OUR FAVORITE RECIPES

University of Idaho Law Library

PUMPKIN CAKE RING WITH LEMON GLAZE (from Libby Pumpkin)
(Ruth Funabiki)

1 pkg. (18-1/2 oz.) yellow cake mix
2 tsp. cinnamon
½ tsp. ginger
½ tsp. nutmeg
2 eggs
Water
l cup Solid Pack Pumpkin
l cup finely chopped nuts
Lemon Glaze

Combine cake mix and spices in bowl. Add eggs and water as directed on cake mix package, substituting pumpkin for 1/3 cup of the water. Mix as directed. Stir in nuts. Pour batter into greased and floured 10-inch tube pan, or Bundt or fluted pan (9-cup capacity). Bake in 350°F oven for 40-45 min. or until done. Cool 10 min.; remove from pan. Drizzle with Lemon Glaze.
Lemon Glaze: Combine 1 cup confectioners' sugar with 1 tsp.
lemon juice and ½ tsp. grated lemon rind. Add just enough cream to make glaze slightly runny.

PUMPKIN BARS
(Diana Turk)

2 cups sugar
l cup wesson oil
4 eggs, beaten
l l/2 cups pumpkin (15 oz. can)

Mix above ingredients together. Add 2 cups flour, 2 tsp. cinnamon, 1 C. chopped nuts (optional). Bake 350°F for 25-30 minutes in large cookie sheet. Cool, then frost.

Frosting:

3 oz. cream cheese (softened)
6 T. margarine (softened)
l tsp. vanilla
3 C. powdered sugar

Mix well, add a little milk if this doesn't spread easily.

WHEN THE HUSTLE AND BUSTLE OF THE HOLIDAYS GET YOU, BE SURE AND TRY THIS RECIPE BUT. . . READ IT FIRST.

CHRISTMAS RUM CAKE
(Pearl Jones)

Before you start, sample the rum and check for quality. Good, isn't it? Now go ahead. Select a large mixing bowl, measuring cup etc. and check that rum again for quality. It must be just right. Try again. With an electric beater, beat 1 cup butter in a large fluffy bowl. One teaspoon sugar and heat again. Meanwhile, make certain that the rum is of best quality. Add 2 large eggs and 2 cups of baking powder, add a pinch of rum, one teaspoon soda and one cup of pepper-or maybe salt. Anyway, don't fret. Just test the rum again. Zowie. Next sift in half a pint of lemon juice, fold in chopped buttermilk and add strained nuts. Sample rum again. Now one bablesoon srown tugar or whatever color is around. Mix well. Grease oven and turn in cake pan to 350°F. Now pour the whole mixutre into the oven and---oops! On second thought and also third and fourth, forget the oven, forget the cake. Check the rest of the rum and go to bed. Merry Christmas and Happy New Year.

KRISTIANA KRINGLER
(Linda Pierce)

Part 1

Mix 1 cup sifted flour with ½ cup butter and 2 T. water as for pie crust. Divide dough in halves. On an ungreased cookie sheet, press (using heel of hand) into two 3-inch strips the length of the sheet.

Part 2

In a saucepan, bring to a boil 1 cup water and ½ cup butter. Take off fire and immediately add 1 cup sifted flour. Stir until smooth. Add 3 eggs, one at a time, stirring well after each addition. Add 1/4 t. salt and ½ t. almond flavoring.

Spread part 2 on top of part 1. Bake 45 minutes at 375°F. When cool, frost.

Frosting: 1 T. butter and 1 cup confectioners, add 1 t. almond flavoring and enough cream to make right consistency to spread. (If you are lazy it is all right to use prepared vanilla frosting, just add the almond flavoring to it.)

SWEDISH MEAT BALLS
(Gin Steury)

1 lb. ground chuck
1/4 lb. ground veal (optional)
1/4 lb. ground pork
1 ½ c. bread crumbs
1 c. milk or cream
2 eggs
1 medium onion, finely chopped
1 3/4 t. salt
3/4 t. dill weed
1/4 t. allspice
1/8 t. nutmeg
1/8 t. cardamon
3 T. butter
1 - 10 ½ oz. can beef broth
1/8 t. pepper
½ c. light cream

(Meatballs will have finer texture if meats are ground together twice.)

Soak bread crumbs in milk or cream 5 minutes. Add meats, eggs, onion, 1 ½ t. salt, 1/4 t. dill weed, allspice, nutmeg & cardamon. Mix well and refrigerate covered for 1 hour.

Shape mixture into 1" diameter balls and brown lightly in hot butter. Put meatballs in crock-pot as they are browned. (The browning step may be done in oven - place on rack of broiler pan and bake in 400°F. oven for 15 minutes.)

Add beef broth, pepper, light cream, pan drippings, remaining 1/4 t. salt and ½ t. dill weed to crock-pot.

Cover and cook on low for 4 to 6 hours. (High: 1 ½ to 2 ½ hrs.) This recipe can be doubled for the 5-quart crock-pot.

DOUBLE CORN DELIGHT
(Gin Steury)

1 can whole kernel corn
1 can cream style corn
1 stick soft margarine
2 eggs, beaten
8 oz. sour cream
1 small corn muffin mix

Mix all together and bake at 350°F. in greased casserole until well set - 45-60 minutes

CHERRY BARS
(Trish Cervenka)

Cream: 1 c. butter
1 3/4 c. sugar

Add, 1 at a time, and beat well:
4 eggs

Add: 1 tsp. vanilla

Add: l l/2 tsp. baking powder
3 c. flour

Put 2/3 of batter in 10"x15" pan, greased.
Spread with 1 can cherry (or any fruit flavored) pie filling.
Sprinkle with remaining dough. (The dough is moist so it's more like dropping mounds atop the filling.)
Bake at 350°F for 30-40 minutes.

Glaze with almond flavored powdered sugar frosting by drizzling it over hot bars.

A 9"x9" and 9"x13" pan can be used if a 10"x15" is not available -- it's too thick in just a 9"x13".

CHOCOLATE SHEET CAKE
(Trish Cervenka)

1 1/4 c. margarine or butter
½ c. unsweetened cocoa
1 c. water
2 c. unsifted flour
1 1/2 c. firmly packed brown sugar
1 tsp. baking soda
1 tsp. ground cinnamon
½ tsp. salt
1 (14-oz.) can Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
2 eggs
1 tsp. vanilla extract
1 c. confectioners' sugar
1 c. chopped nuts

Preheat oven to 350°F. In small saucepan, melt 1 c. margarine; stir in 1/4 c. cocoa then water. Bring to a boil; remove from heat. In large mixer bowl, combine flour, brown sugar, baking soda, cinnamon and salt. Add cocoa mixture, beat well. Stir in l/3 c. condensed milk, eggs and vanilla. Pour into greased 15x10-inch jellyroll pan. Bake 15 minutes or until cake springs back when lightly touched. In small saucepan, melt remaining 1/4 c. margarine; stir in remaining 1/4 c. cocoa and cond. milk. Stir in confectioners' sugar and nuts. Spread on warm cake.

SHRIMP AND CORN SALAD
(Ruth P. Funabiki)

½ lb. tiny Pacific shrimp
2 c. fresh corn kernels (approx. 4 ears)
1 c. chopped celery
3 green onions, chopped
curry powder to taste
mayonnaise to moisten
salt & pepper to taste

Rinse shrimp with cold water; pat dry with paper towels. Refrigerate shrimp. Cut corn away from cob with sharp knife. Transfer corn to medium saucepan; sprinkle with dash or two of salt. Add enough water to cover corn. Cover and bring to boil. Reduce heat; simmer for 2-3 minutes, or until just tender. Drain and rinse with cold water immediately. Cool. Combine all remaining ingredients. Refrigerate for at least 1 hour before serving to allow flavors to blend. Makes 4 servings. Note: for a light entree, increase shrimp to 1 pound.

TRADITIONAL GREEN BEAN CASSEROLE IN A CROCK POT
(Ruth Funabiki)

4 pkgs. frozen french-cut green beans with almond slivers
3 sm. cans mushrooms or mushroom pieces
3 cans condensed cream of mushroom soup
milk - enough to thin the condensed soup
1 pkg. frozen onion rings

Put the green beans, almond slivers, and mushrooms in the crock pot. In a mixing bowl blend the condensed soup and milk until the soup is thinned enough to pour into the crock pot. Add the soup to the pot and stir the ingredients to mix. Arrange the onion rings on the top. Cook 3 hrs. on "low" setting in crock pot.

FUDGE CAKE WITH DATE CREAM FILLING
(Jacci Wooten)

3/4 c. butter or regular margarine
2 1/4 c. sugar
1 1/2 tsp. vanilla
3 eggs
3 (1 oz.) squares unsweetened chocolate, melted
3 c. sifted cake flour
1 1/2 tsp. baking soda
3/4 tsp. salt
1 1/2 c. ice water
Date Cream Filling (recipe follows)
Fudge Frosting (use your favorite recipe or use the one below)
Cream together butter and sugar in mixing bowl until light and fluffy at medium speed of electric mixer. Beat in Vanilla. Add eggs, one at a time, beating well after each addition. Blend in chocolate.
Sift together cake flour, baking soda and salt. Add dry ingredients alternately with water to creamed mixture, beating well after each addition. Pour batter into 3 greased and waxed paper-lined 8-inch round cake pans.
Bake in 350°F oven 30 to 35 minutes or until cake tests done. Cool in pans on racks 10 minutes. Remove from pans; cool on racks.
Prepare Date Cream Filling. Spread between layers. Prepare Fudge Frosting. Spread on sides and top of cake. Makes 12 servings.

DATE CREAM FILLING:
1 c. milk
½ c. chopped dates
1 tbsp. flour
1/4 c. sugar
1 egg, beaten
½ c. chopped walnuts
1 tsp. vanilla
Combine milk and dates in top of double boiler. Heat mixture over low heat. Combine flour and sugar in small bowl. Add egg; beat until smooth. Stir into hot milk mixture; place over simmering water. Cook, stirring constantly, until thick. Cool. Stir in walnuts and vanilla.

