia Hickert, Bird City

<i>1/4 C. chopped onion</i>	<i>1 5 oz. can boned chicken</i>
<i>1 T. butter</i>	<i>1 C. shredded process cheese</i>
<i>1 can chicken broth</i>	<i>1/2 C. uncooked rice</i>

Cook onion in butter until tender. In a 1 1/2 quart casserole dish, mix onion, chicken broth, canned chicken, cheese and rice. Cover and bake at 375° for 1 hour. Makes 4 servings. You can double the recipe and make it in a 13 x 9 baking dish, cover and bake 1 hour.

Chicken Alfredo Lasagna Rolls

Christy Newman, Courtland

<i>1 lb. chicken breasts, cooked and shredded</i>	<i>1 tsp. black pepper</i>
<i>4 oz. softened cream cheese</i>	<i>2 T. fresh chopped Italian parsley</i>
<i>2 C. fresh spinach, chopped fine</i>	<i>2 cloves minced garlic</i>
<i>1 C. white mushrooms, chopped</i>	<i>8-10 lasagna noodles, cooked and slightly cooled, then cut in half</i>
<i>1 C. Mozzarella, shredded, plus more for topping</i>	<i>2 C. Alfredo sauce</i>
<i>1 tsp. salt</i>	

Preheat oven to 350°. In a mixing bowl, mix the chicken, cream cheese, spinach, mushrooms, cheese, salt, pepper, parsley and garlic until combined. Spread 1/2 cup of Alfredo sauce in the bottom of a 13 x 9 baking dish. Lay out one half of a lasagna noodle on cutting board; spread about 1/4 cup of the mixture along the noodle and roll up from one end to the other. Lay the roll seam side down in the baking dish on top of the Alfredo sauce. Repeat with remaining noodles and filling, laying each in the sauce. Top with remaining Alfredo sauce and mozzarella cheese. Bake in oven for 20-30 minutes until heated through and cheese is browned slightly on top.

*Install motion sensors, dimmers and timers
for indoor and outdoor lighting.*

Pizza Burgers

Christy Newman, Courtland

<i>2 lb. hamburger</i>	<i>1 lb. Velveeta, cut into evenly sized pieces</i>
<i>1/2 onion, chopped</i>	
<i>1 can spam, cut into evenly sized pieces</i>	<i>1 can Pizza sauce</i>
<i>4 oz. pepperoni, cut into evenly sized pieces</i>	<i>sliced mushrooms, optional</i>
	<i>hamburger buns, halved</i>

Fry hamburger and onion and salt and pepper to taste. Drain. When hamburger has cooled, combine remaining ingredients and pizza sauce. Use a cookie or ice cream scoop to place onto hamburger bun halves. Bake in oven at 350° until browned. Freeze and microwave for later. Makes about 24 burgers.

Extra Special Baked Chicken

Deb Berg, Logan

<i>1 pkg. 3.5 lbs. frozen chicken breasts</i>	<i>1 large can cream of mushroom soup</i>
<i>1 3 oz. pkg. dried beef, optional</i>	<i>Real bacon bits</i>
<i>1 C. sour cream</i>	<i>parsley flakes</i>

Place dried beef in bottom of pan. Put chicken breasts in pan. Sprinkle chicken directly with some of the bacon bits. Mix sour cream and soup together; pour over the top of chicken breasts. Sprinkle more bacon bits and parsley flakes on top. Bake at 350° for 45 minutes to 1 hour.

Elk Stroganoff

Marlene Kieffer, Agenda

<i>1 lb. cubed elk</i>	<i>1 4 oz. can mushroom pieces, drained, optional</i>
<i>1/2 C. onion, chopped</i>	
<i>1 can cream of celery soup</i>	<i>1 C. sour cream</i>
<i>1/4 tsp. garlic salt</i>	

Brown elk in a non-stick skillet. Add onions and sauté until wilted. Combine elk and onions with soup, garlic salt and mushrooms, in slow cooker. Cover and cook on low 6-8 hours, or until tender. 15 minutes before serving, stir in sour cream. Serve over cooked rice or noodles.

Chinese Hamburger

Phyllis Keim, Glade

- | | |
|-----------------------------------------------|------------------------------------------|
| <i>1 lb. ground beef, browned and drained</i> | <i>1 can (12 oz.) Chinese vegetables</i> |
| <i>1 onion, diced</i> | <i>1 green pepper, diced</i> |
| <i>2 celery stalks, diced</i> | <i>1 tsp. soy sauce</i> |
| <i>1 can (10 3/4 oz.) chicken noodle soup</i> | <i>1/4 to 1/2 tsp. salt, or to taste</i> |
| <i>1 can (10 3/4 oz.) cream of mushroom</i> | <i>1/4 tsp. pepper, or to taste</i> |

Combine all ingredients in slow cooker. Cover. Cook on high for 3-4 hours. Serve over rice.

Jaclyn's Favorite Casserole

Sandy Benoit, Damar, Prairie Land Electric Trustee

- | | |
|-------------------------------------|---------------------------------|
| <i>1 1/2 lb. hamburger</i> | <i>1 can corn, do NOT drain</i> |
| <i>1 small onion, chopped</i> | <i>1 small jar pimientos</i> |
| <i>1 can cream of mushroom soup</i> | <i>1 can biscuits</i> |
| <i>3 oz. cream cheese</i> | <i>salt/pepper to taste</i> |

Brown hamburger and onion. Drain. Add soup, corn, pimientos and cream cheese. Pour mixture into greased casserole dish and place biscuits on top. Bake at 350° until biscuits are done. (You can bake biscuits separately).

When working on the farm, always use extreme caution when raising the bed of a grain truck. It can be difficult to estimate distance and sometimes a power line is closer than it looks.

A spotter or someone with a broader view can help.

Baked Bean Quartet

Sandy Benoit, Damar, Prairie Land Electric Trustee

<i>1 C. onion, chopped</i>	<i>1 pkg. Polish sausage ring, chopped</i>
<i>6 slices bacon, cut up</i>	<i>1 lb. ground beef, browned and drained</i>
<i>1 can (16 oz.) Lima beans, drained</i>	<i>3/4 C. ketchup</i>
<i>1 can (16 oz.) red kidney beans, drained</i>	<i>1/2 C. molasses</i>
<i>1 can (16 oz.) butter beans, drained</i>	<i>1/4 C. brown sugar</i>
<i>1 can (16 oz.) pork & beans</i>	<i>1 T. mustard</i>
	<i>1 T. Worcestershire sauce</i>

Cook onion and bacon, until done. Drain. Combine all ingredients and put in crock pot on low until warmed through.

Pepperoni Spaghetti Pie

Sue Affolter, Clifton

<i>1/2 lb. cooked spaghetti</i>	<i>1 C. spaghetti sauce</i>
<i>2 T. olive oil or melted butter</i>	<i>1/4 C. sliced pepperoni, about 20 slices</i>
<i>2 large eggs, well beaten</i>	<i>1/2 C. (2 oz.) shredded mozzarella cheese</i>
<i>1/2 C. plus 2 T. grated Parmesan cheese, divided</i>	
<i>1 C. ricotta cheese</i>	

Preheat oven to 350°. Coat a 10-inch pie plate with cooking spray. In a large bowl, toss spaghetti with olive oil. In a small bowl, combine eggs and 1/2 cup Parmesan cheese. Stir into spaghetti then pour into prepared pie plate, and form into a "crust." Spread ricotta evenly over crust, but not quite to the edge. Top with spaghetti sauce and pepperoni slices. Bake uncovered 25 minutes, then top with mozzarella; bake 5 more minutes, or until cheese melts. Remove from oven and sprinkle with remaining Parmesan cheese. Cool 10 minutes before slicing into wedges. This is a great make-ahead dish: Just assemble and freeze it without cooking. thaw and then bake just before serving.

Chicken Tetrazzini

Sue Affolter, Clifton

<i>Chicken, cooked and cubed or shredded</i>	<i>2-3 T. butter, melted</i>
<i>Spaghetti, cooked</i>	<i>Cheese, shredded</i>
<i>2 cans cream of mushroom soup</i>	<i>salt and pepper</i>
<i>2 C. sour cream</i>	<i>Mozzarella cheese</i>

Add all ingredients together and put in a greased pan. Bake at 350° for 45 minutes to one hour.

Stuffed Pepper Casserole

Sue Affolter, Clifton

<i>1 T. vegetable oil</i>	<i>3/4 C. mozzarella cheese, divided</i>
<i>1 green pepper, cut into 1/2 inch chunks</i>	<i>1 tsp. Italian seasoning</i>
<i>1 lb. ground beef</i>	<i>1 tsp. garlic powder</i>
<i>1 can (15 oz.) tomato sauce</i>	<i>1 tsp. salt</i>
<i>2 C. cooked rice</i>	<i>1/2 tsp. black pepper</i>

Preheat oven to 350°. Coat a 2-quart baking dish with cooking spray. In large skillet over medium-high heat, heat oil until just hot; sauté green pepper and onion 4-5 minutes, or just until veggies start to soften. Add ground beef and cook 6-8 minutes more, or until no pink remains in the beef. Drain liquid from skillet. Add tomato sauce, rice, 1/4 cup mozzarella cheese, the Italian seasoning, garlic, salt, and pepper; mix well. Spoon into baking dish and cover with aluminum foil. Bake 25 minutes, remove foil, and sprinkle with remaining cheese. Bake an additional 5 minutes, or until cheese is melted.

A certification mark on electronic labels indicates that a product is in compliance with safety standards and has been approved based on quality tests. Buy from brands and certification laboratories you can trust. Some common and legitimate certification marks are: UL, CSA and ETL. If you come across a labeling standard you are unfamiliar with, check for legitimacy online.

Sausage Vegetable Casserole

Sue Affolter, Clifton

<i>1 lb. Polish sausage, sliced</i>	<i>1 pkg. (10 oz.) broccoli cuts (I use fresh broccoli)</i>
<i>5 potatoes, sliced</i>	
<i>4 carrots, sliced</i>	<i>1 C. (4 oz.) grated Longhorn cheese</i>
<i>1/2 C. onion, chopped</i>	<i>salt and pepper, to taste</i>
<i>1 T. vegetable oil</i>	

Stir fry sausage in large skillet for 3 minutes or until done to your preference. Remove sausage and set aside. Add sliced potatoes, carrots and onion to skillet. Add 1 tablespoon water (you can add more). Cover with lid and steam for 5 minutes. Remove lid. Add 1 tablespoon vegetable oil to vegetables. Now add the broccoli and stir fry all vegetables until tender. Add cook sausage and heat thoroughly. Top with grated cheese.

One Pan Supper

Sue Affolter, Clifton

<i>3 Chicken breasts</i>	<i>1 pkg. Zesty Italian Dressing mix</i>
<i>2 cans green beans</i>	<i>1 stick butter, melted</i>
<i>Red skin potatoes, cubed</i>	

In a 13 x 9 pan, cut chicken breasts in half and lay in center of pan. Add both cans of green beans on one side and the potatoes on the other side. Sprinkle the Italian dressing mix over the top. Drizzle melted butter over the top. Cover with aluminum foil and bake at 350° for 1 hour.

You can use ground beef and form it into patties and then top with bottles Zesty Italian Dressing; drizzle melted butter over top. Cook as directed above.

Use caution when handling long items such as irrigation pipe, ladders and rods, while working on the farm. Coming too close to a power line can cause electricity to arc, or "jump," to conducting material or objects.



from our kitchen

Soups
& Salads

to your table

Sauerkraut Soup

Dave Newell, Norton, employee

<i>1 lb. hamburger</i>	<i>1 can Italian stewed tomatoes</i>
<i>1 lb. bulk sausage</i>	<i>1/4 C. ketchup</i>
<i>2 cans beef broth</i>	<i>1 tsp. salt</i>
<i>6 medium white potatoes- cut up and partially cooked</i>	<i>1 tsp. pepper</i>
<i>1 can sauerkraut</i>	<i>1 T. caraway seed</i>

Add all ingredients to large pot and cook on medium heat for 20 minutes or until potatoes are tender. This can be made in a crock pot, just add uncooked potatoes and cook on low 4-5 hours.

French Onion Soup

Dave Newell, Norton, employee

<i>4-5 Vidalia onions</i>	<i>1 tsp. thyme</i>
<i>1 1/2 C. sliced mushrooms</i>	<i>1 crushed garlic clove</i>
<i>1/4 C. olive oil or butter</i>	<i>Toasted cheese bread- Swiss or Mozzarella cheese</i>
<i>4 C. beef broth</i>	
<i>1 can beef consommé</i>	

Cook onions and mushrooms in oil or butter until golden brown. Put in crock pot, add remaining ingredients. Cook on high until hot. Serve over toasted cheese bread.

Always place your space heater on a hard, level surface out of high traffic areas and away from flammable materials. Keep it at least three feet from furniture, bedding, or drapes.

Ham & Cheese Chowder

Sara Campbell, Norton

<i>4 potatoes- peeled and diced</i>	<i>onion powder</i>
<i>2 stalks celery-chopped</i>	<i>White sauce:</i>
<i>1 C. sliced carrots</i>	<i>1/2 C. butter</i>
<i>2 C. ham</i>	<i>1/2 C. flour</i>
<i>2 chicken bouillon cubes</i>	<i>2 C. milk</i>
<i>salt/pepper</i>	<i>1/4 to 1/3 block Velveeta-</i> <i>depends how cheesy you like it</i>

Add water to the above ingredients, just enough to see it coming up through the vegetables. Boil for 8-10 minutes. In a separate pot melt butter and add flour. Add 1 C. of milk at a time, stirring with a whisk until thickened. Add Velveeta and stir until melted. DO NOT drain the water from the vegetables!! If the vegetables have cooked down some and you notice more liquid, drain some, but leave the rest of the vegetable stock. (The amount of liquid will determine how thick your soup is). Add white sauce to the vegetables, mix and warm.

