

STAY IN BED STEW

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| 2 lb. beef stew meat, cubed and cut small | 1 can cream of mushroom or celery soup or tomato soup (my favorite), thinned with ½ can water |
| 1 can tiny peas | 1 big raw potato, cubed |
| 1 c. sliced carrots | Piece of bay leaf |
| 2 chopped onions (1 does it) | |
| 1 tsp. salt | |
| Dash of pepper | |

Put all ingredients in a 1 ½ quart casserole dish that has a tight lid. Put in oven at 275°F. for 5 hours - and you're off for the afternoon!

From the "I Hate to Cook Book," a gift from an insightful wedding guest - my mother.

Michelle Gallagher, Massachusetts Teachers Association

OVEN STEW

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| 1 to 1 ½ lb. raw hamburger | 2 cans cream corn |
| 2 large onions, sliced | 2 Tbsp. flour |
| 4 to 5 large potatoes, peeled and sliced | Salt and pepper to taste |
| 2 cans sliced carrots | Milk |

Place hamburger in bottom of a large casserole bowl or pan. Layer onion on top. Sprinkle flour on top; salt and pepper. Layer potatoes next, then carrots (drained) and then cream corn on top. Pour milk (approximately 1 ½ to 2 cups) around sides of bowl. Put in oven at 350°F. and bake for approximately 3 hours. Place fork in center of bowl; potatoes should be soft. Serves 6 to 8.

Really good in the winter. This recipe has been in the family for decades; can come out dry or juicy, depending on amount of milk and flour used.

Ruthie Jane Drew, Sports Information Office

BAKE IN OVEN BEEF STEW

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| 3 lb. stew beef | 1 tsp. salt |
| 3 medium onions in chunks | 1 tsp. garlic powder |
| 1 c. celery, cut in 1 inch pieces | 1 tsp. pepper |
| 5 carrots, diced | 1 can tomato soup |
| 4 potatoes in chunks | 1 can beef broth |
| 3 Tbsp. tapioca (heaping) | 1 pkg. frozen petite peas, cooked 5 to 8 minutes or 1 large can |
| 1 Tbsp. sugar | |

Place meat, onions, celery, carrots, and potatoes in layers in large baking pan. Sprinkle with tapioca, sugar, salt, pepper, and garlic. Mix soup and beef broth. Pour gently over mixture. *Don't stir.* Cover tightly and bake at 250°F. for 5 to 6 hours. *Don't disturb or uncover* until the time is up. Remove from oven and add peas. Stir, cover and let stand 10 minutes before serving.

A friend

PORTUGUESE SOUPISH

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| 1 ½ to 2 lb. beef short ribs | 1 small turnip (small), peeled and quartered (you don't have to eat the turnip, but it gives the soup flavor) |
| ½ to ¾ lb. linguica, cut into 1 inch chunks (use Gaespari's brand) | 1 small cabbage, cut up |
| 1 whole onion | 1 potato (whole), peeled |
| 1 (28 oz.) can whole tomatoes (mash them up) | |

In large pot, place all meat, onion and tomatoes. Using the empty can from tomatoes, add 1 ½ cans water. Cook on low for 1 hour. Add turnip and simmer another 1 ½ hours. Put in cabbage and potato; cook until cabbage is tender (maybe another 45 minutes).

In a separate pot, cook up some elbow macaroni. To serve, put macaroni in bowls and scoop soup on top of it.

You may want to cut this recipe in half as this one makes a ton of soup.

Cynthia J. Hardy, Office of Human Relations

HUNGARIAN POTATO SOUP

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|---------------------------|--------------------|
| 4 Tbsp. butter | 2 Tbsp. parsley |
| 3 medium potatoes, sliced | 4 c. chicken broth |
| 2 stalks celery, chopped | 1 ½ c. sour cream |
| 1 medium onion, chopped | ½ tsp. paprika |
| 1 can pimentos | |

Melt butter in soup kettle. Saute potatoes, celery, onion, and pimentos. Stir in parsley and broth. Cover 20 to 25 minutes until potatoes are tender. Remove from heat. Add sour cream and paprika. Serve at once.

Laurie Waite, Undergraduate Transcripts

COUNTRY CARROT SOUP

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| 3 Tbsp. butter or oleo | 6 c. chicken broth |
| 1 c. finely chopped onion | ½ c. cream |
| 1 clove garlic, minced | Salt and pepper |
| 3 c. grated carrots | Dried tarragon or mint for garnish (optional) |
| 3 Tbsp. tomato paste | |
| 4 Tbsp. uncooked rice | |

Melt butter in heavy saucepan and saute onions and garlic for about 5 minutes until soft. Add carrots, rice, tomato paste, and chicken broth. Simmer, uncovered, for 30 minutes. Stir in cream and season to taste with salt and pepper. If desired, sprinkle with tarragon or mint when served. Serves 6.

Maria Litterer, Geology and Geography

HOBO STEW

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|-------------------------|---------------------------------|
| 1 lb. ground hamburger | 1 large can whole corn, drained |
| 1 large can baked beans | 1 large can stewed tomatoes |

Brown beef and drain; add remaining ingredients. Serve hot in soup bowl.

A friend

KANSAS CORN CHOWDER

½ c. diced salt pork or bacon
3 to 4 medium potatoes, diced
1 chopped onion
2 c. water

1 (20 oz.) can cream style corn
Salt and pepper to taste
2 c. scalded light cream or milk

Saute pork or bacon until crisp. Add potatoes and onions. Add water and cook until vegetables are almost tender. Add corn, salt and pepper. Simmer, covered, for 15 minutes. Stir in cream or milk; reheat, but *don't* boil. Serves 4.

A friend

MANHATTAN CORN CHOWDER

¼ c. finely diced lean salt pork or
bacon
2 Tbsp. finely chopped onions
1 (16 oz.) can Niblets corn (reserve
liquid)
2 c. finely chopped potatoes
1 c. water
½ c. chopped celery

2 medium carrots, cut up
1 (16 oz.) can whole tomatoes
(undrained)
2 tsp. parsley
1 tsp. salt
¼ tsp. thyme leaves
½ tsp. pepper

Cook and stir salt pork or bacon and onion in large kettle until crisp and onions are tender. Drain corn and keep liquid, adding it to the 1 cup water and potatoes, celery and carrots. Cook until tender (10 minutes). Add corn and tomatoes (with liquid) and seasonings. Stir occasionally. Serve with crackers.

A friend

NEW ENGLAND CLAM CHOWDER

4 strips bacon, diced
1 chopped medium onion
1 chopped carrot
1 chopped celery stick
3 medium potatoes, peeled and cut
into ½ inch cubes
2 c. water
1 tsp. salt

¼ tsp. pepper
1 tsp. Worcestershire sauce
4 drops of hot sauce (optional)
1 pt. half & half or light cream or
milk
3 (6 oz.) cans chopped minced
clams (undrained)
2 Tbsp. chopped parsley

In large pot, cook bacon until crispy, then break up. Keep bacon to sprinkle on top. Spoon all but 3 tablespoons fat out. Add onion, celery and carrots. Cook until soft. Add potatoes and water, salt and Worcestershire sauce. Bring to a boil. Reduce heat; cover and simmer 15 minutes, or until potatoes are fork tender. Stir in half & half, clams and parsley. Heat until piping hot, but *don't* boil. Makes 8 cups.

A friend

CLAM CHOWDER

1½ c. butter (or margarine)
¾ c. onion, diced
¾ c. celery, diced
½ c. flour
4 c. hot milk
3 c. clam juice
4 c. chopped fresh clams or 4 (6½
oz.) cans canned clams

½ c. diced green pepper, softened
in microwave
½ tsp. white pepper
Salt to taste
2 c. cooked potatoes, diced

Heat butter in large saucepot and saute onions and celery until tender. Add flour; cook and stir 10 minutes. Gradually add hot milk, stirring with a whisk until thickened and smooth. Add clam juice and simmer for 15 minutes. Add clams, green pepper, white pepper, salt, and potatoes. Cook 10 minutes longer.

Kathy Godek, Accounting & Information Systems, School of Management

HAMBURGER CHOWDER

½ lb. ground beef
1 Tbsp. vegetable oil
4 medium carrots, peeled and sliced
1 large onion, chopped
2 c. chopped celery
½ green pepper, seeded and
chopped

2 (1 lb.) cans tomatoes, broken up
3 beef bouillon cubes, dissolved in
5 c. water
½ c. uncooked long grain rice
1 bay leaf
Salt and pepper to taste

Brown beef in oil; drain. In a Dutch oven or large pot, add beef and remaining ingredients. Bring to a boil, then lower heat and simmer, covered, for 45 minutes, or until vegetables are tender. Remove bay leaf before serving.

Kay Dion, University Library

STRAWBERRY JELLO SALAD

1 (6 oz.) pkg. strawberry jello
1 (16 oz.) thawed strawberries

1 (20 oz.) can pineapple chunks
1 (16 oz.) sour cream

Cook jello as directed on the box but only add 1 cup cold water. Add strawberries and pineapple to jello. Also add juices. Pour ½ of mixture into 2 quart bowl. Refrigerate. Leave other ½ mixture covered on counter. When jello is chilled, put sour cream on top, creating a layer. Pour remainder of jello on top. Refrigerate. Serves 8 to 10.

Doreen Welcome, Department of Plant and Soil Sciences

FRUIT SALAD

2 apples, cut fine
 ¼ c. raisins
 3 stalks celery, cut fine

Dressing:

¼ c. light mayonnaise
 2 Tbsp. orange juice

2 Tbsp. sunflower seeds
 7 oz. pineapple chunks, drained

¼ c. plain nonfat yogurt
 2 Tbsp. sugar

Combine first 5 ingredients in bowl. Mix dressing ingredients and pour over fruit. Toss and refrigerate. Makes 6 (½ cup) servings.

Wendy Harris, Records and Gift Processing

PINK SALAD

1 (8 oz.) pkg. cream cheese
 2 Tbsp. (rounded) salad dressing

2 Tbsp. cherry juice
 2 Tbsp. pineapple juice

Mix the above ingredients together.

Add:

1 can pineapple chunks, drained
 and cut in halves
 1 medium size jar maraschino
 cherries, cut in halves

2 c. miniature marshmallows
 1 c. Cool Whip

Mix well and chill 6 hours or overnight.

Pam Minshew, Graduate Records Office

MANDARIN SALAD

½ c. sugar
 1 c. boiling water
 1 small pkg. orange jello

½ pt. sour cream
 1 small can crushed pineapple
 1 can mandarin oranges, drained

Mix together sugar, jello and water. Add sour cream and mix well. Add pineapple and oranges. Refrigerate.

Jean Mellin, Financial Aid Services

FRESH SUMMER TOMATOES WITH BASIL

Slice 2 large tomatoes ¼ inch thick. Lay in a single layer on large serving plate. In jar, mix 4 tablespoons oil and 2 tablespoons vinegar. Shake. Add 1 tablespoon basil to the mixture and shake again. There should be a slight basil aroma to the mixture. Pour over tomatoes and let marinate 1 hour at room temperature. Turn the tomatoes over occasionally. This recipe is good only with large summer tomatoes.

Cynthia J. Hardy, Office of Human Relations

CARROT SALAD

2 bunches carrots
 1 onion
 1 green pepper
 1 can Campbell's tomato soup

1 c. sugar
 ¾ c. vinegar
 1 tsp. dry mustard

Scrape and dice carrots; boil until soft. Slice onion and dice pepper. Set aside. Mix all other ingredients. Add carrots to mixture and mix well. Refrigerate for 8 to 12 hours. Best overnight. Serves 6 to 8.

Dolly Kovalski, Department of Plant and Soil Sciences

COPPER PENNY SALAD

Peel and slice into penny size pieces 4 pounds carrots. Try and use the thinner carrots. Cook until tender (30 to 40 minutes); drain and cool.

Dice 1 green pepper. Cut 3 small white onions into rings. (Can use regular onions.) Mix into carrots.

In a blender, combine the following:

1 can tomato soup
 ½ c. salad oil
 1 tsp. Worcestershire sauce
 1 tsp. dry mustard

¼ c. vinegar
 ½ c. sugar
 1 tsp. salt
 Dash of pepper

Pour over carrots and mix all well. Keep refrigerated. Will last 1 week.

L. Mosca, sister of an employee

SUMMER'S HARVEST SALAD

1 (7 oz.) macaroni (2 c. uncooked)
 1 c. fresh broccoli flowerets
 1 (6 oz.) pkg. frozen cooked shrimp,
 thawed
 1 small tomato, chopped
 1 c. sliced spinach leaves
 ½ c. sliced red onion

½ c. bottled Italian salad dressing
 2 tsp. McCormick or Schilling Salad
 Supreme seasoning
 ½ tsp. salt
 Dash of red pepper (cayenne
 pepper)
 1 hard cooked egg, grated

Prepare macaroni according to package directions. Add broccoli during last 2 minutes of cooking time; drain. Combine macaroni and broccoli, shrimp, tomato, spinach, and red onion. Blend together Italian dressing, McCormick or Schilling seasoning, salt, and red pepper. Toss dressing with salad mixture. Garnish with egg and sprinkle with Salad Supreme. Serve immediately, or cover and chill. Refrigerate leftovers. Serves 6 to 8.

Cathy Robbins, Textbook Annex

CHINESE BROCCOLI SALAD ("George's Favorite")

1 bunch fresh broccoli
Salt
2 Tbsp. soy sauce
1 Tbsp. wine vinegar
3 Tbsp. peanut oil

2 cloves garlic, crushed
1 tsp. sugar
Pepper to taste
1/2 c. walnuts or almonds, chopped

Wash and trim the broccoli. Lop the florets off and cut the large stems in quarters lengthwise and then into inch-long pieces. Steam the broccoli for about 6 minutes. (Put the stems in first, then add the florets after a minute or two. For this recipe, you want the broccoli to be crisp.)

In a bowl or storage dish, mix the dressing ingredients. Add the broccoli and chopped nuts. When the broccoli is cool, chill the salad for 2 hours before serving. Serves 4 to 6.

Broccoli, a cruciferous vegetable, is high in fiber and vitamin C. And, please George Bush, this is a delicious side dish salad that is quick, easy and economical. But, please don't overcook the broccoli.

John McDonald, Collection Development, University Library

VEGETABLE BARLEY SALAD

1 (14 1/2 oz.) can chicken broth
1/2 c. uncooked barley
3/4 c. celery, thinly sliced
1/2 c. water chestnuts, drained and sliced
1/2 c. green bell pepper, chopped
1/2 c. carrot, shredded

1/4 c. green onion, sliced
1 Tbsp. dried parsley flakes
1 1/2 tsp. dried dill weed
1/2 tsp. dried basil leaves
1 (2 1/2 oz.) jar sliced mushrooms, drained

Dressing:

3 Tbsp. olive oil or regular oil
2 Tbsp. red wine vinegar

1/4 tsp. salt (if desired)
1 garlic clove, minced

Bring chicken broth to a boil in medium saucepan. Stir in barley; reduce heat. Cover and simmer 40 to 45 minutes, or until barley is tender. Drain if necessary.

In large bowl, combine cooked barley and remaining salad ingredients; blend well. In small bowl, using wire whisk, blend all dressing ingredients. Pour over salad; blend well. Serve warm or cold. Makes 8 (1/2 cup) servings.

Tip: Leftover water chestnuts can be frozen for a later use.

Eva Carrier, University Library

CRUNCHY CABBAGE SALAD

2 c. cabbage, thinly sliced
2 c. canned kidney beans, drained
1/2 c. salted peanuts
1/2 c. celery, diced

1/4 c. green pepper, diced
1 c. commercial cole slaw dressing
Salt

Combine all ingredients and toss together.

Candyce Baric, University Staff Association

SPINACH SALAD

1 bunch spinach, broken up into pieces
3 hard-boiled eggs, sliced

1 can water chestnuts, sliced
3 slices crumbled bacon
1/4 lb. fresh mushrooms, sliced

Dressing:

1 c. salad oil
3/4 c. brown sugar
1/2 c. red wine

1/4 c. catsup
1 tsp. Worcestershire sauce
1 small onion, chopped

Mix dressing together at least 2 hours ahead of time and chill thoroughly. Make salad. Almost drench the salad with dressing before serving.

Candyce Baric, University Staff Association

GERMAN POTATO SALAD

3 to 4 lb. potatoes, peeled
1 to 2 cukes, peeled, seeded and diced
2 hard-boiled eggs, diced small
1 medium onion, diced small

1 Tbsp. cider vinegar
1 Tbsp. sugar
1/4 c. milk
1 tsp. prepared mustard
4 Tbsp. mayonnaise

Peel potatoes; boil until just tender. Also, boil eggs until hard. Meanwhile, peel cukes; remove seeds and dice. Dice onions. Drain eggs; cool in pan of cold water. Drain potatoes; mash with hand masher until only slightly lumpy. Mix together mustard, sugar, vinegar, mayonnaise, and milk. Turn into potatoes, a little at a time, along with onions, cukes and eggs. You may wish to adjust the amount of ingredients to your taste. Serve warm for first meal and cold for next.

Judy Schaefer, Cataloging, University Library

COLD TACO SALAD

1 head lettuce, shredded or chopped
3 tomatoes, chopped
1 onion, chopped
1 1/2 c. shredded cheese (American)

1 lb. hamburger, browned
Dash of chili powder
Dash of garlic powder
Dash of red pepper
Dash of cumin

Mix all the above together in large bowl. Stir in 1 bottle Catalina dressing and mix well. Sprinkle 1 1/2 to 2 cups crushed Doritos chips on top and serve.

Barbara Little, Counseling and Academic Development

SYRIAN BREAD AND LETTUCE SALAD

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| 2 to 3 small rounds of pita bread | 8 scallions, cleaned and sliced |
| 1 small head leafy lettuce (romaine, buttercrunch, Boston, etc.), washed, dried and torn into small pieces and chilled | 1 c. fresh parsley, chopped |
| 1 medium cucumber, peeled and chopped | 1 c. fresh mint, chopped |
| | 1/2 c. olive oil |
| | Juice of 2 large lemons |
| | 1 or 2 garlic cloves, crushed |
| | Salt and pepper to taste |

Break the bread into bite-size pieces and mix with the vegetables in a bowl. Make a dressing of oil, lemon juice, garlic, pepper, and salt. Pour on the dressing and toss the salad.

Please do not cheat on the mint and parsley. The quantities are correct and give the salad its special character. You can substitute an oil and vinegar dressing. And you may garnish with bright red radishes, cherry tomatoes, or black olives. The Syrians know this salad as "fatoosh."

The essence of summer! A generous portion of this salad with broiled chicken or a few ears of freshly steamed sweet corn and a cold drink makes a wonderful meal. Serves 3 to 4.

John McDonald, Collection Development, University Library

TUNA MACARONI SALAD

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| 1 (1 lb.) box medium sea shell macaroni, cooked per instructions on box and cooled | 2 large cucumbers, seeds removed and chopped fine |
| 2 cans dark tuna in water, drained | 6 stalks celery, chopped fine |
| 1 large onion, chopped small | Mayonnaise |

Mix together the tuna, onion, cucumbers, and celery; add mayonnaise until it's almost soupy. Mix this with the macaroni. Make sure to cool macaroni by rinsing it with cold water.

The secret to this salad is to make it the night before and refrigerate until you serve it, at least 8 hours. Add salt and pepper to taste.

April Tidlund, Department of Communication

DAN'S BROCCOLI CASSEROLE

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| 10 oz. broccoli, thawed and chopped | 1/4 c. chopped onion |
| 8 oz. Velveeta cheese | 1 c. Minute rice |
| 1 can cream of chicken soup | 1 c. milk |
| 1/2 c. chopped celery | Salt and pepper to taste |

Use a 3 quart casserole dish. Cook rice, cheese, milk, and soup for 6 minutes on HIGH in microwave. Cook broccoli for 3 minutes, then set aside. Add broccoli, onion and celery to rice mixture in a 3 quart casserole. Cook 12 minutes on HIGH in microwave.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

CABBAGE WITH MUSHROOMS (OR WITHOUT)

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| 1 medium onion, chopped | 1 tsp. salt |
| 1 c. fresh mushrooms, sliced | 1 tsp. pepper |
| 1/2 stick butter | 2 Tbsp. vinegar |
| 1 medium head cabbage, shredded (about 5 to 6 c.) | 3 to 4 Tbsp. water |

Saute onion and mushrooms in the butter and toss in the shredded cabbage, cooking it for a few minutes (locks in the flavor and coats with butter). Add seasonings and vinegar and a few tablespoons of water. Cover the pot and steam until the cabbage is tender.

To make sweet and sour cabbage, add 2 tablespoons sugar. Excellent with roast pork, pork chops, kielbasa, or roast duck. This recipe is a favorite of Pope John Paul II.

Carol Stasz, Donahue Institute for Governmental Services

BREADED FRIED GREEN OR YELLOW STRING BEANS

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| 2 lb. fresh beans, cooked and cut into 1 to 2 inch pieces (cut before or after cooking), drained and cooled | 2 cloves garlic, finely chopped |
| | 1 medium onion, finely chopped |
| | Salt and pepper to taste |
| | 1 c. Italian bread crumbs |

In large skillet or a wok, melt 1 stick margarine or 1/4 cup oil. Add garlic and onion, salt and pepper. Cook until golden. Add bread crumbs, then add beans. Toss and fry until golden, not too long. Sprinkle with grated American or Parmesan cheese (optional).

A friend

SWISS VEGETABLE MEDLEY

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| 1 (16 oz.) pkg. frozen broccoli, carrots and cauliflower mix, thawed and drained | 1/4 c. sour cream |
| 1 can cream of mushroom soup | 1/4 tsp. pepper |
| 1 c. (4 oz.) shredded Swiss cheese | 1 (4 oz.) can pimentos (optional) |
| | 1 small can French fried onion rings, broken up |

Combine veggies and soup, 1/2 cup cheese, sour cream, pepper, pimentos, and 1/2 of onion rings. Pour into lightly greased 1 1/2 quart casserole. Bake at 350°F. for 30 minutes, *uncovered*. Remove and top with remaining onions and cheese; bake until browned.

A friend

BROCCOLI AND CAULIFLOWER CASSEROLE

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| 1 head cauliflower | 1 (10 oz.) pkg. sharp cheese, grated |
| 1 bunch broccoli | 2 c. crushed Ritz crackers |
| 2 cans cream of mushroom soup | 1 stick margarine, melted |

Cook vegetables until tender. (Don't overcook.) Drain. Cut into bite-size pieces. Stir in mushroom soup. Pour into 9x13 inch baking dish. Sprinkle cheese over top. Mix butter and Ritz crackers together and sprinkle on top of vegetables. Bake at 350°F. for 15 to 20 minutes until crumbs are brown and cheese is melted.

Ann Lankarge, Management Department

ZUCCHINI LATKES

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| 2 medium zucchini | 1/2 tsp. pepper |
| 1/2 small onion | 1/2 tsp. salt |
| 2 oz. Cheddar cheese | 3 Tbsp. flour |
| 2 eggs | 2 Tbsp. oil |
| 1/2 c. wheat germ | |

Scrub zucchini with vegetable brush and rinse. Cut off stem ends; grate into large bowl. Peel onion; grate into bowl of zucchini. Grate in cheese. In small bowl, beat eggs with fork; add eggs to zucchini mixture. Add wheat germ, pepper, salt, and flour; mix well.