FUDGE FROSTING:
2 c. sugar
1/4 tsp. salt
1 c. light cream
2 tbsp. light corn syrup
2 (1 oz.) squares unsweetened chocolate

Combine all ingredients in 2-at. saucepan. Cook over law heat, stirring constantly, until sugar dissolves. Cover saucepan; cook 2 minutes. Remove cover and cook to 234°F (soft ball stage). Remove from heat. Beat with wooden spoon to spreading consistency. Add a little hot water if frosting becomes too staff or confectioners sugar if it becomes too thin.

CHOCOLATE CHEESECAKE
(Jacci Wooten)

Crumb crust:

1 pkg. (8 ½ oz.) chocolate wafers
1/3 c. melted butter
2 tbsp. granulated sugar
1/4 tsp. nutmeg

Cheese Filling:

3 eggs
1 c. granulated sugar
3 pkg. (8 oz. size) cream cheese, softened
2 pkg. (6 oz. size) semisweet chocolate pieces, melted
1 tsp. vanilla
1/8 tsp. salt
1 c. dairy sour cream
1 c. heavy cream
2 tbsp. confectioners sugar

1. Preheat oven to 350°F.

2. Make crumb crust: with rolling pin crush chocolate wafers into fine crumbs. Combine crumbs, melted butter, 2 tbsp. granulated sugar and the nutmeg; mix very well.

3. Press evenly over bottom and side (½" from top) of a 9-inch spring-form pan. Refrigerate until needed.

4. Cheese filling: in large bowl, beat at high speed, eggs with 1 cup granulated sugar until light. Beat in cream cheese until mixture is smooth.

5. Add melted chocolate, vanilla, salt and sour cream; beat until smooth.

6. Turn into crumb crust and bake 1 hour.

7. Cool cheesecake in pan on rack; refrigerate covered overnight.

8. Beat heavy cream with confectioners sugar just until stiff. Remove the side of the spring-form pan.

9. Decorate with whipped cream.

PINEAPPLE CARROT CAKE
(Juanita Winn)

2 cups flour
2 teaspoons baking soda
1 1/4 teaspoons salt
1 teaspoons cinnamon
4 eggs
1 cups sugar
1 cup oil or melted butter
1 cups grated carrots
2 cups crushed pineapple (drained)
1 cup walnuts or fresh coconut

- Sift together dry ingredients; set aside.

- Mix eggs, sugar, and oil, stirring well. Add carrots, pineapple, and nuts; beat after each addition. Add sifted ingredients; stir well. Pour into greased and floured 9x13-inch pan.

- Bake at 350°F 40 minutes.

- Frost with whipped-cream icing or cream-cheese icing. Yield 6 servings.

GOLD'N NUT CRUNCH
(Trish Cervenka)

12 oz. mixed nuts or peanuts
1/4 c. margarine or butter, melted
1/4 c. grated Parmesan cheese
1/4 tsp. garlic powder
1/4 tsp. ground oregano
1/4 tsp. celery salt
4 c. Golden Grahams cereal

Heat oven to 300°F. Mix nuts and butter/margarine in medium bowl until well coated. Add cheese, garlic powder, oregano and celery salt; toss until well coated. Spread in ungreased cookie sheet. Bake, stirring occasionally, 15 minutes. Stir in cereal; cool. Store in airtight container. About 6 ½ cups snack.

MAGIC COOKIE BARS
(Trish Cervenka)

½ c. butter or margarine
1 1/2 c. graham cracker crumbs
1 (14-oz.) can Sweetened Condensed Milk (NOT evaporated)
1 (6-oz.) package semi-sweet chocolate morsels
1 (3 ½-oz.) can flaked coconut
1 c. chopped nuts

Preheat oven to 350°F (325°F for glass dish). In 9x13" baking pan, melt butter. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down gently. Bake 25 to 30 minutes or until lightly browned. Cool thoroughly before cutting. Store, loosely covered, at room temperature. Makes 24 bars.

RHUBARB CUSTARD PIE
(Kathy Rathbun)

Filling (makes 2 pies):
3 c. sugar
6 tbs. flour
1 tsp. nutmeg
2 tbs. butter or margarine
4 eggs, well beaten
6 cups rhubarb, cut in ½" pieces

Combine sugar, flour nutmeg and butter. Add eggs and mix well. Line two pie tins with your favorite pie dough recipe and put 3 cups of rhubarb in each. Pour ½ of filling over each pie and top with pie dough. Bake at 350°F for 1 hour.

BEEF DIP
(Kathy Rathbun)

8 oz. pkg. cream cheese
2 pkgs. dried beef (or ultra-thin sliced sandwich beef)
(2nd pkg. optional; see below)
1 tsp. Lawrey's seasoned salt
1 tbs. Worcestershire sauce
3 or 4 green onions, chopped
1/8 tsp. onion powder

Soften cream cheese and beat smooth. Add Worcestershire sauce, seasoned salt, onions, and onion powder; mix well. Dice 1 pkg. of meat in small pieces and add to mixture. (Optional: sprinkle the other pkg. of diced meat on top). Cover and refrigerate at least 6-8 hrs. before serving for better flavor.

SPINACH DIP
(Kathy Rathbun)

10 oz. pkg. chopped spinach
1 1/2 c. sour cream
1 c. miracle whip (or mayonnaise)
1 pkgs. Knorr's veg. soup (dry)
8 oz. water chestnuts, drained & chopped
1 bunch green onions, chopped

Thaw and squeeze spinach until dry. Stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts, and onions. (Optional: for more zing, try adding ½ tsp. prepared mustard and/or a dash or two of red pepper). Blend well. Cover; refrigerate 2 hrs. Stir before serving.

CREAMY SEAFOOD DIP
(Kathy Rathbun)

8 oz. DelicaSeas Sea Stix, Salad Style (Imitation Crab)
8 oz. cream cheese
½ c. miracle whip (or mayonnaise)
1/4 c. chopped celery
1/4 c. chopped green onion
2 tbs. lemon juice

Blend together cream cheese, miracle whip and lemon juice. Add Sea Stix, onions and celery. Mix well and serve with crackers. Makes 2 ½ cups.

RANCH DIP
Kathy Rathbun)

½ pkg. Hidden Valley Dressing mix (dry), Ranch style
1 1/2 c. sour cream

Blend together and refrigerate for several hours.

RACY RED PUNCH
(Jacci Wooten)

46 oz. (lg. can) Pineapple, Grapefruit juice
1/4 c. red hot candies
1/3 c. sugar
1 qt. Ginger Ale

Combine 1 cup juice with red hots and sugar. Heat until red hots are melted. Mix with rest of juice and chill until ready to serve. Mix juice mixture with ginger ale when ready to serve.

PEANUT BUTTER BARS
(Ed Winn)

1 pkg. graham crackers, crushed
2 c. powdered sugar
3/4 c. butter or oleo
1 c. peanut butter
1 c. chocolate chips
3/2 c. peanut butter

Melt butter and 1 c. peanut butter. Add crushed crackers and sugar. Press into 9x13" pan. Melt chocolate chips with 2/3 c. peanut butter. Spread on top. Chill and cut into 1" squares.

ZUCCHINI BREAD
(Trish Cervenka)

Group 1:
2 c. sugar
3 eggs
1 c. oil
2 c. zucchini (fresh or measured before freezing)
3 tsp. vanilla

Group 2:
3 c. flour
1 tsp. salt
1 tsp. soda
½ tsp. baking powder
1 tsp. cinnamon

Mix group 1, then group 2. Mix together. Put into two greased loaf pans. I use small size. Bake in 325°F oven for 50 minutes (or until top feels firm).

POPPYSEED CAKE
(Trish Cervenka)

CAKE:

Preheat oven to 350°F.

Use two 9 x 1 1/2 inch or three 8 x 1 1/2 inch, round layer pans. Cut waxed papers to fit bottoms of pans. Be sure they lie flat and do not wrinkle at sides. Grease tops of papers and place in pans. Do not grease sides of pans.

3 C. sifted cake flour
4 tsp. double-acting baking powder
3/4 C. butter** (I usually use Parkay or Imperial margarine)
1 1/2 C. sugar
½ tsp. vanilla
1 tsp. almond extract
1 C. plus 2 Tbsp. cold water
6 egg whites (large or extra large eggs)
**(increase to 8 egg whites if at altitude over 7000 feet)

1. Sift flour, then measure. Add baking powder to four and sift three times. Set aside.

2. Stir butter to soften. Add sugar gradually and cream together thoroughly.

3. Blend in vanilla. Add poppyseed. I start with approx. 1/8 of cup and keep adding until it looks good. Can add more before or after egg whites go in if it looks like there isn't enough.

4. Add flour and cold water alternately, beginning and ending with flour. Add flour in four portions and water in three. Mix after each addition at lowest speed until just blended. Beat one minute at medium speed after last addition of flour. If mixing by hand, stir after each addition until just blended. Beat 50 vigorous strokes after each addition of flour.

5. Beat egg whites until they begin to hold a soft peak that stands straight up when beater is gently lifted. (I usually beat the egg whites before I do the other mixing so that I don't have to wash the beaters!) With a wooden spoon or rubber spatula, fold in beaten egg whites until just blended.

6. Pour batter into pans lined with waxed paper. Spread from center so batter is slightly higher at the edges.

7. Bake in 350 degrees oven about 30 minutes or until cake springs back when lightly pressed.

8. Remove from oven. Immediately loosen layers from pans by running a thin spatula around the edges. Turn layers onto wire racks to cool and immediately lift off waxed paper. *(cont'd on next page)*

9. While the cake is baking I make the filling so that it andthe layers are cool enough to be put together.

LEMON FILLING

3/4 cup sugar1 tsp. grated lemon peel(opt.)
2 T. cornstarch3 T. lemon juice
3/4 cup cold water1 T. butter or margarine
2 slightly beaten egg yolks

In saucepan, combine sugar and cornstarch; gradually add water. Stir in egg yolks, lemon peel, and juice. Cook and stir over medium heat till thickened and bubbly. Boil 1 minute; remove from heat. Stir in butter (marg.). Cool to room temperature without stirring. (Makes about 1 1/3 cups)

ALMOND FROSTING

½ cup soft butter (margarine)
1 3/4 cups sifted confectioners' sugar
1 unbeaten egg yolk
½ tsp. almond flavoring
4 tsp. milk

Mix butter, sugar, egg yolk, flavoring and milk thoroughly. (can stir over ice water or add a small amount of powder sugar to thicken for spreading) Covers cake with thin layer of frosting.