Chili Macaroni Salad

Anna Foley, Norton, employee

<i>1 lb. elbow macaroni</i>	<i>1 C. mayonnaise</i>
<i>1 C. sweet pickles - halved and cut up</i>	<i>1 1/2 C. diced celery</i>
<i>2-3 T. pickle juice</i>	<i>1 medium red onion</i>
<i>1 8 oz. jar Marinara sauce- without whole tomatoes</i>	<i>2 small cans sliced olives</i>
	<i>2 tsp. chili powder</i>
	<i>salt/pepper to taste</i>

Cook macaroni according to package directions. In a large bowl combine all ingredients. Refrigerate. This salad is best made the day before. Occasionally stir the salad while it's refrigerated overnight.

Be aware that non-metallic materials such as lumber, tree limbs, tires, ropes, and hay will conduct electricity depending on dampness, dust, and dirt contamination.

Fast and Easy Salad or Dessert

Janice Giedd, Phillipsburg

*1 can Lite Cherry Pie Filling
Large can of crushed pineapple
(do not drain)*

*1 box sugar free peach Jell-O or
regular peach Jell-O*

Mix first two ingredients and add Jell-O last so it dissolves throughout the mixture. Refrigerate-make sure to give enough time for it to jell and set up.

Suggestions:

I have added a banana and coconut to mixture. I also refrigerate the can of Cherry Pie Filling for several hours before making, to help the jelling process.

Golden Cheese Soup

Kari Champlin, Concordia

1/4 C. water

2 T. margarine

1 10 oz. frozen corn

1/2 C. shredded carrots

1/4 C. chopped onion

1/8 tsp. pepper

2 cans Cream of Potato soup

2 C. milk

1 C. shredded cheddar cheese

1/4 C. Provolone cheese

*1 10 oz. frozen chopped broccoli,
cooked*

In 3 qt. saucepan, simmer the first 6 ingredients for 10 minutes. Add soup, milk, and cheeses. Stir until all the cheese has melted. Add broccoli and serve.

*Temporary-use generators should not be connected to
the circuit breaker or fuse box and should not be plugged
into a household outlet.*

Quinoa Salad

Lynette Jones, Norton, employee

SALAD:

1 C. Quinoa, uncooked
1 3/4 C. water or chicken broth
1 can Black Beans, rinsed
1 can Mexi-Corn, drained
1 red pepper, chopped
1 red onion, diced
1 handful chopped spinach
1/4 C. chopped cilantro
1 can Garbanzo Beans, rinsed
(optional)

1 C. Feta cheese

DRESSING:

Juice from 2 limes
3 T. Red Wine Vinegar
1/4 C. olive oil
1/2 tsp. salt
Pepper to taste
1/4 tsp. Cayenne pepper
(optional)
1 T. Cumin (optional)

Cook quinoa in water or chicken broth (as instructed on package) and allow to cool. Mix remaining Salad ingredients in large bowl, except for Feta cheese. In a separate bowl, mix Dressing ingredients. Add cooled quinoa to salad in large bowl. Top with dressing and mix; serve chilled. Add Feta cheese before serving.

Slow Cooker Cioppino

Lacey Smith, Lenora, employee

1 can (15 oz.) diced tomatoes,
undrained
1 red bell pepper, chopped
1 large onion, chopped
3 stalks celery, chopped
2 C. seafood/fish stock (can use
chicken stock also)
6 oz. tomato paste
1/2 C. white wine (or can
substitute with additional
seafood or chicken stock)

1 T. minced garlic
2 tsp. Italian seasoning
1 tsp. sugar
1 bay leaf
16 oz. cooked shrimp, peeled
and deveined
12 oz. lump crab meat, drained
6 oz. chopped clams, drained
2 T. chopped fresh basil
1 T. chopped fresh parsley
salt and pepper to taste

Combine first 11 ingredients in slow cooker. Cover and cook on low for 4-6 hours. Stir in the seafood, stir and cover. Cook for an additional 5-10 minutes, or just until the seafood is heated through. You don't want to overcook the shrimp, so watch it closely. Just before serving, stir in basil and parsley and season with salt and pepper, to taste.

Potato & Ham Soup

Hazel Pflieger, Logan

<i>5 C. peeled and diced potatoes</i>	<i>4 C. water</i>
<i>1 C. diced onion</i>	<i>1 1/2 C. diced ham</i>
<i>3/4 C. diced celery</i>	<i>2 (10.75 oz.) cans condensed cream of celery soup</i>
<i>3/4 C. diced carrot</i>	<i>1 C. heavy cream</i>
<i>2 tsp. salt or to taste</i>	
<i>1/2 tsp. ground black pepper or to taste</i>	

Bring the potatoes, onion, celery, carrot, salt, pepper and water to boil in a large pot. Cook until vegetables are tender, about 15 minutes. Add the ham, cream of celery soup, and heavy cream; return to a simmer, and cook for 5 minutes. Adjust the seasoning and serve.

Lou's Fruit Salad

Reta Schroeder, Tipton

<i>1 can Peach pie filling</i>	<i>1 box frozen strawberries, thawed</i>
<i>1 can pineapple chunks</i>	
<i>1 tall can mandarin oranges, drained</i>	<i>2-4 bananas, sliced</i>

Mix together and chill. Bananas will not darken and salad will stay fresh for several days.

Apricot Salad

Teresa Albert, Smith Center

<i>2 pkgs. orange jello</i>	<i>2 C. apricots, drained and put in blender - save liquid.</i>
<i>1 6 oz. frozen orange juice</i>	
<i>1/2 C. 7up or ginger ale</i>	

Drain apricots, add enough water to saved liquid to make 1 1/2 cups. Heat to boiling and dissolve orange jello in this. Add the frozen orange juice. Blend the apricots to make 2 cups. Add to jello mixture and add 7up. Chill.

Surprise Coleslaw

Sue Buer, Jamestown

<i>1 pkg coleslaw mix</i>	<i>2 T.O vinegar</i>
<i>1 pkg Chicken Ramen Noodles</i>	<i>2 T. sugar</i>
<i>1 small green pepper, diced</i>	<i>1 tsp. salt</i>
<i>1/2 C. sunflower seeds</i>	<i>1 tsp. Accent</i>
<i>1/2 C. slivered almonds</i>	<i>1/2 tsp. pepper</i>
<i>Dressing:</i>	<i>chicken flavor packet from</i>
<i>1/2 C. salad oil</i>	<i>Ramen noodles</i>

Crush or break Ramen noodles into small pieces. Mix with coleslaw, green pepper, sunflower seeds and almonds. Mix well. Mix together dressing ingredients and add flavor packet. Pour over coleslaw mix and mix well. Best if mixed the day of serving. Enjoy!

Fudge-Striped Cookie Salad

Karen Tuxhorn, Smith Center

<i>2 pkg. (3.4 oz. each) instant coconut cream pudding</i>	<i>1 (8 oz.) can pineapple tidbits, drained</i>
<i>1 1/2 C. half-half</i>	<i>1 (10 oz.) container whipped topping</i>
<i>1 pkg. fudge-striped cookies</i>	
<i>1 (11 oz.) can mandarin oranges, drained</i>	

Beat the pudding with the half and half for 2 minutes. Fold whipped topping into pudding mixture. Gently stir in fruit. Break cookies into small pieces and gently stir into mixture, reserving five whole cookies. Dump into a serving bowl. Break 5 remaining into larger pieces and arrange on top as a garnish. Chill for at least 4 hours or overnight.

Never place tall items like a ladder or an antenna near a power line.

Polish Sausage or Ham Salad

Billie Hilt, St. Francis

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|---------------------------------------------------------------|----------------------------------------------------------------|
| <i>1 pkg. Romaine Salad - cut up</i> | <i>4 slices of pure ham square slices, cut in small pieces</i> |
| <i>3 oz. hard cheese, cut into small chunks</i> | <i>Dressing:</i> |
| <i>1/4 C. dried cranberries (or more if desired)</i> | <i>1 C. sour cream</i> |
| <i>1/2 C. celery, cut fine</i> | <i>1 C. Hellmann's Mayo</i> |
| <i>2 precooked Polish sausages, cooled and sliced thin or</i> | <i>1 C. Dorothy Lynch</i> |

Toss all salad ingredients together. Mix together dressing. Pour on salad. Use only the amount of salad dressing you need and save the remaining for later use.

Paula Deen's Corn Salad

Betty Pfannenstiel, Norton

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|---------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <i>2 (15 oz.) cans whole kernel corn, drained</i> | <i>1/2 C. red onion, chopped</i> |
| <i>2 C. grated cheddar cheese</i> | <i>1 (10 oz.) bag coarsely crushed Frito Chili corn chips (can use 1/2 regular and 1/2 BBQ corn chips)</i> |
| <i>1 C. mayonnaise</i> | |
| <i>1 C. green pepper, chopped</i> | |

Mix first five ingredients and chill. Stir in corn chips just before serving.

Cherry Coke Salad

Shari Archer, Almena

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|-----------------------------------------------------------|--------------------------------------|
| <i>1 3 oz. pkg. black raspberry or black cherry jello</i> | <i>1/2 C. sugar</i> |
| <i>1 3 oz. cherry jello</i> | <i>1 8 oz. can crushed pineapple</i> |
| <i>1 can cherry pie filling</i> | <i>1 6 oz. bottle coke</i> |
| | <i>chopped pecans (optional)</i> |

Put first 4 ingredients in saucepan and bring to boil - remove from heat; add 1 cup cold water, stir. Stir in pineapple and pecans. Pour into 9 x 13 pan and add coke, stir. Set pan in refrigerator to set.

Cranberry Salad

Lucille Townsend, Danbury, NE

*2 C. cranberries, cooked and
skins removed. Grind them up*
1/2 C. crushed pineapple
1/2 C. sugar
*1/2 C. heavy cream or container
of cool whip*

*6 or 8 marshmallows = 1/4 lb.
or 1 oz. mini marshmallows (If
you use large marshmallows
cut with scissors)*

In a bowl, mix ground cranberries, pineapple and sugar. Let set over night. With mixer beat heavy cream (or us cool whip). Fold into cranberry mixture. Fold in marshmallows.

Works best if made a day ahead-gives it time to set-up.

Sweet Cucumber Pasta Salad

Chandra McKenna, Norton

8 oz. pasta-large shells
*2 cucumbers, peeled and sliced
thin*
1/2 red onion, sliced
1 T. cooking oil
1 1/2 C. sugar

3/4 C. white vinegar
1 C. water
1 T. mustard
1 T. dry parsley
Pinch of salt, pepper and garlic

Cook shells according to package directions. Combine shells, cucumbers and onion, set aside. In a separate bowl, mix all remaining ingredients until sugar is dissolved. Add it to the shells, cucumbers and onion. Refrigerate. This salad is best if made the night before.

Taco Soup

Justin & Michelle Tien, Prairie View

2 lbs. ground beef, browned
2 cans kernel corn, undrained
2 cans pinto beans, undrained
2 cans Mexican stewed tomatoes
2 cans chili beans
2 cans kidney beans, drained

2 cans Rotel style tomatoes
1 pkg. taco seasoning mix
*1 pkg. Hidden Valley original
buttermilk*
1 chopped onion
1 bell pepper, chopped

Put all ingredients in crockpot. Cook on high for 3 to 4 hours, until hot. Good with cornbread or topped with broken up Frito chips.

Chili

Sonny Suskey, Clyde

2 lbs. hamburger

1 white onion

1 red bell pepper

1 or 2 jalapenos

2 cans diced tomatoes

1/2 can tomato juice

2 cans red kidney beans

4-5 cans chili beans

2 pkgs. Tex Mex Chili seasoning

Chili powder, salt and pepper to taste

Precook hamburger. Slice onion, bell pepper and jalapenos. Mix all ingredients together in a crock pot. Let cook and season to taste. Enjoy with favorite crackers.

Simple Broccoli Salad

Jean M. Walter, Cawker City

2 C. fresh broccoli, cut into small pieces

1/4 C. red pepper, chopped

2 T. red onion, chopped

1/4 C. bacon, cooked and crumbled

may add 1 C. cooked curly pasta (optional)

Dressing:

1/2 C. mayonnaise

2 T. sugar

1 T. apple cider vinegar

Mix broccoli and remaining salad ingredients together. Mix dressing ingredients together in separate bowl. Add dressing to salad and chill. I usually double this recipe.

Lemon Pudding Salad

Mrs. Charles Peterson, Concordia

1 small orange jello

1 small Lemon pudding, cook and serve

1 C. boiling water

Dissolve jello in boiling water, set aside. Cook pudding according to package directions. Fold jello into hot pudding. Mix until well blended. Chill and serve.