Pour oil into frying pan; heat at medium heat until it sizzles. Drop tablespoons of zucchini mixture into frying pan. Turn with spatula and fry both sides until golden brown. Drain latkes on paper towels for a minute before serving. Serve with sour cream or plain yogurt. Makes about 12 servings.

Dolly Kovalski, Plant & Soil Sciences Department

SUMMER SQUASH CASSEROLE

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| 2 lb. yellow summer squash, sliced (6 c.) | 1 c. sour cream |
| 1/4 c. chopped onion | 1 c. shredded carrot |
| 1 can condensed cream of chicken soup | 1 (8 oz.) pkg. herb seasoned stuffing mix |
| | 1/2 c. butter, melted |

In saucepan, cook sliced squash and chopped onion in boiling, salted water for 5 minutes; drain. Combine soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mix and butter. Spread half of stuffing mix on the bottom of a 12 x 7 1/2 x 2 inch baking dish. Spoon vegetable mix on top. Sprinkle remaining stuffing over vegetables. Bake in 350°F. oven for 25 to 30 minutes, or until heated through. Serves 6.

Laurie Waite, Undergraduate Transcripts

GREEN BEAN A LA SOUR CREAM

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| 1 large frozen bag French style green beans | 1 can mushrooms (or fresh) |
| 1 medium onion | 2 Tbsp. flour |
| 2 Tbsp. butter | 1 tsp. salt |
| | 1 c. sour cream |

Cook beans according to package. Sauté onion in butter. After it is softened, add mushrooms. Add flour, salt and sour cream. Heat until bubbly. Put green beans in casserole. Pour sour cream mixture over it and bake at 350°F. for 45 minutes, or until very hot.

Jeanne Swenson, Reading Room, School of Management

PAN ROASTED VEGETABLES

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| 3 c. cauliflower flowerets | 1/2 c. melted butter |
| 2 c. broccoli flowerets | 1/2 tsp. thyme |
| 2 c. carrots, cut in julienne strips | 1/4 tsp. salt |
| 2 onions, cut in wedges | 1/4 tsp. pepper |

Heat oven to 400°. Arrange vegetables in 9x13 inch pan. Blend melted butter and seasonings; pour over vegetables. Toss to coat. Cover with foil and bake for 22 to 27 minutes, or until vegetables are crisply tender. Additional butter may be added before serving.

Microwave: Arrange vegetables in a 9x13 inch microwavable dish. Pour on butter mixture. Cover with plastic wrap. Microwave on HIGH, stirring after half the time, until vegetables are crisply tender (7 to 9 minutes).

Kathy Godek, Accounting & Information Systems, School of Management

MASHED POTATO CASSEROLE

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| 10 medium potatoes | 1/2 c. margarine |
| 1 c. sour cream | 1/4 tsp. pepper |
| 1 c. cottage cheese | 1 tsp. salt |
| 1 Tbsp. finely chopped onion | 1/4 c. grated Parmesan cheese |

Peel and boil potatoes in salted water until tender. Mash until all lumps are removed. Add sour cream, cottage cheese, onion, margarine, salt, and pepper. Beat all together with mixer.

Place in greased casserole dish. Sprinkle with grated Parmesan cheese. Bake, uncovered, in 350°F. oven for 45 minutes, or until hot all the way through. (Time varies as people use different sizes and shapes of casserole dishes.) Can be made the night before and refrigerated, then put in oven to bake. Serves 8 to 10.

The Parmesan cheese will brown somewhat, but *do not cover*. If you do, you'll serve it with a spoon, in a bowl - it gets very soupy.

I got both the recipes from my sister-in-law in Poughkeepsie, New York.

Louise MacDonald, CASIAC

CHICKEN SCALLOPED POTATOES

Peel and slice 3 medium potatoes; layer in dish. Sprinkle with salt and pepper and a dab of margarine and 1½ tablespoons flour. In a measuring cup, pour 6 ounces chicken and rice soup and add enough water to fill cup. Pour over potatoes; cover and bake at 350°F. for 40 minutes. Uncover and bake 40 minutes more.

A friend

DELMONICO POTATOES

6 medium cooked potatoes, peeled
¼ c. butter or margarine
¼ c. flour
2 c. half & half cream
1 tsp. salt
¼ tsp. pepper
1½ c. grated Cheddar cheese
¼ tsp. nutmeg
Paprika
½ c. soft bread crumbs

Dice potatoes; melt butter in pan, then stir in flour until smooth. Stir in half & half cream gradually. Cook and stir until thick and smooth, stirring constantly. Add salt, pepper, nutmeg, and 1 cup cheese. Stir until cheese melts. Pour over diced potatoes, which you put into a 1½ quart casserole dish. Cover with remaining cheese which has been mixed with bread crumbs. Sprinkle with paprika. Bake in 400°F. oven for 25 minutes, or until browned and bubbly. Serves 6.

A friend

HEARTY BAKED POTATO SALAD CASSEROLE

8 large potatoes
½ c. chopped onion
2 Tbsp. chopped parsley
1 (11 oz.) can Cheddar cheese soup
or cream of celery
½ c. mayonnaise
½ c. plain yogurt or sour cream
4 oz. bacon, cooked till crispy,
drained and crumbled
Paprika

Cook potatoes; peel and cut into cubes. Place in a lightly greased or sprayed 9x13 inch baking dish. Mix all remaining ingredients, except bacon. Pour over potatoes. Sprinkle bacon and paprika on top. Cover with foil. Bake at 325°F. for 1 hour. Bake, uncovered, the last 30 minutes. Serve hot or at room temperature. Serves 8 to 10.

A friend

BOXTY

4 Idaho or russet potatoes
½ c. flour
½ tsp. baking powder
2 eggs, lightly beaten
Salt and freshly ground pepper (to taste)
Peanut oil for shallow fat frying

Peel and place potatoes into a bowl of cold water. (Potatoes will otherwise turn black.) Cube 2 of the potatoes and put them into a saucepan of cold water. Bring to a boil; cover and let simmer 15 minutes, or until tender. Drain well, then work potatoes through a food mill or ricer into a bowl. Stir in flour, baking powder, eggs, salt, and pepper.

Add enough oil in a large skillet to make a thin film on bottom of pan. While it is heating, use a grating disk on a food processor or a box grater (use largest holes) to grate the remaining potatoes. Add to mashed potato mixture and stir to mix thoroughly.

When oil is hot, add large spoonfuls of the batter to the pan and fry until golden brown. Turn and fry other side. Drain on paper towels.

Kay Dion, University Library

POTATO TART

3 medium potatoes, cut up
Salt
¼ tsp. pepper
¼ c. oil
3 medium tomatoes, sliced
½ lb. Mozzarella cheese
½ tsp. rosemary
3 Tbsp. Parmesan cheese

Heat oven to 400°F. Cook potatoes, then mash with 1 teaspoon salt and pepper. Spread over bottom of 8x8x2 inch baking dish. Pour on ½ of the oil. Top alternately with rows of tomato and cheese. Sprinkle with ¾ teaspoon salt, rosemary and Parmesan. Pour on rest of oil. Bake for 35 to 40 minutes.

Laurie Waite, Undergraduate Transcripts

QUICK OVEN FRIES

6 or 8 large potatoes, peeled and
cut into wedges
½ c. butter or margarine
½ c. oil
Salt and pepper to taste

Put oil and butter in a 13x9 inch pan. Put in a 450°F. oven until butter just melts. Take out and mix. Add potatoes, salt and pepper. Bake at 450°F. for 15 minutes; turn and sprinkle again with salt and pepper. Bake 15 minutes more, until crispy golden brown.

L. Mosca, sister of an employee

LAYERED LETTUCE

**½ medium head Iceberg lettuce,
washed and torn into bits
½ c. chopped celery
1 green pepper, chopped
1 (10 oz.) pkg. frozen peas,
defrosted (not cooked)
½ medium red onion, chopped
8 slices bacon, fried crisp and
crumbled**

**1 c. mayonnaise
¼ c. salad oil
2 Tbsp. sugar
¼ c. grated Parmesan cheese
1 c. grated Cheddar cheese
Croutons for garnish**

In 9x14 inch casserole dish, layer first lettuce, then celery, then green pepper, then peas, then onion. Mix together mayonnaise, salad oil, sugar, and Parmesan cheese. Gently spread over layered ingredients. Sprinkle Cheddar cheese and bacon on top. Cover with plastic wrap and refrigerate 24 hours. Serve untossed; garnish with croutons. Serves 6 to 8.

Bonnie Martin, Athletic Department

MEXICAN TORTILLA BAKE

1 lb. lean ground beef
1 onion, chopped
1 clove garlic, minced
2 (8 oz.) cans tomato sauce
1 c. water
3 tsp. (approx.) chili powder

1 tsp. salt
½ c. sour cream
9 flour tortillas, cut in halves
2 c. or more shredded cheese (Jack, Cheddar or both)
6 pitted ripe olives (if desired)

Brown meat with onion and garlic. Pour off fat. Add tomato sauce, water, chili powder, and salt. Simmer 20 minutes. Spoon ¼ of the mixture into 2 quart casserole which has been sprayed with Pam nonstick coating. Spread tortillas with sour cream and arrange over meat sauce. Overlapping is okay.

Sprinkle with a generous layer of cheese. Continue with meat sauce, tortillas and cheese layers, ending with meat sauce, until all is used. Garnish with olives. Bake at 350°F. for 20 minutes, or until hot and bubbly.

Barbara Little, Counseling and Academic Development

TACO PIE

1 lb. lean ground beef
1 onion, chopped fine
1 ¼ oz. taco seasoning mix
¾ c. water
1 (16 oz.) can refried beans
1 (8 oz.) jar taco sauce, divided

1 baked 9 inch pie shell
2 c. Cheddar cheese, shredded
1 c. corn chips, crushed
Shredded lettuce
1 tomato, chopped

Cook meat and onion in skillet until meat is browned. Stir to crumble meat. Drain. Add taco seasoning mix and water. Stir well; bring to boil. Reduce heat. Simmer 20 minutes, stirring occasionally.

Combine refried beans and ¼ cup taco sauce. Spoon half of bean mixture into shell. Layer half of meat mixture, all of corn chips, half of cheese. Repeat layers of meat, beans and cheese. Bake at 400°F. for 25 minutes. Top with shredded lettuce and chopped tomato. Serve with remaining taco sauce. Makes 8 small servings.

Barbara Little, Counseling and Academic Development

TACO PIE

1 lb. ground beef
½ c. chopped onion
1 env. taco seasoning
1 (4 oz.) can chopped green chilies, drained
1 ¼ c. milk
¾ c. Bisquick

3 eggs
2 tomatoes, sliced
1 c. shredded Cheddar cheese
Sour cream (optional)
Lettuce (optional)
Tomatoes (optional)
Cheese (optional)

Preheat oven to 400°F. Grease pie plate (10 x 1 ½ inches deep). Cook and stir beef and onion until brown. Drain, then stir in seasoning mix. Spread on plate and top with chilies. Beat milk, Bisquick and eggs until smooth. Pour into plate and bake 25 minutes. Top with tomatoes and cheese. Bake 8 or 10 minutes longer. Serve with sour cream, tomatoes, lettuce, and cheese.

Sheila Griffith, University Staff Association

TACO SALAD

1 to 1 ½ lb. hamburger
1 tsp. cumin powder
½ tsp. cayenne pepper
2 tsp. chili powder (adjust to taste)
1 head lettuce

3 tomatoes
1 large onion
2 c. shredded Cheddar cheese
1 large bottle Catalina dressing
1 large bag Doritos, crushed

Fry hamburger with spices; cool. Chop lettuce, tomatoes and onion. Add vegetables and cheese to the hamburger. Mix in the dressing and Doritos and serve immediately.

Hint: To carry out, keep ingredients separate until salad is needed, then mix and serve.

April Tidlund, Department of Communication

ARIZONA SKILLET DINNER

2 Tbsp. corn oil
1 medium onion, chopped
1 medium green pepper, chopped
(or ½ green, ½ red pepper)
2 cloves garlic, minced
1 to 2 Tbsp. chili powder (1 is recommended) or to your taste
½ tsp. powdered cumin
1 (16 oz.) can kidney beans, drained and rinsed

1 (10 oz.) frozen corn (uncooked)
2 (14 to 16 oz.) cans whole tomatoes with juice, broken up
8 oz. cooked elbow macaroni
½ c. shredded Monterey Jack cheese with the jalapeno peppers

In skillet, heat oil. Saute onions, garlic and peppers. Stir in chili powder and cumin. Cook 4 minutes until tender. Add beans, corn and tomatoes. Bring to boil; turn to low and cook 20 minutes. Stir in cooked macaroni and sprinkle with the cheese.

L. Mosca, sister of an employee

CHILIE RELLANOS

Mix together:

1 c. milk (½ milk, ½ cream)
2 eggs

½ c. flour

Add to above (save a little for top):

½ lb. Monterey Jack cheese, grated
½ lb. Cheddar cheese, grated
4 cans (4 oz.) whole green chilies
(lay out in square 9x9 inch casserole, slightly overlapping)

Place cheese mixture on chilies. Top with 1 (8 ounce) can tomato sauce which has been doctored to your taste with hot sauce and/or chili powder. Sprinkle remaining cheese and bake at 375°F. for 1 hour.

Virginia Belec, Dean's Office, School of Management

JUST-RIGHT CHILI

This is not too hot for kids and not too mild for their folks.

Brown 3¼ pounds ground beef; drain, reserving 1 tablespoon fat.

Saute in reserved fat:

¾ large Spanish onion, chopped
1 green pepper, seeded and
chopped

2 large or 3 small cloves of garlic,
peeled and minced

Drain and add browned beef.

Combine:

3 Tbsp. chili powder mix (e.g.
Brown Bag)
3 Tbsp. regular chili powder
2 Tbsp. ground cumin

1 tsp. red pepper flakes
3 to 4 jalapeno peppers (the canned
type) or to taste

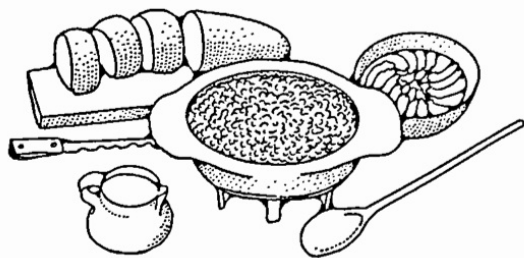
Add to beef mixture.

Add to above:

1 (24 oz.) can tomato sauce
½ can beef broth, with equal
amount of water

Simmer on low heat, uncovered, for 2 hours.

Kay Dion, University Library



CORN BREAD AND TAMALE PIE

Preheat oven to 425°.

Saute in skillet:

1 lb. hamburger

1 chopped onion

When browned, add:

1 can tomato soup
1 c. water
¼ tsp. pepper
1 tsp. salt

1 Tbsp. chili powder
1 c. drained whole kernel corn
½ c. chopped green pepper

Simmer for 15 minutes.

Meanwhile, sift and mix together:

¾ c. yellow corn meal
1 Tbsp. flour

1 Tbsp. sugar
1½ tsp. baking powder

Moisten with:

1 beaten egg

⅓ c. milk

Mix lightly. Fold in 1 tablespoon oil.

Place meat mixture into a greased 2 quart casserole and top with corn bread mixture. The bread mixture will disappear into the meat mixture, but will rise during baking and form a layer of corn bread. Place in oven and bake 20 to 25 minutes, or until corn bread is brown.

Laurie Waite, Undergraduate Transcripts

RED BEANS OVER RICE

½ lb. small red beans

2 large cloves of garlic, crushed

½ lb. ham hocks or smoked ham

1 Tbsp. margarine

1 large yellow onion, chopped

Pepper to taste

3 stalks celery, chopped

1 Tbsp. Worcestershire sauce

1 Tbsp. parsley, chopped

Tabasco to taste

½ green pepper, chopped

Salt to taste

2 bay leaves

3 c. cooked rice

Soak the beans overnight in ample water. The next day, drain the water from the beans. Place in a heavy kettle. Add the ham, onion, celery, parsley, bay leaves, and garlic. Add water to the pot - barely to cover the contents. Bring to a boil. Turn into a simmer. Simmer, uncovered, for 2 hours. Be careful that the beans do not stick or get too dry. You may have to add water.

After the 2 hours of cooking, add the margarine, pepper, Worcestershire, and Tabasco. Continue cooking for 1 more hour - with lid on and heat quite low. Serve over rice with a nice green salad. Serves 4 to 6.

Laurie Waite, Undergraduate Transcripts

HELEN'S SPAGHETTI SAUCE

Peel and squeeze by hand ½ bushel tomatoes. Boil for 45 minutes.

- | | |
|---------------------------|---------------------------|
| 6 large chopped onions | ¼ c. salt |
| 4 large chopped peppers | ½ c. sugar |
| 1 Tbsp. sweet basil | 4 large cans tomato paste |
| 1 tsp. hot peppers | 3 tsp. oregano |
| 1 Tbsp. Italian seasoning | 3 tsp. garlic powder |

Saute onion and peppers until soft. Add remaining ingredients along with onions and peppers to boiled tomatoes. Cook until thick, approximately 4 to 5 hours. *A friend*

OVEN PAN BAKED SPAGHETTI SAUCE

- | | |
|---|---|
| 2 (1 lb. 12 oz.) cans Contadina crushed tomatoes with puree | 3 to 4 cloves garlic or to taste, minced |
| 1 (6 oz.) can Italian style tomato paste (or regular) | 2 env. instant beef broth granules |
| 1 c. burgundy wine or Sangria | 1 (32 oz.) jar Francisco Renaldi spaghetti sauce (or your favorite) |
| 2 Tbsp. sugar | 1 tsp. hot pepper flakes, crushed (optional) |
| 1 tsp. oregano | |
| 1 tsp. basil | |

Stir all well; set aside.

In large 19 x 23½ inch size Reynolds baking bag, put 1 tablespoon flour in bag and shake well. Add 1 large sliced onion and 1 large green pepper, sliced.

In the bag, add all the following *uncooked* meats:

- | | |
|---|---|
| 1 lb. Italian sausage (hot and sweet or what you prefer), casings removed | 1 lb. favorite meatballs, seasoned to taste |
| 1 lb. country style pork ribs or thin pork chops | |

Hold bottom of bag and pour sauce in. Add meats; mix. Put in a very large pan. Don't let bag hang out of pan. Make 6 slits in top of bag. Bake at 350°F. for 2 to 2½ hours, or at lower oven at 325°F. for 3 to 4 hours.

After cooking time is done, shut oven *off*. Open end of bag carefully and sprinkle ½ cup Parmesan or Romano cheese over sauce and leave in oven until cheese melts. Makes a lot. Can be cut in half and frozen up to 6 months. *A friend*

CONFETTI SPAGHETTI

- | | |
|------------------------------|---|
| 3 Tbsp. butter | 2 c. raw peas (fresh or frozen) |
| 3 Tbsp. olive oil | 1 medium red bell pepper, diced |
| 1 c. minced onion | 3 Tbsp. soy sauce (or tamari sauce) |
| 3 to 4 cloves garlic, minced | 1 lb. spaghetti or linguine |
| ½ tsp. salt | 4 to 6 scallions, minced |
| Lots of ground black pepper | 1 c. (packed) finely minced fresh parsley |
| 1 tsp. dried basil | 2 c. (packed) grated Cheddar cheese |
| 2 stalks broccoli, chopped | |
| 2 c. small cauliflowerettes | |
| ¼ lb. mushrooms, chopped | |

In a large skillet, cook onions and garlic in combined butter and oil with salt, pepper and basil until onions are soft (5 to 8 minutes). Add broccoli, cauliflower and mushrooms. Stir and cover, reducing heat to medium low. Cook until just tender (8 to 10 minutes). Add peas and diced red pepper. Stir and cook over medium heat for just a few minutes until peas and peppers are just heated through. Remove from heat and stir in soy sauce. Set aside in a warm place and cover. Cook pasta; drain and place in a large bowl. Immediately add the vegetable saute with liquid. As you toss the mixture together, sprinkle with scallions, parsley and cheese. Serve immediately. Serves 4 to 5.

You can substitute any vegetables you wish. Fresh tender vegetables in season are best. Try zucchini, green beans, fresh herbs, summer squash and asparagus.

LASAGNA FOR A CROCK POT

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|--|-------------------------------------|
| 1 (10 oz.) pkg. broad lasagna noodles, broken into bite-size pieces and cooked until tender, drained | 1 clove garlic, minced |
| 1 lb. ground beef | 12 oz. Mozzarella cheese, shredded |
| ½ lb. Italian sausage | 1 (12 oz.) container cottage cheese |
| 1 small onion, chopped | 2 (6 oz.) cans tomato paste |
| | ½ c. water |
| | 1 tsp. basil |
| | 1 ½ tsp. dried parsley flakes |

Brown ground beef and sausage; drain. Place in slightly greased crock pot along with cooked noodles and remaining ingredients. Cover and cook on LOW heat for 7 to 9 hours (HIGH 3 to 5 hours). Serves 4 to 6.

Note: Although I've never had the time to try it that way, I imagine this could also be placed in a casserole dish and bake at 350° for 1 hour. My family enjoys lasagna but I am one of those people who can never get the traditional layered way to "lay" right. *Kay Dion, University Library*

DOTTIE'S SPINACH LASAGNA

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|---|--|
| 1 (1½ oz.) pkg. spaghetti sauce mix | 1 (10 oz.) pkg. frozen chopped spinach, thawed and drained |
| 1 (6 oz.) can tomato paste | ½ c. grated Parmesan cheese, divided in half |
| 1 (15½ oz.) can tomato sauce | 8 oz. lasagna noodles, cooked according to pkg. directions |
| 2½ c. water | 12 oz. Mozzarella cheese |
| 2 eggs, beaten | |
| 1 (16 oz.) ctn. Ricotta or cottage cheese | |

Combine spaghetti sauce mix, tomato paste, tomato sauce, and water in medium saucepan; bring tomato mixture to boil over medium heat. Remove from heat. Set aside.

Combine eggs, Ricotta cheese, spinach, and ¼ cup Parmesan cheese, stirring well. Set aside.

Spread 1 cup tomato mixture in a lightly greased 13x9x2 inch baking dish. Layer half each of cooked lasagna noodles, spinach mixture, Mozzarella cheese, and tomato mixture.

Repeat layers. Sprinkle with remaining ¼ cup Parmesan cheese. Bake in preheated 350°F oven for 1 hour. Lasagna should be piping hot and bubbly.

Barbara Little, Counseling and Academic Development

IMPOSSIBLE LASAGNE PIE

- | | |
|--------------------------------|------------------------|
| 1 lb. hamburger | ¼ c. Parmesan cheese |
| 1 tsp. oregano | 1 c. milk |
| ½ tsp. dried basil | ¾ c. Bisquick |
| 1 (6 oz.) can tomato paste | 2 eggs |
| 1 c. shredded Mozzarella | 1 tsp. salt and pepper |
| ½ c. small curd cottage cheese | |

Grease a 10 x 1½ inch pie plate. Cook hamburger; drain. Stir in spices, paste and ½ of Mozzarella cheese. Layer cottage cheese and Parmesan cheese in plate. Spoon hamburger over top. Beat milk, Bisquick, eggs, salt, and pepper until smooth. Pour into plate. Bake at 400°F for 30 to 35 minutes, or until knife inserted between center and edge comes out clean.