BROWNIES
(Juanita Winn)

4 oz. unsweetened chocolate
2/3 c. shortening
2 c. sugar
4 eggs
1 tsp. vanilla
1 3/4 c. all-purpose flour (if using self-rising flour, omit baking powder and salt)
1 tsp. baking power
1 tsp. salt
1 c. chopped nuts

Heat oven to 350°F. Grease baking pan, 13x9x2 inches. Melt chocolate and shortening in large saucepan over low heat. Remove from heat. Mix in sugar, eggs and vanilla. Stir in remaining ingredients. Spread in pan.
Bake 30 minutes or until brownies start to pull away from sides of pan. Do not overbake. Cool slightly. Cut into bars, about 2x1 ½ inches. If desired, spread with Glossy Chocolate Frosting before cutting.

GLOSSY CHOCOLATE FROSTING

3 Tbs. shortening
3 oz. unsweetened chocolate
2 c. confectioners' sugar
1/4 tsp. salt
1/3 c. milk
1 tsp. vanilla

Melt shortening and chocolate in saucepan over low heat. Stir in remaining ingredients; beat until smooth. Place pay of frosting in bowl of ice and water; continue beating until of spreading consistency. If desired, stir in ½ c. finely chopped nuts.

BUTTERMILK DEVILS FOOD CAKE
(Karen Clark)

1 3/4 c. sugar
2 eggs
3/4 c. shortening
1 c. buttermilk (or sour milk)
3 c. flour
½ c. cocoa
½ tsp. salt
1 c. boiled water
2 tsp. soda

Cream together sugar, shortening and eggs. Sift flour, cocoa and salt together. Add flour mixture alternately with buttermilk. Beat until smooth. Dissolve soda with water and add. Bake at 350°F for 30 minutes.

FROSTING:

1 c. milk
Blend in 3 T. flour
Cook until thick stirring constantly.
Cool in fridge or freezer.
Beat until fluffy:
1 c. sugar
7 T. cocoa
1 c. + 1 T. butter
1 T. vanilla
Beat in flour and milk mixture.

EDITH'S MEXICAN SHEET CAKE
(Kathy Rathbun)

2 C. flour
2 eggs
2 C. sugar
2 tsp. soda
1-20 oz. can crushed pineapple & juice
1 C. nuts (or more)

Mix together and bake 45 min. at 350°F in 13x9" pan.

Frosting: 2 C. powdered sugar
½ C. margarine
1 tsp. vanilla
8 oz. cream cheese

Beat margarine, cheese, vanilla together, then gradually add powdered sugar.

RHUBARB UPSIDE DOWN CAKE
(Kathy Rathbun)

For a 10-inch cast iron skillet (cut in half for 7-8" skillet; increase by ½ for 11-12" skillet):

MIX:
4 C. cut rhubarb
40 mini marshmallows
1 C. sugar
3 Tbs. orange juice
SPREAD ON BOTTOM OF BUTTERED (or use margarine) SKILLET.

SIFT:
1 3/4 C. flour
1/4 tsp. salt
2 tsp. baking powder

CREAM:
½ C. butter (margarine)
3/4 C. sugar

ADD TO CREAMED MIXTURE:
2 beaten egg yolks (For lower cholesterol, add an extra egg and omit all the yolks.)
Flour mixture
½ C. milk

BEAT TILL STIFF:
2 egg whites and 1/4 C. sugar.
Fold into flour mixture. Pour over rhubarb and bake for almost 1 hour at 350°F. Leave in pan 10 minutes, then turn onto platter.

BROCCOLI-CAULIFLOWER CASSEROLE
(Kathy Rathbun)

1 head cauliflower
2 or 3 bunches broccoli
2 cans cream of chicken (or mushroom) soup
½ c. slivered almonds
3/4 c. milk (approximate)
½ lb. grated cheddar cheese

Separate cauliflower into florets and steam-cook. Separate broccoli into florets, peel and dice stem, and steam-cook. Mix and put into buttered glass casserole (8x13"). Mix soup, almonds, milk & cheese in sauce pan and heat to melt cheese. Pour over vegetables and bake 30 min. (approximate, but don't allow it to brown) at 350°F.

HAWAIIAN COCONUT BREAD
(Ruth P. Funabiki)

1 pkg. yeast
3 C. bread flour (or 2 c. white, 1 c. whole wheat)
2 tsp. salt
1 Tbs. sugar
1/4 C. nonfat dry milk powder
1 egg
1/4 C. butter (or Puritan oil)
3/4 C. shredded coconut
3/4 C. macadamia nuts (whole is fine, or use almonds)
½ C. crushed pineapple (Lei Seeger says: Same size can of pineapple tidbits can be substituted for the crushed - Hawaiians frown upon using the crushed fruit)
½ C. pineapple juice
1/4 C. warm water

BREAD MACHINE: Mix ingredients in the order listed above. (A small can of crushed or tidbits pineapple contains the exact amounts of pineapple and juice called for in the recipe).

OR

BY HAND: Mix, let it rise, punch down, form into loaves, rise again, and bake.

PIE CRUST
(Juanita Winn)

MIX:
4 C. flour
1 C. shortening
1 C. margarine

BEAT TOGETHER:
1 Tbs. sugar
2 tsp. salt
1 Tbs. vinegar
1 egg
½ C. cold water

Combine two mixtures and mold into a ball. Chill 15 minutes. Makes 4 crusts and freezes very well.

LEMON BARS
(Karen Frome)

½ C. butter
1 C. flour
1/4 C. powdered sugar

Mix and press into pan. Bake 20 min. at 350°F.

2 eggs
½ teas. baking powder
2 ½ Tbs. lemon juice
1 C. sugar
dash of salt.

Mix. Pour over crust and return to oven at 350°F for 20 min.

Cool and sprinkle with powdered sugar. To double, add 1 Tbs. flour for 13x9" pan.

COSTA RICAN CREAM CAKE
(Lei Seeger)

CAKE
l pkg. Pillsbury Plus Yellow Cake Mix
1 c. water
1/3 c. oil
3 eggs

SAUCE
1 c. whipping cream
1/3 c. rum or 1 tsp. rum extract
14-oz. can sweetened condensed milk (not evaporated milk)
12-oz. can evaporated milk

TOPPING
1 c. whipping cream
1/3 c. coconut, toasted*
1/3 c. chopped macadamia nuts

Heat oven to 350°F. Grease 13x9-inch baking dish. In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at high speed. Pour into greased baking dish. Bake at 350°F for 25 to 35 minutes or until toothpick inserted in center comes out clean.

While cake is baking, in large bowl combine all sauce ingredients; blend well. Remove cake from oven; cool 5 minutes. Using long-tined fork, pierce hot cake in pay every 1 to 2 inches. Slowly pour sauce mixture over cake. Refrigerate cake at least 3 hours to chill. (Cake will absorb most of sauce mixture.)

Before serving, in small bowl beat 1 cup whipping cream until stiff peaks form. Spread over cold cake. Sprinkle with coconut and macadamia nuts. Store in refrigerator. 15 servings.

TIP: *To toast this ingredient, spread coconut on a cookie sheet; bake at 350°F for 7 to 8 minutes or until light golden brown, stirring occasionally. Or, spread coconut in a thin layer in a microwave-safe pie pan. Microwave on LOW for 4 ½ to 8 minutes or until light golden brown, tossing with a fork after each minute.

POPPY-SEED TORTE
(Kathy Rathbun)

1 2-oz. can (about 1/3 cup) poppy seed
1 cup water
1 pkg. 2-layer-size white-cake mix
1 3- or 3 1/4-oz. pkg. vanilla pudding mix
½ tsp. vanilla
1 cup whipping cream, whipped
Confectioners' sugar

Combine poppy seed and water; let stand at least 2 hours; drain. Prepare cake mix according to package directions. Add poppy seed. Pour into 2 greased and floured 9x1 ½-inch cake pans. Bake at 350°F about 20 to 25 minutes; cool. Prepare pudding according to package directions, using only 1 3/4 cups milk. Add vanilla; cover; cool. Fold in whipped cream. Split cakes, making 4 layers; spread filling between. Chill 2 to 3 hours. To serve, sift confectioners' sugar over top.

CARAMEL-CHOCOLATE SQUARES
(Juanita Winn)

1 pkg. (14 oz.) caramels
1 can (5 oz.) evaporated milk
1 pkg. Betty Crocker SuperMoist German chocolate cake mix
2/3 c. margarine or butter, melted
3/4 c. coarsely chopped pecans or walnuts
1 pkg. (6 oz.) semi-sweet chocolate chips
1 c. flaked coconut

Heat oven to 350°F. Heat caramels and 1/4 c. of the milk in saucepan over medium heat, stirring constantly, until caramels are melted and mixture is smooth. Keep mixture warm over low heat, stirring occasionally. Mix cake mix (dry), margarine, remaining milk and the pecans. Spread half of the dough (1-1/2 c.) in ungreased rectangular pan, 13x9x2". Bake 6 minutes; remove from oven. Sprinkle chocolate chips and coconut over baked layer. Drizzle caramel mixture over chocolate ships and coconut. Drop remaining dough by teaspoonfuls onto caramel layer, spreading evenly. Bake until cake portion is slightly dry to touch, 15 to 20 minutes longer; cool completely. Refrigerate until firm. Cut into 2-1/4x1" bars. 48 bars.