Dreamside Salad

Dorothy M. Shimek, Jennings

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|------------------------------------------------------------|---------------------------------------------------|
| <i>1 3 oz. pkg. cook and serve
Tapioca pudding mix</i> | <i>1 3 oz. pkg. orange gelatin</i> |
| <i>1 3 oz. pkg. cook and serve
Vanilla pudding mix</i> | <i>1 11 oz. can mandarin oranges,
drained</i> |
| <i>3 C. water</i> | <i>1 8 oz. cool whip</i> |

Combine the Tapioca pudding, Vanilla pudding and orange gelatin with the water. Cook until mixture comes to boil and thickens. Remove from heat and cool. When cooled, fold in mandarin oranges and cool whip, put in serving dish or bowl. Refrigerate overnight. Serves 12.

Spicy Cheeseburger Soup

Kurt & Georgia Mann, Norton

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|-------------------------------|------------------------------------------------|
| <i>1 1/2 C. water</i> | <i>1/2 tsp. salt</i> |
| <i>2 C. cubed potatoes</i> | <i>1/4 C. Green Pepper, chopped</i> |
| <i>2 carrots, grated</i> | <i>1 lb. hamburger, cooked and
drained</i> |
| <i>1 small onion, chopped</i> | <i>2 1/2 C. milk</i> |
| <i>jalapeno, as desired</i> | <i>3 T. flour</i> |
| <i>1 garlic clove, minced</i> | <i>8 oz. Velveeta</i> |
| <i>1 T. beef bouillon</i> | |

In large saucepan, combine first 9 ingredients. Bring to boil. Reduce heat; cover and simmer 15-20 minutes. Stir in hamburger and 2 cups of milk; heat through. Combine flour and 1/2 cup milk, gradually stir into soup. Bring to boil; cook and stir 2 minutes. Reduce heat, stir in cheese until melted.

*Just because power lines are damaged does not mean they
are dead. Downed power lines, stray wires and debris in contact
with them all have the potential to deliver a fatal sock.
Stay away and instruct others to do the same.*

My Grape Salad

Doris Lea Merritt, Lebanon

<i>1 1/2 lbs. red seedless grapes</i>	<i>1 8 oz. cream cheese, softened</i>
<i>1 1/2 lbs. green grapes</i>	<i>8 oz. sour cream</i>
<i>1/2 C. light brown sugar</i>	<i>1/2 C. granulated sugar</i>
<i>1 C. chopped pecans</i>	<i>1 tsp. vanilla</i>

Remove stems from grapes. Wash and dry, cut each grape in half. Mix red and green grapes together; set aside. In small bowl, mix brown sugar and pecans. In another bowl, mix cream cheese, sour cream, granulated sugar and vanilla. Fold grapes into cream cheese mixture. In a large bowl, layer half of the brown sugar/pecan mixture. 2nd layer, add grape and cream cheese mixture. Top with remaining brown sugar/pecan mixture. Chill for 1 hour.

Cherry Salad

Karen Freeman, Concordia

<i>1 small pkg. cherry jello</i>	<i>1 can cherry pie filling</i>
<i>1 C. boiling water</i>	<i>2 bananas, sliced, if desired</i>

Dissolve cherry jello in boiling water. Stir in cherry pie filling. Place in fridge. After jello has cooled, but not set up, add bananas, if desired. This is especially good served with ham.

White Chicken Chili

Cally Engel, Norton, employeee

<i>2 lbs. boneless, skinless chicken breasts</i>	<i>1 can corn</i>
<i>2 C. water</i>	<i>2 cans diced green chili peppers</i>
<i>4 chicken bouillon cubes</i>	<i>1 envelope of White Chili seasoning</i>
<i>4 cans of Bush's White Chili Beans</i>	<i>1 medium onion, diced</i>

Put all ingredients in a crock pot and cook on high for 4 hours. Once the chicken is cooked, remove from crock pot and cut into cubes. Then stir back into soup. Serve with sour cream, shredded cheese and green scallions.

Nacho Soup

Debra Witt, Norton

<i>1 lb. ground beef, browned and drained</i>	<i>2 C. cubed cheese</i>
<i>1 box Au Gratin potatoes</i>	<i>2 C. milk</i>
<i>1 can whole corn</i>	<i>2 C. water</i>
<i>1 can tomatoes with green chilies</i>	

Put all ingredients in crock pot on low for 3-4 hours.

Creamy Potato Cheese Soup

Jordan Girard, Prairie View, 2010 Youth Tour winner

<i>6-8 potatoes, cubed</i>	<i>1/2 stick margarine, softened</i>
<i>2-3 carrots, sliced</i>	<i>1 can cream of chicken soup</i>
<i>1-2 stalks celery, sliced</i>	<i>2 C. milk</i>
<i>1 onion chopped</i>	<i>8 oz. pkg. cream cheese, softened</i>
<i>salt (to taste)</i>	<i>4 strips of bacon, fried and crumbled</i>
<i>pepper (to taste)</i>	

In stockpot, cover vegetables with water. Boil until tender, drain. Mix margarine, soup and cream cheese in mixing bowl. Stir well, add milk, salt, pepper and bacon. Add to vegetables, heat through and serve. For a thinner soup, do not drain all of the water after cooking vegetables.

The top 5 energy users in your home are: space cooling, space heating, water heating, lighting and refrigeration.

Cheeseburger Soup

Kirk Girard, Prairie View, employee

<i>1 1/2 lb. ground beef</i>	<i>1/4 C. sour cream</i>
<i>3/4 C. chopped onion</i>	<i>4 T. butter, divided</i>
<i>3/4 C. shredded carrots</i>	<i>3 C. chicken broth</i>
<i>3/4 C. diced celery</i>	<i>4 C. peeled, diced potatoes</i>
<i>1 tsp. dried basil</i>	<i>1/4 C. flour</i>
<i>1 tsp. dried parsley flakes</i>	<i>8 oz. processed cheese, cubed</i>
<i>3/4 tsp. salt</i>	<i>(Velveeta)</i>
<i>1/2 tsp. pepper</i>	<i>1 1/2 C. milk</i>

In a 3-quart saucepan, brown beef; drain, set aside. In the same saucepan, sauté onion, carrots, celery, basil and parsley in 1 tablespoon butter until veggies are tender, about 10 minutes. Add broth, potatoes and beef; boil. Reduce heat; cover and simmer about 20 minutes until potatoes are tender. Meanwhile, in a small skillet, melt 3 tablespoons butter, add flour, cook and stir for 3-5 minutes or until bubbly. Add to soup (after the 20 minute simmer); bring to boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat. Blend in sour cream. Makes 8 servings.

***Note: I always double this recipe, because it is a family favorite. Once you taste it, I think you'll agree.

Sweet & Sour Pasta Salad

Linda Melton, Stockton

<i>2 - 1 lb. pkgs. Bow-Tie Pasta</i>	<i>Dressing:</i>
<i>1 C. diced green pepper</i>	<i>2 C. Miracle Whip</i>
<i>1 C. diced cucumber</i>	<i>1 C. sugar</i>
<i>1 C. diced tomato</i>	<i>1/4 C. apple cider vinegar</i>
<i>1 C. diced celery</i>	<i>1 tsp. salt</i>
<i>1/2 C. diced green or red onion</i>	<i>1 tsp. pepper</i>
<i>1 small can sliced black olives</i>	<i>1 tsp. dillweed</i>
<i>grated cheese</i>	<i>14 oz. can Eagle Brand</i>
	<i>Condensed Milk</i>

Cook pasta, drain and cool. Add vegetables. Mix all dressing ingredients and blend with pasta. Sprinkle grated cheese on top. Makes a large salad. You can cut the recipe in half. Use only 1 package of pasta, use half the vegetables and cut dressing recipe in half.

Cheddar Chowder

Lisa Diederich, Barnes

<i>2 C. water</i>	<i>White Sauce:</i>
<i>2 C. diced potatoes</i>	<i>1/4 C. butter</i>
<i>1/2 C. diced celery</i>	<i>1/4 C. flour</i>
<i>1/2 C. diced carrots</i>	<i>2 C. milk</i>
<i>1/4 C. chopped onion</i>	<i>2 C. Cheddar cheese, grated or shredded</i>
<i>1 tsp. salt</i>	<i>1 C. cubed ham</i>
<i>1/4 tsp. sugar</i>	

Cook vegetables in water, salt and sugar until done. Meanwhile in a small sauce pan make white sauce by melting the butter. Add flour and stir until smooth. Slowly add milk, cook until thickened. Add grated cheese to white sauce and stir until melted. Add white sauce and cubed ham to vegetables that have been cooked and drained. Heat through.

Frog-Eye Salad

Lois Hammond, Agenda

<i>1 C. Acini De Pepe (macaroni)</i>	<i>3 eggs</i>
<i>2 small cans mandarin oranges</i>	<i>1 C. sugar</i>
<i>1 (15 oz.) can pineapple tidbits</i>	<i>3 T. flour</i>
<i>1 1/2 C. marshmallows</i>	<i>1 (8 oz.) whipped topping</i>

Fill medium saucepan half full with water. Boil. Add Acini De Pepe, bring to boil and cook 30 minutes. Drain. Drain oranges and pineapple (saving juices). Add eggs, sugar and flour to juices. Mix well and cook over medium heat until thickened, stirring constantly with wire whip. Cool. Add macaroni and let sit in fridge overnight. Add fruit, whipped cream and marshmallows.

Insulate and seal your attic and duct work. Air loss through ducts account for 30 percent of a cooling system's energy consumption.

Crunchy Coleslaw

Marilyn Soash, Assaria

<i>1/2 C. oil</i>	<i>1 medium green pepper,</i> <i>chopped</i>
<i>1/2 C. sugar</i>	
<i>1/2 C. white vinegar</i>	<i>8 oz. sunflower seeds</i>
<i>2 flavor packets from Chicken</i> <i>Ramen noodles</i>	<i>1 pkg. Coleslaw</i>
<i>1 medium red onion, chopped</i>	<i>2 pkgs. Ramen Noodles, crushed</i>

Mix oil, sugar, vinegar and 2 flavor packets from Chicken flavor Ramen noodles. Let set for 24 hours in refrigerator. Toss onion, green pepper, sunflower seeds and package of Coleslaw; mix together. Add crushed Ramen noodles and refrigerated dressing just before serving.

Ramen Noodle Cabbage Salad

Roberta Klima, Scandia

<i>1 head cabbage, shredded or 1</i> <i>pkg. Coleslaw mix</i>	<i>Dressing:</i> <i>3/4 C. oil</i>
<i>8 green onions, sliced, or to taste</i>	<i>2 T. white vinegar</i>
<i>1/2 C. sunflower seeds</i>	<i>4 T. sugar</i>
<i>1/2 C. toasted almond slices</i>	<i>1 tsp. pepper</i>
<i>2 pkgs. Ramen noodles (beef or</i> <i>oriental) uncooked</i>	<i>2 Ramen noodle seasoning</i> <i>packets</i>

Break up uncooked noodles and toss with remaining ingredients. Mix dressing ingredients and pour over salad just before serving.

*If an appliance repeatedly blows a fuse, trips a breaker
or has given you an electrical shock, immediately
unplug it and have it repaired or replaced.*

Golden Potato Soup

Kathrine Vandike, Saint Francis

<i>3 C. chopped potatoes</i>	<i>1/2 Tsp. salt</i>
<i>1 C. water</i>	<i>dash of pepper</i>
<i>1/2 C. celery slices</i>	<i>1 chicken bouillon cube</i>
<i>1/2 C. carrot slices</i>	<i>1 1/2 C. milk</i>
<i>1/4 C. chopped onion</i>	<i>2 T. flour</i>
<i>1 tsp. parsley flakes</i>	<i>1/2 lb. Velveeta cheese, cubed</i>

Combine potatoes, water, celery, carrots, onion, parsley flakes, salt/pepper and bouillon cube. Cover and simmer 15-20 minutes or until vegetables are tender. Gradually add milk to flour, stirring until well blended. Add milk mixture to vegetables and cook until thickened. Add cubed Velveeta cheese and stir until melted. Makes 4 servings; 1 1/4 cups each.

Cranberry Salad

Lorene Keeten, Glade

<i>1 pkg. cranberries</i>	<i>1/2 C. nuts</i>
<i>2 C. sugar</i>	<i>2 boxes cherry jello</i>
<i>1 small orange</i>	<i>2 C. boiling water</i>
<i>2 C. diced celery</i>	<i>pinch of salt</i>
<i>1 C. diced apples</i>	

Grind cranberries, add sugar and let stand 2 hours or longer. Grind orange and rind. Set aside. Dissolve jello in boiling and refrigerate until just begins to jell. Add all ingredients together. Pour into a 9 x 13 pan, let set in refrigerator. Enjoy!

Taco Soup

Geraldine Stunkel, Palmer

<i>1 lb. hamburger</i>	<i>1 can Rotel tomatoes, undrained</i>
<i>1 onion, chopped</i>	<i>1 can black beans, drained</i>
<i>1 pkg. taco seasoning</i>	<i>1 can pinto beans, drained</i>
<i>1 pkg. ranch dressing</i>	<i>1 can whole kernel corn</i>

Brown meat and onion. Drain fat. Add seasonings, beans and corn. Add meat along with tomatoes. Simmer until blended and hot. Serve with sour cream, grated cheese and corn chips.

Grandma's Broccoli Cheese Soup

Marcia Hickert, Bird City

<i>2 T. margarine</i>	<i>1/8 tsp. garlic powder</i>
<i>3/4 C. chopped onion</i>	<i>12 oz. frozen chopped broccoli</i>
<i>6 C. water</i>	<i>6 C. milk</i>
<i>6 chicken bouillon cubes or 6 tsp. chicken base</i>	<i>1 lb. cubed Velveeta</i>
	<i>1 8 oz. pkg. fine egg noodles</i>

Heat margarine in large pot. Add onion and sauté over medium heat for 3 minutes. Add water and bouillon; heat to boiling. Add noodles as bouillon mixture continues to boil. Boil uncovered for 3 minutes. Stir in broccoli, garlic powder and cook for 4 minutes. Add milk and cheese. Cook until cheese melts.