A friend

EASY ZITI

- | | |
|--|------------|
| 2 lb. (32 oz.) spaghetti sauce | 1 lb. ziti |
| 1 lb. cottage cheese | |
| ¼ lb. (or more) Muenster cheese, diced | |

Cook ziti per directions; drain well. Mix ziti with both cheeses. Spread ½ of sauce into 9x13 inch pan. Add ziti and pour remaining sauce over. Cover with foil and bake at 350°F for 30 minutes. Remove foil and bake until bubbly. Can sprinkle grated Parmesan on top (optional).

A friend

ZUCCHINI CRUSTED PIZZA

Crust:

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|--|---|
| 3½ c. grated zucchini, grated coarsely | ½ c. grated Mozzarella |
| 3 eggs, beaten | ½ c. basil (fresh minced or ½ tsp. dried) |
| ½ c. flour | Salt and pepper |

Salt zucchini lightly and let it set for 15 minutes. Squeeze out all the excess moisture.

Combine all ingredients; spread on an oiled 9x13 inch baking pan. Bake 20 to 25 minutes at 350° until surface is dry and firm. Brush top with oil and broil it, under moderate heat for 5 minutes.

Pile on your favorite pizza toppings (tomato sauce, olives, mushrooms, peppers, cheese, etc.). Heat the whole pizza in 350° for 25 minutes. Serve hot.

Laurie Waite, Undergraduate Transcripts

BEEF NOODLE BAKE

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|----------------------------------|--------------------------------|
| 1 lb. ground beef | 1 (15 oz.) can tomato sauce |
| 1 (2 oz.) can mushrooms, drained | 1 (8 oz.) pkg. cream cheese |
| 1 clove garlic, crushed | 4 oz. noodles (uncooked) |
| 1 tsp. salt | 4 green onions, finely chopped |
| ½ tsp. pepper | 1 c. sour cream |
| 2 tsp. sugar | ½ c. grated Cheddar cheese |

Cook and stir ground beef in 10 inch skillet until lightly browned. Add mushrooms, garlic, salt, pepper, sugar, and tomato sauce. Cover and simmer 15 minutes. Cook noodles and drain. Combine onions using some green tops with cream cheese and sour cream. Blend well. Grease a 2 quart casserole; spread ¼ of cooked noodles. Add ¼ beef mixture, then ¼ cream cheese mixture. Repeat 3 times. Add Cheddar cheese. Bake 30 to 35 minutes at 350°F. Serves 4 to 5.

A friend

ITALIAN MEATLOAF

- | | |
|------------------------------------|--------------------------------|
| 1½ lb. lean hamburger | ½ tsp. basil |
| ¾ c. Italian seasoned bread crumbs | 2 Tbsp. grated Parmesan cheese |
| 1 egg | 1 medium onion, chopped |
| 1 c. spaghetti sauce | 1 green pepper, chopped |
| 1 (4 oz.) can mushrooms, drained | 1½ Tbsp. oil |
| 1 clove garlic or ¼ tsp. powder | |

Heat oil in skillet; saute onion, pepper and garlic until partially cooked. Drain well. Mix meat, bread crumbs, egg, mushrooms, and ½ of the spaghetti sauce. Add onion and peppers; mix well. Put into an ungreased 9x5 inch loaf pan. Mix remaining ½ cup spaghetti sauce with grated cheese. Pour over top. Bake at 350°F for 1 hour.

A friend

ALL-IN-ONE PAN CASSEROLE

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|-------------------------------------|----------------------------|
| 1 lb. hamburger | 5 cooked potatoes, mashed |
| ½ c. chopped onion | 1 egg, beaten |
| Salt and pepper to taste | Little milk |
| 1 (16 oz.) cut green beans, drained | ½ c. grated Cheddar cheese |
| 1 can tomato soup | |

Fry meat and onions until brown; add salt and pepper. Drain. Add drained beans and tomato soup. Put in a buttered 13x9 inch pan; set aside. Mash the potatoes while hot; add beaten egg and milk. Spoon over meat and sprinkle with cheese. Bake at 350°F. for 25 to 30 minutes. Serves 5 to 6.

L. Mosca, sister of an employee

HUNGRY BOYS CASSEROLE

- | | |
|---------------------------|----------------------|
| ½ c. chopped celery | ¼ c. ketchup |
| ¼ c. chopped onion | ¼ c. water |
| ¼ c. chopped green pepper | ½ tsp. salt |
| 1 lb. lean ground beef | ½ tsp. garlic powder |
| 1 can pork and beans | |

Sprinkle celery, onion and green pepper on the bottom of 8 inch baking dish. Crumble ground beef on top. Bake, uncovered, at 425° for 20 minutes. Remove from oven. Stir in pork and beans, ketchup, water, salt, and garlic until blended. Bake additional 10 minutes while preparing biscuits.

Biscuits:

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|-----------------------|-------------|
| 1 c. flour | ½ c. milk |
| 1½ tsp. baking powder | 3 Tbsp. oil |
| ½ tsp. salt | |

Combine flour, baking powder and salt in mixing bowl. Combine milk and oil. Add to dry ingredients. Stir until dough clings together. Knead on powdered surface 8 times. Roll out ¼ inch thick. Cut out biscuits. Place biscuits on top of casserole; bake at 425° for 15 to 20 minutes. Serves 4 to 5.

Laurie Waite, Undergraduate Transcripts

AMERICAN CHOP SUEY WITH A TWIST

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|--------------------------------|----------------------------------|
| 1½ c. cooked macaroni | ¼ tsp. basil |
| 1 (14 oz.) jar spaghetti sauce | 4 oz. shredded Mozzarella cheese |
| 8 oz. cottage cheese | 4 oz. pepperoni, sliced |

Cook macaroni and add rest of ingredients. Put in 2½ quart casserole and sprinkle Parmesan cheese. Bake, covered, at 350°F. for approximately 30 minutes. Instead of pepperoni you may use ½ pound cooked hamburger, 6 ounces Canadian bacon or sliced hot dog pieces.

Betty Kempisty, Marketing Department

CHINESE HAMBURG

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|------------------------------|--|
| 1 lb. hamburger | 1 c. sliced mushrooms |
| 1 can cream of chicken soup | ½ c. rice |
| 1 can cream of mushroom soup | 2 onions, chopped (or use your own judgment) |
| 1 can water | 1 large can Chinese noodles |
| Soy sauce (your taste) | |
| 1 c. chopped celery | |

Brown meat; add all remaining ingredients, except for the noodles. Pour into 2 quart casserole. Cover and bake at 350°F. for 45 minutes. Sprinkle with noodles and bake, uncovered, for 15 minutes.

Really easy - and great to take to a "potluck."

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

BUBBLE AND SQUEAK

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|--|---|
| 1 onion, diced | 2 to 3 medium potatoes, peeled and coarsely chopped |
| ½ to 1 c. meat (uncooked - i.e., beef, sausage, ham) | ½ to 1 head cabbage, chopped |
| 2 tsp. oil | ½ c. cider vinegar |

Saute onion and meat until meat is done. Add potatoes; cook until half done, then add cabbage and continue cooking and stirring until potatoes are done and cabbage is wilted. Stir in cider vinegar and simmer a few minutes more.

Kay Dion, University Library

GOURMET HAMBURGERS

- | | |
|-------------------------------|----------------------|
| 1 small can tomato paste | 1½ lb. hamburger |
| 2 Tbsp. dry sherry or vinegar | ½ c. cracker crumbs |
| 2 Tbsp. brown sugar | 1 egg |
| 1 Tbsp. prepared mustard | Sour cream |
| 1 Tbsp. Worcestershire sauce | Crumbled Bleu cheese |
| ½ tsp. salt | |

Combine all, except sour cream and cheese. Shape into 6 patties. Make indentation in each. Broil, remove and spoon in sour cream. Sprinkle with Bleu cheese.

A friend

IMPOSSIBLE CHEESEBURGER PIE

- | | |
|------------------------|-------------------------------|
| 1 lb. ground beef | ¾ c. Bisquick mix |
| 1½ c. chopped onion | 3 eggs |
| ½ tsp. salt and pepper | 2 tomatoes, sliced |
| 1½ c. milk | 1 c. shredded American cheese |

Heat oven to 400°F. Grease 10 x 1½ inch pie plate. Brown beef and onion; drain. Stir in salt and pepper. Spread in plate. Beat milk, biscuit mix and eggs until smooth, 30 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted in center comes out clean (5 to 8 minutes). Cool before serving.

Barbara Little, Counseling and Academic Development

CHEESEBURGER PIE

1/2 c. evaporated milk (1 small can)	1 lb. lean ground beef
1/4 c. catsup	1 unbaked 8 inch pie crust
1/4 c. fine dry bread crumbs	1 c. (4 oz.) shredded process American cheese or Mozzarella, etc.
1/4 c. chopped onions	1 tsp. Worcestershire sauce
3/4 tsp. salt	
1/2 tsp. dried oregano, crushed	
1/4 tsp. pepper	

In mixing bowl, combine milk, catsup, bread crumbs, onion, salt, oregano, and pepper. Add beef and mix well. Spread evenly in unbaked pie shell. Bake at 350°F. for 35 to 50 minutes.

Toss cheese and Worcestershire sauce together and sprinkle on top of meat. Bake 10 minutes more. Remove from oven and let stand 10 minutes before serving. Serves 6.

Note: Drain any grease if beef is not lean.

Judy Schaefer, Cataloging, University Library

MARINATED BAKED FISH

1/4 c. butter or margarine, melted	1/2 tsp. garlic salt
1/4 c. real lemon juice	1/4 to 1/2 tsp. dill weed
1/4 c. chopped green onion	1 lb. fresh haddock (cod, whitefish)
2 Tbsp. water	

In a 12x7 inch pan, combine all, except the fish. Add fish and marinate for 1 hour. Bake at 350°F. for 15 to 20 minutes. Garnish with lemon slices (optional).

L. Mosca, sister of an employee

SIMPLE ELEGANT FISH SUPREME

1 lb. haddock	1 can cream of Cheddar soup
1 lb. scallops	White wine

Place haddock in bottom of pan. Put scallops on top of haddock and pour soup mixed with 1/2 cup wine on top. Bake at 350°F. for 45 to 50 minutes. Crumble Ritz crackers and toss in butter. Sprinkle on top.

Betty Kempisty, Marketing Department

TUNA-CHEESE CASSEROLE

2 (8 1/2 oz.) cans chunk light tuna, drained	2 Tbsp. butter
2 c. thinly sliced potatoes	1/4 c. flour
1 c. frozen peas, thawed and drained	2 c. milk
2 Tbsp. chopped fresh parsley	1 1/4 c. shredded Cheddar cheese
1/2 c. sliced green onions	1/4 tsp. dry mustard
	Salt and pepper to taste

Parboil potatoes until crisp tender; drain. In a shallow 2 quart casserole, layer the tuna, potatoes, peas, parsley, and onions. In a small saucepan, melt the butter, then blend in the flour until smooth. Stir in milk until thickened. Add cheese, dry mustard and salt and pepper. Stir until smooth. Fold into tuna mixture. Cover lightly and bake in a 350° oven for 30 minutes. Top with additional cheese if desired.

Kay Dion, University Library

CHINESE TUNA DISH

1 can tuna, drained	3 Tbsp. mayonnaise or Miracle Whip
1 can cream of celery soup	1 can Chinese noodles (crisp)
3 Tbsp. piccalilli	

Mix tuna, soup and piccalilli in saucepan. Heat slowly for approximately 10 minutes. Add mayonnaise. Stir to blend. Serve on crisp noodles. Serves 4.

Need a hot supper in a hurry? This meal is super-quick, nourishing and tasty.

Sylvia Howes, Controller's Office

EXOTIC TUNA

1 can white tuna meat, drained	1 tsp. curry powder or to taste
1 can cream of chicken soup	

In saucepan, combine all and bring to a boil, then simmer 10 minutes. Serve over rice or noodles.

L. Mosca, sister of an employee

TREASURE OF THE SEA SCALLOPS

20 Ritz crackers	2 oz. whipped butter
1 Tbsp. parsley flakes	12 oz. small scallops (if large ones, cut in halves)
1/2 tsp. oregano	4 oz. Cheddar cheese, grated
1/4 tsp. garlic powder	Paprika
1/4 tsp. ground red or cayenne pepper	

Preheat oven to 350°F. Crush crackers in blender or plastic bag to fine crumbs. In large bowl, mix crumbs, flakes, oregano, garlic powder, and pepper. Stir in butter. Add scallops and cheese; mix well. Turn into a lightly greased 1 1/2 to 2 quart casserole dish; sprinkle with paprika. Bake 15 minutes. Serves 4.

A friend

SHRIMP FRIED NOODLES

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|--|------------------------------------|
| 2 pkg. noodles (Ramen - any flavor) | 1 lb. shrimp, shelled and deveined |
| 2 tsp. dark sesame oil | 1 c. snow peas, halved |
| 1 carrot, thinly sliced and cooked in microwave about 1 minute | 2 tsp. soy sauce |
| 1 large red onion, sliced | 2 tsp. dry sherry (optional) |

In boiling water, cook noodles 2 minutes, then drain. In wok or large frying pan, heat oil over medium heat. Add carrot, onion and ginger. Stir-fry 4 minutes. Add shrimp; stir-fry 3 minutes. Add noodles with 1 seasoning packet that comes in the Ramen noodles package. Add remaining ingredients and stir-fry for 2 minutes. Serves 3 or 4.

You can change this recipe by using poultry or other types of fish.
Candace Baric, University Staff Association

BOILED LIVE MAINE LOBSTER

- | | |
|---------------|---------|
| Boiling water | Lobster |
|---------------|---------|

Drop the live lobster into boiling water. When water starts to boil again, boil for 14 minutes. No more, no less!

This is how my Maine relatives do it - so it must be right!
Barb Hawthorne, Hotel, Restaurant, and Travel Administration

SWEDISH EGG STRATA

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|------------------------------------|--|
| 2 c. plain croutons (cheese okay) | 1/2 tsp. mustard |
| 4 eggs, slightly beaten | 1/4 c. diced green pepper |
| 2 c. milk | 3 Tbsp. chopped scallions |
| 1 c. (4 oz.) grated Cheddar cheese | 4 slices crisp bacon, diced ham or sausage |
| 1/2 tsp. salt | |

Sprinkle croutons on bottom of 9x13 inch pan. Mix eggs, milk, cheese, salt, and mustard. Sprinkle on vegetables. Top with bacon, which has been crumbled. You may use a thin layer of diced ham or cooked sausage meat. Bake at 350°F. about 40 to 45 minutes. Serves 6.

I use this as a brunch casserole for our "B & B" and guests really like it.
Betty Higgins, Vet and Animal Sciences

BASIC QUICHE

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|--|-----------|
| Pre-made pie shell | 4 eggs |
| 1 1/2 c. grated cheese (any flavor - Cheddar, Monterey Jack, etc.) | 1 c. milk |

Filling: Use whatever you like, such as broccoli, ham, bacon, mushrooms, carrots, etc.

Pre-bake the pie shell (about 5 minutes) in 350°F oven. Arrange filling in bottom of shell. Cover with cheese. Beat the eggs and add milk. Pour on top. Bake at 375°F. for 40 to 45 minutes. Cool 5 minutes.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

STEAMED BACON AND EGG PUDDING

- | | |
|---|--------------------------|
| 4 eggs, slightly beaten | Butter |
| 4 slices bacon, diced and fried until crisp | Salt and pepper |
| 6 slices stale bread | 1 qt. milk |
| | 2 Tbsp. parsley, chopped |

Cut the bread slices into fingers and use half of them to line a deep buttered dish. Sprinkle the slices with the bacon and its fat; cover with the remaining bread slices. Season the eggs to taste. Heat the milk almost to the boiling point; remove it from the heat. Gradually stir it into the eggs. Pour the egg mixture over the bread and let it stand for 20 to 30 minutes. Set the dish in a pan of hot water and bake in a preheated 375°F. oven for 45 minutes. Serve in the same dish after garnishing the top with chopped parsley. Makes 4 servings.

Dorothy Linden, Hotel, Restaurant, and Travel Administration

CHICKEN DIVAN

- | | |
|--|--|
| 3/4 lb. boned, skinned chicken, sliced | 1 (10 oz.) pkg. broccoli spears |
| 2 tsp. oil | 1 (10 3/4 oz.) can condensed cream of chicken soup |
| 1 c. water | 1 1/2 c. Minute rice |
| 1 Tbsp. dry sherry wine | 1 Tbsp. grated Parmesan cheese |

Brown chicken in oil, stirring occasionally. Add water, wine, broccoli, and soup. Bring to a full boil, separating broccoli pieces. Stir in rice. Cover and remove from heat. Let stand 5 minutes. Sprinkle with cheese. Makes 4 servings.

Barbara Little, Counseling and Academic Development

EASY CHEESY CHICKEN DIVAN

- | | |
|--|--|
| 4 to 5 whole boneless and skinless chicken breasts (8 to 10 single breasts), poached for 5 to 8 minutes in seasoned salt, then cut into bite-size pieces | cooked until crisp tender (4 minutes) |
| 2 pkg. Success rice, cooked (or enough regular rice for 6 to 8 servings) | 2 cans cream of chicken soup with 2 tsp. lemon juice and dash of poultry seasoning added |
| 2 pkg. (10 oz.) frozen broccoli or 1 bunch fresh (much better), | 1 to 2 c. milk or 1 can milk, mixed with 1/2 c. sour cream |
| | 1 (8 oz.) pkg. shredded Velveeta cheese |

Grease a 13x9 inch or larger baking pan. Place cooked rice on bottom, then broccoli, then chicken. Mix the 2 cans cream of chicken soup, lemon juice, poultry seasoning, milk, and sour cream well. Add 1/2 of the cheese; mix again. Pour over chicken. Top with remaining cheese. Bake at 350°F. for 20 to 30 minutes. Buttered crackers can be sprinkled over cheese if desired.

A friend

CHICKEN PARMIGIANA

- | | |
|--|---|
| 4 boneless, skinless chicken breast halves | 1 (15½ oz.) jar meat flavor spaghetti sauce |
| 2 eggs, beaten | ½ c. grated Parmesan cheese |
| 1 c. Italian style bread crumbs | 1 c. (4 oz.) shredded Mozzarella cheese |
| ¼ c. olive oil | |

Preheat oven to 400°F. Dip chicken into egg and then into bread crumbs, coating thoroughly. In a medium skillet, heat olive oil. Cook chicken in oil until done and well browned on both sides. Pour spaghetti sauce into an 11x7 inch baking dish. Place chicken on sauce and top with Parmesan and Mozzarella cheese. Bake for 15 minutes, or until cheese is melted and lightly browned. Makes 4 servings.

Barbara Little, Counseling and Academic Development

CHICKEN A-LA-KING

- | | |
|------------------------------|-----------------------------|
| 1 small can sliced mushrooms | 1 c. milk |
| ¼ c. chopped green pepper | 1 c. cooked, cut up chicken |
| ¼ c. margarine | ¼ c. chopped pimento |
| ¼ c. flour | ½ tsp. salt |
| 1 c. chicken broth | ¼ tsp. pepper |

Saute mushrooms and green pepper in margarine. Blend in flour and seasonings. Cook until mixture is smooth. Remove from heat. Slowly stir in broth and milk. Bring to a boil over low heat, stirring constantly. Boil 1 minute. Add chicken and pimento. Serve over toast, rice or noodles.

Joyce Manning-Lawrence, Textbook Annex

CHICKEN WITH RICE

In large pot, with a little oil, brown just a few pieces of 1 cut-up chicken at a time. (Browning is the secret - use medium-high heat and cover the pot so the grease doesn't splatter until the chicken gets crispy.) Take chicken out of pot and finish cooking the rest. Set all the chicken aside. Drain the fat.

In same pot, saute 1 small diced onion until brown. Put chicken back in pot with onion. Add some 1 tablespoon parsley, 3 chicken bouillon cubes, black pepper, and 2¼ cups water. Bring to a boil and simmer 45 to 60 minutes, stirring occasionally. Remove chicken and remeasure liquid from pot. If you don't have 2 cups of the broth, add more water and maybe another bouillon cube. Put broth back in pot. Add 1 cup regular rice (not "Minute or quick"). Cover and cook on low for 20 to 30 minutes until rice is cooked, stirring occasionally. You may have to add a touch more water for rice to cook. Put chicken back in pot; remove from heat. Let stand 15 to 20 minutes. This allows the chicken to reheat.

Cynthia J. Hardy, Office of Human Relations

SWEET AND TANGY CHICKEN

- | | |
|-----------------------------------|--|
| ½ c. melted butter or margarine | 1 tsp. sugar |
| 3 Tbsp. Worcestershire sauce | 3 drops of Tabasco sauce |
| 1 clove garlic, minced | ¼ tsp. salt |
| ½ c. tart red jelly (red currant) | 1 frying chicken (3 lb.), cut up or skinless chicken can be used |
| 2 tsp. prepared mustard | |

Combine all, except chicken, in saucepan. Cook and stir until jelly melts. Arrange chicken in baking pan, skin side up. Pour sauce over and cover with foil. Bake at 400°F. for 30 minutes. Uncover and bake 30 minutes more, or until chicken is tender and brown. Baste 2 to 3 times during baking. Serves 4.

A friend

CHICKEN SCAMPI STYLE

- | | |
|---|----------------------------------|
| 2 to 3 lb. chicken breasts, boned and skinned | 1 Tbsp. parsley, chopped |
| 1¼ sticks margarine | 2 Tbsp. fresh dill or 1 tsp. dry |
| 4 cloves garlic, minced | ½ tsp. oregano |
| 2 scallions, finely chopped | ½ tsp. salt |
| | ½ tsp. pepper |

Cut chicken into small pieces; place in sprayed or greased 13x9 inch baking pan. In saucepan, melt margarine over low heat. Add remaining ingredients; cook for 2 minutes. Pour over chicken pieces. Bake at 350°F. for 10 minutes. Turn and bake 10 minutes more. Place under broiler to brown for 3 to 4 minutes. Serves 4 to 6.

Can be cooked ahead and reheated. Serve with rice or pasta and Italian bread.

A friend

BAKED BBQ CHICKEN

- | | |
|---------------------|-----------------------------|
| 4 Tbsp. soy sauce | ½ c. brown sugar |
| ¾ c. ketchup | 1 onion, chopped |
| ¾ c. water | Dash of garlic powder |
| 2 Tbsp. lemon juice | 3 to 3½ lb. chicken, cut-up |

Place chicken in lightly sprayed or greased baking pan. Mix all ingredients. Pour over chicken. Bake, uncovered, at 350°F. for 1½ hours. Sauce can be doubled or tripled.

A friend

CHICKEN PARMESAN

- | | |
|--|------------------------------------|
| 4 whole chicken breasts, halved, skinned and boned | 2 Tbsp. cornstarch |
| 2 cans (14 oz.) Del Monte Italian stewed tomatoes | ½ tsp. oregano or basil, crushed |
| | ¼ tsp. hot pepper sauce (optional) |
| | ¼ c. grated Parmesan cheese |

Place chicken into greased 13x9 inch casserole dish. Cover and bake in 425°F. oven for 15 minutes. Drain off fat. Combine tomatoes, cornstarch and oregano. Cook, stirring constantly, until sauce thickens. Pour heated sauce over chicken and top with cheese. Bake 5 minutes, uncovered. Garnish with parsley. Serves 4 to 6.