CHOCOLATE CHIP MUFFINS
(Carolyn Todd)

2 cups flour
1 tbsp. baking powder
½ tsp. salt
1/3 cup sugar
1/3 cup brown sugar
1 egg, beaten
1/3 cup sweet butter, melted
½ cup milk
½ cup sour cream
1 1/2 cups chocolate chips
1 cup chopped walnuts

Preheat your oven to 400°F.

Sift the first 4 ingredients together. Stir in the egg, butter, milk and sour cream, just til' blended. Fold in 1 cup of your chocolate chips and the walnuts. Fill paper-lined muffin tins full, sprinkle with the remaining chocolate chips, and bake approximately 20 minutes.

Makes 12 muffins.

RUM RAISIN MUFFINS
(Carolyn Todd)

1 cup raisins
1 cup boiling water
1/4 cup dark rum
2 cups flour
1 tbsp. baking powder
½ tsp. salt
2/3 cup sugar
1 egg, beaten
1/3 cup butter, melted

Pour boiling water over raisins. Add rum and let set a spell. Thirty minutes should do it. Preheat your oven to 400°F. Sift the flour with the next 3 ingredients. Stir in your raisin mixture, the egg and butter, just 'til moistened. Fill paper-lined muffin tins full, and bake approximately 20 minutes.

Makes 12 muffins.

VANILLA WAFERS (SUGAR COOKIES)
(Pearl Jones)

1 c. margarine
1-1/2 c. granulated sugar
3 eggs
3 c. flour
1 tbs. milk
2 tsp. vanilla
3 tsp. baking power

Thoroughly cream butter and sugar. Add eggs and beat well. Add remaining ingredients. Roll cookie dough out on a floured surface. Roll fairly thin. Cut with cookie cutter dipped in flour. Bake on a greased cookie sheet at 350° for 6-8 minutes. Makes 4-5 dozen cookies.

POTATO STROGANOFF
(Vicki Cade)

1 pkg. stroganoff mix
1 can cream mushroom soup
1/4 c. Parmesan cheese
½ can milk
5-6 medium potatoes

Place potato (thick julienne cut) in baking dish. Top with three pats of butter. Sprinkle Parmesan cheese on top. Mix stroganoff mix, mushroom soup and milk together and pour over top. Bake at 350° for 1 hour. (Sprinkle potato with pepper before topping with cheese.)

Variation: Saute mushrooms (fresh), and sliced (not diced) onion and add to stroganoff mix as above.

ARTICHOKE/SPINACH CASSEROLE
(Vicki Cade)

2 pkgs. frozen spinach
1 can cream mushroom soup
1 pkg. onion soup mix
1 can artichoke (large), sliced

Thaw and drain spinach; mix with other ingredients. Spread in baking dish and cover with bread crumbs. Bake at 350° until bread topping is brown (35-40 minutes).

BROCCOLI/CHICKEN CASSEROLE
(Vicki Cade)

Oblong cake pan 3/4 full of broccoli (I don't know how much)
2 chicken breasts, cooked and boned
2 cans cream of chicken soup
3 Tbs. lemon juice
2 Tbs. curry
1 c. mayonnaise
Medium cheddar cheese
Bread crumbs

Steam broccoli until tender. Do not overcook. Place in oblong cake dish. Top with chunked chicken. Mix soup, lemon, curry and mayonnaise together and cover broccoli with mixture. Top with cheese and sprinkle bread crumbs over top. Bake 350° about one hour.

BITE-SIZED LEMON TARTS
(Jane Lear)

1/4 c. butter or margarine
1 tsp. grated lemon rind
1/4 c. lemon juice
2/3 c. granulated sugar
2 eggs

Cream-cheese pastry:
½ c. butter or margarine, softened
1 small pkg. (3 oz.) cream cheese, softened
2 Tbs. confectioners' sugar
1 Tbs. brandy (or 2-1/2 tsp. water + ½ tsp. lemon extract)
1-1/4 c. flour

1.In top of a double boiler melt butter over direct low heat. Remove from heat and add lemon rind, lemon juice, granulated sugar, and eggs. Beat with whisk until well combined.

2.Place lemon mixture over simmering water and cook, stirring often, until thickened and smooth (about 10-15 minutes). Remove top of double boiler to a wire rack and let filling cool until it is barely warm to the touch.

3.Preheat oven to 350°F. Divide Cream-Cheese Pastry evenly in ungreased 1-3/4-inch muffin pans, using your fingertips to press pastry uniformly into each cup. Pierce each pastry shell in several places with a fork.

4.Bake until pastry shells are golden brown (18-20 minutes). Cool in pans on wire racks.

5.Fill pastry shells with lemon filling. Remove tarts from pans and serve either at room temperature or chilled.

Makes 2 dozen cookies.

CREAM-CHEESE PASTRY: In a mixer bowl combine butter, cream cheese, and confectioners' sugar, beat until light and fluffy. Blend in brandy. Gradually add flour, mixing until dough is smooth.

FROSTED LEMON SQUARES
(Jane Lear)

2 c. flourICING:
1 c. butter1/3 c. butter
½ c. powdered sugar3 c. sifted powdered sugar
4 whole eggs3 Tbs. whipping cream
Juice from two lemons1-1/2 tsp. vanilla
4 Tbs. flour4 oz. cream cheese
2 c. granulated sugar
1/4 tsp. salt

Cream together the flour, butter and powdered sugar (may be mixed in food processor). Press into ungreased 13" x 9" pan. Bake at 350° for 20 minutes until light golden color. Beat the eggs. Add lemon juice (use real lemons for greater flavor), flour, sugar and salt. Mix together. Pour over baked crust. Bake for 25 minutes until golden brown. Let cool completely before icing.

ICING: Cream the butter and sugar together. Add whipping cream and vanilla. Cream the cream cheese into this mixture. (May all be done in food processor.) Spread icing on cooled lemon layer, allowing icing to harden a bit. Cut into squares.

Yield: 4 dozen

BROCCOLI LENTIL SALAD
(Kathy Rathbun)

1 c. lentils, rinsed
2 c. water
½ c. bottled ranch style dressing
1 c. chopped celery
½ c. chopped green onions
1 c. chopped jicama (optional)
2 c. chopped broccoli
1/8 tsp. pepper
½ tsp. salt
½ c. or more broken cashews

Bring to boil lentils and water. Cover and simmer 15 minutes (don't over cook). Drain. While hot, add salt, pepper and dressing. Place in refrigerator to chill. When chilled, add chopped vegetables. Add more pepper and dressing if necessary, cover and refrigerate until serving time. Gently stir in cashews and serve. Can be made a day or two ahead as it is a good keeper.

SMOKED TURKEY/RICE SALAD
(Vicki Cade)

1 c. rice, cooked
1 1/2 c. chopped celery
1 1/2 lbs. smoked turkey, cubed
1 jar green olives

Mix with mayonnaise, chill, and serve.

FRENCHY'S CHOCOLATE SAUCE
(Jane Lear)

½ C Butter
1/3 C Cocoa
1 C Sugar
1 C Whipping cream
1 tsp Instant coffee
1 tsp Vanilla
1 tsp Rum

Melt the butter, add the cocoa and sugar and mix. Add the whipping cream and instant coffee, stir constantly until it comes to a boil. Add vanilla and rum and simmer for another 5 minutes.

MRS. BEASLEY'S BANANA SPLIT PIE
(Jane Lear)

3 C Vanilla sandwich cookies (about 16 ox.)
½ C Butter (or slightly less)

Crush the cookies, melt the butter and mix. Press into a 10" springform pay and freeze.

2 pkg. Banana instant pudding (3 ? oz. pkg.)
2 C Whipping cream
2 C Milk
1 8 oz. carton of Cool Whip

Combine the instant pudding, whipping cream and milk. Stir and let sit for 5 minutes. Add the Cool Whip, pour into the springform pan and freeze. Thaw slightly before serving.

Serve with:
Bananas
French's Chocolate Sauce
Cherry pie filling

SPINACH RICE SQUARES
(Carolyn Todd)

3 C. cooked brown rice
2 10-oz. pkgs. frozen spinach, thawed, cooked & drained
4 eggs, beaten
1/4 tsp. thyme
2 Tbsp. parsley
1 tsp. seasoned salt
4 oz. cheddar cheese (1-l ½ cups)

Mix the whole shebang together in a greased 13 x 9 pan. Bake at 325° for one hour.

RASPBERRY CLOUD DESSERT
(Jane Lear)

CRUST:
- Prepare in 10 inch springform pan
- Mix 2-1/4 cups crushed vanilla sandwich cookies (approx. 9 cookies = 1 cup) and 6 TBSP. melted butter
- Press into bottom of springform pan.

FILLING:
(3) 8 oz. pkg. Cream Cheese (softened)
10 oz. Marshmallow Cream
1-1/2 c. Boiling Water
4 TBSP. Sugar
(2) 3 oz. boxes Raspberry Jello
12 oz. Cool Whip
1 Bag Frozen Raspberries (drained and reserve juice)
½ c. Water
1-1/2 c. White Sugar
3 TBSP. Corn Starch

- Blend the three packages of cream cheese until very smooth.
- Add marshmallow cream, beat until very smooth.
- In a separate bowl, mix 1-1/2 c. boiling water, 4 TBSP. sugar and 2 boxes of raspberry Jello. Stir until Jello and sugar is dissolved.
- Add jello mixture to creamed cheese and marshmallow mixture.
- Blend well.
- Fold in 12 oz. cool whip.
- Pour into prepared pan.
- Refrigerate overnight to set.

SAUCE:
- Thaw and drain juice from frozen raspberries.
- Pour juice into pan and add ½ c. water.
- Heat to boiling.
- Mix together 1-1/4 c. white sugar and 3 TBSP. corn starch.
- Add to boiling raspberry liquid, stirring constantly until slightly thickened.
- Remove from heat and add raspberries.
- Chill.
- Pour over individual slices before serving.

SNICKER CHEESECAKE
(Jane Lear)

CRUST:
1 c. crushed Vanilla Sandwich Cookies
1 c. crushed Chocolate Sandwich Cookies
½ c. Chopped Walnuts
6 TBSP. Melted Oleo

Mix and press into bottom of 9 inch springform pan and freeze until set.