Overnight Vegetable Salad

Phylis Reeves, Phillipsburg

<i>1 can (16 oz.) tiny green peas, drained</i>	<i>3/4 C. finely chopped celery</i>
<i>1 can (11 oz.) shoe-peg white corn, drained</i>	<i>2 T. chopped pimientos, optional</i>
<i>1 can (16 oz.) French-style green beans, drained</i>	<i>3/4 C. sugar</i>
<i>1 medium onion, finely chopped</i>	<i>1/2 C. vegetable oil</i>
	<i>1/2 C. white vinegar</i>
	<i>1/2 tsp. salt</i>
	<i>1/2 tsp. pepper</i>

In a large bowl; combine peas, corn, green beans, onion, celery and pimientos. In a saucepan combine sugar, oil, vinegar, salt and pepper. Heat and stir until sugar dissolves. Pour mixture over vegetables. Cover and refrigerate until serving. This salad will keep 2 weeks in the refrigerator.

*Electricity will always take the shortest, easiest path it can find.
The thing that provides the path is said to be "grounded".*

Carrot Salad

Phyllis Reeves, Phillipsburg

1 lb. carrots, cooked and sliced *1/2 tsp. dry mustard*
1 medium onion, sliced *1/3 to 1/2 C. vinegar, to taste*
1 medium green pepper, optional *1 tsp. worcestershire sauce*
1/2 can (10 oz.) tomato soup *salt & pepper to taste*
1/4 to 1/2 C. sugar, to taste *raisins, optional*
1/3 C. salad oil

Slice and cook carrots until tender. Drain. Place in bowl with onions and green pepper. In another bowl, mix together soup, oil, mustard, vinegar, sugar, worcestershire sauce, salt and pepper. Pour over hot carrots. Blend together. Refrigerate for several hours before serving. This will keep for weeks in the refrigerator.

Zucchini Orange Salad

Maxine Mai, Lenora

2-3 medium zucchini, sliced thin *1 (8 oz.) can sliced water*
1 medium onion, slice thin *chestnuts, drained*
1 C. chopped celery *Dressing:*
1 can (15 oz.) green beans, *1 1/2 C. sugar*
drained *1 C. vinegar*
1 can (15 oz.) yellow wax beans, *1 T. water*
drained *1 tsp. salt*
1 can (15 oz.) mandarin oranges, *1 tsp. garlic granules*
drained *1/2 tsp. pepper*

In a large bowl, toss zucchini, onion, celery; cover with boiling water. Let stand 1 hour. Drain; add beans, oranges and chestnuts. Combine dressing ingredients in a saucepan; bring to a boil and pour over salad. Cover and refrigerate for 24 hours. Serve cold. Yields: 18 servings.

Make a habit of cleaning your furnace annually in the fall. Removing a season of built-up debris, especially if you have pets, can reduce the risk of fire and make your furnace run efficiently.

Winter Hardy Soup

**Bob and Helen Johnson, McDonald,
former Prairie Land Electric Trustee**

<i>2 lbs. hamburger</i>	<i>2 cans Minestrone soup</i>
<i>1 onion, chopped</i>	<i>1 can Ranch beans</i>
<i>2 cans stewed tomatoes</i>	<i>1 can black-eyed peas</i>

Brown hamburger and onion. Drain. Put in large pot and add the rest of the ingredients and heat. Or, it can be put into a crock pot on low, for 4-6 hours.

Surprise Salad

**Bob and Helen Johnson, McDonald,
former Prairie Land Electric Trustee**

<i>1 C. crushed pineapple</i>	<i>1 C. grated cheese</i>
<i>1 C. sugar</i>	<i>1 small Cool whip</i>
<i>1 box lemon jello</i>	<i>1 C. water</i>

Heat together the pineapple and sugar. Dissolve jello in 1 cup cool water, then add to the pineapple mixture. Cool. When it begins to set; add cheese and cool whip.

When purchasing new kitchen appliances, look for UL-Listed appliances with automatic shut-off features.

Knepfla Soup

Christy Newman, Courtland

<i>8 C. water</i>	<i>2 C. milk</i>
<i>1/4 C. butter</i>	<i>2 C. half&half</i>
<i>5-6 chicken bouillon cubes, dissolved (or use 1 can chicken broth and 4 dissolved bouillon cubes)</i>	<i>1 can cream of chicken soup</i>
<i>1/2 to 1 medium onion, chopped</i>	<i>Knepfla or Dumplings:</i>
<i>3-4 medium potatoes, chopped</i>	<i>4 C. flour</i>
<i>Several chopped celery stalks</i>	<i>1 tsp. salt</i>
<i>Several chopped carrots</i>	<i>2 tsp. baking powder</i>
	<i>2 eggs</i>
	<i>1 1/4 C. cold water</i>

In large pot, boil the first 7 ingredients for 20-25 minutes or until vegetables are soft. Then add milk. Cream together half&half and cream of chicken soup; add to soup mixture. You can also add additional bouillon cubes, salt, pepper and other spices to taste. Allow to simmer on low until nearly boiling.

Knepfla: Mix all Knepfla (dumpling) ingredients together well, gradually adding flour to make a nice dough. Roll out and cut into pieces. Add knepfla into soup mixture and continue simmering. Knepfla will start to float when getting nearly done. Stir constantly. Add 1 can of evaporated milk when knepfla are down. May add cornstarch dissolved in water to thicken the soup, if desired.

Chicken Salad

Linda Garman, Courtland

<i>2 cans of chicken (12.5 oz each) or 3 cups diced cooked chicken</i>	<i>1/2 C. celery, diced</i>
<i>3/4 C. light mayonnaise</i>	<i>1 green onion, diced</i>
<i>1 C. red grapes, halved</i>	<i>salt and pepper to taste</i>
<i>1/2 C. apple, diced</i>	<i>honey to taste</i>
	<i>pecans, cashews, or slivered almonds, optional</i>

In a bowl, combine chicken, mayonnaise, grapes, green onion, celery, apple, salt and pepper and honey. Combine until well blended. Serve on rolls, bread or croissants, sprinkle with nuts of your choice. This can also be served on a lettuce leaf.

Chicken Tortilla Soup

Ruth Mizell, Norton

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| <i>1 15 oz. can red beans, drained</i> | <i>1 15 oz. can diced tomatoes with juice</i> |
| <i>1 10.5 oz. can tomatoes with green chilies</i> | <i>1 16 oz. can chicken broth</i> |
| <i>1 16 oz. can cream-style corn</i> | <i>1-2 C. chicken, cooked and diced</i> |
| <i>1 15 oz. can whole kernel corn, drained</i> | <i>1/4 C. minced onion</i> |
| | <i>1 tsp. minced garlic</i> |

In a large soup pot, combine all ingredients and heat until just simmering. Serve with grated cheese, sour cream and tortilla chips.

Cucumber Salad

Joyce Menard, Clyde

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| <i>2 3 oz. or (1) 6 oz. pkg lime jello</i> | <i>2 C. mayo or salad dressing</i> |
| <i>2 C. boiling water</i> | <i>2 C. 2% cottage cheese</i> |
| <i>1 1/2 C. chopped celery</i> | <i>2 T. minced onion</i> |
| <i>1 C. chopped cucumber</i> | <i>1 C. pineapple</i> |

Mix jello with boiling water. Add remaining ingredients and pour into a 13 x 9 pan. Chill overnight. Makes a large salad.

Easy Fruit Salad

Melissa Gilsdorf, Concordia

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|------------------------------------------------------------------|----------------------------------------------------------------|
| <i>1 can (20 oz.) pineapple chunks, drained well and halved</i> | <i>1 can (15 oz.) peach slices, drained well and quartered</i> |
| <i>1 can (11 oz.) mandarin oranges, drained well</i> | <i>2 C. fresh green grapes, halved</i> |
| <i>1 can (15 oz.) apricot halves, drained well and quartered</i> | <i>3 bananas, sliced</i> |
| | <i>1 can (20 oz.) peach pie filling</i> |
| | <i>1/2 C. pecan halves, optional</i> |

In a large mixing bowl, stir all drained canned fruit together. Add grapes and sliced bananas. Mix in peach pie filling. Refrigerate several hours before serving. Garnish with pecan halves just before serving.

Broccoli Soup

Connie Miller, Norton

<i>2 T. margarine</i>	<i>pepper to taste</i>
<i>3/4 C. onion</i>	<i>1 8 oz. pkg. of noodles</i>
<i>6 C. chicken broth (1 large can)</i>	<i>1 1/2 C. broccoli</i>
<i>1 tsp. salt</i>	<i>6 C. milk</i>
<i>1/8 tsp. garlic powder</i>	<i>1/2 lb. Velveeta cheese</i>

Sauté onion in margarine in large pot. Add chicken broth, salt, garlic powder and pepper; bring to a boil. Then add noodles and broccoli; cook 4 minutes. Add milk and Velveeta cheese, stir until melted.

Oriental Coleslaw

Connie Miller, Norton

<i>1 lb. shredded cabbage</i>	<i>Dressing:</i>
<i>2 pkg. Ramen Noodles, beef flavor</i>	<i>1 C. salad oil</i>
<i>2 bunches green onion</i>	<i>1/2 C. sugar</i>
<i>1 C. toasted almonds</i>	<i>1/3 C. vinegar</i>
<i>1 C. sunflower seeds</i>	<i>seasoning mix from noodles</i>

Crush noodles into cabbage and onions; add almonds and sunflower seeds. Toss with dressing and serve.

Lowering the thermostat on your heater no lower than 55 degrees could save you 10 to 30 percent on heating costs while you are away during the winter months.

Garden fresh Tomato Soup

Connie Miller, Norton

<i>4 C. chopped fresh tomatoes</i>	<i>2 T. butter</i>
<i>1 slice onion</i>	<i>2 T. all-purpose flour</i>
<i>4 whole cloves</i>	<i>1 tsp salt</i>
<i>2 C. chicken broth</i>	<i>2 tsp. white sugar, or to taste</i>

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil and gently boil for about 20 minutes to blend all the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt and adjust to taste

To be sure your air conditioner runs efficiently during the summer, clear weeds, leaves and debris from around your air conditioner, air must be able to circulate around your air conditioning unit. Replace the filter monthly throughout the home cooling season



from our kitchen

Vegetables
& Side Dishes

to your table

Brussels Sprouts with Balsamic Vinegar and Honey

Anna Foley, Norton, employee

<i>1 1/2 lb. halved fresh Brussels Sprouts-pick off loose leaves</i>	<i>1/2 tsp. black pepper</i>
<i>2 T. olive oil</i>	<i>1 T. olive oil</i>
<i>3/4 tsp. coarse salt</i>	<i>1 T. balsamic vinegar</i>
	<i>1 tsp. honey</i>

Preheat oven to 425°. In a large bowl, toss Brussels sprouts with olive oil, coarse salt and black pepper. Transfer sprouts to an aluminum foil-lined baking sheet and roast about 20 minutes, stirring occasionally, until tender and caramelized. Place sprouts back in bowl. Add olive oil, balsamic vinegar and honey; toss to coat evenly. Serves 6

Cheesy Bacon & Grits

Lacey Smith, Lenora, employee

<i>1 lb. bacon, cooked and crumbled</i>	<i>1 stick unsalted butter, cubed</i>
<i>6 C. low-sodium chicken stock</i>	<i>1/2 C. milk</i>
<i>1 onion, diced</i>	<i>4 large eggs, beaten</i>
<i>2 C. quick-cooking grits</i>	<i>1 pkg. dry Ranch seasoning mix</i>
<i>2 C. sharp cheddar cheese, grated and divided</i>	<i>salt and pepper to taste</i>

Preheat oven to 350° and lightly grease 9x13 inch baking dish with non-stick spray. In a large pan or skillet, heat chicken stock over high heat and stir in dry ranch mix. Bring mixture to a boil, then stir in grits and onion. Reduce heat to medium-low and cover, cooking grits for 6-8 minutes, or until liquid has been absorbed and grits are thick. Remove from heat and stir in milk, butter, 1 C. cheese and crumbled bacon. Stirring continuously, mix in beaten eggs. Season with salt and pepper. Transfer mixture into baking dish and top with remaining cheese. Bake for 40-45 minutes, or until cheese is melted and bubbly.

*Always have a working fire extinguisher on hand in the kitchen,
and know how to operate it. Never put water on a grease fire.*

Corn Casserole

Sue Haas, Concordia

1 can corn *8 oz. sour cream*
1 can creamed corn *1 pkg. Jiffy Corn Bread Mix*
1 stick butter or margarine

Grease a casserole dish with butter or margarine. Melt the rest of butter/margarine and add to dish. Add both cans of corn, including liquid and sour cream to casserole dish and mix well. Add the package of Jiffy Corn Bread Mix. Mix well with the rest of ingredients in casserole dish. Bake at 350° for 1 hour.