A friend

1-2-3 CHICKEN

2½ to 3 lb. chicken pieces
1 (16 oz.) whole cranberry sauce
1 (8 oz.) jar creamy French dressing
½ env. onion soup

Wash and dry chicken. Combine cranberry sauce, dressing and soup mix in a large bowl. Dip chicken into mixture. Place, skin side down, in a shallow baking pan. Bake at 375°F., *uncovered*, 30 minutes. Turn and baste with sauce and bake an additional 30 to 40 minutes. Serve on a bed of rice.

A friend

CHICKEN PUFFS

3 oz. cream cheese
3 Tbsp. melted butter
2 chicken breasts, broiled, boned and chopped
2 Tbsp. milk
Salt and pepper
1 can crescent rolls
Bread crumbs

Sauce:
1 can cream of mushroom soup
3 Tbsp. dry sherry (optional)
2 oz. sour cream

Divide crescent rolls into 4 squares of pastry. Roll these slightly and also seal the seam. Mix chicken, cream cheese, milk, salt, and pepper together. Place ¼ of this mixture in each piece of pastry. Fold over like an envelope. Place these in 9x13 inch pan. Pour melted butter over and sprinkle with bread crumbs. Bake at 350°F. for 20 minutes. Pour sauce over or serve sauce on the side.

Candyce Baric, University Staff Association

CHICKEN YAKITORI

Marinade:

¼ c. reduced-sodium soy sauce
1½ Tbsp. light brown sugar
1 Tbsp. chicken broth
1 Tbsp. vegetable oil
¼ tsp. ground ginger
2 cloves garlic, peeled and crushed

Mix together ingredients for marinade.

Cut 1½ pounds boneless, skinned chicken thighs into strips, about 3 x ½ inch. Add chicken strips to marinade. Toss to combine; cover and refrigerate several hours or overnight. Thread chicken onto 8 skewers. Place in broiler pan and broil 6 inches from heat for 3 minutes. Turn and broil 2 minutes longer, or until done. Serves 4.

Kay Dion, University Library

YUMMY BAKED CHICKEN BREASTS

4 to 6 boneless chicken breasts
1 pkg. Shake 'n Bake
1 pt. sour cream
½ c. white wine
Fresh grated Parmesan cheese

Coat chicken breasts with Shake 'n Bake. Bake at 325°F. for 25 minutes. Mix sour cream and white wine. Spoon on each piece and sprinkle with remaining Shake 'n Bake and lots of Parmesan cheese. Bake 30 minutes longer.

Ann Lankarge, Management Department

STICKY CHICKEN

2½ to 3 lb. fryer
1 Tbsp. salt
2 tsp. oregano
2 tsp. paprika
2 tsp. thyme
1 tsp. freshly ground pepper or garlic pepper
1 tsp. garlic powder
1 large onion, chopped

Combine spices; rub chicken inside and out with mixture. Place chicken in plastic bag; refrigerate 8 hours, or overnight. Remove from bag; put onion in cavity. Put chicken in roaster; cover. Roast at 300°F. for 1½ hours. Remove cover and cook 2 more hours until tender and caramelized. Baste often with pan juices while cooking. Pan juices should thicken and caramelize.

If roasting more than one, leave space around each so they brown evenly. The seasoning is enough for 1 fryer (¼ cup). Double for 2 fryers. Substitute any seasoning; omit salt if preferred.

Ann Lucas, Geology and Geography Department

BLACKENED CAJUN CHICKEN BREAST

For each serving:

½ tsp. paprika
½ tsp. salt
¼ tsp. ground red pepper
¼ tsp. ground cumin
¼ tsp. ground thyme
½ tsp. ground white pepper
½ tsp. onion powder
1 boneless chicken breast half, skinned

Preheat the oven to 350°F. Heat a medium cast iron skillet on high until very hot. (Heat skillet until it stops smoking. When you put the chicken into the skillet, make sure windows are opened and your oven fan is on. Ventilate kitchen well, as the smoke is irritating to eyes, nose and throat.)

In a small bowl, combine all the dry seasonings; mix well and set aside. Spray one side of the chicken with nonstick vegetable cooking spray and sprinkle with half of the seasoning; reserve the remaining seasoning. Place in the very hot skillet, seasoned side down. Repeat procedure with top side of the chicken; cook for 1 minute on each side.

Remove from the skillet and place on a small baking sheet that has been sprayed with nonstick vegetable cooking spray. Bake for 15 minutes.

Note: Press the chicken so that it is the same thickness all over. This way, the thinner part doesn't become dry waiting for the thicker part to cook.

After cooking in skillet, place pan outside and fill with water. This will stop the skillet from smoking and it's outside, so the smoke doesn't fill up the kitchen.

Jim Burke, Publications Office

TURKEY TETRAZZINI

- | | |
|--------------------------------------|-------------------------------|
| 1 (8 oz.) pkg. linguini or spaghetti | 1 chicken bouillon |
| Butter or margarine | 1/4 tsp. salt |
| 1 small onion, diced | 1/4 tsp. pepper |
| 1/4 c. flour | 1/4 c. grated Parmesan cheese |
| 2 3/4 c. milk | 4 slices bread |
| 1 (2 1/2 oz.) jar sliced mushrooms | 2 c. cubed, cooked turkey |

Cook pasta. Keep warm. In 2 quart saucepan over medium heat, melt 3 table-
spoons butter. Cook onion till tender, stirring occasionally. Stir in flour until blended.
Gradually stir in milk, mushrooms with liquid, bouillon, salt, and pepper. Cook, stirring
constantly, until mixture is thickened. Remove from heat; stir in cheese.

Tear bread into small pieces to make 2 cups coarse bread crumbs. In small
saucepan over low heat, melt 3 tablespoons butter. Remove from heat. Stir in bread
crumbs; set aside.

Preheat oven to 350°. Add it to linguini sauce mixture and turkey. Gently toss to
mix well. Spoon into 12x8 inch baking dish. Top with bread crumbs. Bake about 20 min-
utes, or until heated through. Serves 6.

Laurie Waite, Undergraduate Transcripts

TURKEY-SPINACH LOAF

- | | |
|--|------------------------|
| 1 lb. ground turkey | 1/4 c. chopped parsley |
| 3 oz. shredded cheese (any brand) | 1/2 tsp. pepper |
| 1 c. chopped onion | 1/2 tsp. dried oregano |
| 1 egg, lightly beaten | Dash of salt |
| 1/2 c. plain dried bread crumbs | |
| 1 (10 oz.) pkg. frozen spinach,
chopped, thawed and drained | |

Spray glass loaf pan with Pam spray. Combine all ingredients and place in loaf
pan. Bake in 350°F. preheated oven, 50 to 60 minutes, or until done.

Substitute 1/4 cup Egg Beaters for 1 egg if you want a cholesterol-free recipe and
use a "lite" brand of cheese. Serves 6 to 8.

Donna McKemmie, Microbiology

SAUSAGE STRATA

- | | |
|---|-----------------------------|
| 1 small can B & B mushrooms | 1/2 c. sharp cheese, grated |
| 6 slices bread (trim crust) | 3 eggs, slightly beaten |
| 1 lb. bulk sausage | 3/4 c. half & half |
| 1 tsp. mustard, mixed with a little
milk | 1 1/4 c. milk |
| 1/2 c. Swiss cheese, grated | 1 tsp. Worcestershire sauce |
| | Salt and pepper |

Grease baking dish. Arrange bread slices in the dish. Fry the sausage; pour off
any fat and spread over bread. Spread cheese and mushrooms. Combine the remain-
ing ingredients and pour over. Let stand overnight in refrigerator, then bake at 350°F.
for 35 to 40 minutes.

This is a great brunch dish you can prepare the night before. Serve with fresh
fruit.

Candace Baric, University Staff Association

COUNTRY SAUSAGE AND POTATOES AU GRATIN

- | | |
|---|---|
| 1 lb. smoked sausage, cut into 1/4
inch slices | 4 medium carrots, cut into 2 inch
julienne strips (about 2 c.) |
| 1 large onion, chopped (about 1 c.) | 1 (10 oz.) pkg. frozen chopped
broccoli, thawed and drained |
| 1 Tbsp. vegetable oil | 1 c. shredded Cheddar cheese
(about 4 oz.) |
| 1 pkg. au gratin potatoes | |
| 2 1/2 c. hot water | |
| 1/4 tsp. pepper | |

Cook and stir sausage and onion in oil in 10 or 12 inch skillet until onion is tender,
about 5 minutes. Stir in potatoes, sauce mix, water, and pepper. Heat to boiling; reduce
heat. Cover and simmer, stirring occasionally, 10 minutes. Stir in carrot strips; cover
and simmer until carrots are crisp-tender and potatoes are tender, about 10 minutes.
Stir in broccoli and cheese; cover and cook until broccoli is heated through and cheese
is melted, 5 to 10 minutes. Makes 4 to 5 servings.

Barbara Little, Counseling and Academic Development

LINQUICA AND GREEN BEANS

- | | |
|---|-------------------------------------|
| 1 lb. linquica, cut into bite-size
pieces | twice as many beans as
linquica) |
| 2 lb. fresh green beans, cut in 1/2
inch pieces (you should have | 4 Tbsp. ketchup |
| | 1 small diced onion |

In a pot, brown linquica and onion in a little oil. Drain fat. Add cut-up beans. Next,
add ketchup and add enough water to just cover the mixture of beans and linquica.
Simmer about 1 hour, stirring every now and then. I usually taste the mixture and add
more ketchup as needed. To serve, just put in bowls with bread on the side.

My mother-in-law gave me this recipe. This is one of those recipes that tastes
much better the next day.

Cynthia J. Hardy, Office of Human Relations

HAM AND NOODLE CASSEROLE

- | | |
|---|----------------------------------|
| 8 oz. uncooked wide egg noodles | ¼ tsp. salt |
| ¼ c. margarine or butter | ¼ tsp. pepper |
| 1 medium onion, chopped | ½ tsp. caraway seed (if desired) |
| 2 eggs, beaten | ¼ c. dry bread crumbs |
| ½ c. dairy sour cream | Paprika |
| 2 c. diced, fully cooked smoked ham (about ½ lb.) | |

Drop noodles into 6 cups rapidly boiling water; heat to rapid boil. Cook, stirring constantly, 3 minutes; cover and remove from heat. Let stand 10 minutes; drain. Heat oven to 350°F. Stir margarine and onion into noodles. Stir eggs into sour cream. Sprinkle egg mixture, ham, salt, pepper, and caraway seed, if desired, into noodles. Sprinkle bread crumbs evenly in greased 2 quart casserole. Pour noodle mixture into casserole. Sprinkle with paprika. Bake, uncovered, until mixture is set, 40 to 45 minutes.

Serve from casserole or unmold onto heated platter. To unmold, loosen edge of noodles around inside rim with knife. Place inverted platter over casserole; invert noodles onto platter. Garnish with parsley if desired. Serves 4.

Barbara Little, Counseling and Academic Development

SIMPLE HAM CASSEROLE

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|---|--|
| 2 c. (7 oz.) uncooked elbow macaroni | ½ c. milk |
| 1½ c. cubed, cooked ham (or substitute canned tuna) | 1 (10 oz.) pkg. frozen broccoli spears, cooked and drained |
| 1 (10¾ oz.) can condensed cream of chicken soup | 1 c. (4 oz.) shredded Cheddar cheese |
| ½ c. sour cream | ¾ c. bread crumbs (or more if desired) |

Prepare macaroni according to package directions; drain. Combine macaroni and ham; place in 9x13 inch baking dish. Blend soup, sour cream and milk; pour half the mixture over ham and macaroni. Arrange broccoli on top. Pour remaining sauce over broccoli and sprinkle with cheese. Bake, uncovered, at 350°F. for 20 minutes. Top with bread crumbs and bake 5 minutes longer. Serves 6.

Barbara Little, Counseling and Academic Development

LUNCH LOAF

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|-----------------------------|-------------------------|
| 1 large French bread | 3 Tbsp. chopped onion |
| ¾ c. celery | ¼ tsp. salt |
| ½ c. parsley | 4 slices boiled ham |
| 1 c. (8 oz.) cream cheese | 1 jar slim dill pickles |
| 1 pkg. sharp Cheddar cheese | Mayonnaise |

Split bread. Scoop out inside and spread with mayonnaise. Blend celery, parsley, cheeses, onion, and salt. Stuff this mixture into bread. Roll ham around pickles and set into mixture. Put top and bottom of bread back together. Wrap in foil. Refrigerate and cut into slices when ready to serve.

A friend

BROCCOLI-NOODLE CASSEROLE

- | | |
|--|---|
| 6 oz. wide noodles (uncooked) | 1 (4 oz.) can sliced mushrooms |
| 1 can cream of mushroom soup | ¼ c. chopped onion |
| 1 (8 oz.) jar process cheese spread (Cheez Whiz), softened by heating in microwave | ¼ c. milk |
| | 1 (10 oz.) frozen chopped broccoli, cooked and well drained |

Cook noodles; drain. Combine soup, cheese spread, mushrooms, onion, and milk. Blend well. Lightly toss cooked noodles and broccoli with sauce mixture. Turn into buttered 2 quart casserole. Cover and bake at 350°F. for 25 to 30 minutes, or until hot and bubbly.

Joyce Manning-Lawrence, Textbook Annex

ASPARAGUS CASSEROLE

- | | |
|--|---|
| 2 cans asparagus or fresh (reserve liquid) | 6 oz. of your favorite cheese, shredded (Velveeta, Cheddar, Mozzarella) |
| ½ c. butter | 1 dozen Cheez-its, crushed |
| 4 Tbsp. butter | |

Melt butter in saucepan. Add juice and cook until mixed, stirring constantly until smooth. Put asparagus in a 1½ quart casserole. Sprinkle with cheese. Pour sauce over, then crushed Cheez-its on top. Bake at 375°F. for 20 to 25 minutes. Serves 6.

A friend



POLISH POTATO PIE

Flaky Pastry (see recipe in dessert section)
 1 lb. kielbasa sausage
 6 medium-size potatoes (1 1/4 lb.)
 2 medium-size onions, chopped (1 c.)
 2 cloves garlic, minced
 1 Tbsp. flour

1 1/2 tsp. salt
 1 tsp. minced chives
 1 tsp. minced parsley
 1/2 tsp. pepper
 1/4 tsp. ground mace
 1/4 c. (1/2 stick) butter
 3/4 c. heavy cream
 1 egg

Prepare Flaky Pastry; reserve. Skin sausage; cut into 1/8 inch thick slices.

Cook potatoes in boiling salted water in a large saucepan until partially cooked, about 15 minutes; drain. Shake in pan over low heat to dry; peel and slice thinly. Combine onions, garlic, flour, salt, chives, parsley, pepper, and mace in a small bowl; mix well.

Roll out 3/4 of the pastry on a floured surface to a 14 inch round. Fit into a 10 inch pie plate. Arrange half the potatoes in pastry lined plate. Sprinkle with half the onion-garlic mixture; top with half the sausage. Dot with half the butter. Repeat layering, using remainder of ingredients. Pour 1/2 cup of the cream over the layers.

Preheat oven to 400°F. Roll out remaining pastry to a 13 inch round. Cut a 3/4 inch vent hole in the center. Cover pie; trim and seal edges, then flute.

Beat egg slightly in a small bowl; stir in remaining cream. Brush pastry with mixture, reserving remainder. Bake in preheated 400°F. oven for 35 minutes. Carefully pour remaining egg-cream mixture into pie through vent hole. Bake 10 minutes longer, or until pastry is golden brown. Cool pie on wire rack about 10 minutes before cutting into wedges to serve.

Barbara Little, Counseling and Academic Development

RON'S RIBS

3 lb. beef short ribs, flanked (1/2 inch thick)
 1/2 c. Pepsi

1/2 c. soy sauce
 1/2 tsp. ginger
 1/2 tsp. brown sugar

Mix Pepsi, soy sauce, ginger, and brown sugar in heavy-duty plastic bag. Place ribs in mixture and marinate for 1 hour, turning bag frequently to coat ribs. Cook on grill, turning occasionally (about 10 minutes on each side).

Important: These ribs are cut across the bone; make sure the butcher cuts them only 1/2 inch thick. Watch ribs cooking, as the fat gets the fire a-flaming and will burn the ribs.

I serve these at every cookout and they're so tasty that people just flock around the grill and nibble on them.

Cynthia Hardy, Office of Human Relations

BARBECUED SPARERIBS

Put 3 to 4 pounds spareribs in large kettle and cover with water. Parboil for 30 minutes; set aside.

Sauce:

1/2 stick butter
 1/2 c. onion, chopped
 3/4 c. catsup
 1 Tbsp. lemon juice
 2 Tbsp. brown sugar

1/2 c. liquid from parboiled spareribs
 2 tsp. prepared mustard
 1 Tbsp. Worcestershire sauce
 1 tsp. salt

Melt butter in saucepan and cook onions until tender. Add remaining ingredients and simmer for 15 minutes. Arrange spareribs in baking dish. Pour sauce over ribs and bake at 350°F. for 25 to 30 minutes.

Kathy Godek, Accounting & Information Systems, School of Management



CANDIES, JELLIES, PRESERVES

MILLION DOLLAR FUDGE (Mamie Eisenhower's)

4½ c. sugar
Pinch of salt
2 Tbsp. butter
1 tall can evaporated milk
1 pt. marshmallow cream

12 oz. semi-sweet chocolate
(chocolate bits)
12 oz. German's sweet chocolate
2 c. nutmeats

Boil together 6 minutes the sugar, salt, butter, and evaporated milk. Put remaining ingredients in a large bowl; pour boiling syrup over these. Beat until chocolate is all melted; pour into pan. Let stand a few hours before cutting. Store in a tin box.

Candyce Baric, University Staff Association

OATMEAL FUDGE

1 c. white sugar
1 c. brown sugar
½ c. margarine
½ c. milk
1 c. quick oatmeal

1 c. chocolate chips
1 c. miniature marshmallows
1 tsp. vanilla
1 c. walnuts

Boil first 4 ingredients for 2 minutes; take off stove. Add quick oatmeal; stir. Wait 3 minutes. Put in chocolate chips, miniature marshmallows, vanilla, and 1 cup walnuts. Put in 8x8 inch pan; let set awhile.

Candyce Baric, University Staff Association

GOLDEN NUT CRUNCH

12 oz. dry roasted peanuts
¼ c. butter, melted
¼ c. Parmesan cheese
¼ tsp. garlic powder

¼ tsp. Italian seasoning
¼ tsp. celery salt
4 c. Golden Grahams cereal

Mix nuts and melted butter in bowl; add cheese and spices. Toss until well coated. Spread on ungreased pan. Bake 15 minutes. Stir in cereal; cool. Store in air-tight container.

Candyce Baric, University Staff Association

SCRABBLE SQUARES

2 c. chocolate morsels
3 c. mini marshmallows

2 c. broken pretzels
3 Tbsp. vegetable shortening

Melt chocolate and shortening together. Mix in marshmallows and pretzels. Spread in a 9 inch square pan; chill.

Candyce Baric, University Staff Association

WEIGHT WATCHERS "SNICKERS" BAR

½ banana
1 Tbsp. peanut butter
1 pkg. chocolate shake (ALBA '77
or Weight Watchers)

1 tsp. vanilla
¾ oz. Grape-Nuts

Mix together. Form into a bar shape. Wrap in aluminum foil. Freeze 24 hours.
Makes 1 serving.

Equals 1 fruit, 1 protein, 1 bread, 1 fat, and 1 milk.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

SPECIAL K BARS

1 c. sugar
1 c. light corn syrup
1 c. peanut butter
6 c. Special K cereal (7 oz. box - do
not crush)

6 oz. chocolate chips
6 oz. butterscotch chips

Heat sugar and corn syrup until sugar dissolves. Stir in peanut butter. Remove from heat. Pour slowly over the 6 cups cereal in a large bowl. Mix well (it's hot) with buttered hands. Press into greased 9x13 inch pan. Melt chocolate and butterscotch chips together. (Works well in microwave or in a double boiler over low heat.) Mix well. Pour over cereal; let set, then cut. Refrigerate if weather is warm.

A friend

JALAPENO JELLY

2 bell peppers
10 jalapeno peppers
1½ c. vinegar

6½ c. sugar
1 bottle Certo
Paraffin

Chop peppers together with vinegar in blender. Mix with sugar and boil 3 minutes. Add Certo. Bring to a boil. Boil 1 minute longer. Be careful not to boil over! Skim foam. Pour into jars. Serve over crackers and cream cheese. Makes 6 pints.

Andrea Rudolph, University Health Services

STRAWBERRY FREEZER JAM

1 qt. hulled strawberries, packed
firmly (not mashed)

1 qt. granulated sugar
2 Tbsp. strained lemon juice

Put berries and 2 cups sugar into a large, broad kettle or saucepan; jam cooks more evenly this way. Heat berries and sugar to boiling, stirring constantly. Boil 2 minutes, stirring. Add remaining sugar; again heat to boiling and boil, stirring, 3 minutes. Stir in lemon juice. Pour into shallow bowl and stir occasionally. *Let stand overnight.* Spoon jam into jars and freeze. Makes 2 pints jam (thick, but not too stiff).

Make additional batches rather than double recipe.

Candyce Baric, University Staff Association

CAKES, COOKIES, DESSERTS

APPLESAUCE CAKE

- | | |
|---------------------------|--------------------------------|
| 2½ c. all-purpose flour | 1 tsp. baking soda |
| 1¼ c. packed brown sugar | ½ tsp. salt |
| 1 (15 oz.) jar applesauce | ½ tsp. ground cloves |
| 1 c. salad oil | 1 c. walnuts, chopped |
| 2 large eggs | 1 c. dark seedless raisins |
| 2 tsp. baking powder | Confectioners sugar (optional) |
| 2 tsp. ground cinnamon | |

Preheat oven to 350°F. Grease 13x9 inch baking pan. Into large bowl, measure first 10 ingredients. With mixer at low speed, beat until mixed. Increase speed to high; beat 5 minutes, scraping bowl often with rubber spatula. With spoon, stir in nuts and raisins; pour into pan.

Bake 40 minutes, or until toothpick inserted in center comes out clean. Cool in pan on wire rack. If desired, sprinkle confectioners sugar on top and serve. Serves 12.

This is my most treasured "Good Housekeeping" recipe.

Amanda Packard, Psychology Department

SOUR CREAM BANANA CAKE

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|--------------------------|---------------------------------|
| ¼ c. butter or margarine | 2 c. flour |
| 1½ c. sugar | 1 tsp. baking powder |
| 2 eggs | 1 tsp. baking soda |
| 1 tsp. vanilla | ¾ tsp. salt |
| 1 c. sour cream | ½ c. chopped walnuts (optional) |
| 1 c. mashed ripe bananas | |

Cream butter, sugar, eggs, vanilla, and sour cream together. Add bananas. Sift flour, baking powder, baking soda, and salt together. Add to creamed mixture; fold in nuts. Bake in a greased 13x9x2 inch pan, or Bundt pan, in 350°F. oven for 40 to 45 minutes. Frost with cream cheese frosting if desired.

Irene Dzioba, Alumni Development

BANANA SPLIT CAKE

- | | |
|----------------------------|---------------------|
| 2 c. graham cracker crumbs | 5 Tbsp. melted oleo |
|----------------------------|---------------------|

Mix together and put on bottom of 9x12 inch pan.