CHEESECAKE:
3 8-oz. packages Cream Cheese, softened
1 14-oz. can Sweetened Condensed Milk
3 Eggs
1 TBSP. Vanilla
2 TBSP. Rum
5 Snicker Candy Bars

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add Eggs, 1 TBSP. vanilla, and 2 TBSP. rum. Mix well. Add 2 chopped Snicker candy bars and stir. Pour into prepared pan. Bake 60-90 minutes at 300° or until set. Cool. Top with 2 chopped Snicker candy bars.

SNICKER PRALINE GLAZE:
Bring to boil ½ c. whip cream, ½ c. brown sugar. Add 1 Snicker candy bar cut into pieces. Cook on low - boil 1 minute. Pour mixture over cheesecake that has been topped with Snicker candy bars.

Serves 12

SPINACH IN A CROCK
(Kathy Rathbun)

2 10-oz. packages frozen chopped spinach
2 cups cottage cheese
1/4 cup margarine, cut in small pieces
1-1/2 cups American cheese or Velveeta cheese, cut in small pieces
3 eggs
1/4 cup flour
1 teasp. salt

Thaw spinach and drain liquid by firmly pressing in a sieve. In a large bowl mix cottage cheese, eggs, flour and salt. Stir in spinach, cut cheese and margarine. Spray inside of crock-pot with a vegetable oil and cook spinach mixture on "high" for 1 hour. Turn to "low" heat and continue cooking for 3 more hours.

TACO DIP
(Kathy Rathbun)

13x9" pan layers:

Layer 1:2 cans bean dip (9 oz. size)
Layer 2:3 avocados
2 Tbs. lemon juice
½ tsp. salt
1/4 tsp. pepper
Mash, blend & spread
Layer 3:1 c. sour cream
½ c. mayonnaise (or miracle whip)
1 pkg. taco seasoning
Mix & spread
Layer 4:1 bunch green onions (1 c.)
Chop fine & sprinkle
Layer 5:3 tomatoes (2 c.) - peal optional
Chop & spread
Layer 6:1 lg. can ripe olives
Chop fine & sprinkle
Layer 7:8 oz. cheddar cheese (or combine with Mont. Jack)
Grate & sprinkle

Cover and refrigerate. Keeps well for 2 or 3 days.

MARINATED SWEET AND SOUR CARROT SALAD
(Jane Lear)

1-1/2 lbs. carrots, pared & thinly sliced
1 medium-size red onion, thinly sliced
½ c. chopped sweet green pepper
1 can (10-3/4 oz.) tomato soup
3/4 c. sugar
½ c. veg. oil
½ c. red wine vinegar
1 tsp. Worcestershire sauce (optional)
½ tsp. salt

1.Cook carrots in boiling salted water to cover in a large saucepan, until crisp-tender, about 5 minutes. Drain; cool.

2.Combine carrots, onion and green pepper in a serving bowl. Combine soup, sugar, oil, vinegar, worcestershire sauce, if using, and salt in a small bowl. Pour the marinade over the vegetables; stir gently to combine. Cover; refrigerate at least 24 hours to blend flavors.

SALMON LOAF
(Kathy Rathbun)

1 pint Smoked Kokanee (or 16 oz. canned salmon, drained & flaked)
8 oz. cream cheese
1 Tbs. lemon juice
2 tsp. finely chopped or grated onion
1 tsp. horseradish
1/4 tsp. salt
1/4 tsp. liquid hickory flavoring
½ c. chopped pecans
½ c. dried parsley flakes

Combine first 7 ingredients; refrigerate 1 hour. Form into desired shape, i.e., ball, log, etc., and roll in nuts & parsley. Chill until served with crackers.

DANNON APPLE SPICE CAKE
(Ruth Funabiki)

2-3/4 c. unsifted all-purpose flour
2-1/4 c. sugar
2-1/2 tsp. baking soda
1-1/4 tsp. baking powder
1 tsp. cinnamon
½ tsp. allspice
1 tsp. salt
1/4 tsp. cloves
1-3/4 c. applesauce
1-1/4 c. Dannon Plain Nonfat Yogurt
½ c. cholesterol-free egg substitute
1/3 c. vegetable oil
1 c. raisins
Quick Yogurt Glaze (recipe follows)

In a large bowl, thoroughly combine flour, sugar, baking soda, baking powder, cinnamon, allspice, salt and cloves. Add applesauce, yogurt, egg substitute and oil; blend well using spoon. Stir in raisins. Pour into greased and floured 12-cup Bundt or 13" x 9" pan. Bake at 325°F for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Loosen cake from sides of pan with knife,. Invert onto plate. Cover loosely with foil or wax paper. Cool completely. Slice and serve with Quick Yogurt Glaze. 24 servings.

Quick Yogurt Blaze: In small bowl combine 1-1/2 c. Dannon Plain Nonfat Yogurt, 3 tbsp. packed light brown sugar and 1 tsp. vanilla extract. Beat with fork or wire whisk until smooth.

GOUDA CHEESE FLOWER
(Jane Lear)

The red wax coating of Gouda cheese becomes an eye-catching container for this tasty cheese spread. For a festive touch, cut a scalloped edge around the opening to resemble a flower. There will be enough cheese filling for a refill.

1 (7-oz.) round Gouda cheese with red wax coating
1 (3-oz.) pkg. cream cheese, softened
2 tbsp. apricot preserves
1 teas. finely chopped onion
1/4 c. finely chopped pecans
1/4 c. finely chopped green bell pepper

FOOD PROCESSOR DIRECTIONS:
Using sharp knife, remove thin slice of wax coating from top of Gouda cheese. Carefully spoon out cheese, leaving wax coating intact to form a shell. If desired, cut decorative edge around opening with small sharp knife.

In food processor bowl with metal blade, combine Gouda cheese, cream cheese, apricot preserves and onion; process until smooth. Stir in pecans and green pepper. Spoon half of mixture into sax shell, mounding in center. Cover remaining cheese mixture; refrigerate. Refill shell as needed. Serve cheese mixture with crackers. 1 1/2 cups.

NUTTY GARLIC CHEESE SPREAD
(Jane Lear)

3 heads (about 30 cloves) garlic, peeled
2 tbsp. vegetable oil
2 tsp. white wine vinegar
1 1/2 tsp. Worcestershire sauce
1 pkg. (8-oz.) cream cheese, softened
1 1/4 c. slivered almonds, toasted and finely chopped
1 c. sour cream
1/4 c. chopped fresh parsley
½ tsp. dry mustard
½ tsp. dried oregano leaves
½ tsp. salt
1/4 tsp. ground white pepper
Crackers or bread to serve

Preheat oven to 300°F. Place garlic and oil in a shallow baking dish, stirring until well coated. Bake 30 minutes or until light brown. Drain garlic on paper towels and cool completely.

In a blender or food processor fitted with a steel blade, process garlic, vinegar, and Worcestershire sauce until garlic is finely copped. In a medium bowl, beat cream cheese until smooth. Stir in garlic mixture and remaining ingredients until thoroughly blended. Cover and refrigerate 8 hours or overnight. To serve, bring to room temperature and serve with crackers or bread. Yield: about 3 cups of spread.

DOUBLE CHEESE WHEEL
(Jane Lear)

1 whole, firm round Chihuahua cheese or Monterey Jack cheese (1 lb.)
1 pkg. (3-oz.) cream cheese, softened
1/4 c. chopped marinated artichoke hearts, drained
1/4 c. pine nuts, toasted
1 1/2 tsp. chopped fresh or ½ tsp. dried basil.

Remove any tax coating or find from chihuahua cheese. Hollow out cheese with knife or spoon, leaving a shell ½ inch thick on side and bottom; reserve cheese shell. Finely chop enough of the scooped-out cheese to measure 1 cup (reserve any extra for another use).

Place 1 cup chopped cheese, the cream cheese, artichoke hearts, 2 tbsp. of the pine nuts and the basil in food processor work bowl fitted with steel blade; cover and process until well mixed.

Pack mixture into cheese shell. Sprinkle with remaining 1 tbsp. pine nuts; press lightly. Cover and refrigerate about 3 hours or until filling is firm.

Cut into thin wedges. Serve with assorted crackers if desired. 24 slices.

BROWN COOKIES
(John Madden)

1. Boil together:
a) 1 cup molasses
b) 1 cup sugar
c) 1 cup shortening
d) 1 level teaspoon ginger
2. Cool mixture.
3. Add 2 well-beaten eggs.
4. Sift together and add to first mixture:
a) 1-1/2 cup flour
b) ½ teaspoon salt
c) 1/3 teaspoon cream of tartar
d) 3/4 teaspoon soda
e) 1/4 teaspoon cinnamon
f) 1/4 teaspoon nutmeg
g) 1 pinch cloves
h) 1 pinch pepper
5. Add 3-1/2 more cups of flour gradually, alternating with 1/4 cup cold coffee.
6. Chill mixture for a couple of hours.
7. Bake at 350°F for 10-15 minutes. Do not over bake.

RANGER COOKIES (or Garbage Cookies)
(Izzy Timmermans)

1 c. Shortening (we use Shedd's Spread and it matters!)
1 c. White sugar
1 c. Brown sugar
3 eggs
1-1/2 t. vanilla
3 c. flour
1-1/2 t. soda
1 t. baking powder
3/4 t. salt
3 c. oatmeal
3 c. rice krispies
2 c. coconut
3 c. corn flakes
1-1/2 c. raisins

Mix shortening and sugar. What you use for shortening is important 'cause the "soft" kinds make a wetter dough which thus holds a higher ratio of good stuff together. Add the rest of the ingredients except cereals, coconut, and raisins, which go in last. Bake on a greased cookie sheet at 350°F for 10-12 minutes, or until they look done enough, but not overly so. I guess.