Easy Potatoes

Arlene Wolters, Portis

2 lbs. frozen Hash Brown potatoes *1/2 C. melted oleo or butter*
1 tsp. salt *1/4 tsp. pepper*
1/2 C. minced onion *1 can celery soup*
1 (16 oz.) sour cream *1 C. grated cheddar cheese, divided*

Thaw hash browns. Combine all ingredients except for 1/2 of the cheese. Pour into a 9x13 baking dish. Sprinkle with remaining cheese. Bake 1 hour at 350°. Serves 8-10. If desired, you can substitute cream of mushroom soup for the celery soup.

Spinach Casserole

Kay Rose, Agra

1 10 oz. chopped spinach, frozen *1 8 oz. pkg. cream cheese*
1 can cream of mushroom soup *6 oz. French Fried onions*

Cook spinach as directed and drain. Add cream of mushroom soup(undiluted) and cream cheese. (You can mix the soup and cream cheese in a separate bowl and softened it in the microwave), then add to spinach. Blend together and add french fried onions (save a few for the top). Place in baking dish sprayed with cooking spray. Bake at 350° until it bubbles.

Parmesan Roasted Cauliflower

Joyce Boeve, Phillipsburg

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| <i>7 C. cauliflower, cut into bite-size pieces</i> | <i>1/2 tsp. garlic powder</i> |
| <i>3-4 T. olive oil</i> | <i>1/2 tsp. salt</i> |
| <i>1 C. Italian bread crumbs</i> | <i>1/3 C. Parmesan cheese</i> |

Line large rimmed baking dish with foil and spray liberally with cooking spray. Combine cauliflower and oil in a large ziploc bag and shake to coat. Add remaining ingredients to bag and shake to coat, pressing slightly to help breading stick. Pour onto baking sheet and spray top of cauliflower with cooking spray. Bake for 20 minutes at 425°. Stir and bake an additional 10 minutes.

Cheesy Corn

Gladys Harper, Norton, retired employee

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|-------------------------------------|--------------------|
| <i>2- 1 lb. pkg. frozen corn</i> | <i>2 T. sugar</i> |
| <i>1 large (8 oz.) cream cheese</i> | <i>3 T. butter</i> |

In a saucepan cook corn with a little liquid, then drain liquid. Add cream cheese, sugar and butter. Cover pan to let cream cheese melt, stir occasionally.

Basil Okra 'N' Tomatoes

Pat Kruse, Simpson

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|----------------------------------------------------|----------------------------------|
| <i>4 slices of bacon</i> | <i>1 large onion</i> |
| <i>1 (16 oz.) pkg. frozen sliced okra or fresh</i> | <i>2 large tomatoes, chopped</i> |
| <i>2 T. all-purpose flour or seasoned flour</i> | <i>2 T. minced basil</i> |
| | <i>1/2 tsp. salt</i> |
| | <i>1/2 tsp. pepper</i> |

Cook bacon in large skillet over medium heat. Remove bacon, drain on paper towel. Reserve 2 tablespoons of drippings in skillet. Crumble bacon and set aside. Dredge okra in flour. Sauté onion in reserved bacon drippings. Add okra, cook for about 5 minutes or until browned stirring occasionally. Stir in tomatoes and basil, cook over low heat, stirring occasionally. Stir in salt and pepper. Sprinkle with bacon.

Apricot Sweet Potato Bake

Carol Riemann, Hill City

<i>2 cans (15 oz.) cut sweet potatoes or fresh cooked</i>	<i>1/4 tsp. salt</i>
<i>1 can (15 oz.) apricot halves</i>	<i>1/8 tsp. cinnamon</i>
<i>3 T. brown sugar</i>	<i>3 T. chicken broth</i>
<i>1 T. cornstarch</i>	<i>1/3 C. raisins</i>

Drain sweet potatoes and apricots, reserving a 1/2 cup of juice from each; set aside. Cut apricots in half. Place sweet potatoes and apricots in a greased shallow 1 qt. baking dish; set aside. In a small saucepan, combine brown sugar, cornstarch, salt and cinnamon; stir in reserved juices until smooth. Bring to a boil, stirring constantly. Cook and stir 2 minutes or until thick. Remove from heat; stir in broth and raisins. Pour over sweet potato mixture. Bake uncovered at 375° for 12-15 minutes or until bubbly. Makes 6 servings.

Tomato Gratin

Gayle James, Lenora

<i>6 T. Olive Oil</i>	<i>2 tsp. sugar</i>
<i>6 oz. (4 cups) crusty bread, cut into 3/4 inch pieces</i>	<i>1 tsp. salt</i>
<i>3 garlic cloves, slice thin</i>	<i>1 tsp. ground pepper</i>
<i>3 lbs. tomatoes, cored and cut into 3/4 inch pieces</i>	<i>3/4 C. grated Parmesan cheese</i>
	<i>2 T. chopped, fresh basil</i>

Heat oven to 350°. Heat 4 T. of oil in a 12 inch, oven-safe skillet, over medium heat until oil is shimmering. Add bread cubes and stir to coat. Cook stirring constantly, until bread is browned and toasted, about 5 minutes. Transfer bread to a bowl. Return to skillet, over low heat add remaining 2 T. of oil and sliced garlic. Cook stirring constantly until garlic is golden, about 30-60 seconds. Add tomatoes, sugar, salt and pepper; stir to combine. Increase heat to medium high and cook stirring occasionally, until tomatoes start to breaks down and release most of their juice; about 8-10 minutes. Remove skillet from heat, gently stir in 3 cups of bread until completely moistened and distributed. Arrange remaining bread on top; partially pressing down to absorb moisture. Sprinkle evenly with Parmesan cheese. Bake until top is deeply browned and juice is bubbling; 40-45 minutes. Remove skillet from oven and let stand 15 minutes. Sprinkle with fresh basil and serve.

Betty's Scalloped Potatoes

Betty L. Havens, Concordia

<i>Aged Cheddar- I use canned</i>	<i>Onions</i>
<i>Aged Cheddar</i>	<i>Red Potatoes, sliced</i>
<i>3 T. Cheese Whiz</i>	<i>1/2 tsp. salt</i>
<i>Whole milk</i>	<i>1/2 tsp. pepper</i>
<i>Butter</i>	<i>1/2 tsp. Basil, dry</i>

In a large roaster add one layer of sliced potatoes, then a layer of onions and top with small pats of butter. Repeat process, until pan is half full. Sprinkle with dry basil, add aged cheddar to cover and top with cheese whiz. Sprinkle with salt and pepper and cover with whole milk. Put lid on and bake at 350° for approximately 40 minutes.

Sweet Sauerkraut

Dee Magers, Norcatour

<i>1 large can of sauerkraut</i>	<i>8 uncooked slices of bacon,</i>
<i>2 14 oz. cans of whole tomatoes</i>	<i>diced.</i>
<i>2 C. sugar</i>	

Mix all ingredients and bake uncovered at 325° for 3 hours. Eat hot or cold. Delicious hot with mashed potatoes.

Easy Creamy Corn

Lois Hammond, Agenda

<i>2 (10 oz.) pkg. frozen corn</i>	<i>1 stick butter</i>
<i>3 T. sugar</i>	<i>6 T. water</i>
<i>1 (8 oz.) cream cheese</i>	

Combine all ingredients in a crock pot and cook on low for 4 hours. stir occasionally.

Keep in mind that a downed power line does not need to be sparking to be energized. It is best to assume all low and downed lines are energized and dangerous.

Garden Cucumbers

Wanda Snow, Agra

4 medium cucumbers, sliced thin *3 T. vinegar*
1 medium onion, sliced thin *1 T. sugar*
1/2 C. sour cream *salt/pepper*

Combine sour cream, vinegar, sugar and salt and pepper. Stir in sliced cucumbers and onions. Cover and refrigerate for 4 hours. Makes 8 servings.

Macaroni & Corn Casserole

Kristin Rahe, Esbon

1 can whole kernel corn (do not drain) *1 stick margarine, cut in chunks*
1 can cream style corn *1 C. Velveeta cheese, cut in chunks*
1 C. dry macaroni

Mix all ingredients in a 1.5 qt. baking dish. Bake at 350° for 30 minutes; then stir well. Uncover and bake an additional 30 minutes. Recipe also works in the microwave. I usually double the recipe for our family of six.

Corn Casserole

Marcia Shoemaker, Norton

2 15 oz. cans creamed corn *3/4 C. grated cheese*
2 eggs *1/3 C. melted butter*
1 pkg. Jiffy cornbread mix *1 small can diced green chiles*

Combine all ingredients and pour into a greased 9 x 9 dish. Bake at 350° for 45 minutes or until done.

*Generators should only be operated outside a home to prevent toxic and potentially deadly exhaust from entering a home.
Keep children and pets away from generators.*

Corn and Zucchini Melody

Marilyn Riggs-Rowlison, Morland

4 slices bacon *pinch of pepper*
2 C. coarsely chopped zucchini *1/4 C. shredded Monterey Jack*
1 1/2 C. fresh corn kernels *cheese*
1 small onion, chopped

Place bacon in large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Remove bacon, chop and set aside. Heat bacon drippings in skillet over medium heat. Sauté zucchini, corn and onion until tender, but still crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Three Cheese Macaroni & Cheese

Marcia Hickert, Bird City

1 C. uncooked macaroni *1 1/2 C. shredded cheddar or*
1 1/2 C. small-curd cottage *American cheese*
cheese *4 T. grated Parmesan cheese*

Cook macaroni according to package directions and drain. Combine all 3 cheeses and add macaroni to cheese mixture. Spoon into a greased 2 quart baking dish. Bake covered at 350° for 35 minutes.

Spanish Rice

Phylis Reeves, Phillipsburg

2/3 C. onion, chopped *1 1/3 C. cooked tomatoes or*
1 1/3 C. cooked rice *tomato juice*
salt and pepper *Green pepper, chopped, optional*
1 lb. hamburger

Sauté onion, add hamburger and fry until half done. Add rice, tomatoes and a little green pepper. Bake at 350° for 30 minutes.

Cheesy Potatoes

Betty Blochlinger, Concordia

- | | |
|------------------------------------------|--------------------------------------------------------------|
| <i>1 lb. frozen shredded hash browns</i> | <i>2 C. sour cream</i> |
| <i>1 tsp. salt</i> | <i>2 C. mild cheddar cheese, shredded or grated</i> |
| <i>1/2 tsp. pepper</i> | <i>Parsley flakes</i> |
| <i>2 T. minced onions</i> | <i>Crushed Corn flakes, Panko crumbs or crushed croutons</i> |
| <i>1 can cream of celery soup</i> | <i>1/2 stick butter, sliced</i> |
| <i>1 C. half&half</i> | |

Combine all ingredients except parsley flakes, corn flakes and butter. Spray 13 x 9 pan, put mixture in pan and sprinkle with parsley flakes. Top with crushed corn flakes and top with butter. Bake at 350° for 45-55 minutes.

Cowboy Beans

Wanda Snow, Agra

- | | |
|----------------------------------------------|-------------------------------------------|
| <i>2 lbs. hamburger, browned and drained</i> | <i>1-2 cans pinto beans, do not drain</i> |
| <i>1 envelope onion soup mix</i> | <i>1/2 C. ketchup</i> |

Mix all ingredients together and simmer to marry the flavors. Serve with whole kernel corn and cornbread. Top with cheese if desired.

Connect appliances to your portable generator after it has been started. Use only three-prong plugs that allow connections to be grounded.



from our kitchen

Miscellaneous

to your table

Raspberry Cream Cheese French Toast

Sara Campbell, Norton

1- 1 lb. loaf of Texas Toast- cubed	Cinnamon to taste
1- 8 oz. cream cheese	SAUCE:
1/2 C. raspberry pie filling	1/2 C. white sugar
10 eggs	1 tsp. cornstarch
1 3/4 C. milk	1/2 C. water
1/4 C. maple syrup	1/2 C. raspberry pie filling
1 tsp. vanilla	1 tsp. butter

Place half of the bread cubes in a lightly greased 9x13 baking pan. Mix together cream cheese and 1/2 C. pie filling. Spread cream cheese mixture on top of bread cubes. Top with remaining bread cubes. In large bowl mix eggs, milk, maple syrup and vanilla. Pour egg mixture over bread. Sprinkle cinnamon over the top to taste. Cover pan and refrigerate overnight. Remove pan from refrigerator 30 minutes before baking. Preheat oven to 350°. Cover pan with aluminum foil and bake for 30 minutes. Remove foil and bake for an additional 30 minutes.

Sauce:

In saucepan, combine sugar and cornstarch, add water. Bring to a boil, then continue to boil over medium heat for 3 minutes, stirring constantly. Reduce heat and stir in 1/2 C. pie filling and butter, cook until warm. Serve sauce over french toast.

Smart power strips use advanced technology to turn off the power from idle electronics automatically.

Cinnamon Cucumber Rings

Josephine Hetzke, Barnes

<i>1 gal. cucumbers</i>	<i>BRING TO BOIL:</i>
<i>1 C. pickling lime</i>	<i>1 C. vinegar</i>
<i>4 1/2 qt. water</i>	<i>5 C. sugar</i>
<i>MIX:</i>	<i>1 C. water</i>
<i>1/2 C. vinegar</i>	<i>4 sticks of cinnamon</i>
<i>1/2 T. alum</i>	<i>1 small pkg red hots</i>
<i>1/2 oz. red food coloring</i>	

Pare and core cucumbers. Cut in 1/4 inch thick rings. Add lime and water. Cover cucumbers. Let stand for 24 hours. Drain and wash in clear water 4 or 5 times. Soak for 3 hours in cold water; drain. Add vinegar mix and enough water to cover pickles. Simmer for 2 hours. Drain. Pour boiling mixture over pickle rings. Let stand overnight. Drain syrup mixture from pickles and reheat. When it reaches boiling, pour back over pickles. Repeat this for 3 days. On the third day, pack in jars. Pour boiling liquid over pickles. Be sure liquid covers pickles. Seal jars.