Mix following for 10 minutes:

- | | |
|--------------------------|----------------|
| 2 c. confectioners sugar | 2 eggs |
| 1 stick oleo | 1 tsp. vanilla |

Spread over crumbs. Slice 3 or more large bananas in thirds lengthwise and lay across. Drain large can of crushed pineapple. Pour on top of bananas. Spread 1 large container Cool Whip. Sprinkle with nuts and cherries. Refrigerate.

Virginia Wolejko, Cooperative Extension

CHOCOLATE ECLAIR CAKE

1 box graham crackers	3 c. milk
2 (3 oz.) pkg. French vanilla instant pudding (Louis Foods has this flavor)	8 to 9 oz. Cool Whip

Frosting:

2 env. Baker's unsweetened chocolate	3 tsp. vanilla
1½ c. sifted confectioners sugar	3 Tbsp. milk
2 Tbsp. light corn syrup	3 Tbsp. margarine

Mix pudding with milk, then add Cool Whip. Line 9x13 inch pan with whole graham crackers. Cover with half the pudding mix. Add another layer of crackers, then use rest of pudding mix. Top with last layer of graham crackers. Spread frosting on top and refrigerate.

Frosting: Blend well, then pour on top of graham crackers. Make at least 12 hours ahead of time, the flavors and ingredients blend and it really does taste like an éclair. Gets lots of raves. Don't tell Cool Whip haters what's in it! Serves 12.

Louise MacDonald, CASIAC

MARBLE CAKE

2 sticks (1 c.) butter or margarine	2½ tsp. baking powder
1¾ c. sugar	1 c. milk
4 eggs, separated	1 c. Hershey's chocolate syrup
1 tsp. vanilla	1 regular size Hershey's bar,
½ tsp. almond extract (optional)	crumbled
3 c. flour	

Cream butter and sugar; add egg yolks and beat well. Add vanilla; blend in flour and baking powder alternately with milk. Beat egg whites until stiff; fold into batter. Pour ½ of the batter into a 10 inch greased and floured tube pan. Add the 1 cup syrup to remaining batter; pour over white batter. Do not stir or marbleize. Sprinkle chopped nuts and crumbled bar over batter. Bake at 350°F. for 65 minutes.

A friend

ITALIAN LOVE CAKE

1 Duncan Hines fudge marble cake mix	1 tsp. vanilla
2 lb. Ricotta cheese	1 (3¾ oz.) pkg. instant chocolate pudding
¾ c. sugar	1 c. milk
4 eggs	1 (8 oz.) Cool Whip or whip cream

Mix cake as directed; pour into a greased and floured 9x13 inch pan. In separate bowl, mix the Ricotta, sugar, eggs, and vanilla; mix well. Spoon over batter. Bake at 350°F. for 1 to 1¼ hours (check after 1 hour). Cool 4 to 6 hours. Invert onto platter (optional). Mix pudding and milk; beat 1 minute. Fold in Cool Whip (or whip cream which has been beaten). Spread on cake. Refrigerate.

A friend

GARDEN SHEET CAKE

- | | |
|---|------------------------------|
| 1 pkg. devils food cake mix (any brand) | ½ c. buttermilk or sour milk |
| 2 c. grated zucchini (unpeeled) | ½ c. oil |
| 3 large eggs | 1 tsp. cinnamon |
| | ¼ tsp. allspice |

Combine all and blend well. Beat on high for 2 minutes. Pour into greased 13x9 inch pan and bake at 350°F. for 35 to 40 minutes. Cool in pan for 15 minutes. Invert onto plate (optional).

Cream Cheese Frosting:

- | | |
|----------------------------------|--------------------------|
| 1 (8 oz.) cream cheese, softened | 1 tsp. vanilla |
| ¼ c. butter or margarine | 3 c. confectioners sugar |

Mix all well. Spread on cooled cake. This makes a large amount of frosting. Can cut recipe in half.

A friend

LIGHTING SPONGE CAKE

- | | |
|------------|---------------------------------|
| 1 c. sugar | 1 tsp. lemon or vanilla extract |
| 2 eggs | Pinch of salt |
| 1 c. flour | ½ c. hot milk |

Beat sugar and eggs until fluffy. Add dry ingredients, alternating with hot milk and extract. Blend well. Batter is thin. Pour into an 8 or 9 inch round pan (greased and floured). Bake at 350°F. for 25 minutes. Good for strawberry shortcake, or you can split and fill with cream mixture as for Boston Cream Pie and frost top.

A friend



DIANNE'S JELLO CAKE

- | | |
|-------------------------------|-------------------|
| 1½ sticks butter or margarine | ½ c. chopped nuts |
| ½ c. flour | ½ c. brown sugar |

Cream sugar and butter. Add flour and nuts. Press into 9x13 inch greased pan. Puncture holes in crust with fork. Bake at 375°F. for 10 minutes.

First filling:

- | | |
|---------------------------|-------------------------------|
| 1 small box jello (lemon) | 1 small container heavy cream |
| 1 c. hot water | 8 oz. cream cheese |
| ¾ c. sugar | |

Dissolve jello in hot water and cool. Cream sugar and cheese. Add whipped cream to cheese mixture. When jello is cooled, add to cheese mixture. Pour into cooled crust and chill 2 hours.

Second filling:

- | | |
|--------------------------------|----------------|
| 2 small boxes strawberry jello | 2 c. hot water |
|--------------------------------|----------------|

Dissolve jello in hot water and cool. When first filling is set, pour on top of it. Refrigerate until ready to serve.

Optional: Serve with whipped cream on top.

Dianne Piquette, Financial Aid Sciences

BITS O' BRICKLE CAKE

- | | |
|---|--------------------------|
| 1 pkg. small instant chocolate pudding | 1 box chocolate cake mix |
| 1 pkg. Bits O' Brickle (like crumbled Heath bars - found where cake mixes are sold) | 1 large Cool Whip |
| | 2 Tbsp. Kahlua to taste |

Make pudding mix according to package directions. Make and bake cake mix according to package in an oblong cake pan. While cake is still warm, sprinkle with Kahlua. When cool, cut into about 1 to 1½ inch squares. Layer in large clear or trifle bowl cake squares, pudding, Cool Whip, and Bits O' Brickle. Refrigerate overnight. Serves 6 to 8.

Dolly Kovalski, Department of Plant and Soil Services

RHUBARB CAKE

1 c. sugar
 1/2 c. shortening or butter
 1 tsp. vanilla
 1 tsp. salt
 1 egg, slightly beaten
 1 tsp. baking soda

3/4 c. buttermilk*
 1 3/4 c. flour
 2 c. rhubarb (1/4 inch slices)
 1/2 c. brown sugar
 1/2 c. walnuts

Mix first 8 ingredients in order given; batter will be stiff. Stir in rhubarb. Spread into a 9x13 inch pan. Mix brown sugar and nuts; sprinkle over batter. Bake at 350°F. for 30 minutes.

* To make own, add 1 tablespoon vinegar to measured milk.

Susan Saletnik, H.R.T.A. Department

CHEESE CAKE

Bottom layer:

4 Tbsp. melted oleo
 6 1/2 oz. graham cracker crumbs

1/4 to 1/2 c. crushed walnuts

Combine the above ingredients together and press into the bottom of a 13x9 inch pan. Set aside.

Second layer:

3 (8 oz.) pkg. cream cheese
 5 large eggs

1 c. sugar
 1 1/2 tsp. vanilla

Beat cream cheese in mixer; add eggs, one at a time, to cream cheese. This may take 10 minutes to blend thoroughly. Add sugar and vanilla. Pour over bottom crust; place in oven and bake at 300°F. for 1 hour. Take out and let cool 5 minutes.

Top layer:

1 1/2 pt. sour cream
 1/2 c. sugar

1 1/2 tsp. vanilla

Blend together; pour over second layer and put back in oven for 5 minutes. Cool to room temperature, then refrigerate. Tastes better if made day before. Serves 16.

To save a few calories, I use sliced fresh strawberries or pie filling in place of the top layer.

Virginia Wolejko, Cooperative Extension

SARA BROWN'S CHEESE CAKE

4 eggs
 1 lb. cream cheese
 1 c. sugar

2 Tbsp. lemon juice
 1/2 pt. (8 oz.) sour cream
 3 Tbsp. flour

Vanilla crumb crust or graham cracker crumb crust: Make according to directions and press into a greased 9 inch spring form pan.

Separate eggs. Beat yolks well. Add softened cream cheese and sugar to beaten egg yolks. Beat until smooth. Mix flour with sour cream until flour is blended. Add to yolk mixture. Add lemon juice; blend well. Beat egg whites until stiff and gently fold in. Pour into prepared spring form pan. Bake 1 hour at 300°F. Turn off heat; let set in oven 1 hour with door closed. Chill well. Before serving, spread top with plain whipped cream. (You can use Cool Whip but whipped cream is better.) Sprinkle with slivered almonds. Serves 12.

This is a recipe I got from a friend of mine who got it from a woman she met on a train going to New York. They were arguing about who had the best cheese cake recipe. I don't know whether the woman's name was Sara Brown or not, but this is the recipe she gave her, with "cheeze" spelled with a "z." I think my friend may have lost the argument because this has to be the best cheese cake I have ever tasted. It is a light and fluffy cheese cake as opposed to the more densely packed New York style cheese cake. Also, it is less sweet if a graham cracker crust is used, although the vanilla crumb crust was in the original recipe.

Needless to say, this is not for people who have to limit their intake of cholesterol.

Susan Stern, Home Economics

FUDGE TRUFFLE CHEESECAKE

Chocolate Crumb Crust
 2 c. (12 oz.) semi-sweet chocolate chips
 3 pkg. (8 oz.) cream cheese (soft)

1 (14 oz.) Eagle Brand sweetened condensed milk
 4 eggs
 2 tsp. vanilla

Chocolate Crumb Crust: In medium bowl, combine 1 1/2 cups vanilla wafer crumbs, 1/2 cup powdered sugar, 1/4 cup cocoa, and 1/4 cup melted butter. Press firmly on bottom of 9 inch springform pan.

Heat oven to 300°F. Prepare Chocolate Crumb Crust; set aside. In heavy saucepan, over very low heat, melt chips, stirring constantly. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add melted chips and remaining ingredients; mix well. Pour into prepared pan. Bake 1 hour 5 minutes, or until center is set. Cool.

Constance Smith, Computer and Information Sciences

CHEESE CAKE

Drain 1 large can crushed pineapple and cover bottom of spring form pan.

Cream together:

1 lb. cream cheese (two 8 oz. pkg.) 1 pt. cottage cheese

Beat well.

Add:

4 eggs 3 Tbsp. melted butter
1 1/2 c. sugar Juice of 1 lemon
1 Tbsp. cornstarch 2 tsp. vanilla
1 Tbsp. flour

Beat well. Add 1 pint sour cream. Beat well. Turn mixture in pan. Bake for 1 hour in 350°F. gas oven or 325°F. electric oven. Turn oven off and leave in oven for 2 hours. Refrigerate.

Janice Dagilus, Dean's Office, School of Management

CHEESE CAKE

Crust:

1 c. graham crackers, crushed 1/4 c. sugar
1/4 c. margarine, softened

Mix well; press mixture on bottom of 10 inch springform pan. Set aside.

Cheese Filling:

3 pkg. (8 oz.) cream cheese 2 Tbsp. cornstarch
1 1/2 c. sugar 1 Tbsp. lemon juice (fresh)
6 eggs 2 tsp. vanilla
1 (16 oz.) pkg. sour cream

In large bowl, at medium speed, beat cream cheese until smooth. Slowly add sugar. With mixer at low speed, add eggs, 1 at a time. Add remaining ingredients. Beat at low speed for 2 or 3 minutes, scraping bowl. Pour into crust mixture lined pan. Bake for 50 minutes at 350°F. Do not open oven door. Turn off oven and let remain in oven for 30 minutes. Cool in pan on wire rack. Top with your favorite pie filling flavor.

April Tidlund, Department of Communication

WEIGHT WATCHERS CHEESECAKE

2 c. skim Ricotta 1 c. sliced strawberries, sweetened
1 c. nonfat yogurt 1 1/2 oz. Grape-Nuts, sprinkled with
1 env. unflavored gelatin, dissolved cinnamon and sweetener
in 1/4 c. cold water
1 small pkg. sugar free instant
vanilla pudding (dry)

Line 8 inch pie crust with Grape-Nuts. Mix all other ingredients, except berries. Press into crust. Chill. Put berries on top when serving. Cut pie into quarters. Makes 4 servings.

Equals 2 protein, 1 milk, 1/2 bread, and 1/4 fruit.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

WEIGHT WATCHERS CHOCOLATE LOG

1 banana 1/2 tsp. cream of tartar
2 slices bread 1/2 tsp. baking soda
2 pkg. ALBA 77 (chocolate) 1 tsp. vanilla
2 eggs

Blend until smooth in blender; pour onto cookie sheet (which has been sprayed with nonstick spray). Spread evenly over entire surface. Cook 10 minutes at 350°F. Carefully remove from pan and lay onto wax paper.

Filling:

1/2 c. Ricotta cheese 2 sweeteners
1 tsp. chocolate extract

Cream together and spread on crust; roll and chill. Cut in half. Makes 2 servings.

Equals 1 fruit, 2 protein, 1 milk, and 1 bread.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

POPPY SEED CAKE

1 pkg. butter cake mix (Duncan 1/2 c. Wesson oil
Hines) 1/4 c. poppy seeds
1 large pkg. instant vanilla pudding 1 c. water
4 eggs

Beat all ingredients 10 minutes. Bake in a 10 inch tube or Bundt pan generously greased with shortening for 55 minutes at 325°F. Let cake stand until cold, and it will come out nice.

Susan Saletnik, H.R.T.A. Department

POPPY SEED CAKE

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|--|---|
| 1 pkg. white, yellow or lemon cake mix | 2 medium or large eggs |
| 1 c. water | 1 pkg. instant coconut cream or lemon pudding mix |
| ½ c. melted shortening | 4 Tbsp. poppy seeds |

Mix together dry ingredients; add water and the melted shortening. Add eggs, one at a time. Pour batter into well greased and floured Bundt pan. Bake at 350°F. for 45 minutes. Allow to cool in pan 15 minutes. Remove.

Topping (glaze):

- 1 c. confectioners sugar
2 or more Tbsp. lemon juice and/or water

Or, just sprinkle dry confectioners sugar over the cake. Some people prefer this without the topping.

Judy Schaefer, Cataloging, University Library

SOUR CREAM POPPY SEED CAKE

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|--------------------------|--------------------|
| ½ c. butter or margarine | ½ tsp. baking soda |
| ¾ c. sugar | ½ c. sour cream |
| 3 egg yolks | 3 egg whites |
| 1 tsp. vanilla | ½ c. poppy seeds |
| 1 c. all-purpose flour | |

Butter and flour an 8 inch tube pan. Cream butter and sugar until fluffy; beat in egg yolks, one at a time. Add the vanilla. Sift the flour, salt and baking soda together and fold them into the butter mixture alternately with the sour cream. Beat egg whites until they form stiff peaks, then fold them into the batter. Fold in the poppy seeds, then pour batter into prepared pan. Bake in preheated 350°F. oven about 35 to 45 minutes. Frost with cream cheese frosting if desired. Confectioners sugar sifted onto the cake is also pretty.

This is great cake to bring into the office. Everyone invariably asks me for this recipe.

Irene Dzioba, Alumni Office

TOMATO SOUP CAKE

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|--------------------------|--|
| ¾ c. Crisco or margarine | 3 c. flour |
| 1½ c. sugar | 1 Tbsp. baking powder |
| ¾ tsp. salt | ¾ c. water |
| 1½ tsp. cinnamon | 1 tsp. baking soda, mixed into 1 can tomato soup |
| 1½ tsp. nutmeg | 1½ c. raisins |
| 1 tsp. cloves | |

Mix margarine and sugar. Add the rest of dry ingredients, then water, soup, baking soda, and raisins. Put in 9x13 inch greased pan and bake at 350°F. for 50 to 55 minutes. Frost with cream cheese frosting.

This is sometimes called "Husband's Cake."

Jean Mellin, Financial Aid Services

CARROT CAKE

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|---------------------------------|--------------------------------|
| 1 c. granulated sugar | 1 tsp. baking powder |
| 1 egg | ½ tsp. cinnamon |
| 1 tsp. vanilla extract | ½ tsp. nutmeg |
| ½ c. oil | 1½ c. flour |
| 1 c. carrots, cooked and mashed | ½ c. walnuts, chopped |
| ½ tsp. baking soda | ½ c. golden raisins (optional) |

Mix sugar, eggs, vanilla, oil, and carrots; blend well. Add baking soda, baking powder, cinnamon, nutmeg, and flour; mix thoroughly. Fold in nuts and raisins. Pour into a well greased 9x5 inch loaf pan. Bake in 350°F. oven for 60 to 70 minutes. Cool cake in pan for 10 minutes, then remove to rack to cool completely. Wrap and store in refrigerator. Makes 1 loaf.

Susan Saletnik, H.R.T.A. Department

SCHAUM TORTE

- | | |
|----------------------------------|-------------|
| 7 egg whites | 1¼ c. sugar |
| ½ tsp. (heaping) cream of tartar | |

Beat egg whites until bubbles form. Add cream of tartar. Beat until it forms a stiff froth. Add sugar slowly and beat on high for 5 minutes. Grease a 9 or 10 inch spring form pan. Bake in slow 275°F. oven for 1 hour 15 minutes. Turn off oven and leave door ajar until cake is cool. Remove from pan. When completely cool or cold, spread with strawberries. Spread Cool Whip or whipped topping over strawberries.

Dorothy Linden, Hotel, Restaurant, and Travel Administration

TOLL HOUSE CUPCAKES

Batter:

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|----------------------|----------------------|
| ½ c. margarine | 1 egg |
| 6 Tbsp. sugar (½ c.) | 1 c. + 2 Tbsp. flour |
| 6 Tbsp. brown sugar | ½ tsp. baking soda |
| ½ tsp. vanilla | ½ tsp. salt |

Combine margarine, all sugars and vanilla until creamy. Beat in egg. Stir together flour, salt and baking soda. Add to cream mixture. Spoon into greased or paper-lined cupcake tins. Bake at 375°F. for 10 to 12 minutes. Batter is very heavy. Spoon topping over each and return to oven. Bake 10 minutes more. *Do not overbake.*

Topping:

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|------------------|----------------------|
| ½ c. brown sugar | 1 c. chocolate chips |
| 1 egg, beaten | ½ c. chopped walnuts |
| Pinch of salt | ½ tsp. vanilla |

Combine all of the above. Makes 12.

L. Mosca, sister of an employee

BAKERY FROSTING

¼ c. flour
 1 c. milk
 ½ c. butter, softened
 ½ c. Crisco
 1 c. sugar
 2 tsp. vanilla

In a saucepan, mix milk gradually into flour. Cook over medium heat until smooth and thick, stirring constantly. Cool to room temperature. In small bowl, beat on high the butter, Crisco and sugar for 10 minutes. Add flour mix. Blend well; add vanilla.

This is enough for a 9 inch layer cake. *It's a soft frosting.*

A friend

CHOCOLATE CRINKLE COOKIES

½ c. oil
 4 sq. unsweetened chocolate,
 melted
 2 c. sugar
 4 eggs
 2 tsp. vanilla
 ½ tsp. salt
 2 c. flour, sifted
 2 tsp. baking powder
 1 c. confectioners sugar

Mix oil, chocolate and sugar. Blend in 1 egg at a time until well blended. Add vanilla. Stir in salt, flour and baking powder. Chill several hours, or overnight.

Heat oven to 350°F. Drop teaspoonfuls of dough into confectioners sugar. Roll around and shape into a ball. Place on ungreased cookie sheet and bake 10 to 12 minutes.

Susan Saletnik, H.R.T.A. Department

PEANUT BUTTER COOKIES

½ c. butter
 ½ c. smooth peanut butter
 ½ c. sugar
 ½ c. light brown sugar
 1 egg
 1½ c. flour
 ½ tsp. baking powder
 ½ tsp. baking soda
 ¼ tsp. salt
 ½ c. finely chopped nuts

Preheat oven to 375°F. Cream butter and sugar together until smooth. Add brown sugar, peanut butter and egg. Beat until batter is smooth. Add dry ingredients. Mix well until smooth. Fold in nuts. Roll into ball about ½ inch, place on cookie sheet and flatten with a fork to make crisscross pattern. Bake 10 to 12 minutes.

Barbara Little, Counseling and Academic Development

PEANUT BUTTER SWIRLS

½ c. shortening (Crisco)
 1 c. sugar
 ½ c. peanut butter
 1 egg
 2 Tbsp. milk
 1¼ c. flour
 ½ tsp. baking soda
 ½ tsp. salt
 1 (6 oz.) bag chocolate bits, melted
 and cooled (easily done in a microwave)

Cream shortening and sugar until fluffy. Beat in peanut butter, egg and milk. Sift dry ingredients. Stir into creamed mixture. Blend well. Roll dough on lightly floured wax paper into 10x12 inch thin length. Spread chocolate over dough. Roll up jelly roll style. Chill only for 30 minutes - no more - chocolate gets too hard. Slice into ¼ inch slices. Bake at 350°F. for 12 minutes.

A friend

LEMON TEA COOKIES

1 tsp. lemon peel, finely chopped
 (set aside)
 2 tsp. lemon juice
 ¼ c. milk
 ½ c. margarine or butter
 1¼ c. all-purpose flour
 ¾ c. sugar
 1 egg
 1 tsp. baking powder
 ¼ tsp. baking soda

Lemon Glaze: In a glass, stir lemon juice into milk; let stand 5 minutes. In a small bowl, stir together ¼ cup sugar and 2 tablespoons lemon juice. Makes 3 tablespoons.

In a bowl, beat margarine or butter with electric mixer on medium to high speed about 30 seconds, or until softened. Add about ½ of the flour, all the sugar, egg, and baking powder. Beat until thoroughly combined, scraping the sides of the bowl occasionally. Beat or stir the remaining of the flour. Drop dough from a rounded teaspoon 2 inches apart on an ungreased cookie sheet. Bake at 350°F. for 10 to 12 minutes, or until edges are lightly browned. Transfer cookies to a wire rack. Brush tops of warm cookies with Lemon Glaze, then cool. Makes 4 dozen.

Becky Blajda, Undergraduate Transcripts

HERMITS

1 stick butter
 1/2 stick and 2 tsp. margarine
 1 1/2 c. sugar
 1/4 c. molasses
 1 Tbsp. water
 2 eggs, beaten

1 1/2 c. nuts, chopped
 1 c. golden raisins
 3 c. flour
 1 tsp. baking soda
 1 tsp. cinnamon
 1/2 tsp. cloves

Mix shortening and sugar. Add molasses, water and beaten egg. (Reserve 2 tablespoons egg to coat top of hermits before baking.) Add flour, baking soda and spices. Fold in chopped nuts and raisins.

Grease cookie sheets. Place 2 strips lengthwise. Shape into long rolls, 1 to 1 1/4 inches wide. Do not pat down. Bake at 350°F. for 15 minutes.