SALMON SPREAD
(Pearl Jones)

6-1/2 oz. (sm.) can salmon
8 oz. cream cheese, room temperature
1-2 drops liquid smoke
season to taste with onion (or onion salt), garlic salt,
soy sauce, worcestershire sauce

Mix well, refrigerate for several hours, and serve with crackers.

WARM ARTICHOKE DIP WITH PUMPERNICKEL BREAD
(Jane Lear)

Pour Champagne (or another sparkling wine) with this quick and easy appetizer. 8 servings

1 14-oz. can artichoke hearts, drained, coarsely chopped
1 c. sour cream
1 c. mayonnaise
½ c. crumbled soft mild goat cheese (such as Montrachet)
1/4 c. freshly grated Parmesan cheese
Pumpernickel bread slices, cut into triangles, lightly toasted
Butter, room temperature
Chopped fresh parsley

Preheat oven to 350°F. Mix artichoke hearts, sour cream, mayonnaise, goat cheese and Parmesan cheese in small baking dish. Bake until heated through, about 20 minutes. Set dish in center of platter. Spread tips of bread with butter and sprinkle with chopped parsley. Arrange bread around dip and serve.

GUACAMOLE
(Kathy Rathbun)

2 large very ripe avocados
1/3 teaspoon salt
2 tablespoons finely chopped fresh cilantro
2 green onions, finely chopped with a few tops
½ teaspoon fresh lime juice (never lemon)
1/4 teaspoon pressed garlic juice
Tabasco sauce, optional

Halve avocados, remove pits, saving one. With spoon, remove meal from shells and mash coarsely in bowl. Add remaining ingredients, except tabasco. Turn into serving dish, add reserved avocado pit to keep Guacamole from turning dark (it works), and cover tightly, Refrigerate. Never make up more than two hours before serving. Remove pit to serve and surround with warm, salty tortilla chips. Serves 4 to 6.

RHUBARB CRISP
(Kathy Rathbun, Grandma's recipe)

Base:1-1/2 c. sugar
1 tsp Salt
½ c. cornstarch
½ c. coarsely chopped nuts
8 c. (approx. - slightly less or your pan will be too
full) fresh rhubarb cut in 1" pieces

Crumb Topping: 2/3 c. sifted flour
2 c. rolled oats
1 c. brown sugar
1 tsp salt
½ to 2/3 c. butter, melted

Heat oven to 375°F. Mix base ingredients lightly & place in greased 7-1/2" x 12" baking dish. For topping, combine dry ingredients, add melted butter, mixing until crumbly. Sprinkle on top of rhubarb. Bake 45-50 min.

SAUSAGE AND LENTIL SOUP
(Kathy Rathbun)

2 lb. spicy sausage (or smoked)
1 tbs. olive oil
2 carrots, diced
2 stalks celery, diced
2 cloves garlic minced (use more if you wish)
1 onion, diced
3 qts. water
2-1/4 cups dried lentils
3 tbs tomato paste
1-1/2 tsp salt
1/4 tsp freshly ground black pepper
crushed red pepper, optional
2 tbs. fresh basil (use less for dried basil)
1/4 tsp. cumin

Cut the Sausage into bite-sized pieces and saute in olive oil over medium heat. Add the carrots, celery, garlic, and onion and continue to saute for 10 minutes. In a large kettle combine the lentils, water, cooked vegetables, sausage, tomato paste, salt and pepper. Bring to a boil. Reduce heat and simmer gently for 1-1/4 to 2 hours. Stir in fresh basil and cumin during last half hour. Serves 6 to 8.

OVERNIGHT SOUR CREAM-CINNAMON ROLLS
(Carolyn Todd)

2 pkgs. dry yeast
1/4 c. warm water (105` to 115`)
1/4 c. sugar
3/4 tsp. salt
½ c. frozen egg substitute, thawed
1/3 c. reduced-calorie margarine, melted
1 tsp. vanilla extract
1 (8-oz.) carton low-fat sour cream
4-1/4 c. all-purpose flour, divided
1/4 c. flour, divided
2 tbs. reduced-calorie margarine, melted
1/4 c. sugar
1-1/2 tsp. ground cinnamon
vegetable cooking spray
½ c. sifted powered sugar
2 tsp. skim milk
½ tsp. clear vanilla extract

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in sugar and next 5 ingredients. Add 2 cups flour; beat at medium speed of an electric mixer until smooth. Gradually stir in enough of the remaining 2-1/4 cups flour to make a soft dough. Cover and refrigerate 8 hours.

Sprinkle 1 tablespoon flour evenly over work surface. Punch dough down; turn dough out onto prepared surface and knead 8 to 10 times, using remaining 3 tablespoons flour, if necessary, to keep dough from sticking. Roll dough to an 18 x 15-inch rectangle. Brush with 2 tablespoons melted margarine. Combine 1/4 cup sugar and cinnamon; sprinkle over dough. Carefully roll up dough, jellyroll fashion, starting with long side; pinch seam to seal (do not seal ends). Cut roll into 3/4-inch slices; place slices, cut side down, in two 9-inch square pans coated with cooking spray.

Cover and let rise in a warm place (85°F), free from drafts, 1 hour. Bake at 350°F for 20 to 25 minutes or until golden. Combine powered sugar, milk, and ½ teaspoon vanilla, stirring well. Drizzle over hot rolls. Serve warm. Yield: 2 dozen (141 calories each). Protein 3.2; Fat 3.6; Carbohydrate 24.0; Cholesterol 4; Iron 1.3; Sodium 119; Calcium 18.

COTTAGE CHEESE PAN ROLLS
(Kathy Rathbun)

1 pkg. active dry yeast
½ cup warm water (about 110°F)
1 cup large curd cottage cheese (small works)
2 eggs
2 tsp dill weed
2 tsp baking powder
1/4 tsp soda
1 tsp salt
1 tbs sugar
1 tbs sesame seed
2 cups unbleached white flour
1 cup whole wheat flour
1/3 cup 7-grain (course ground) - purchase at health food store
2 tbs firm butter or margarine

In a small bowl, dissolve yeast in water. Combine cottage cheese, eggs and dill weed in a blender; whirl until smooth.

In a large bowl, stir together baking powder, soda, salt, sugar, sesame seed, white flour, wheat flour and 7-grain. Work butter into flour mixture with your fingers until no large particles remain. Stir in cheese mixture and yeast.

Turn dough out onto a floured board and knead until smooth and satiny (5 to 20 minutes), adding flour as needed to prevent sticking. Turn dough over in a greased bowl; cover and let rise until doubled (about 30 minutes). Punch dough down. Divide into 18 equal pieces. Roll each into a ball and arrange in 2 greased 8-inch round baking pans. Cover and let stand for 10 minutes.

Bake in a 350°F oven for about 20-25 minutes or until golden. Cool on racks. Makes 1-1/2 dozen.

BROCCOLI CHEESE SOUP
(Lei Seeger)

1 tbs. butter
1/4 cup fresh onion, minced
2 cups water
2 tbs. dry Chicken Broth granules
Angel Hair Pasta (4 oz.)
1 box frozen chopped broccoli
1/8 tsp. garlic powder
3 cups milk
½ lb. velveeta cheese (cut in chunks)

In a large pan saute onion in butter. Add water, chicken broth, onion, pasta, broccoli, and garlic. Simmer. Add milk & cheese and warm until cheese is melted (do not allow to scald or it will curdle). Do not use a crock-pot because it gets too hot for the milk & cheese.

THE INCREDIBLE CHOCOLATE FUDGE CAKE
(Jane Lear)

This rich, dense flourless chocolate cake and its ganache contain over 1-1/4 pounds of chocolate. It's an easy-to-make desert from Benton's restaurant located in The Westin Crown Center hotel.

Makes one 9-inch cake

Cake:
9 oz. imported bittersweet (not unsweetened) or semisweet chocolate, finely chopped
1 cup (2 sticks) unsalted butter, cut into pieces, room temperature
1-1/3 cups sugar
5 large eggs, room temperature, beaten to blend

Ganache:
3/4 lb. imported bittersweet (not unsweetened) or semisweet chocolate, finely chopped
3/4 cup half and half

For cake: Position rack in center of oven and preheat to 325°F. Melt chocolate with butter in top of double boiler over simmering water, stirring until smooth. Whisk in sugar. Continue whisking 1-1/2 minutes. Whisk in eggs. Pour into 9-inch springform pan. Bake until tester inserted in center comes out almost dry but not wet, about 1-1/4 hours. (Cake will form crust and may crack.) Cool cake completely in pan on wire rack before frosting.

For ganache: Melt chocolate with half and half in top of double boiler over simmering water, stirring until smooth (keep the temperature very low or the mixture will begin to harden too soon). Transfer to shallow bowl. Let ganache stand at room temperature until cool enough to spread.

Run knife around cake to loosen. Release pan sides. Invert cake onto platter. Remove bottom of springform. Spread 3/4 of ganache over top and sides of cake. Spoon remaining ganache into pastry bag fitted with star tip. Pipe decoratively over top. (Can be prepared 1 day ahead. Cover and refrigerate.)

TACO SALAD
(Kathy Rathbun)

1 lb. hamburger
½ pkg. taco seasoning (to taste), optional, or add taco sauce
to dressing
1 can (#303) kidney beans, drained
1 small onion
1 head lettuce
2-3 tomatoes
green onions
1 pkg. taco or tortilla chips, crushed
Thousand Island Dressing (may add some taco sauce, if desired)
Optional: grated cheese, cucumber, avocado, black olives,
celery, red onion (for color), boiled eggs
(garnish as slices)

-Brown hamburger; add chopped onion and taco seasoning; drain oil.

-Add kidney beans; heat through.

-Make salad with greens and vegetables.

-Mix everything together - hamburger, greens, crushed chips, salad dressing. Serve with sour cream and spicy guacamole.