Sweet Dill Pickles

Marjorie Horinek, Atwood

<i>Cucumbers, sliced, enough to fill</i>	<i>1 tsp. pickling salt</i>
<i>9 or 10 quart jars. (1 use 2 full</i>	<i>1 chili pepper</i>
<i>grocery sacks)</i>	<i>Brine:</i>
<i>Grape leaves</i>	<i>10 C. sugar</i>
<i>1 tsp. dill seed</i>	<i>10 C. water</i>
<i>1 clove garlic</i>	<i>5 C. Apple cider vinegar</i>
<i>1/4 medium onion</i>	

Slice cucumbers. Using the measurements above for EACH jar; put grape leaf, dill seed, garlic clove, onion, pickling salt and chili pepper. Pack sliced cucumbers on top of spices in jar.

Brine: Mix all ingredients and stir until sugar is dissolved. Pour brine over cucumbers and add 1 sprig of dill. Put lids on and hot water bath for 25 minutes or until skins on cucumbers turn a yellowish green. Remove from bath. Best when pickles are 4-6 weeks old but can be eaten sooner.

Peanut Butter Popcorn

Margaret Morris, Logan

<i>1 C. popcorn</i>	<i>3/4 C. sugar</i>
<i>1/2 C. white corn syrup</i>	<i>1/2 C. peanut butter</i>
<i>2 T. butter</i>	<i>1/2 tsp. vanilla</i>

Pop 1 cup popcorn in oil or hot air. Combine and bring to a full boil; corn syrup, butter and sugar. Remove from heat and stir in peanut butter and vanilla. Pour over popcorn and stir.

Crock Pot Apple Butter

Joyce Boeve, Phillipsburg

<i>Apples - peeled, cored and cut in quarters. Enough to fill a 4 qt. crock pot to 1 1/2 to 2 inches from top</i>	<i>1/2 tsp. cloves</i>
<i>4 tsp. cinnamon</i>	<i>1/2 tsp. salt</i>
	<i>3 C. sugar</i>
	<i>4 T. water</i>

Combine all ingredients in slow cooker-cover and cook on high until hot. Then turn to low and cook all day (7 to 10 hours). When done and apples are fully cooked down, put small amounts in blender and pulse until smooth. If you can this: put into clean, sterilized jars and seal while hot-then process(water bath) 1/2 pint or pint jars for 5 to 10 minutes.

Dog Biscuits

Joyce Boeve, Phillipsburg

<i>1 banana</i>	<i>1 C. flour</i>
<i>1/2 C. peanut butter</i>	
<i>1/3 C. chicken stock (I use canned broth)</i>	

Mix all together. Roll out like cookie dough and use a very small cookie cutter or lid to cut out. Bake at 350° for 16-18 minutes.

Tender (No Dry) Noodles

Jean Ann Wilson, Almena

*3/4 C. flour
1 egg
1 T. milk*

*1 tsp. baking powder
Pinch of salt*

Mix all ingredients with a fork into a stiff ball. Roll thin on a floured surface. Noodles will puff up when they cook then return to flat shape when done.

Bar-be-que Sauce

Avis Hamel, Damar

*1 can undiluted tomato soup
1/4 C. brown sugar
1/3 C. vinegar
1/2 C. ketchup*

*1/2 C. worcestershire sauce
1/4 C. finely chopped onion
dash garlic salt
2 T. butter*

Mix all ingredients together and heat until butter melts. For hot sauce, add a little tabasco sauce. Serve on anything.

You can help combat water shortage by limiting your water usage and promoting conservation. Instead of washing your car at home, go to a car wash. Professional car washes use less than half the amount of water to wash your car than you would use to wash your car at home.

Perfect Pancakes with Blueberry Topping

Karen Freeman, Concordia

<i>2 1/4 C. all purpose flour</i>	<i>1 large egg</i>
<i>3 T. sugar</i>	<i>Blueberry Topping:</i>
<i>1 pkg. yeast</i>	<i>1/2 C. sugar</i>
<i>1 tsp. salt</i>	<i>1 C. cold water</i>
<i>1 3/4 C. warm milk (105-115 degrees)</i>	<i>2 T. cornstarch</i>
<i>1/4 C. butter, melted</i>	<i>4 C. fresh or frozen blueberries</i>

In large bowl, combine all pancake ingredients in the order listed; mix until just blended. Cover; let rise in a warm draft-free place until doubled, about 45 minutes. Or, cover and refrigerate over night, if desired. Stir down batter; pour 1/4 cup onto hot, lightly buttered griddle or skillet. Cook pancakes until edges are dry. Turn and cook other side until golden brown. Top with Blueberry topping (or syrup) and serve.

Topping: In a large saucepan, combine sugar, cornstarch and water until smooth. Add blueberries. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from heat; cover and keep warm.

**Note- these pancakes have a different flavor since they are made with yeast instead of baking powder. This is a good recipe when you have overnight guests. Make the batter the night before. Leftover topping is delicious on ice cream or toasted English muffins.

Beet Pickles

Wanda Snow, Agra

<i>Beets</i>	<i>1 C. water</i>
<i>1 C. vinegar</i>	<i>2 T. pickling salt</i>
<i>1 C. sugar</i>	<i>pickling spice</i>

Cook beets until tender. Peel and slice beets, pack in canning jars. In a saucepan combine vinegar, sugar and water. Tie the pickling salt and spice in a bag, add to saucepan. Bring mixture to a boil. Remove spice bag from saucepan. Pour boiling mixture over beets. Seal.

Pie Shells

Betty Caspers, Gaylord

<i>4 C. flour</i>	<i>1/4 C. apple cider vinegar</i>
<i>2 C. Lard</i>	<i>1 T. salt</i>
<i>1/2 C. cold water</i>	<i>3/4 C. flour</i>

Mix 4 cups flour and lard until crumbly. Mix cold water, apple cider vinegar, salt and flour into flour/lard mixture; stirring until blended. Make into 5-6 balls and chill. Can be frozen until needed.

Crock Pot Apple Butter

Dianne Hooper, Bogue

<i>Apples - peeled, cored and chopped and enough to make 4 cups of pureed apples</i>	<i>4 tsp. cinnamon 3 or 4 cinnamon sticks 1/4 tsp. salt</i>
<i>2 C. sugar</i>	

Cook apples and put in blender. Put 4 cups of pureed apples in crock pot; add rest of ingredients. Cover and cook on high 1 hour. then lower heat, remove lid and cook all day-stirring often. Put in glass jars and cover with paraffin wax. Remove cinnamon sticks, before putting in jars.

Mom's French Salad Dressing

Sharon Landry, Concordia

<i>1/2 medium onion, finely chopped or dry onion flakes work well too</i>	<i>1/4 C. sugar 1 T. yellow mustard 1/2 tsp. black pepper</i>
<i>1 can tomato soup</i>	<i>1 tsp. salt, optional</i>
<i>1/4 C. cider vinegar</i>	<i>1/2 tsp. celery seed, optional</i>
<i>1 C. salad oil</i>	

Put all ingredients into a blender. Blend thoroughly; pour into a bottle. Chill.

Cream Soup Mix - Gluten Free

Maxine Mai, Lenora

<i>2 C. instant dry milk</i>	<i>1/2 tsp. dried thyme</i>
<i>3/4 C. cornstarch</i>	<i>1/2 tsp. dried basil</i>
<i>1/4 C. chicken bouillon granules</i>	<i>1/4 tsp. pepper</i>
<i>1 tsp. onion powder</i>	

Combine all ingredients; mix well. Store in airtight container. Yields: 3 cups.

Use as a substitute for a can (10 3/4 oz.) of condensed cream soup. Blend a 1/3 cup of mix and 1 1/4 cups of water. Stir and cook until smooth. Cool. Optional: add chopped mushrooms for cream of mushroom soup, cooked chicken for cream of chicken soup or cooked celery for cream of celery soup.

Pizza Dough

Monica Kats, Lenora, employee

<i>1 pkg. dry yeast</i>	<i>1 tsp. salt</i>
<i>1 C. warm water (105°-115°)</i>	<i>2 T. salad oil</i>
<i>1 tsp. sugar</i>	<i>2 1/2 C. flour</i>

Dissolve yeast in warm water. Stir in remaining ingredients. Beat vigorously, about 20 strokes. Allow dough to rest 5 minutes. Grease and flour cookie sheet. Spread dough into cookie sheet. Can allow to rest and rise. Bake pizza at 425° for 20-25 minutes.

Your refrigerator temperature should be set at 40 degrees Fahrenheit or below to protect most foods. A refrigerator that is 10 degrees colder can use up to 25 percent more energy.

Sloppy Joe Grilled Cheese Sandwiches

Frederick Cashman II, Downs

1 lb. hamburger

1 tsp. butter

1 can sloppy joe mix

Bread

1/2 C. cheddar cheese

Brown hamburger, drain the grease. Add sloppy joe mix to hamburger, stir it in. Butter one slice of bread, then put hamburger mixture on the bread, add cheese then put other slice of bread on top. Grill until cheese is melted and bread is brown. Eat and Enjoy!

The Energy Star label certifies energy efficiency and performance standards. Some products may be more expensive upfront; however, in the long run they have lower operating costs.

H.W.Hickert's Barbeque Recipe For Roasting Meat in Pits

Dave Hickert, Bird City, retired employee

<i>For each 1,000 lbs. of meat add vegetables as follows:</i>	<i>1/4 lb. bay leaves</i>
<i>1/4 bushel onions, peel/quarter</i>	<i>1/4 lb. ground nutmeg</i>
<i>1 bushel apples, cored/quarter</i>	<i>1/2 lb. mixed spices</i>
<i>1/2 bushel tomatoes, quarter</i>	<i>2 oz. red pepper</i>
<i>1/2 bushel turnips, peel/quarter</i>	<i>8 oz. paprika</i>
<i>1/4 bushel green peppers, hunks</i>	<i>6 oz. Mexican chili powder</i>
<i>1/2 bushel carrots, peel & 1/2 inch thick</i>	<i>1 pint Lea & Perrins</i>
<i>1/8 lb. garlic buds, cleaned</i>	<i>10 lbs. salt</i>
	<i>3 gals. water</i>

Roast beef according to age as follows:

Yearling beef, 12 hrs; Two-year old beef, 14 hrs.; Three-year old beef, 16-18 hrs.

For gravy add: 2 pints lea & Perrins and 12 boxes of corn starch and water if necessary.

8-10 loads of dry wood. Fire pits at least 26 hours continuously before sealing in roast.

Dimension of pans: 4' 3" inches x 6' 3" inches.

Dig pit 7 feet deep; 5 1/2' x 7 1/2' at the top and 5' x 7' at bottom.

Clean pans, put in vegetables, then beef, then water-cover with bay leaves

Start pit fire 7 A.M., Friday

Put pans in 4 A.M., Saturday

Bury until done, 12 hours

Take out 4 P.M., Saturday

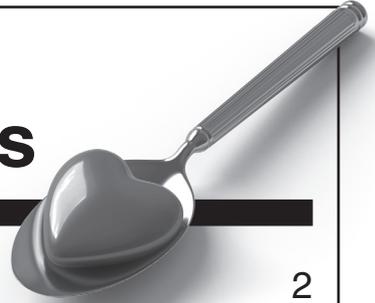
Serve 6 P.M., Saturday

Hank Hickert learned the recipe from a chef from Holland who had learned the barbeque technique in South America and had held barbecues around the world for \$500 a setting. Hank encountered the chef in Denver at a political event and got him to share the recipe. It was to be a secret until the chef died.

Hank had the Bird City Equity specially make the pans in Kansas City, and they are the property of Bird City, with the recipe.

Hank Hickert was one of the founders and original directors for Northwest Kansas Electric, incorporated in 1945, with headquarters in Bird City.

Cooking & Nutritional Tips



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Common Kitchen Pans

When a recipe calls for...

4 cup baking dish:

- 9 inch pie plate
- 8 x 1¼" layer cake pan
- 7¾ x 3¾ x 2¼" loaf pan

6 cup baking dish:

- 8 or 9 x 1½" layer-cake pan
- 10" pie plate
- 8½ x 3¾ x 2¾" loaf pan

8 cup baking dish:

- 8 x 8 x 2" square pan
- 11 x 7 x 1½" baking pan
- 9 x 5 x 3" loaf pan

10 cup baking dish:

- 9 x 9 x 2" square pan
- 11¾ x 7½ x 1¾" baking pan
- 15 x 10 x 1" jellyroll pan

12 cup baking dish or over:

- 12½ x 8½ x 2" glass baking pan (12 cups)
- 13 x 9 x 2" metal baking pan (15 cups)
- 14 x 10½ x 2½" roasting pan (19 cups)

Total Volume of Various Special Baking Pans...