Susan Saletnik, H.R.T.A. Department

CHEESE PIES

2 graham cracker pie crusts
 3 pkg. (8 oz.) cream cheese,
 softened

1 c. sugar
 3 eggs
 1 tsp. vanilla

Topping:

1 pt. sour cream
 3 Tbsp. sugar
 1 tsp. vanilla

Maraschino cherry halves
 Nutmeg

Beat softened cream cheese with sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla. Pour mixture into the 2 crusts. Bake at 350° for 25 minutes. Remove from oven. Blend sour cream, sugar, and vanilla together. Spread on top of pies. Garnish with maraschino cherry halves and sprinkle on nutmeg. Return to 500° oven for 5 to 7 minutes. Refrigerate when cooled. May be frozen.

Kathy Godek, Accounting & Information Systems, School of Management

GRASSHOPPER PIE

Crust:

24 Oreo cookies

1/4 c. butter, melted

Crush cookies; add butter. Press into 9 inch pie pan. Chill.

Filling:

32 large (or 3 c. small)
 marshmallows

3 Tbsp. creme de cacao

1/2 c. milk

1 1/4 c. chilled whipping cream

1/4 c. green creme de menthe

Few drops of green coloring

Prepare crust. Put in refrigerator while you prepare filling. Heat marshmallows and milk over medium heat, stirring constantly, until marshmallows melt. Chill until thickened. Blend in liquors.

In chilled bowl, beat cream until stiff. Fold marshmallow mixture into whipped cream. Fold in food coloring. Pour into crust. Chill 3 hours. When set, garnish with whipped cream. You can sprinkle top with grated or curls of semi-sweet chocolate or a few crumbs of the crust mixture which you have reserved.

Caroline Gouin, University Library

CHOCOLATE RUM CHIFFON OR BLACK BOTTOM PIE

Bake 9 inch pie crust shell. Scald 2 cups rich milk. Beat in 4 egg yolks and add to milk.

Mix and add:

1/2 c. sugar

1/4 Tbsp. cornstarch

Cook mixture over medium heat, stirring constantly, until custard coats spoon. Remove from heat.

Pour 1/2 cup of the custard and add to it 1 1/2 squares melted cooking chocolate. Beat until smooth. Add 1 teaspoon vanilla and spread chocolate mixture over bottom of the pie shell. Refrigerate while making rest of filling.

Soften 1 tablespoon gelatin in 4 tablespoons cold water. Add to remaining custard while still hot.

Combine 4 egg whites, beaten stiff, with 1/4 teaspoon cream of tartar and 1/2 cup sugar. Gently beat in.

Fold into cooled custard with 3 tablespoons rum. When chocolate layer is firm, cover with fluffy rum custard. Chill. When ready to serve, garnish with whipped cream and shaved chocolate curls.

Caroline Gouin, University Library

WEIGHT WATCHERS PEANUT BUTTER CUP PIE

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|------------------------|-------------------------------------|
| 1 1/2 c. Rice Krispies | 1 medium banana |
| 4 Tbsp. peanut butter | 1 pkg. sugar free chocolate pudding |
| 1 Tbsp. honey | |

Melt peanut butter and honey together. Stir in Rice Krispies and pat into 9 inch pie plate. Slice 1 medium banana on top of crust. Make 1 package sugar free pudding mix (by directions on box using skim milk); mix and pour on top of sliced banana. Chill, serve and enjoy.

One-quarter pie equals 1 protein, 1 fat, 1/2 bread, 1 fruit, 1 milk, and 16 calories.
Sheila Griffith, University Staff Association

FLORIDA ORANGE MERINGUE PIE

Combine in a saucepan:

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|------------------------------|--------------------|
| 1 c. orange juice | 1 c. sugar |
| 1 c. chopped orange sections | 5 Tbsp. cornstarch |
| 2 Tbsp. grated orange rind | |

Cook, stirring, until mixture bubbles and clears. Add hot mixture in a slow stream to 3 beaten egg yolks, beating constantly. Cook for 5 minutes longer over low heat, stirring. Blend in 2 tablespoons each of lemon juice and butter. Pour hot filling into hot baked crust. Beat 3 egg whites until stiff. Blend in 2 tablespoons sugar. Spread meringue on pie and bake in 350°F. oven until brown. Cool before cutting.

Barbara Little, Counseling and Academic Development

FRESH STRAWBERRY PIE FILLING

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|---------------------------------------|---------------------------------|
| 1 qt. strawberries, washed and hulled | 3 Tbsp. cornstarch |
| 3/4 c. water | 1 tsp. lemon juice |
| 1 c. sugar | 1 c. all-purpose cream, whipped |

Reserve 1 cup berries for glaze. Line pie shell with rest of strawberries. If they are small, leave whole; if large, cut in halves.

Simmer reserved berries with water in saucepan about 3 to 4 minutes. Combine sugar and cornstarch; add to cooked fruit, cooking until syrup is thick and clear, stirring constantly.

Remove from heat; add lemon juice, blending gently. Pour over berries in pie shell; chill 2 hours before serving. Whip cream, adding a pinch of cream of tartar and 1 tablespoon sugar if desired. Top pie as desired at last minute.

Susan Saletnik, H.R.T.A. Department

THE NEXT BEST THING TO ROBERT REDFORD DESSERT

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|-----------------------------|--|
| 1 c. flour | 1 small pkg. instant chocolate pudding mix |
| 1/2 c. softened margarine | 1 small pkg. instant vanilla pudding mix |
| 1 c. finely chopped nuts | 3 c. cold milk |
| 8 oz. softened cream cheese | Grated chocolate bar (optional) |
| 1 c. sugar | |
| 12 oz. Cool Whip | |

Prepare bottom crust: Mix together flour, nuts and margarine until crumbly. Press into 9x13 inch greased pan. Cook at 350°F. for 15 to 20 minutes. Cool.

Beat cream cheese with sugar until smooth. Fold in 1/2 of the Cool Whip. Spread mixture over cooled crust. Combine pudding mixes; beat in milk until smooth and thickened. Spread over cream cheese layer. Spread remaining Cool Whip over top. Sprinkle with grated chocolate bar if desired. Cover and refrigerate overnight.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

WHOOPEE PIES

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|----------------------|------------------------|
| 1 c. sugar | 1 1/4 tsp. baking soda |
| 1/2 c. shortening | 1/4 tsp. salt |
| 1 egg | 1 c. milk |
| 5 Tbsp. cocoa | 1 tsp. vanilla |
| 2 c. flour, unsifted | |

Filling:

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|----------------------------|--------------------------|
| 3/4 c. confectioners sugar | 1/2 c. marshmallow fluff |
| 1/4 c. shortening | 1 tsp. vanilla |

Cream sugar and shortening. Add egg. Combine in another bowl the cocoa, flour, soda, and salt. Add alternately to creamed mix and flour mix, milk, and vanilla mix. Depending on desired size, drop amounts on greased cookie sheet. Bake at 350°F. for 10 minutes. After cooled, fill.

Susan Saletnik, H.R.T.A. Department

PISTACHIO SQUARES

Mix until crumbly:

- 1 stick margarine
- ½ c. chopped pecans

1 ¼ c. flour

Put in a 9x11 inch pan and bake at 350°F. for 15 minutes; cool.

Mix:

- 8 oz. cream cheese
- ½ (9 oz.) Cool Whip

1 c. confectioners sugar

Spread carefully on top of crust.

Mix:

- 2 pkg. pistachio pudding

3 c. milk

Spread on top of cream cheese. Top with the rest of Cool Whip. Refrigerate.
Becky Blajda, Undergraduate Transcripts

PINEAPPLE SQUARES

Filling:

- 2 cans (16 oz.) crushed pineapple
- 1 c. sugar

3 Tbsp. flour

Dough:

- 1 egg
- 1 tsp. vanilla
- 1 c. margarine
- 1 c. shortening

- 1 ¼ c. sugar
- ½ tsp. salt
- 4 ½ c. flour
- 1 (7 oz.) bag coconut

In saucepan, cook pineapple, sugar and flour slowly for about 10 minutes until thickened; set aside.

Beat egg, vanilla, margarine, and shortening together. Add sugar, salt and flour. Mix until crumbly (like pie crust). Press ¾ of the dough in and sides of greased 10x15x2 inch pan. Spread on filling. In remaining dough, add 1 (7 ounce) bag coconut. Sprinkle on top of filling. Pat lightly. Bake at 350° for 30 to 35 minutes. Cut into squares when cool.

Kathy Godek, Accounting & Information Systems, School of Management

BAKED APPLE SQUARES

- 1 ¼ c. sugar
- 3 eggs
- 2 c. flour
- 1 tsp. cinnamon
- 1 tsp. baking powder

- ½ tsp. salt
- 1 tsp. vanilla
- 1 c. oil
- 1 c. nuts, chopped
- 2 c. apples, sliced

Beat sugar and eggs together. Add flour which has been sifted together with cinnamon, baking powder and salt. Add oil and vanilla. Fold in chopped nuts and sliced apples. Bake in greased 9x13 inch pan at 350°F. for 40 to 45 minutes.

Susan Saletnik, H.R.T.A. Department

LEMON CHEESE SQUARES

- 1 yellow cake mix with pudding
- 8 oz. cream cheese
- ½ c. sugar

- ¼ c. oil
- 1 tsp. lemon juice
- 2 eggs

Mix dry cake mix with 1 egg and ¼ cup oil until crumbly. Reserve 1 cup. Pat remaining mixture into 13x9 inch ungreased pan. Bake 15 minutes at 350°F. Beat cheese, 1 egg, lemon juice and sugar until smooth. Spread over baked layer. Sprinkle with reserved mixture. Bake 15 minutes longer; cool.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

RHUBARB SQUARES

- 3 c. rhubarb
- ½ c. butter or oleo
- 1 ½ c. sugar
- 1 egg

- 2 c. flour
- 1 tsp. baking soda
- 1 c. sour milk (make sour milk by adding 1 Tbsp. vinegar to milk)

Cream butter and sugar; add egg. Alternately add flour and soda with sour milk. Mix in rhubarb which has been cut in small pieces. Spread batter in 9x13 inch pan; bake at 350°F. for 45 minutes.

Cinnamon and Sugar Mixture:

- ¼ c. sugar
- ½ tsp. cinnamon

½ c. chopped nuts

Sprinkle on top as soon as you take out of the oven. Serves 20.

Joanie Damon, Textbook Annex

LEMON DESSERT BARS

Crust:

- 2 c. flour
1/2 c. confectioners sugar
1 c. butter or margarine, softened

Sift flour and confectioners sugar. Cut in butter and cream well. Press evenly into a 13x9 inch pan. Bake at 350°F. for 20 to 25 minutes, or until slightly browned.

Filling:

- 4 eggs
1 1/2 c. sugar
1/2 c. lemon juice
1/4 c. flour
1/2 tsp. baking powder

Beat eggs, sugar and juice. Add flour and baking powder. Pour over baked crust and continue baking at 350°F. for 20 to 25 minutes, or until edges are set and filling is lightly browned. Cool and sprinkle with confectioners sugar and cut into bars.

A friend

FABULOUS LEMON BARS

Crust:

- 1 c. butter or margarine
1/2 c. confectioners sugar
2 c. flour

Filling:

- 4 large eggs
2 c. sugar
1 Tbsp. flour
1/2 tsp. baking powder
1/2 c. fresh lemon juice
1 c. finely chopped walnuts or pecans

Cream butter and confectioners sugar; gradually stir in 2 cups flour until blended. Press on bottom of *ungreased* 13x9 inch pan. Bake at 325°F. for 15 minutes. Remove. Beat eggs slightly; add sugar, flour, baking powder, lemon juice, and nuts. Stir - *don't beat* - until well blended. Pour over warm crust and return to 325°F. oven. Bake 45 minutes until brown. Loosen edges and cool. Cut into bars or squares.

A friend

APPLE BROWNIES

- 1/2 c. butter
1 c. sugar
1 egg
2 medium/large apples, diced
1/2 c. nuts or raisins
1/2 tsp. baking soda
1/2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1 c. flour

Cream butter, sugar and egg. Add apples, nuts or raisins, baking soda, baking powder, salt, cinnamon, and flour. Mix together until mixture is moistened. Bake in greased 9x9 inch pan for 40 minutes at 350°F.

Bonnie Prindle, Campus Parking

CREAM CHEESE BROWNIES

- 2 c. sugar
1 c. + 2 Tbsp. shortening
3/4 c. Hershey's cocoa
4 eggs
1 tsp. vanilla
1 1/2 c. flour
1 1/2 tsp. baking powder
1 c. chocolate chips

Filling:

- 1 c. sugar
1 (8 oz.) pkg. cream cheese, softened
1 egg
1 tsp. vanilla

Cream sugar, shortening and cocoa. Add eggs, one at a time. Add vanilla, flour and baking powder. Stir in chocolate chips.

Make filling: Blend softened cream cheese with sugar until smooth. Add egg and vanilla. Mix well.

Put 2/3 of brownie batter in greased 9x13 inch pan. Put filling over it. Put the rest of the brownie batter over filling. Bake at 350°F. for 25 to 30 minutes.

Jeanne Swenson, Reading Room, School of Management

CREAM CHEESE BROWNIES

- 1/4 c. butter or margarine
1 c. (6 oz.) semi-sweet chocolate pieces
1/2 c. sugar
2 eggs
2 Tbsp. hot water
1 tsp. vanilla extract
3/4 c. all-purpose flour
1/4 tsp. baking soda
Pinch of salt
1/2 c. walnuts, chopped (if desired)

Cream Cheese Filling:

- 1 (8 oz.) pkg. cream cheese (room temperature)
1/2 c. sugar
1 egg
1 tsp. vanilla extract

Prepare Cream Cheese Filling: In a small bowl, beat cream cheese, sugar, egg, and vanilla until smooth; set aside.

Preheat oven to 350°F. Grease an 8 or 9 inch square baking pan. In a medium saucepan, combine butter or margarine and chocolate pieces. Heat over low heat until melted and smooth, stirring constantly. Remove from heat. Stir in sugar, eggs, water, and vanilla until combined. Add flour, baking soda and salt, stirring well. Stir in walnuts if desired. Spread half the chocolate batter evenly in greased baking pan. Top with Cream Cheese Filling, spreading evenly. Drop spoonfuls of remaining chocolate batter evenly on top of cheese filling, spreading as evenly as possible with a knife. Swirl knife gently through batter to marble. Bake 30 to 35 minutes. Do not overbake. Brownies should be moist in center. Cool in pan. Cut cooled brownies into squares. Store in refrigerator. Makes 25 brownies.

Susan Saletnik, H.R.T.A. Department

WHITE CHOCOLATE BROWNIES SUPREME

12 oz. white chocolate, cut in pieces
 1/2 c. butter or margarine
 1 c. sugar
 3 eggs

1 tsp. vanilla extract
 2 tsp. orange peel, grated
 1 1/4 c. all-purpose flour
 1/2 tsp. baking powder
 3/4 c. pecans, chopped

Preheat oven to 350°F. Grease an 11x7 inch baking pan or a 9 inch square baking pan. In top of a double boiler, combine half the white chocolate and butter or margarine. Heat over hot, but not boiling, water until melted and smooth, stirring occasionally. Remove from heat. Add sugar, eggs, vanilla, and orange peel, beating until blended. Stir in flour and baking powder, blending well. Stir in pecans. Spread mixture evenly in greased baking pan. Bake 23 to 25 minutes, or until light golden. Do not overbake or brownies will be dry. Cool in pan.

Meanwhile, in top of double boiler, melt remaining white chocolate over hot but not boiling water. Spread melted chocolate evenly over brownies. Let stand until set. Cut cooled brownies into bars. Makes 20 brownies.

Susan Saletnik, H.R.T.A. Department

CHOCOLATE DREAM BARS

1 beaten egg
 1 c. sugar
 1/2 c. milk
 1 stick margarine
 1 c. chopped nuts

1 c. crushed graham crackers
 1 c. coconut (optional)
 1 small bag chocolate bits
 Graham crackers

Line a cookie sheet (jelly roll pan) with whole graham crackers. In a saucepan, beat egg. Add milk and sugar. Bring to boil until slightly thickened. Remove from heat and add 1 stick margarine. When margarine melts, add nuts, crushed graham crackers, coconut, and chocolate bits. Spread over whole graham crackers. Cover with another layer of whole graham crackers and press down. Spread icing and refrigerate a few hours or overnight. Cut into squares.

Icing: Beat 1 cup confectioners sugar, 1 stick softened margarine, 1 tablespoon milk, and 1 teaspoon vanilla.

Virginia Wolejko, Cooperative Extension

DIRT DESSERT

2 pkg. instant French vanilla pudding
 3 c. milk
 8 oz. cream cheese

1 stick margarine
 1 c. confectioners sugar
 2 containers (8 oz.) Cool Whip
 1 (1 lb.) bag Oreo cookies

Beat pudding and milk for 2 minutes. Fold in Cool Whip. In another bowl, cream the cream cheese and margarine. Add confectioners sugar. Fold this mixture into pudding mixture. Crush cookies.

In an 8 inch flower pot (new, unused), put in layers the crumbs, filling, crumbs, filling, crumbs. "Plant a flower" (wrap the stem in Saran Wrap) in the pot after you complete the layers. Serves 8. Absolutely delicious.

Nicole Pietraszkiewicz, Geology and Geography

WEIGHT WATCHERS BAKED RICE PUDDING

1 c. each cooked long grain rice and skim milk
 1/4 c. raisins
 2 eggs
 1/2 tsp. vanilla

1/4 tsp. nutmeg
 Sugar substitute to equal 4 tsp. sugar
 1/2 tsp. cinnamon (optional)

In small saucepan, combine rice, milk and raisins. Cook over medium heat, stirring to prevent burning or sticking, until mixture comes to a boil. Remove from heat.

Preheat oven to 350°F. In small bowl, beat together eggs, vanilla, nutmeg, and sugar substitute; stir in 1/4 cup hot rice mixture. Slowly pour egg mixture into remaining rice mixture, stirring rapidly to prevent egg from lumping. Spray 1 quart casserole with nonstick cooking spray; turn rice mixture into casserole and sprinkle with cinnamon. Set dish into 8x8x2 inch baking pan and pour water into pan to a depth of about 1 inch.

Bake 15 to 20 minutes (until a knife inserted into center of pudding comes out clean). Pudding will be loose. Remove baking pan from oven and casserole from water bath. Let pudding cool slightly and serve warm. Or, cool completely, cover and refrigerate until chilled. Makes 2 servings.

Equals 1 protein, 1 bread, 1 fruit, and 1/2 milk.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

WEIGHT WATCHERS MICROWAVE CHOCOLATE PUDDING

4 tsp. cocoa powder
 2 Tbsp. cornstarch

2 Tbsp. sugar
 1 1/2 c. skim milk

Combine in blender. Pour into 2 1/2 quart souffle dish. Cover tightly with plastic wrap. Cook on HIGH 4 to 4 1/2 minutes (until boils). Prick the cover and remove carefully. Mix with a whisk, carefully (it's hot) and pour into 4 dessert dishes. Makes 4 servings.

Equals 1/3 milk and 50 optional calories.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

STUFFED NECTARINES WITH AMARETTO CREAM AND RASPBERRIES

Amaretto Cream:

2 egg yolks
2 Tbsp. sugar
1/8 tsp. ground cardamom
1 c. milk

1 strip (3 x 1/2 inch) orange peel
1/4 c. Amaretto liqueur
1/2 c. heavy cream, whipped

In small bowl, combine egg yolks, sugar and cardamom. Whisk until well blended. In top of double boiler, heat milk directly over medium heat until tiny bubbles form around edge. Add 1/4 cup hot milk to egg yolk mixture; mix well. Stir into remaining milk. Add orange peel. Cook over simmering water, stirring constantly, just until mixture coats the back of a spoon, about 15 minutes. Remove from heat; stir in Amaretto. Cover and refrigerate. (Can be made ahead. Refrigerate up to 3 days.) Discard orange peel. Fold in whipped cream. Refrigerate at least 30 minutes, or up to 2 hours. Makes 2 1/2 cups.

1/2 c. raspberries
4 large, ripe nectarines
24 miniature Amaretto biscuits

Fresh raspberries and mint leaves
(for garnish)

Puree raspberries; strain, discarding seeds. Set puree aside.

Cut nectarines in halves; remove pits. Place 1 teaspoon Amaretto Cream in center of each half; fill each with 3 Amaretto biscuits.

To serve, spoon remaining Amaretto Cream onto chilled platter. Carefully arrange nectarines, cut side down, in cream. Drizzle raspberry puree onto cream. Run the tip of a toothpick through puree to create a chevron effect. Garnish with berries and mints. Makes 8 servings.

Susan Saletnik, H.R.T.A. Department

STRAWBERRY RHUBARB DELIGHT

1 1/4 c. sugar
1 c. flour
3 Tbsp. butter (I use oil)
1 tsp. baking powder
1 Tbsp. corn starch (heaping)

1 (3 oz.) pkg. strawberry jello
3 c. rhubarb
1/2 c. milk
1/2 tsp. salt

Mix 3/4 cup sugar, flour, butter, baking powder, salt, and milk. Cut rhubarb in 1 inch pieces and put in bottom of pan. Sprinkle strawberry jello over rhubarb. Spoon batter over rhubarb. Mix 1 cup (I use 1/2 cup) sugar and corn starch. Sprinkle over dough. Pour 1 cup hot water over all ingredients and bake in 350°F. oven for 1 hour. By using oil, I mix in bowl by hand and I don't have to pull out the mixer. Use deep pan as it usually runs over and messes the oven up.

Virginia Wolejko, Cooperative Extension

STRAWBERRY CREAM WHIP

2 c. strawberries (fresh or frozen) 1 1/2 c. whipped cream
1 c. applesauce

Blend ingredients until smooth. Fold in whipped cream. Serve in parfait glasses. Serves 4.

Deborah J. Dargis, Psychological Services Center

GREEN SLIME

1 (32 oz.) container plain lowfat yogurt 1 (3 oz.) box instant pistachio or vanilla pudding (sugar free can be used)
1 (20 oz.) can crushed pineapple (undrained)

Mix all together and refrigerate at least 1 hour. This is very tart, so I mix a large (12 ounce) container Cool Whip in it. Very good.

A friend

PEANUT BUTTER EGGS

2 lb. confectioners sugar Pinch of salt
1 stick butter, softened 1 1/2 c. peanut butter
1 (8 oz.) cream cheese, softened 24 oz. (2 pkg.) semi-sweet chips, melted
1 1/2 tsp. vanilla

Cream together butter, cream cheese, vanilla, salt, and peanut butter. Add sugar in cupfuls. The mixture gets very stiff. Shape into "eggs" on mixing spoon; cover with melted chocolate. Store in refrigerator.

Susan Beachell, Undergraduate Transcripts

PINEAPPLE LIME MOLD

1 (3 oz.) pkg. lime jello 2 (8 oz.) cans crushed pineapple, drained
1 Tbsp. lemon juice 1 1/2 c. miniature marshmallows
1 (8 oz.) pkg. Philadelphia cream cheese 1/2 c. chopped nuts (optional)

Add 1 cup boiling water to jello and mix well. Add 1/2 cup cold water and lemon juice to jello. Gradually add cream cheese and mix well. Chill until thickened. Fold in pineapple, marshmallows and nuts. Pour into 1 quart mold. Chill until firm.

Jean Mellin, Financial Aid Services

IRISH BREAD

¼ c. butter (the size of an egg)	1 ¼ tsp. salt
½ c. sugar	1 Tbsp. caraway seeds
1 egg	1 c. raisins
2 ¾ c. flour	1 ¼ c. milk
5 ½ tsp. baking powder	

Cream butter and sugar. Beat in egg and add rest of ingredients. Mix well. Bake in 10 inch greased pan at 350°F. about 45 minutes. Serve warm.