VEGETABLE PATE (Sunset Magazine)
(Joan Pilgram)

3 pkgs. (10 oz. ea.) frozen chopped spinach, thawed
12 eggs
3 teas. salt
½ teas. ea. ground nutmeg & pepper
2 cans (1 lb. 12 oz. ea.) pear-shaped tomatoes, drained
1 small onion
1/4 teas. dry basil
1 lb. onions (about 2 large)
1 Tbsp. butter or margarine
1 cup sour cream (optional)
2-3 teas. prepared horseradish (optional)

The Spinach Layer. Squeeze handfuls of spinach to remove as much moisture as possible. In a bowl, beat together 4 of the eggs, 1 teas. of the salt, the nutmeg and 1/4 teas. of the pepper. Add spinach; mix well. Set aside.

The Tomato Layer. Seed the tomatoes and finely chop; also chop the small onion. In a wide frying pan, cook tomatoes and onion over medium heat, stirring often, until liquid is evaporated and mixture is quite dry, about 30 minutes. Cool In a bowl, beat together 4 of the eggs, 1 teaspoon of the salt, and the basil. Add tomato mixture and mix.

The Onion Layer. Chop the pound of onions. In a wide frying pan, saute the onions in the butter over medium heat until limp. Add the cream and simmer, stirring often, over medium-low heat until cream evaporates and mixture is thick, about 20 minutes. Cool.

In a bowl beat together the remaining eggs, salt, and pepper. Add onion mixture and mix.

Cut a piece of foil to fit the bottom of a 5 by 9-inch loaf pan. Grease foil and pan sides. Spread half the spinach mixture in pan bottom. Top with all the tomato mixture, then all the onion mixture. Scatter remaining spinach mixture on top, gently spreading it to cover evenly. Cover pay with a piece of greased foil, greased side down.

Set pay in a 9 by 13-inch baking pan and place in a 425°F oven. Fill large pan with 1-1/2 inches boiling water. Bake 1 hour and 20 minutes or until a knife inserted in the center (peel back foil) comes out clean. Lift loaf pay from water and set it on a wire rack. Remove foil; cool about 10 minutes. Run a spatula around pay sides to loosen. Invert a serving plate over pate, then turn both over to unmold. Lift off pay; peel off bottom foil.

Mix together the sour cream and horseradish (if used). Serve pate warm, or cool, over and chill if made ahead.

Cut pate into ½ to 3/4-inch-thick slices. Pass horseradish sauce. Makes 8 to 10 servings.

FAILPROOF PIECRUST
(Lei Seeger)

Blend with pastry blender:
3 cups flour
1-1/4 cups shortening (Crisco)

Stir together:
1 egg, beaten
1 tsp. salt
1 Tbsp. vinegar (white)
5 Tbsps. water

Stir into flour/shortening mixture, shape into balls, roll out. Makes one double-crust or two single-curst pie shells.

HOLIDAY PUNCH
(Carolyn Todd)

3-1/2 cups sugar
4 cups water
2 qts. pineapple juice
2 qts. cranberry juice
juice from 1 lemon
2 Tbl. almond extract
4 qts. ginger ale

Bring the water & sugar to a boil. Mix with the pineapple juice, cranberry juice, lemon juice & almond extract. Freeze in 2 or 3 containers.

Add 4 qts. of ginger ale before serving. Should be a slushy consistency.

Serves 70 4-oz. cups.

SOMEN SALAD
(Lei Seeger)

Yield: 6-8 servings

1 pkg. somen, boiled
Lettuce, shredded or nappa
Ham or char siu pork, chopped
2 eggs, scrambled
1 kamaboko, chopped
3 stalks green onion, chopped
Dash of MSG

SAUCE:
2 T. sesame seeds
2 T. sugar
1 tsp. salt
1/4 cup cooking oil
3 T. vinegar
2 T. shoyu

Lay somen in 9x13-inch pan. Garnish with lettuce, kamaboko, char siu, green onion, ham, and MSG.

Mix sauce ingredients in bottle, shake well and pour over salad. *(cont'd on next page)*

ANNOTATIONS TO SOMEN SALAD

1.Somen is sold dried in oriental section at Dissmore's and I think Rosauer's. Cook according to package directions.

2.I prefer shredded napa cabbage to lettuce, to your taste. I tend to use a lot to lighten the dish.

3.Eggs: I add a little water and salt and do thin omelets and slice. I usually use 3-4 eggs for a single recipe.

4.CHAR SIU (rough recipe; DO THIS A DAY AHEAD OF SALAD):
3-5 # of pork loin or pork shoulder, cut into strips about 6" long, 2-3" wide. Marinate, preferably overnight in sauce of:
½ c. - 1 cup white sugar
2-3 Tbsp. dry sherry
2-3 Tbsp. soy sauce (I use liquid aminos from food co-op)
½ tsp. - 1 tsp. Chinese five-spice powder (most supermarkets in regular spice section)
1/4 tsp. or to preference of red food coloring

I also add a swig of Chinese or Japanese sesame oil (which is toasted, unlike natural food store stuff), a swig of hoisin sauce, garlic powder or fresh garlic, and a dash of white pepper. You can marinate in plastic bag/dish, turning often.

I generally zap the pork at 475-500 deg. in oven for 5-10 minutes to seal meat, then bake at 325-350 deg. for about 1-1/4 hours. I lay the strips on a cookie cooling rack, sprayed with nonstick stuff, and put that over a foil covered jelly roll pan. After the initial zap, I pour water into the pan, which is supposed to help keep the meat from drying out and burning, since there's a lot of sugar in the marinade. For the salad, shred it, with some decorative slices for top..

5.Kamaboko is Japanese fish cake, typically molded on a plank of wood. Consistently only found at Dissmore's in the produce section, plus they have the deep fried brown colored ones that have vegetables in them, which I prefer. Can be skipped, but you'd probably enjoy trying it. Shred with slices for top.

6.Green onions: I'm an onion freak, so I use more like a whole bunch.

7.Msg: can be skipped. I find that Accent or Ajinomoto don't make guests woozy out.

SAUCE:
8.I use pretoasted sesame seeds, which are generally found in the Oriental sections.

9.Cooking oil: I use 1/3-1/2 Oriental sesame oil, because I like that flavor.

10.Vinegar: I use Japanese rice vinegar, unseasoned, which is in oriental sections.
Because I tend to use more add-in ingredients than the recipe calls for, I generally double the sauce (and double the vinegar because I like it tart. I also add a dash of Chinese hot mustard).
11."Shoyu" is soy sauce.

CRANBERRY-APPLE-NUT BREAD
(Kathy Rathbun)

Recipe for a bread machine.

1-1/2 pound2 pound

Water3/4 c. + 2 Tbls.1 c.
Bread Flour3 c.4 c.
Apple Sauce½ c.2/3 c.
Brown Sugar (packed)2 Tbls.2 Tbls.
Salt1-1/2 tsp.2 tsp.
Bread machine yeast2 tsp.2 tsp.*
Craisins (dried cranberries)½ c.2/3 c.
Walnuts, finely chopped½ c.2/3 c.

(*yeast amount is correct though proportionately less than that called for in the 1-1/2 pound recipe.)

MEASURE carefully, placing all ingredients except craisins & nuts in bread machine pan in the order recommended by the manufacturer. Add craisins & nuts at the machine signal or 5 to 10 minutes before last kneading.

SELECT the Basic/White cycle with light crust color. DO NOT USE DELAY CYCLES. Remove baked bread from pan and cool on wire rack.

P.S.
The dough for this bread can be mixed at "dough cycle" of the bread machine, removed and placed in two small oiled bread pans, allowed to rise again to double, and baked in a conventional oven for 200-25 minutes at 350F.

REFRIGERATOR PICKLES
(Kathy Rathbun)

12-15 cucumbers, sliced (not peeled)
3 onions, sliced
Layer cukes & onions in containers with lids.

Syrup (do not heat!):
4 cups sugar
4 cups vinegar
½ cup pickling salt
1-1/2 tsp celery salt
1-1/2 tsp turmeric
1-1/3 tsp mustard seed
Stir well, pour over cukes, cover, and refrigerate for 5 days before serving.

*If there is still liquid when cukes are gone I have added more sliced cukes and onions. Quarter the recipe for one container.

KELLY OLSEN'S APPLE PIE CAKE
(Ruth Funabiki)

1/4 c. butter1 tsp. soda
1 c. sugar1 c. flour
1 egg½ c. chopped walnuts
1/4 tsp. salt2-1/2 c. diced apples
1 tsp. cinnamon2 Tbs. hot water
1 tsp. nutmeg1 tsp. vanilla

Cream butter and sugar. Add egg and beat well. Combine dry ingredients and add, alternating with water and vanilla. Add apples and walnuts. Put in 9: pie pan. Bake 45 min. at 350 (or 325 if using glass). When cool apply butter frosting.

Sesame and Soy Sauce Chicken
(Joan Pilgram)

Ingredients:

Finely chopped or grated fresh ginger,
Minced garlic,
Medium chopped onions,
Soy sauce,
Dark sesame oil,
Rice wine (or use white wine and add sugar),
Chicken pieces

Mix the first six ingredients, pour over chicken, and bake in 325-degree oven until done. This may be marinated in the refrigerator overnight or for a few hours.

Every time I make this recipe, the proportions vary. For the November 2, 2001 potluck, I used 3lbs. boneless chicken, one medium onion, 3 garlic cloves, 1 x 1 inch piece of ginger root, 1 cup soy sauce, * ½ cup white wine and a tablespoon of sugar, * and about six shakes of sesame oil.

*These are guesses

CRANBERRY-SAUERKRAUT MEATBALLS

This recipe started with a recipe from Mary Schwantes' low-stress Christmas workshop. Law Library staff have modified it over the years ...

2 packages of frozen beef meatballs (Safeway)
OR make your own meatballs using

2 lbs. Ground beef
½ cup water
2 eggs
1 cup finely crushed cracker crumbs
1 envelope onion soup mix
Mix together:

16 oz. can sauerkraut, drained

1 cup water

16 oz. can whole berry cranberry sauce

1/3 cup brown sugar

12 oz. Jar of "Home-made" brand chili sauce

Most of us just layer the meatballs and sauce in a crock pot, but if you wish, you may:

Pour half of the sauce into a 9 x 13-inch baking dish. Arrange meatballs on sauce. Pour remaining sauce over meatballs. Cover with foil and bake for one hour at 325 degrees. Remove foil. Bake another 34-40 minutes.