Tube Pans:

- 7½ x 3" "Bundt" tube (6 cups)
- 9 x 3½" fancy tube or "Bundt" pan (9 cups)
- 9 x 3½" angel cake pan (12 cups)
- 10 x 3¾" "Bundt" or "Crownburst" pan (12 cups)
- 9 x 3½" fancy tube (12 cups)
- 10 x 4" fancy tube mold (Kugelhupf) (16 cups)
- 10 x 4" angel cake pan (18 cups)

Spring Form Pans:

- 8 x 3" pan (12 cups)
- 9 x 3" pan (16 cups)

Ring Mold:

- 8½ x 2¼" mold (4½ cups)
- 9¼ x 2¾" mold (8 cups)

Charlotte Mold:

- 6 x 4¼" mold (7½ cups)

Brioche Pan:

- 9½ x 3¼" pan (8 cups)



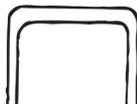
Loaf Pan



Spring Form Pan



Layer-Cake Pan



Square Pan



Ring Mold



Brioche Pan



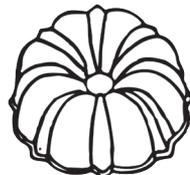
Charlotte Mold



Angel Cake Pan



Fancy Tube Mold
(Kugelhupf)



Bundt Pan

Equivalents for Cooking Ingredients

Apples (1 lb.)	3 or 4 medium
Bananas (1 lb.)	3 or 4 medium
Beans, dried (1 lb.)	5 to 6 cups cooked
Berries (1 quart)	3½ cups
Bread (1 slice)	½ cup crumbs
Cheese, grated (¼ lb.)	1 cup
Chocolate, 1 square (1 oz.)	1 T. melted
Cream (½ pint)	1 cup
Cream, heavy (1 cup)	2 cups whipped
Flour, all-purpose (1 lb.)	4 cups sifted
Gelatin (1 envelope)	1 T.
Herbs, dried (1 tsp.)	1 T. fresh
Lemon (2 to 3 T. juice)	1½ tsp. grated rind
Macaroni (1 cup dry)	2¼ cups cooked
Meat, diced (1 lb.)	2 cups
Mushrooms (1 lb.)	5 to 6 cups sliced
Nuts, shelled (¼ lb.)	1 cup chopped
Onion (1 medium)	½ cup chopped
Orange (6 to 8 T. juice)	⅓ to ½ cup pulp
Potatoes (3 medium)	1¾ to 2 cups mashed
Rice (1 cup uncooked)	3 cups cooked
Spaghetti (½ lb.)	3½ to 4 cups cooked
Sugar, confectioners (1 lb.)	4½ cups unsifted
Sugar, granulated (1 lb.)	2 cups
Tomatoes (1 lb.)	3 or 4 medium
Walnuts in shell (1 lb.)	1¾ cups chopped

Substitutions

For:	You Can Use:
1 T. cornstarch	2 T. flour OR 1½ T. quick cooking tapioca
1 C. cake flour	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour	1 C. plus 2 T. cake flour
1 square chocolate	3 T. cocoa and 1 T. shortening
1 C. melted shortening	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk	½ C. evaporated milk and ½ C. water
1 C. sour milk or buttermilk	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream	⅔ C. milk and ⅓ C. butter
1 C. heavy cream, whipped	⅔ C. well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T. dried whole egg and 2 T. water
1 tsp. baking powder	¼ tsp. baking soda and 1 tsp. cream of tartar OR ¼ tsp. baking soda and ½ C. sour milk, buttermilk or molasses; reduce other liquid ½ C.
1 C. sugar	1 C. honey; reduce other liquid ¼ C.; reduce baking temperature 25°
1 C. miniature marshmallows	About 10 large marshmallows, cut up
1 medium onion (2½" dia.)	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove	⅛ tsp. garlic powder OR ¼ tsp. garlic salt; reduce salt ⅛ tsp.
1 T. fresh herbs	1 tsp. dried herbs OR ¼ tsp. powdered herbs OR ½ tsp. herb salt; reduce salt ¼ tsp.
Bread crumbs	Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.
Butter	Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

Substitutions

For: You Can Use:

Fresh milk	To substitute 1 cup of fresh milk, use ½ cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2½ teaspoons butter or margarine.
Sugar	Use brown sugar, although it will result in a slight molasses flavor.
Superfine sugar	Process regular granulated sugar in your blender.
Red and green sweet pepper	Use canned pimientos.
Vanilla extract	Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.
Flour	Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.
Buttermilk	Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.
Ketchup	Use a cup of tomato sauce added to 1¼ cups of brown sugar, 2 tablespoons of vinegar, ¼ teaspoon of cinnamon and a dash of ground cloves and allspice.
Unsweetened chocolate	Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.
Corn syrup	Use ¼ cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.
Eggs	Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.
Cake flour	Use ⅞ cup of all-purpose flour for each cup of cake flour called for in a recipe.
Fresh herbs and spices	Use ½ the amount of dried herbs or spices. Dried herbs are more concentrated.
Honey	To substitute 1 cup of honey, use 1¼ cups of sugar and ¼ cup of water or other liquid called for in the recipe.

Troubleshooting Baking Failures

Biscuits

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

Muffins

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

Cakes

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

Pies

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies can burn -for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

Breads (Yeast)

1. Yeast bread is porous -this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters -this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise -this is caused from over-kneading or from using old yeast.
4. Bread is streaked -this is caused from underkneading and not kneading evenly.
5. Bread baked uneven -caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.

Uses for Spices & Seasonings

All-Spice	Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables
Basil	Tomatoes, tomato sauce, barbecue sauce, salads
Celery Seed	Meat loaf; beef, lamb and vegetable stews; bean salad
Cloves	Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings
Chili Powder	Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf
Thyme	Chowder, seafood, stuffing, poultry, meat, vegetables
Dill	Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes
Garlic	Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings
Rosemary	Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower
Sage	Veal, sausage, poultry, stuffings, cheese spreads, soups
Tarragon	Salad dressings, sauces, egg dishes, stews, poultry, seafood
Cinnamon	Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages



Food Storage

Baking Powder: Store the airtight tins in a cool, dry place and replace every 6 months.

Baking Soda: Store in an airtight container in a cool, dry place for about 6 months.

Beans: Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cold, dry place. They will keep for about 1 year.

Bread: A rib of celery in your bread bag will keep the bread fresh for a longer time.

Brown Sugar: Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

Cakes: Putting half an apple in the cake box will keep cake moist.

Celery and lettuce: Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Cheese: Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Chocolate: Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called “bloom”.

Cocoa: Store cocoa in a glass jar in a dry and cool place.

Cookies: Place crushed tissue paper on the bottom of your cookie jar.

Cottage Cheese: Store carton upside-down. It will keep twice as long.

Dried Fruit: Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

Flour: Store flour in a clean, tightly covered container for up to 1 year at room temperature.

Garlic: Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

Granulated Sugar: Store sugar in a tightly covered container for up to 2 years.

Honey: Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Ice Cream: Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons: Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes: Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Marshmallows: They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Nuts: For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

Olive Oil: You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Food Storage

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Parsley: Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate “old-maids”.

Potatoes: Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

Shredded Coconut: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Soda Crackers: Wrap tightly and store in the refrigerator.

Strawberries: Keep in a colander in the refrigerator. Wash just before serving.

Vegetables with tops: Remove the tops on carrots, beets, etc. before storing.

Yeast: Store in the freezer or refrigerator in a closed plastic bag.

MEAT

Beef

Roasts	3 to 5 days
Steaks	3 to 5 days
Ground beef, stew meat	2 days

Pork

Roasts	3 to 5 days
Hams, picnics, whole	7 days
Bacon	7 to 14 days
Chops, spareribs	2 to 3 days
Pork sausage	1 to 2 days

Veal

Roasts	3 to 5 days
Chops	4 days

Lamb

Roasts	3 to 5 days
Chops	3 to 5 days
Ground lamb	2 days

Poultry

Chickens, whole	1 to 2 days
Chickens, cut up	2 days
Turkeys, whole	1 to 2 days

Cooked meats

Leftover cooked meats	4 days
Cooked poultry	2 days
Hams, picnics	7 days
Frankfurters	4 to 5 days
Sliced luncheon meats	3 days
Un sliced bologna	4 to 6 days



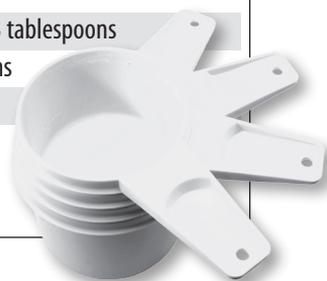
Measurements/Equivalents

Metric Volume Measurements

<i>Measure</i>	<i>Equivalent</i>
1 cubic centimeter	0.061 cubic inch
1 cubic inch	16.39 cubic centimeters
1 cubic decimeter	0.0353 cubic foot
1 cubic foot	28.317 cubic decimeters
1 cubic yard	0.7646 cubic meter
1 cubic meter	0.2759 cord
1 cord	3.625 steres
1 liter	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry	1.101 liters
1 quart liquid	0.9463 liter
1 dekaliter	2.6417 gallons (1.135 pecks)
1 gallon	0.3785 dekaliter
1 peck	0.881 dekaliter
1 hektoliter	2.8378 bushels
1 bushel	0.3524 hektoliter

Simplified Measurements

1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1 jigger	1½ ounces
¼ cup	4 tablespoons
⅓ cup	5 tablespoons plus 1 teaspoon
½ cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces



USDA Food Guide

Amounts in each food group are recommended for most adults at a daily 2,000 calorie level diet.

Food Group	USDA Daily Recommendation	Equivalent Amounts
Fruits	2 cups (4 servings)	½ cup is equivalent to: <ul style="list-style-type: none"> • ½ cup fresh, frozen or canned fruit • 1 medium fruit • ¼ cup dried fruit • ½ cup fruit juice
Vegetables	2½ cups (5 servings)	½ cup is equivalent to: <ul style="list-style-type: none"> • ½ cup raw or cooked vegetables • 1 cup raw leafy vegetables • ½ cup vegetable juice
Grains	6 ounces	1 ounce is equivalent to: <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • ½ cup cooked rice, pasta or cereal
Meats & Beans	5½ ounces	1 ounce is equivalent to: <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry or fish • 1 egg • ¼ cup cooked dry beans or tofu • 1 tablespoon peanut butter
Milk	3 cups	1 cup is equivalent to: <ul style="list-style-type: none"> • 1 cup low-fat or fat-free milk or yogurt • 1½ ounces low-fat or fat-free natural cheese • 2 ounces low-fat or fat-free processed cheese
Oils	24 grams (6 teaspoons)	1 teaspoon is equivalent to: <ul style="list-style-type: none"> • 1 teaspoon soft margarine • 1 tablespoon low-fat mayonnaise • 2 tablespoons light salad dressing • 1 teaspoon vegetable oil
Discretionary	267 calories (2½ T. sugars)	1 tablespoon is equivalent to: <ul style="list-style-type: none"> • 1 tablespoon jelly or jam • ½ ounce jelly beans • 8 ounces lemonade

The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age and for some other gender or age groups who are more physically active. The oils listed in this table are not considered to be part of discretionary calories because they are a major source of Vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.

Source: USDA Dietary Guidelines for Americans 2005, Table 1.

Calorie Requirements Chart

Estimated amounts of calories required to maintain energy balance for certain gender and age groups at three different levels of physical activity. Estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Child	2 to 3	1,000	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	2,000	2,000 to 2,200	2,400
	31 to 50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 to 2,200
Male	4 to 8	1,400	1,400 to 1,600	1,600 to 2,000
	9 to 13	1,800	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,200	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400	2,600 to 2,800	3,000
	31 to 50	2,200	2,400 to 2,600	2,800 to 3,000
	51+	2,000	2,200 to 2,400	2,400 to 2,800

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

How Much is One Serving?

Milk & Milk Products

- 1 C. (8 oz.) milk or yogurt
- 2 (¾ oz.) slices cheese (½" thick)
- 2 C. cottage cheese
- 1½ C. ice cream or frozen yogurt

Meat & Meat Alternatives

- 2 to 3 oz. cooked lean meat, poultry or fish
- 2 eggs
- 7 oz. tofu
- 1 C. cooked dried beans or peas
- 4 T. peanut butter
- ½ C. nuts or seeds

Vegetables

- ½ C. cooked vegetables
- ½ C. raw chopped vegetables
- 1 C. raw leafy vegetables
- ½ to ¾ C. vegetable juice

Fruits

- 1 whole medium fruit (about 1 cup)
- ¼ C. dried fruit
- ½ C. canned fruit
- ½ to ¾ C. fruit juice

Bread & Cereal

- 1 slice bread
- 1 medium muffin
- ½ hot dog bun or hamburger bun
- ½ bagel or English muffin
- 4 small crackers
- 1 tortilla
- 1 C. cold cereal
- ½ C. cooked cereal
- ½ C. rice
- ½ C. pasta

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

Table of Nutrients

Estimated nutrient intake levels recommended by the USDA at the daily 2,000 calorie level, as well as recommendations by the Institute of Medicine (IOM) for females 19 to 30 years of age.

Nutrient	USDA	IOM for females 19 to 30*
Protein, g	91	RDA: 56
Carbohydrate, g	271	RDA: 130
Total Fat, g	65	—
Saturated Fat, g	17	—
Monounsaturated Fat, g	24	—
Polyunsaturated Fat, g	20	—
Total Dietary Fiber, g	31	AI: 28
Cholesterol, mg	230	ALAP
Potassium, mg	4,044	AI: 4,700
Sodium, mg	1,779	AI: 1,500, UL: <2,300
Calcium, mg	1,316	AI: 1,000
Magnesium, mg	380	RDA: 310
Iron, mg	18	RDA: 18
Phosphorous, mg	1,740	RDA: 700
Zinc, mg	14	RDA: 8
Riboflavin, mg	2.8	RDA: 1.1
Vitamin B6, mg	2.4	RDA: 1.3
Vitamin B12	8.3	RDA: 2.4
Vitamin C	155	RDA: 75
Vitamin E	9.5	RDA: 15
Vitamin A	1,052	RDA: 700

***RDA**= Recommended Daily Allowance, **AI**= Adequate Intake, **AMDR**= Acceptable Macronutrient Distribution Range, **UL**= Upper Limit, **ALAP**= As Low As Possible while consuming a nutritionally adequate diet.