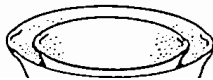
Jean Mellin, Financial Aid Services

IRISH BREAD

1 ¼ Tbsp. shortening	1 Tbsp. baking powder
½ c. sugar	2 c. milk
3 c. flour	½ c. raisins or currants
1 tsp. salt	

Mix shortening, sugar, flour, and salt. Add baking powder, raisins (or currants) and then milk. Pour into 2 greased small loaf pans. Bake 45 minutes at 350°F.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration



ANADAMA BREAD

¼ lb. butter	1 pkg. dry yeast
1 tsp. salt	½ c. lukewarm water
2 c. water	¾ c. molasses
½ c. yellow corn meal	4 c. flour

Place the butter and the salt in your largest bowl. Bring the water to a boil and slowly pour in the corn meal while stirring vigorously. Remove from heat at once and pour the mush over the butter and salt. Let cool to lukewarm.

Stir the yeast into the ½ cup lukewarm water and allow to work while the corn meal cools. Stir the molasses into the mush, then add the yeast.

Stir in the flour. Give it all you have, then you and the dough rest for about 10 minutes. Spread about 2 cups flour on the kneading board and turn out dough onto it. Knead for about 10 minutes, incorporating sufficient flour to keep dough from sticking. Return dough to bowl (which has been washed and buttered) and let rise, covered, in warm place (2½ to 3 hours). It should double in bulk. Knock down dough with hands. Turn onto board; knead only for a second, then cut into 2 or 4 equal size pieces. Shape, then press into buttered pans. Let rise until double (about 1 hour).

Place in preheated 400° oven for 5 minutes. Without opening door, turn oven down to 350° and bake 35 to 40 minutes.

For those who have never heard of the story of the word "anadama," here it is for the record:

There was once a hardworking New England fisherman who had a lazy and, I suspect, gadabout wife. The fisherman returned home one evening to find his wife not there, and the only food prepared for him, as usual, was some corn meal mush. So he yelled, "Anna, damn her - I'll show her;" or words to that effect. He added flour and yeast and molasses to the mush, and came up with such mouth-watering loaves of bread that neighbors begged for the recipe. It was dubbed Anadama Bread, and has so remained to this day.

Kay Dion, University Library



APPLE BREAD

½ c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla
2 Tbsp. milk
2 c. flour

2 tsp. baking powder
¼ tsp. salt
¼ tsp. nutmeg
¼ c. chopped walnuts
1 c. finely chopped red, skinned apple

Cream shortening and sugar together. Beat in one egg at a time. Add vanilla and milk. Sift together flour, baking powder, salt, and nutmeg. Blend into creamed mixture. Fold in nuts and apples. Bake in well greased loaf pan for 50 to 60 minutes at 350°F. Remove from oven and cover with glaze when warm.

Glaze:

½ c. confectioners sugar
2 Tbsp. melted butter
1 tsp. vanilla

2 tsp. water
Dash of nutmeg

Combine all ingredients and blend well.

Laurie Waite, Undergraduate Transcripts

BLUEBERRY ORANGE BREAD

2 Tbsp. butter
½ c. boiling water
½ c. orange juice
4 tsp. orange rind, grated
1 egg
1 c. sugar

2 c. flour, sifted
1 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
1 c. blueberries
2 Tbsp. honey

Melt butter in boiling water; add ½ cup orange juice and 3 teaspoons orange rind (set aside). Beat egg with sugar until fluffy. Add sifted dry ingredients alternately with orange liquid. Fold in berries. Bake in greased 1½ quart loaf pan or 9x5x3 inch loaf pan. Bake at 325°F. for 1 hour 10 minutes, or until done. Turn out on rack.

If desired, mix 2 tablespoons orange juice, 1 teaspoon orange rind and honey. Spoon over hot loaf. Let stand until cold.

Susan Saletnik, H.R.T.A. Department

STRAWBERRY BREAD

2 c. sliced fresh strawberries or 2 (10 oz.) pkg. frozen, thawed and chopped
¼ c. salad oil
4 eggs
3 c. flour

2 c. sugar
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt
1 c. chopped walnuts (optional)

In medium bowl, stir eggs, oil and berries; set aside. In large bowl, stir flour, sugar, cinnamon, baking soda, salt, baking powder, and nuts. Add strawberry mixture to dry ingredients. Stir just until blended. Pour into 2 greased and floured loaf pans. Bake at 350°F. for 1 hour.

A friend

LEMON BREAD

6 Tbsp. margarine
1 c. sugar
1½ c. flour
½ tsp. salt

1 tsp. baking powder
Grated rind of 1 lemon
2 eggs, well beaten
½ c. milk

Glaze:

Juice of 1 lemon

½ c. powdered sugar

Grease and flour 9x5 inch loaf pan. Cream margarine and sugar, blend well. Add lemon rind and beaten eggs. Stir in sifted, dry ingredients alternately with milk. Bake 1 hour at 350°F. Spoon glaze over bread while it is still warm. Do not turn out until cool.

Doris Newton, English Department

LEMON NUT BREAD

¾ stick margarine
1 c. sugar
2 eggs
1½ c. flour
1 tsp. baking powder

¼ tsp. salt
½ c. milk
½ c. chopped nuts
Rind of 1 lemon

Beat all ingredients together, adding chopped nuts and lemon rind last. Bake in loaf pan, lined with wax paper, for 50 to 60 minutes at 350°F. Cool 5 minutes, then pour over loaf ½ cup sugar mixed with juice of lemon. Remove from pan when all liquid is absorbed.

Joyce Manning-Lawrence, Textbook Annex



SKILLET "CRACKLING" CORN BREAD

Preheat oven to 425°F. Have all ingredients, especially the liquids, at room temperature.

Sift and measure:

¾ c. unbleached, all-purpose flour ¼ c. soy flour

Resift with:

½ tsp. baking soda 1 tsp. salt (or less)
1 ½ tsp. baking powder

Add ¾ cup yellow or white corn meal.

Combine and beat:

2 eggs (1 egg and 1 egg substitute -
or use the substitute alone) 1 c. buttermilk
2 Tbsp. corn oil

Stir the liquid ingredients into the dry ones in a large mixing bowl. Use only enough strokes to moisten all the flour. Pour the batter into a heavy cast iron skillet or other heavy baking pan which has been lightly greased and *preheated* in the oven. If the pan is hot and smoking slightly when you add the batter, the resulting crust will be very crisp. Bake for ½ hour until the top is brown and springs back when pushed down lightly. Serves 6.

Additions: Can use 2 tablespoons wheat germ, bacon bits, chopped green peppers, cooked whole kernel corn, etc.

You can find this one in *The Joy of Cooking*, but I make a few adjustments that make a more healthful and flavorful bread without the "Yankee" sweetness. This is unsweetened corn bread with a rough texture. Cut the bread into wedges, split and drizzle with honey. Delicious with black coffee or serve with baked beans with sausage or chops.

John McDonald, Collection Development, University Library

CRANBERRY NUT BREAD

2 c. all-purpose flour 1 Tbsp. orange peel, grated
1 c. sugar 2 Tbsp. shortening
1 ½ tsp. baking powder 1 egg, well beaten
1 tsp. salt 1 ½ c. fresh cranberries, coarsely
½ tsp. baking soda chopped
¾ c. fresh orange juice ½ c. nuts, chopped

Preheat oven to 350°F. In a bowl, mix together flour, sugar, baking powder, salt, and baking soda. Stir in orange juice, orange peel, shortening, and egg. Mix until well blended. Stir in cranberries and nuts. Turn into a 9x5 inch loaf pan, greased on bottom only. Bake for 55 minutes, or until toothpick inserted in center comes out clean. Cool on a rack 15 minutes; remove from pan. Makes 1 loaf.

Susan Saletnik, H.R.T.A. Department

PUMPKIN BREAD

¾ c. butter or margarine 3 ½ c. flour
2 ½ c. sugar 1 tsp. baking powder
4 eggs 2 tsp. baking soda
2 c. pumpkin or butternut squash,
cooked and mashed 1 tsp. cinnamon
¼ c. orange juice or water ½ tsp. nutmeg
¾ c. nuts, raisins or dates (optional)

Cream shortening and sugar together thoroughly. Beat in eggs; blend in pumpkin/squash and orange juice/water. Mix dry ingredients and spices together; blend into mixture. Stir in nuts, raisins or dates (optional).

Spoon batter into 2 greased and lightly floured loaf pans. Bake in preheated 350°F. oven for 1 hour. This sweet, moist bread keeps well and can be frozen. Makes 2 loaves.

Susan Saletnik, H.R.T.A. Department

ZUCCHINI BREAD

4 eggs ½ c. walnuts, chopped
2 c. sugar 2 c. all-purpose flour
1 c. oil 1 tsp. vanilla
2 c. grated zucchini with skins 1 tsp. cinnamon
2 tsp. baking soda ½ c. raisins
¼ tsp. baking powder 2 apples, peeled and grated
1 tsp. salt

Combine all ingredients and mix until flour is blended in. Bake in greased loaf tin at 350°F. for 1 hour.

Ann Lankarge, Management Department



RICH MAPLE NUT BREAD

1 c. all-purpose flour
 ¾ c. whole wheat flour
 1 Tbsp. baking powder
 1 tsp. salt
 ¼ tsp. cinnamon
 ½ c. walnuts, finely chopped

¼ c. (½ stick) butter or margarine
 ¾ c. milk
 ½ c. maple syrup*
 1 large egg
 ½ tsp. vanilla extract

Topping:

3 Tbsp. walnuts, finely chopped
 2 Tbsp. sugar

¼ tsp. cinnamon

Heat oven to 350°F. Grease 1 loaf pan. In a medium-size bowl, combine the flours, baking powder, salt, and cinnamon. Stir in nuts.

In a 1 quart saucepan, melt the butter. Remove from heat and stir in the milk and syrup. Beat in the egg and vanilla. Stir the milk mixture into the flour mixture until the mixture is just blended. Spoon the batter into the greased pan.

Prepare the topping: In a cup, mix the walnuts, sugar and cinnamon; sprinkle over batter. Bake for 40 minutes, or until a cake tester comes out clean. Remove the bread from the pan and cool it completely on a wire rack. Wrap it tightly in aluminum foil and let it stand overnight before slicing. Makes 1 loaf.

* Be sure to use *real maple syrup* and not pancake syrup. Real maple syrup is expensive, but the rich flavor it gives this bread is worth it.

Susan Saletnik, H.R.T.A. Department

ENGLISH MUFFIN LOAVES

2 pkg. yeast
 1 Tbsp. sugar
 ½ c. wheat germ (options)
 ¼ tsp. baking soda
 6 c. flour (unsifted)

2 tsp. salt
 2 c. milk
 ½ c. water
 Some corn meal (for loaf pans)

Combine 3 cups flour with the rest of the dry ingredients. Heat water and milk until very warm (125°F.). Add to dry ingredients, beating well. Stir in remaining flour, forming stiff dough.

Separate into 2 loaves. Place in greased loaf pans that have been sprinkled with corn meal. Cover and let rise for 45 minutes. Bake at 400°F. for 25 minutes. Remove from pans immediately. Serve toasted.

These taste just like real English muffins.

Sandi Harris Graves, Graduate Records Office

KILLER BRAN MUFFINS

2 c. oat bran
 2 c. wheat bran
 2 c. rolled oats
 2 c. wheat flour
 1 c. white flour
 2 tsp. salt
 1 tsp. baking soda
 1 tsp. baking powder
 1 c. sugar
 1 c. honey
 1 stick butter, melted

3 eggs
 ¾ c. oil
 2 c. milk
 1 c. yogurt (plain)
 1 tsp. vanilla
 2 cans chunk pineapple
 ½ jar applesauce
 1 c. fruit juice (any flavor)
 1 large box raisins
 3 c. nuts

Mix dry ingredients. Mix wet ingredients into dry mixture. Scoop into muffin pans. Bake in 375°F. oven for 15 to 25 minutes, or until toothpick comes out dry. Makes 3 dozen large muffins. *Kills constipation!*

Andrea Morris, Circulation Department

CHEDDAR CREAM CORN MUFFINS

1½ c. flour
 1½ c. corn meal
 4 tsp. baking powder
 1 tsp. baking soda
 1 tsp. salt
 2 eggs

1½ c. buttermilk
 1 (14 oz.) can cream corn
 ¼ c. melted margarine
 1½ c. shredded Cheddar cheese
 Paprika for top

In large bowl, stir dry ingredients and mix well. In separate bowl, beat eggs. Blend in buttermilk, cream corn and margarine; pour over flour mixture. Sprinkle with 1 cup cheese. Mix just until moistened. Spoon into greased muffin tin. Fill to top. Sprinkle with remaining cheese. Dust tops lightly with paprika. Bake at 375°F. for 25 minutes. Makes 16.

A friend

RED CAP MUFFINS

2 c. sifted all-purpose flour
 3 tsp. baking powder
 ½ tsp. salt
 ¼ c. shortening
 1 c. shredded sharp cheese (American)

1 tsp. caraway seed
 1 egg, beaten
 1 c. milk
 Paprika

Sift flour, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in cheese and caraway seed. Combine egg and milk. Add all at once to dry ingredients. Stir just until flour is moistened. Grease muffin tins and fill ¾ full. Sprinkle paprika over tops. Bake in hot oven at 400°F. for 25 minutes, or until done. Makes 1 dozen.

Dorothy Linden, Hotel, Restaurant, and Travel Administration

JORDAN MARSH BLUEBERRY MUFFINS

½ c. butter
2 c. flour
1 c. sugar
2 eggs

2 c. blueberries (fresh or frozen)
½ c. milk
2 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar. Add eggs, one at a time. Add dry ingredients alternately with milk. Fold in berries. Turn into well greased tin and fill ¾ full. Sprinkle with sugar. Bake at 350°F. for 20 to 30 minutes.

A friend

BLUEBERRY OAT MUFFINS

2 c. fresh or frozen blueberries
½ c. oat bran (cereal)
¾ c. oat flour (to make, just grind regular or old-fashioned oatmeal in blender to make a powder)
½ c. flour
1 Tbsp. baking powder

1 tsp. cinnamon
3 large or extra large egg whites (do not use yolks)
¾ c. skim or regular milk
½ c. dark brown sugar, lightly packed
½ stick margarine (4 Tbsp.)

Mix all dry ingredients together. In separate bowl, mix margarine and brown sugar. Add egg whites and stir. Stir in milk. Add blueberries to the dry ingredients and mix gently. Add to liquid mixture and mix only until blended. Fill muffin tin (greased, sprayed, liners) to top. Bake at 400°F. for 15 minutes. If using frozen blueberries, bake for 25 minutes.

L. Mosca, sister of an employee

SURPRISE BLUEBERRY-FILLED MUFFINS

In a large bowl, sift:

2 c. flour
2½ tsp. baking powder
Dash of salt (optional)

⅛ tsp. cinnamon
⅛ tsp. nutmeg

Set aside.

In a small bowl, cream in order given:

¼ c. butter flavor Crisco
¼ c. regular Crisco
¾ c. sugar

2 beaten eggs
1 tsp. vanilla

Cream well, then beat in 1 cup milk on low speed (30 seconds). Combine with dry ingredients well. Line muffin tins with paper liners (1 dozen). Fill with batter ⅓ full, then top (in center) with 1 tablespoon canned blueberry pie filling, then top with a heaping tablespoon of batter and smooth to cover. Sprinkle with sugar and cinnamon (mixed). Bake at 350°F. for 20 to 25 minutes. Do not overbake.

L. Mosca, sister of an employee

FRENCH COFFEE CAKE

2½ c. flour
½ tsp. baking powder
1 tsp. baking soda
Pinch of salt
2 tsp. vanilla

1 c. sugar
3 eggs
1 c. sour cream
½ lb. butter or margarine

Filling:

¼ c. brown sugar
1 or 2 tsp. cinnamon

½ c. walnuts

Sift flour, baking powder, baking soda, and salt together. Cream sugar, butter and vanilla. Add eggs. Add dry ingredients alternately with sour cream. Mix and beat well. Pour part of batter into greased angel food pan. Sprinkle ½ of filling mixture on top. Pour remaining batter on top of that and sprinkle top with remaining filling mixture. Bake at 375°F. for 45 minutes.

Cathy Blake, Undergraduate Records

FRUIT FILLED COFFEE CAKE

1 stick margarine, softened
2 c. sugar
2 c. flour

4 large eggs
1 tsp. vanilla
1 can apple or lemon pie filling

Glaze:

1½ c. confectioners sugar
2 Tbsp. butter or margarine

2 Tbsp. hot water
2 tsp. vanilla

Cream margarine and sugar. Add vanilla. Add 1 cup flour and 2 eggs; mix well until blended. Add remaining flour and 2 eggs; mix well. Batter is stiff. Pour ¾ of batter into greased 9x15 inch pan. Spread pie filling evenly over batter. Spoon remaining batter as evenly as possible over filling. Bake at 350°F. for 30 to 40 minutes. Mix glaze and spread on cooled cake.

L. Mosca, sister of an employee

SOUR CREAM COFFEE CAKE

1 stick oleo
1 c. sugar
2 eggs
½ pt. sour cream

1 tsp. baking soda
1½ c. flour
1 tsp. baking powder
1 tsp. vanilla

Cream together butter, sugar and eggs. Add sour cream; mix well. Sift dry ingredients and add to first mixture. Add vanilla. Put in greased 13x9x2 inch pan or 9 inch ring.

Topping - Mix:

½ c. sugar
4 tsp. chopped nuts

2 tsp. cinnamon

Bake 30 minutes at 375°F.

Bonnie Martin, Athletic Department

PIE CRUST

4 c. flour
1¼ c. Crisco
1 Tbsp. sugar
2 tsp. salt

1 Tbsp. vinegar
1 egg
½ c. cold water

Mix first 4 ingredients with pastry blender. In separate bowl, mix remaining ingredients. Combine 2 mixtures. Mold dough into ball. Chill at least 15 minutes (1 hour is better) before rolling. Dough can be stored in refrigerator for 3 days or frozen until needed. Yields 5 (8 to 9 inch) crusts.

Cathy Blake, Undergraduate Records

FLAKY PIE CRUST

1¼ c. sifted flour
½ tsp. salt

½ c. shortening, chilled
¼ c. ice water

Mix flour and salt in bowl; cut in shortening with pastry blender. Mix until pastry is coarse. Sprinkle water over mixture, 1 tablespoon at a time, and mix lightly and quickly with fork until mixture holds together. Shape into a ball onto a lightly floured cloth. With lightly floured rolling pin, roll out dough until it is 2 inches larger than the pie pan. To transfer dough into pan, it's easiest to fold it in half and then lay it onto the pan. Makes 1 crust.

Cynthia J. Hardy, Office of Human Relations

DANISH PUFF

Step 1 ingredients:

1 c. water
1 stick margarine
1 tsp. almond flavoring

1 c. flour
3 eggs

Step 2 ingredients:

1 c. flour
1 stick margarine
3 Tbsp. water

½ c. Solo almond paste or jam
filling (optional)

In saucepan, mix in order. Boil water and margarine. Take off stove and add flavoring and flour. Stir immediately to prevent lumping. Set aside to cool and go to Step 2.

Cut 1 stick margarine into 1 cup flour, like pie crust. Sprinkle with water and mix with fork. Round into ball and divide in half. Pat into 2 strips about 12x4 inches on a large cookie sheet, flouring hands often. (Optional: Spread each with Solo paste. Half of can will be enough for the 2 strips.) Go back to Step 1.

Add the 3 eggs, one at a time. Beat well after each egg. Divide in half and spread over strips of pastry. Bake at 350°F. for 1 hour until crisp and brown. Drizzle with confectioners sugar and almond flavoring. Sprinkle with chopped nuts or slivered almonds and decorate with cherries.

Sheila Griffith, University Staff Association

CHRUST - POLISH PASTRY

3 egg yolks
3 Tbsp. margarine
3 Tbsp. milk
2 Tbsp. whiskey

½ c. sugar
1¼ c. flour
Grated rind of 1 lemon

Beat egg yolks with hand mixer. Add margarine (melted), milk, whiskey, sugar, lemon, and flour. Roll into a ball and refrigerate (about 2 hours). Roll out and cut. Fry in 1 quart of oil or lard in electric fry pan. Sprinkle with confectioners sugar.

Linda Kurowski, Tower Library

CHEESE TART

8 oz. sharp Cheddar cheese, grated
1 c. chopped onion
½ c. Bisquick
1 c. milk

1 egg
1 Tbsp. melted butter
Poppy seeds

Preheat oven to 400°F. Grease 8x8 inch pan with extra butter. Saute onion in butter. Mix Bisquick, milk, egg, onion, and ½ cheese together. Pour into pan. Sprinkle remaining cheese plus melted butter and poppy seeds over top. Bake 20 to 30 minutes until top and sides brown. Can be frozen and reheated.

Susan Beachell, Undergraduate Transcripts

DATE NUT ROLL

Filling:

2¼ c. dates, cut up
1 c. sugar

1 c. water

In saucepan, simmer filling ingredients until thick (about 5 minutes). Add 1 cup walnuts and cool.

Dough:

2 c. brown sugar
3 eggs
½ tsp. baking soda
1 tsp. vanilla

1 c. shortening
4 c. flour
½ tsp. salt

Mix all dough ingredients together until it forms a ball. Divide into 4 parts and roll out, leaving dough quite thick. Spread on date mixture and roll. Put in 350°F. oven for 18 minutes, or until golden brown.

I get a request for these every time we have a party in the lab. *Everyone loves them.*

*Donna Spaulding, Vet and Animal Science*⁴²

BEVERAGES, MICROWAVE, MISCELLANEOUS

SHEILA'S IRISH CREAM

3 eggs
1 Tbsp. Hershey's syrup
1 Tbsp. vanilla

1 tsp. coconut extract
1 can sweetened condensed milk
1 c. whiskey

Beat above ingredients together. Store in dark bottle in the refrigerator.

Sheila Griffith, University Staff Association.

NAVY GROG

$\frac{3}{4}$ oz. dark rum
 $\frac{3}{4}$ oz. light rum
 $\frac{3}{4}$ oz. grapefruit juice
 $\frac{1}{2}$ oz. lime juice

1 oz. papaya
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ oz. honey

Mix well. Serve over ice.

A friend

TAHITIAN BREEZE

1 oz. lime juice
1 oz. cherry juice
1 oz. orange juice

$1\frac{1}{2}$ oz. light rum
 $\frac{1}{2}$ oz. grenadine
1 tsp. sugar

Mix well and serve over ice.

A friend

FOG CUTTER

2 oz. grapefruit juice
1 oz. lime juice
 $\frac{1}{2}$ oz. papaya
1 tsp. powdered sugar

$\frac{1}{2}$ oz. dry gin
 $\frac{1}{2}$ oz. wine
 $\frac{1}{2}$ oz. dark or light rum

Mix well and serve over ice.

A friend

MAI TAI

$1\frac{1}{2}$ oz. grapefruit juice
 $\frac{3}{4}$ oz. pineapple juice
 $\frac{3}{4}$ oz. orange juice

$\frac{1}{4}$ oz. honey
 $1\frac{3}{4}$ oz. dark rum
 $1\frac{3}{4}$ oz. light rum

Mix well and serve over ice.