Source: USDA Dietary Guidelines for Americans 2005, Table 2.

Sources for Common Nutrients

Vitamin A

- Bright orange vegetables like carrots, sweet potatoes and pumpkin
- Tomatoes, tomato products and red sweet peppers
- Leafy greens, such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine
- Orange fruits like mango, cantaloupe, apricots and red or pink grapefruit

Vitamin C

- Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya and cantaloupe
- Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), brussels sprouts and potatoes
- Leafy greens, such as romaine, turnip greens and spinach

Potassium

- Baked white or sweet potatoes, cooked greens or spinach, orange squash
- Bananas, plantains, many diced fruits, oranges and orange juice, cantaloupe and honeydew melons
- Cooked dry beans
- Soybeans (green and mature)
- Tomato products (sauce, paste or puree)
- Beet greens

Source: USDA Dietary Guidelines for Americans 2005, Table 5.

Healthy Choices

This table shows the differences in saturated fat and calorie content of commonly consumed foods. Comparisons are made between foods in the same food group.

Food Group	Portion	Saturated Fat (g)	Calories	
CHEESE	Regular Cheddar cheese	1 oz.	6.0	114
	Low-fat Cheddar cheese	1 oz.	1.2	49
MEATS & POULTRY	Regular ground beef	3 oz.	6.1	236
	Extra lean ground beef	3 oz.	2.6	148
	Fried chicken leg	3 oz.	3.3	212
	Roasted chicken breast	3 oz.	0.9	140
	Fried fish	3 oz.	2.8	195
	Baked fish	3 oz.	1.5	129
MILK	Whole milk	1 C.	4.6	146
	Low-fat milk (1%)	1 C.	1.5	102
BREADS	Croissant	Medium	6.6	231
	Oat bran bagel (4")	Medium	0.2	227
DESSERTS	Regular ice cream	½ C.	4.9	145
	Low-fat frozen yogurt	½ C.	2.0	110
OILS	Butter	1 tsp.	2.4	34
	Soft margarine	1 tsp.	0.7	25

Source: USDA Dietary Guidelines for Americans 2005, Table 9.

Sources of Saturated Fat

This table shows major dietary sources of saturated fats in the U.S. diet, with a mean average daily intake of 25.5 grams. Saturated fats make the body produce more cholesterol, which can raise blood cholesterol levels and lead to cardiovascular disease. Contribution shows percent of total saturated fat consumed.

Food Group	Contribution	Food Group	Contribution
Cheese	13.1	Shortening	4.4
Beef	11.7	Salad Dressing/Mayonnaise	3.7
Milk	7.8	Poultry	3.6
Oils	4.9	Margarine	3.2
Ice Cream/Sherbet		Sausage	3.1
/Frozen Yogurt	4.7	Potato Chips/Corn	
Cakes/Cookies		Chips/Popcorn	2.9
/Quick Bread /Donuts	4.7	Yeast Bread	2.6
Butter	4.6	Eggs	2.3

Source: USDA Dietary Guidelines for Americans 2005, Table 10.

Physical Activity Recommendations

Physical Activity Recommendations Per Age Group

Children & Adolescents

Engage in at least 1 hour of physical activity on most or all days of the week.

Pregnant Women

In the absence of medical or obstetric complications, engage in 30 minutes or more of moderate-intensity physical activity on most or all days of the week. Avoid activities with a high risk of falling or abdominal trauma.

Breastfeeding Women

Be aware that neither acute nor regular exercise will adversely affect the mother's ability to successfully breastfeed.

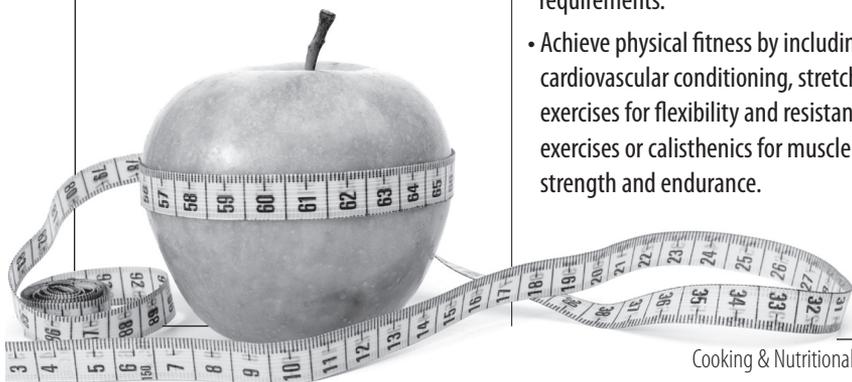
Older Adults

Engage in regular physical activity to reduce functional declines associated with aging.

Source: USDA Dietary Guidelines for Americans 2005, Physical Activity, viii.

Engaging in regular physical activity will promote your health, psychological well-being and a healthy body weight. Use the following recommendations for achieving regular physical activity.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity. Physical activity should be above usual activity at work or home on most days of the week.
- Greater health benefits can be achieved by most people by engaging in more vigorous physical activity over a longer duration.
- To help manage body weight and to prevent gradual unhealthy weight gain in adulthood, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.



Calories Expended in Common Physical Activities

This table shows the average amount of calories expended during common physical activities. Examples are average amounts of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for example, walking or biking).



*Approximate
Calories Expended
Per Hour*

Moderate Physical Activity

Hiking	370
Light gardening/yard work	330
Dancing.....	330
Golf (walking while carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout) ...	220
Stretching	180

Vigorous Physical Activity

Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics.....	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Source: USDA Dietary Guidelines for Americans 2005, Table 4.

HOUSEHOLD HINTS

*Tips to remedy
this or that in
the household*

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Clean-up Tips

Appliances: To shine chrome, use vinegar or window cleaner. If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: $\frac{1}{2}$ cup bleach, $\frac{1}{4}$ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly. Instead of using commercial waxes, shine with rubbing alcohol. For quick clean-ups, rub with equal parts of water and household ammonia. Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Burnt and scorched pans: Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, $\frac{1}{2}$ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Glassware: Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Oven: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers: Coffee or tea stains can be scoured with baking soda.

Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily.

After the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar. Club soda will shine up stainless steel sinks in a jiffy.

Teakettle: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.



Keeping Furniture Clean

To remove polish build-up: Mix ½ cup vinegar and ½ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Removing paper that is stuck to a wood surface: Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white

vinegar. Give the vinegar time to soak in, then gently scrape off.

Scratches: Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.



Laundry Care

Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy: When your washer overflows with too many suds, sprinkle salt in the water – the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

Whiter fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

Creaseless garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes – it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

Removing Clothing Stains

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby Food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Cosmetics: Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. *CAUTION:* Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: *Method 1:* Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Perspiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Removing Floor Stains

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet

the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Crayon Marks: Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polisher: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

Fabric	Washing	Drying & Ironing
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable – check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash – check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable – check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

When Shopping

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

When Storing

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

When Preparing

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



Kitchen Safety

Kitchen Fires

Always keep a domestic fire extinguisher in the kitchen.

However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

Child Safety

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach.

Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.

Hygiene

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.

Hot Pans

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.



Perfect Party Checklist

- Create the party guest list.
- If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- Gather materials needed for serving food, party games, decorations, music and/or party favors.
- Create the party menu, including snacks, main meal, beverages and/or dessert.
- Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- Set the mood with decorations, lighting and music.
- Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- Set out party snacks, beverages, decorations and favors.
- Relax and welcome your guests!



Menu Planning

When Selecting Recipes for a Party

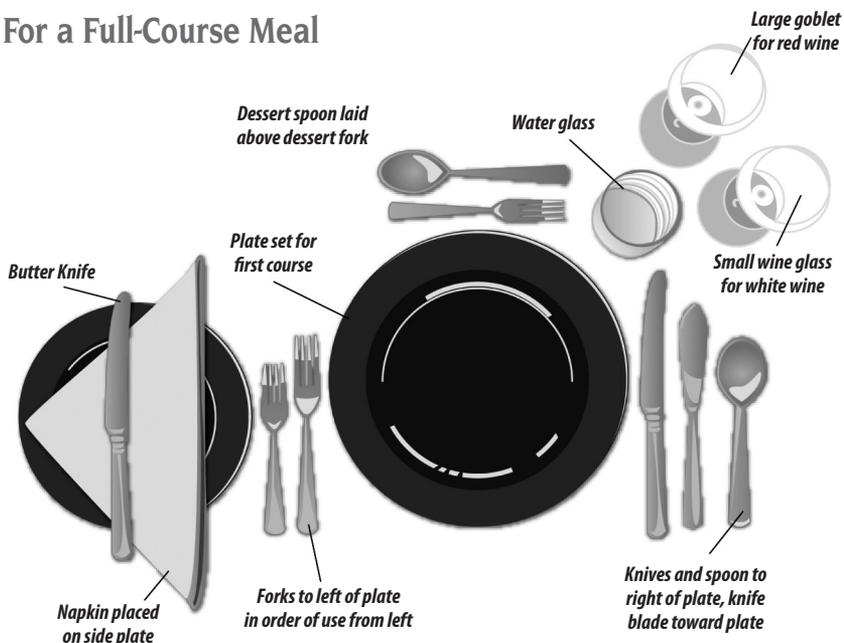
- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

Estimating Quantities

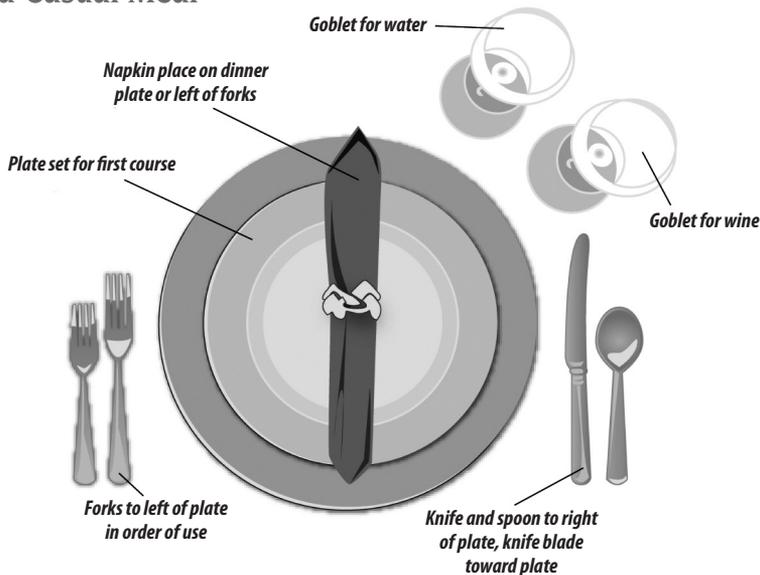
Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filletted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 – 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

Table Settings

For a Full-Course Meal



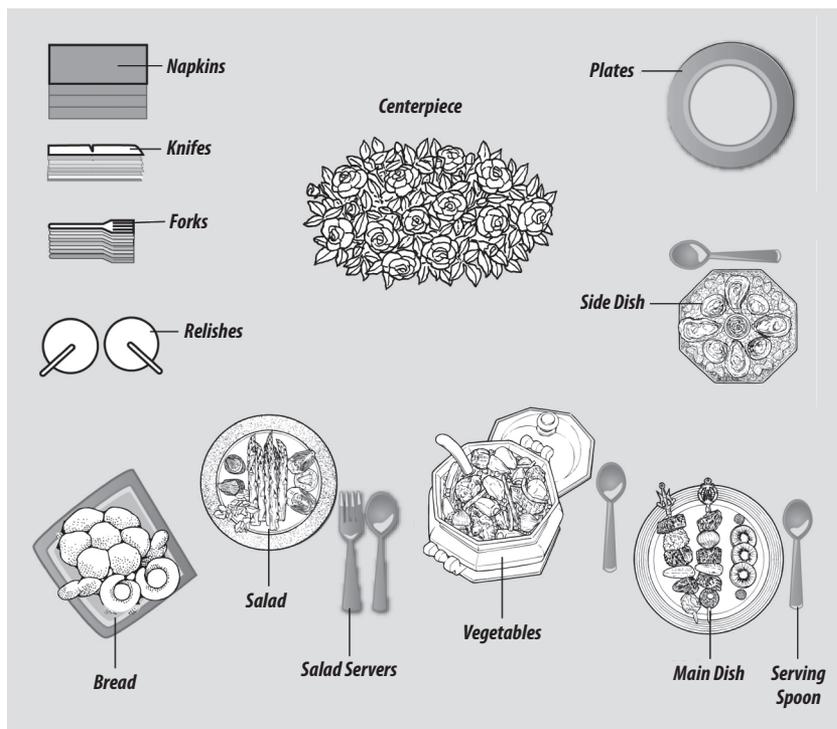
For a Casual Meal



Buffet Arrangement

Arranging the Buffet Table

- Decide which direction guests will walk around the table.
 - Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
 - Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
 - Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
 - To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
 - Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



Staying Organized

Use the following tips to keep your home organized.

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.
- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.



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