A friend

POLYNESIAN PARTY POOPER

12 oz. favorite soda
Large glass

Ice cubes
2 cherries

Put ice in glass; pour soda over. Add cherries for garnish.

A friend

SLUSH

Boil 9 cups water. Add 6 tea bags. Steep 5 minutes and cool.

In a large plastic container, add:

1 pt. brandy (I use apricot)
12 oz. frozen orange juice

12 oz. frozen lemonade

Add to tea water and freeze. Serve 2 scoops to a 12 ounce glass. Add ice and Sprite or 7-Up. Serves 25.

A friend

CITRUS SUNSHINE PUNCH

1 (6 oz.) can frozen lemonade
concentrate, thawed
1 qt. chilled orange juice

1 qt. chilled lemon-lime soda
Ice ring (optional)

Combine all ingredients in a punch bowl. Stir until blended. Serve immediately.

To make an ice ring: Pour 1 1/2 cups lemon-lime soda or water into a 3-cup ring mold. Freeze. Top with alternating orange, lemon and lime slices and mint or lemon leaves. Carefully pour about 1/4 cup soda or water over fruit slices and leaves. Freeze until firm. Unmold and float fruit side up in punch bowl. Float an ice ring with citrus slices for great party looks and extra chilling. Makes 17 (1/2 cup) servings.

Becky Blajda, Undergraduate Transcripts

PARTY PUNCH BASE

1/2 c. sugar
12 inch cinnamon sticks, broken
1/2 tsp. whole cloves

3 c. apple juice, chilled
1 (12 oz.) can apricot nectar, chilled
1/4 c. lemon juice

In small saucepan, combine sugar, cinnamon, cloves, and 1/2 cup water. Bring to boil. Add apple juice, apricot nectar and lemon juice. Cover and reduce heat; simmer. Makes 5 cups.

Becky Blajda, Undergraduate Transcripts

PIONEER VALLEY PUNCH

6 c. (1 1/2 qt.) cranberry juice
4 c. (1 qt.) apple juice
6 c. (1 1/2 qt.) orange juice
2 cans (6 oz.) frozen limeade
(undiluted)

1 to 2 qt. club soda (to taste)
Crushed ice or ice ring
Orange slices

Combine the first 4 ingredients in a punch bowl; chill. Place ice in bowl. Add club soda and garnish with orange slices. Serves 20 to 25.

Becky Blajda, Undergraduate Transcripts

FRUIT PUNCH

Mix 2 cans (6 ounces) each of frozen limeade, lemonade, orange juice. Mix with 2 quarts cold water. Pour over ice in punch bowl. Add 2 quarts ginger ale. Makes 60 (1/2 cup) servings.

Barbara Little, Counseling and Academic Development

BAILEY'S (Home "Brew")

3 whole eggs
1 can condensed milk
1 1/4 c. half & half

1 1/2 Tbsp. vanilla
2 Tbsp. chocolate syrup

Blend above and then add 1 1/2 cups Irish Whiskey.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

KAHLUA

1 fifth vodka
1 1/2 oz. instant coffee
4 c. sugar

2 c. boiling water
1 vanilla bean

Place coffee, sugar, and boiling water in gallon bottle. Shake well. Add vodka and vanilla bean. Store in dark closet for one month.

I prepare this around Thanksgiving time, then it's ready in one month, just in time for Christmas giving.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

MOCK CHAMPAGNE

5 (10 oz.) pkg. whole strawberries,
thawed
10 (6 oz.) cans pink lemonade
concentrate, thawed

10 (28 oz.) bottles ginger ale, chilled

In punch bowl, combine. Add ice. Serves 50.

Considering all the liability laws regarding liquor today, this is great to serve at a large function.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

EGGNOG

8 eggs
¾ c. sugar
½ tsp. salt
1 to 2 Tbsp. rum or brandy extract
(or vanilla extract)

In large bowl, beat eggs at high speed until thick and foamy. Gradually add sugar and salt on low speed. Add milk and mix well. Cover and chill. Before serving, whip the heavy cream and fold into eggnog mixture. Add extract. Serve with sprinkle of nutmeg.
Serves 20.

A friend

WINE PUNCH

1 large can Hawaiian Punch
1 liter Sprite
1 bottle Riunite red wine (dry)

1 (10 oz.) pkg. frozen strawberries
(unthawed)

Mix all. Before serving, add 3 large scoops of any flavor sherbet. (Lemon is good.) Let float; don't mix. Serves 30.

A friend

FROSTY LEMONADE

1 c. freshly squeezed lemon juice
¾ c. sugar
4 c. cold water

Generous amount of ice cubes
1 sliced lemon

In a large pitcher, combine lemon juice and sugar; stir until sugar is dissolved. Add water, ice cubes and sliced lemon. Stir briskly until pitcher is frosty.

Add grenadine for pink lemonade. For single servings, mix lemon juice and sugar. Store in refrigerator. To serve, allow ¼ cup syrup per glass. Fill with water and ice cubes. Makes about 1¼ quarts.

Laurie Waite, Undergraduate Transcripts

CHRISTMAS WASSAIL

2 qt. apple cider
2 c. orange juice
1 c. lemon juice
1 ½ c. pineapple juice
6 whole cloves

Sugar or honey to taste
½ fifth vodka (optional)
3 small oranges, studded with
cloves

In a large pot, combine cider, juices, cloves, and sugar. Bring to a simmer; add vodka. Remove from heat. Float clove studded oranges in punch. Serve warm. Serves 2.

Laurie Waite, Undergraduate Transcripts

GRANOLA

4 c. rolled oats
1 ½ c. unsweetened coconut
1 c. wheat germ
1 c. chopped nuts

1 c. sunflower seeds
½ c. sesame seeds
½ c. bran
1 c. ground, toasted soy beans

Heat:

½ c. oil
½ c. honey

1 to 2 tsp. vanilla

Add to dry ingredients. Bake at 375°F. for 20 to 30 minutes, stirring now and then.

Candyce Baric, University Staff Association

MELBA SAUCE

1 pkg. frozen raspberries, thawed
½ c. currant jelly

1 ½ tsp. cornstarch
1 tsp. cold water

In saucepan, mash raspberries. Add jelly; bring to a boil. Add cornstarch mixed with water. Cook, stirring constantly, until clear. Strain if desired. Cool.

Excellent served over ice cream or sliced peaches (peach Melba).

Susan Saletnik, H.R.T.A. Department

MUSTARD DIPPING SAUCE

½ c. Grey Poupon Dijon mustard
½ c. oil
1 env. Good Seasons Italian salad
dressing mix

3 Tbsp. light brown sugar
1 Tbsp. cider or wine vinegar

Combine all ingredients, stirring until smooth. Cover and chill for 1 hour. Serve as a dipping sauce for shrimp, vegetables, kielbasa, or grilled chicken kebabs. Makes about 1 cup.

Susan Saletnik, H.R.T.A. Department

HOT FUDGE SAUCE

1 ½ c. evaporated milk
2 c. sugar
4 oz. unsweetened chocolate

¼ c. butter
1 tsp. vanilla
½ tsp. salt

Boil milk and sugar hard for 1 minute, while stirring constantly. Add chocolate; stir over heat until melted. Remove from heat; beat with rotary beater until smooth. Add butter, vanilla and salt. Will keep for ages in a tightly covered container in refrigerator.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

DANISH FUDGE

1 (6 oz.) can evaporated milk

¾ c. butter
1 lb. brown sugar

Boil together for 3 minutes; cool 2 minutes.

1 lb. minus ¼ c. confectioners sugar
1 tsp. vanilla
1 c. nuts

Add to cooked mixture. Stir until completely blended; pour at once into 8x8 inch buttered pan. Cool.

Carol Vogel, Geology and Geography

FRENCH DRESSING

1 can tomato soup
¾ c. sugar
¾ c. white vinegar
1 tsp. salt
1 tsp. pepper

1 clove garlic, crushed
1 Tbsp. wet mustard
1 Tbsp. Worcestershire sauce
1¼ c. salad oil

Place all ingredients in a quart jar. Shake well. Store in refrigerator.

Becky Blajda, Undergraduate Transcripts

SPICED NUTS

1 lb. mixed nuts or any other kind
1 egg white
2 Tbsp. cold water
½ c. granulated sugar

½ tsp. salt
¼ tsp. cinnamon
¼ tsp. allspice
¼ tsp. cloves

Beat egg white until stiff. Combine all spices, sugar and water into egg white. Add nuts and stir. Place nuts on well buttered cookie sheet. Bake at 250°F. for 1 hour.

Cathy Blake, Undergraduate Records

RUMMED FRUIT

First week:

1 c. peaches (no juice - use halves for bigger chunks, then slice ½ peach into about 4 pieces)
1 c. granulated sugar

¼ c. Bacardi light rum
¼ c. maraschino cherries, juice drained

Second week (add to first week):

1 c. pears (no juice), cut in pieces
1 c. granulated sugar
¼ c. Bacardi light rum

¼ c. maraschino cherries, juice drained

Third week (add to first and second weeks):

1 c. pineapple chunks (no juice)
1 c. granulated sugar
¼ c. Bacardi light rum

¼ c. maraschino cherries, juice drained

A minimum of three weeks before using. Shake carefully every day, and stir cautiously once in a while. When supply gets low, repeat the procedures.

Susan Saletnik, H.R.T.A. Department

RAILROAD PANCAKES

2½ c. flour
3 Tbsp. baking powder
2 tsp. sugar
1½ tsp. salt

2 c. milk
3 eggs, well beaten
9 Tbsp. melted margarine

Sift together dry ingredients. Add, all at once, milk, eggs and margarine. Heat griddle with a little oil. Drop batter by spoonfuls into griddle. When pancakes begin to bubble, flip over. Serve with butter and maple syrup. *Very filling pancakes and fluffy!*

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

DOG BISCUITS (FOR DOGS)

1 c. flour
1 c. whole wheat flour
½ c. wheat germ
½ c. dry milk
½ tsp. salt

6 Tbsp. margarine or bacon fat
1 egg
1 tsp. brown sugar
½ c. water

Mix first 5 ingredients; cut in shortening or bacon fat. Beat egg and sugar. Add to flour mixture with water; mix and knead. Roll out ½ inch thick; cut into shapes. Bake on greased sheet at 325°F. for 25 to 30 minutes. Turn off heat and let stay in oven until hard.

A friend

SWEET AND SOUR DRESSING

1/2 c. salad oil
1/2 c. ketchup
1/2 c. vinegar
1/2 c. sugar

1 tsp. paprika
1/2 tsp. salt
1 medium onion, chopped
Juice of 1 lemon or 1/4 c. lemon juice

Mix all in blender, mix well. Makes 2 (8 ounce) jars.

L. Mosca, sister of an employee

JEZEBEL DIP

1 (18 oz.) pineapple preserves
1 (18 oz.) apple jelly
2 oz. dry mustard

1 Tbsp. white pepper
8 to 10 oz. horseradish (or to taste)

Place all in blender on low; mix until smooth. Place in container and refrigerate. When ready to use, pour as much as desired over 8 ounces cream cheese. You can whip the cream cheese and form into ball. Serve with crackers.

A friend

RAW VEGETABLE DIP

Combine 1 cup mayonnaise and ½ cup sour cream.

Add:

2 Tbsp. lemon juice
½ tsp. Worcestershire sauce
¼ tsp. salt
½ tsp. paprika

1 Tbsp. chopped onion
1 clove garlic, minced or garlic powder to taste
½ tsp. curry powder

½ c. chopped parsley flakes, rubbed between hands to make fine

Mix well. Serve with raw veggies such as broccoli, carrots, celery, cauliflower, etc.

Eva Carrier, University Library

CHEESE BALL

1½ pkg. cream cheese, softened
2 oz. Bleu cheese
¼ c. chopped onion

¼ c. chopped celery
Chopped nuts

Mix all of the above, except nuts. Roll into ball shape and roll in chopped nuts. Serve with crackers.

Barb Hawthorne, Hotel, Restaurant, and Travel Administration

PHILLY CHEESE BALL

1 (8 oz.) container Cracker Barrel Brand sharp Cheddar flavor cold pack
1 (8 oz.) pkg. cream cheese
2 tsp. pimento, chopped

2 tsp. green pepper, chopped
2 tsp. onion, chopped
1 tsp. Worcestershire sauce
½ tsp. lemon juice

Combine cold pack and softened cream cheese, mixing until well blended. Add remaining ingredients; mix well. Mold into a ball shape using 2 cold pack containers lined with plastic wrap. Chill until firm; unmold. Garnish with chopped parsley and pimento strips if desired. Makes 2 balls.

Becky Blajda, Undergraduate Transcripts

CHINESE CHICKEN WINGS

1½ lb. chicken wings, disjointed and wing tips discarded
½ c. red plum jam
3 Tbsp. soy sauce

3 to 4 drops of hot pepper sauce
2 Tbsp. prepared horseradish
1 Tbsp. prepared mustard

Preheat oven to 425°F. Place wings in single layer on baking sheet. Combine remaining ingredients and brush generously over wings. Bake 15 to 20 minutes, basting frequently.

L. Mosca, sister of an employee

ORIENTAL CHICKEN WINGS

1 lb. dark brown sugar
1 (10 oz.) bottle soy sauce
1 tsp. garlic salt

1 Tbsp. minced onion
5 lb. chicken wings

Make a marinade of all ingredients, except chicken wings. Pour over chicken and place in refrigerator for 12 to 24 hours. Cover and bake at 350°F. for 45 minutes. Remove cover and bake an additional 15 minutes.

Becky Blajda, Undergraduate Transcripts

CHEESE AND VEGETABLE SQUARES

2 (8 oz.) pkg. crescent rolls
2 (8 oz.) pkg. cream cheese, softened
1 pkg. original Hidden Valley dressing mix (dry)
1 c. mayonnaise

1 c. chopped tomatoes
1 c. shredded carrots
1 c. chopped raw broccoli
1 c. cauliflower
1 c. shredded Cheddar or Monterey Jack (or both)

Spread the 2 packages of rolls onto a greased 9x13 inch pan and pinch the seams. Bake per directions (on package) and cool. Beat well the cream cheese, mayonnaise, dressing mix with mixer. Spread on cooled dough. Spread with cream cheese mixture; sprinkle veggies on top, then cheese. Refrigerate at least 1 hour, or overnight is better. Cut into bite-size pieces.

A friend

TUNA FISH BALLS

1 large (13 oz.) can tuna
1 (8 oz.) pkg. cream cheese

½ c. (at least) bread crumbs
1 tsp. horseradish

Drain tuna and mash well. Soften cream cheese. Add horseradish. Mix all together well. Take, by teaspoon, and roll into balls. Place bread crumbs on wax paper and roll individual balls in crumbs. Chill before serving. No cooking necessary, but the bread crumbs give the appearance of having been deep-fried.

All I can say is that you'll be pleasantly surprised. They don't taste fishy at all.
Sybil Eshbach, University Store

LITTLE CLAM BAKE

- | | |
|---|-------------------------|
| 1 (8 oz.) cream cheese, softened | ¼ tsp. Tabasco sauce |
| 1 (8 oz.) can minced clams, drained very well | 4 doz. buttery crackers |
| 1 Tbsp. onion juice | Paprika |

Soften cheese in bowl. Add well drained clams with onion juice and Tabasco. Mix well. Cover and refrigerate. Before serving, spread 1 teaspoon mixture per cracker and sprinkle lightly with paprika. Bake on cookie sheet at 400°F. for 5 minutes, until heated through. Don't brown.

A friend

TAILGATE SHRIMP COCKTAIL

- | | |
|-----------------------------------|---------------------------------------|
| 3 oz. lemon jello | 4 to 6 Tbsp. horseradish |
| 1 c. boiling water | 2 cans (4½ oz.) small shrimp, drained |
| 1 (12 oz.) jar chili sauce (1 c.) | |

Dissolve jello in boiling water. Cool 5 minutes. Stir in chili sauce, horseradish and shrimp. Pour into a 1 quart mold or 8x8 inch bowl or pan. Chill until firm. Serve with crackers.

A friend

LIVER PATE

- | | |
|----------------------|--------------------------|
| 1 lb. chicken livers | 1 Tbsp. marjoram (dried) |
| 2 onions, chopped | ¼ c. heavy cream |
| Butter or margarine | ¼ c. brandy |
| ½ c. sherry | |

Saute onions in butter until translucent. Add chicken livers and sherry. Simmer, covered, for 30 minutes. Remove from heat and chill (about 1 hour). When cool, put in food processor or blender and add marjoram, cream and brandy; puree. Chill overnight. Serve with bland crackers.

Note: Be careful how much cream and brandy are added, may be too much. Also, tastes great without brandy at all.

Sandi calls this "Guaranteed-to-Get-You-Drunk Pate."

Athena Morris, Graduate Records Office

LIVER PATE

- | | |
|----------------------|-------------------------|
| 1 lb. chicken livers | 8 hard-boiled egg yolks |
| 2 Tbsp. mayonnaise | Salt and pepper |
| 1 grated onion | |

Cook chicken livers in water for 25 minutes. Beat chicken livers in bowl with egg yolks. Add rest of ingredients. Mix until blended well. Refrigerate 1 hour. Serve on crackers with slices of onions.

Dianne Piquette, Student Employment Office

TACO/DORITOS FAMOUS DIP

- | | |
|--|---|
| 1 (8 oz.) pkg. Philadelphia cream cheese | ½ c. diced Spanish (pitted) olives |
| 1 (8 oz.) jar mild or hot taco sauce | 1 c. shredded Mozzarella cheese (or more) |
| 2 c. shredded lettuce (improvise) | 1 Tbsp. parsley flakes |
| 1 c. chopped fresh tomatoes | |

Blend cream cheese and taco sauce together until creamy (in blender). Spread evenly on flat surface (pie plate, or if batch doubled, use cookie sheet). Spread lettuce evenly on top of taco sauce and cream cheese; spread tomatoes, olives and Mozzarella cheese evenly on top of lettuce. Garnish with parsley flakes and paprika. Sprinkle paprika on top.

You can double the recipe for an extra batch and you may add other vegetables as desired.

This dip is healthy and delicious when nachos or Doritos are dipped into it. This dip has been a smash at every party I've brought it to. Serves 10 to 15.

Donna Kostanski, Greek Affairs

PIGS IN A BLANKET

- | | |
|----------------------------------|--|
| 2 c. grated sharp Cheddar cheese | 1 tsp. prepared mustard |
| ½ c. soft butter | ¼ tsp. pepper |
| 1½ c. sifted flour | 1 pkg. cocktail franks or regular ones, cut into 1 inch pieces |
| ½ tsp. salt | |
| 1 Tbsp. paprika | |

Blend cheese and butter. Stir in mustard, salt, pepper, paprika, and flour. Mix well. Wrap 1 heaping tablespoon thinly around each frank. Bake on cookie sheet at 425°F. for 25 to 30 minutes. Can be frozen before baking. Makes 24.

A friend

DRUNKEN HOT DOGS

Mix well:

- | | |
|------------------------------|---------------------|
| 1 jug ketchup | 2 to 3 lb. hot dogs |
| 1 large can (or bottle) beer | |

Cut hot dogs lengthwise, then into bite-size pieces. Add to liquid. Simmer in crock pot on LOW for 2 hours. Serve with toppings.

Can also be simmered on top of stove.

Becky Blajda, Undergraduate Transcripts

REFRIGERATOR PICKLES

6 c. sliced cucumbers
1 c. sliced onions

1 pepper, sliced
2 tsp. salt

Mix together and place in large bowl with ice covering top of mixture. Let set for at least 2 hours. Drain off ice and water. Mix with 1½ cups sugar and 1½ cups white vinegar. Add 1 teaspoon celery seed and pour into jars. Keep refrigerated. A family favorite.

Makes 5 to 8 Miracle Whip size jars so you need to have refrigerator space. I've also put it in a gallon size container.

Alice Shearer, Hampden Dining Commons

BREAD AND BUTTER PICKLES

4 qt. sliced, unpared medium cucumbers
6 medium white onions, sliced (6 c.)
2 green peppers, sliced (1½ c.)
3 cloves garlic
½ c. granulated pickling salt

5 c. sugar
3 c. cider vinegar
1½ tsp. turmeric
1½ tsp. celery seed
2 Tbsp. mustard seed

Combine cucumber, onion, green pepper, and whole garlic cloves. Add salt; cover with cracked ice. Mix thoroughly. Let stand 3 hours; drain well. Remove garlic. Combine remaining ingredients; pour over cucumber mixture. Bring to boil. Fill hot jars to ½ inch from top; adjust lids. Process in boiling water bath for 5 minutes. (Start timing when water returns to boil.) Makes 8 pints.

Candyce Baric, University Staff Association

GOLDEN GLOW PICKLES

6 lb. ripe yellow or green cucumbers
6 large onions
3 sweet peppers
3 green peppers
¼ c. salt

2 c. white sugar
2 c. brown sugar
2 c. brown vinegar
1 tsp. turmeric
1 tsp. celery seed
1 tsp. mustard seed

Peel cucumbers; cut and discard seeds and pulp. Peel onions and remove seeds from peppers. Cut cucumbers, onions and peppers; stir in salt. Let mixture stand overnight; drain. Rinse in cold water and drain again. Combine sugars, vinegar, turmeric, celery seeds, and the mustard seeds. Add to cucumber, onion and pepper mixture. Cook slowly until cucumbers are transparent, not mushy. Seal at once in jars, covering well with liquid.

Note: Cucumbers, onions and peppers can be chopped, sliced or just cut up as desired.

Candyce Baric, University Staff Association

PICCALILLI

2 qt. green tomatoes
4 to 5 small green peppers
3 large onions
3 stalks celery
1½ c. water
1 c. cider vinegar

1¼ c. sugar
2½ tsp. salt
¼ tsp. pepper
1½ tsp. cloves
2 tsp. cinnamon

Coarsely chop the tomatoes, green peppers, onions, and celery. Mix all ingredients and simmer 45 minutes to 1 hour. Pack in sterilized jars and seal immediately.

A friend of an employee

CRANBERRY CITRUS RELISH

1 small orange (unpeeled), sliced
2½ c. orange juice
2 c. sugar
2 Tbsp. plus 2 tsp. fresh lemon juice

2 (12 oz.) bags cranberries
3 Tbsp. plus 1 tsp. Triple Sec or other orange liquor (optional)

Finely grind orange in food processor. Combine orange juice, sugar and lemon juice in heavy, large saucepan. Bring to boil, stirring until sugar dissolves. Reduce heat and simmer 5 minutes. Add ground orange and cranberries; cook until berries begin to pop. Stir occasionally for about 8 minutes. Remove from heat. Stir in Triple Sec. Cool completely. Serve cold or at room temperature. Can be prepared up to 4 days ahead; cover and refrigerate. This makes a great addition to any holiday meal. Makes 5 cups.

Candyce Baric, University Staff Association

GREAT-GRANDMA MANN'S PICANTE SAUCE

4 to 5 medium tomatoes
1 onion
1 clove garlic

1 Tbsp. jalapeno peppers
Pinch of salt

Chop all ingredients into small pieces. Combine in a bowl. Can be eaten immediately, but it's better if it sets at least overnight. Serve on meats or, best of all, on mashed potatoes. Refrigerate up to 1 week.

Susan Beachell, Undergraduate Transcripts