Serve alone or over noodles or rice.
Also great for meatball sandwiches!

Greek Tortellini Salad
(Marilou Robinson, Portland, OR)

This recipe appeared in the June 2002 issue of Sunset magazine

[6-8 oz. spinach leaves seems to be plenty... rpf]

20 oz. fresh cheese-filled tortellini

½ cupextra-virgin olive oil

1/4 cuplemon juice

1/4 cupred wine vinegar

2 Tbsp.chopped fresh parsley

1 tsp.dried oregano

½ tsp. salt

1 lb.baby spinach leaves,
rinsed and crisped

1 cupcrumbled feta cheese

½ cup slivered red onion

6hard-cooked large eggs,
peeled and quartered

In a 5- to 6-quart pan over high heat, bring 2 quarts of water to a boil. Add tortellini and cook, stirring occasionally, until tender to bite, 3 to 5 minutes. Drain.

Meanwhile, in a large bowl, combine olive oil, lemon juice, red wine vinegar, parsely, oregano, and salt. Add cooked tortellini and mix to coat. Cover and chill at least 2 hours or up to 1 day.

Add spinach, feta cheese, and onion to tortellini and mix gently. Mound salad on a platter and arrange egg quarters around the edge.

Per serving: 485 cal., 50% (243 cal.) From fat; 18 g protein; 27 g fat (8.3 g sat.); 44 g carbo (4.4 g fiber); 780 mg. Sodium; 207 mg. Chol.

Texan Sheet Cake
from Cathie Alonzo

Nov. 2002

Cake:

2 C flour
2 C sugar
½ C Crisco
1 stick margarine
1 C water
4 Tbsp. Cocoa
½ C buttermilk
2 eggs
1 tsp. Soda

Sift flour and sugar into a large bowl. Put Crisco, margarine, wter and cocoa into pan, bring to a boil. Pour over flour mixture and beat well. Add remaining ingredients and beat. Bake in jelly roll pan at 400 degrees for 20 minutes.

Frosting:

1 stick margarine
4 Tbsp. Cocoa
6 Tbsp. Canned milk
3/4 pkg. Powdered sugar
1 tsp. Vanilla
1 C chopped nuts

Bring margarine, cocoa and canned milk to a boil and pour over powdered sugar. Add vanilla and nuts. Put on the cake as soon as it is out of the oven.

Banana Chocolate Chip Muffins
(Reta Pikowsky)

3-4 ripe bananas (ripe enough to mash up rather easily)1/2 cup sugar1/2 cup brown sugar1 egg1 1/2 cups flour1/4 cup softened butter 1 teaspoon baking soda1/2 teaspoon salt (I often leave this out)3/4 cup chocolate chipsOption: 1/2 cup chopped walnutsMix everything together, add the chocolate chips and bake for 10-15 minutes at 325 if you are making mini-muffins. Bake for one hour if you are making it as bread in a loaf pan.

Ann's Dark Chocolate Ganache Truffles
(Ann Shumaker via Ken Vogel & Karri Fedale)

3 oz. premium dark chocolate (77-80% cocoa)
2 oz. Ghiradelli semi-sweet chocolate
4 oz. Ghiradelli bittersweet chocolate
1 C heavy whipping cream
5 Tbsps. butter
3 ½ Tbsps. dark Myers rum
1 Tbsp. Pure vanilla extract
5/8 C confectioner's sugar

sifted Droste cocoa - enough to coat truffles

Break up chocolate and place in moderately heavy stainless saucepan. Add butter and cream and stir over moderate heat until the chocolate and butter have melted and the cream is almost at a simmer. Whisk vigorously until the chocolate and the cream are thoroughly mixed into a smooth brown mass. Stir in the vanilla and rum. Remove chocolate mixture to a large stainless mixing bowl set in a larger bowl of ice cubes and water. Beat with an electric mixer, adding confectioner's sugar gradually. Beat over ice until very smooth and somewhat stiff. Be careful not to overbeat or chocolate mixture may separate. Chill in freezer or refrigerator until mixture is set enough to roll into balls. When well chilled, roll into balls using two spoons or a melon baller and then roll in cocoa powder to coat. Place truffles in paper cups. Keep refrigerated or frozen until ready to eat.

WILD RICE & MANGO SALAD **Karri Fedale**

These amounts are just "guidelines" because there's nothing exact about it!

1 to 1 1/2 c. wild rice
2 c. basmati rice4-5 c. water
1/2 c. of snipped fresh parsley
1 chopped red pepper
1/2 c. finely chopped green onions or chives
3/4 c. chopped celery
2 handfuls of golden raisins
1/4 c. cider vinegar
1/2 c. light olive oil
curry powder to taste,
we use ~ 1 T.2+ T. finely minced fresh garlic
3+ T. mango chutney (we use Major Grey's)
3/4+ c. coarsely chopped pecans,
lt.ly toasted 1 large coarsely chopped mango

la technique:Bring water & wild rice to boil; lower heat to med low & simmer covered for 20 minutes; add basmati & continue to cook covered WITHOUT STIRRING for another 15- 20 minutes until rice is tender but not split or mushy. Drain any water not absorbed.
Remove from heat & add raisins to the kettle; cover & let steam awhile to plump the raisins.Meanwhile, chop vegetables & whisk together the vinegar, oil, curry powder, chutney & garlic.Toast pecans in a skillet with a coating of olive oil (& a bit of garlic pwd, if desired).Put rice & chopped veggies in a bowl. Add the curry dressing & chutney mixture. Mix thoroughly. Add mangoes last, mixing lightly. Top salad with pecans just before serving, otherwise they tend to get soggy. You can also put the nuts on the side & let people add their own . Enjoy!

Marinated Carrots
Karri FedaleCook

time: 15 Minutes Ready in: 30 Minutes, serve coldYields: 16 servings

INGREDIENTS:2 pounds carrots, sliced or baby carrots already peeled (that's what I use)1 green or red bell pepper, seeded and diced1 small onion, diced 1/2 cup white vinegar1/4 cup vegetable oil1 (10.75 ounce) can condensed tomato soup3/4 cup sugar(I also add 1 tsp prepared mustardand 1 tsp worcestershire)
DIRECTIONS:1. Place the carrots in a saucepan with enough lightly salted water to cover. Bring to a boil, and cook until almost done, about 5 minutes depending on how thick you slice them. Drain, and transfer to a large bowl. Add the bell pepper and onion to the bowl with the carrots.2. While the carrots are cooking, combine the vinegar, oil, tomato soup and sugar in a saucepan. Bring to a boil, and cook for 1 minute. Pour the hot dressing over the vegetables. Serve immediately, or store in the refrigerator in a covered container and serve within 1 week.

SWEET POTATO, AND PECAN SALAD
(Jean Mattimoe)

Vinaigrette:
1 tablespoon white wine vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 teaspoon maple syrup
Dash of salt
Dash of freshly ground black pepper
Salad:
3 cups (1/2-inch) cubed peeled sweet potato
Cooking spray
3/4 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper
6 cups gourmet salad greens
1 cup seedless red grapes, halved
1 large red bell pepper, cut into thin strips
1/4 cup pecans, toasted

To prepare vinaigrette, combine first 6 ingredients, stirring with a whisk.

Preheat oven to 400°.

To prepare salad, arrange the sweet potato in a single layer on a baking sheet lightly coated with cooking spray. Lightly coat potato with cooking spray; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Bake at 400° for 25 minutes or until potato is tender, turning once after 15 minutes. Cool completely.

Combine sweet potato, greens, grapes, and red bell pepper in a large bowl. Drizzle with Vinvigrette.

SACRAMENTO TACO SOUP
Karri Fedale

serves: lots & freezes well;
note: recipe has been adapted from the Diaz recipe served at Pullman's former restaurant, Alex's.

SOUP BASE:
2 1/2 skinless chicken breasts, de-boned, cut into bite sz pieces – sautéed in light olive oil, seasoned w/ some minced garlic, cumin & blk pepper until cooked through, ~10 min.

1 14.5 oz can of chopped tomatoes, including juice
2 13.75 oz cans concentrated chicken broth
2 soup cans of water
1 7 oz can chopped green chilies, un-drained
1/4 t. salt
1 T. cumin (or more..)
2 cloves minced garlic
a pinch or more of cayenne pepper

GARNISHES:
1 doz. corn tortillas, cut into sm wedges
& spread onto a cookie sheet in a single layer & dried until crisp in a moderate oven for ~20 min (w/ door slightly open)
16 oz salsa, tomatillo salsa is particularly nice
1 7 oz can chopped green chilies, drained
2 large avocados, chopped
1 can black beans
1 large bunch of fresh cilantro, snipped
1 bunch of green onions, finely chopped
1 lb+ mont jack cheese, shredded
1 lb light sour cream (not fat-free)
2 red peppers, finely chopped (optional)

Combine soup ingredients in lg soup pot. Bring to boil then lower heat to lightly simmer uncovered for at least 30 minutes. Have each guest place tortilla pieces in the bottom of their soup bowls, topped with whichever of the remaining garnish ingred.s they want and then last of all with hot soup. Mmmmm, yum!!

Poppyseed Peach Bread
Mark Friendshuh

Here is the recipe, from "Bread Machine Magic" by Linda Rehberg and Lois Conway: "Medium recipe"
1/4 - 3/8 cup buttermilk
1 1/2 cups peeled, pitted, chopped peaches (I used canned, well drained)
1 1/2 tbsp butter
3 tbsps sugar
3 tbsps dark brown sugar
1 1/2 tsps salt
2 1/4 cups bread flour
1 cup whole wheat flour
1 tbsp poppy seeds
1 1/2 t. active dry yeast
Start with 1/4 cup buttermilk, and watch to see if it is too dry - if it is, add more buttermilk, slowly, until moist and easily mixed by the bread mixer.
I just dump everything (with the small amount of buttermilk) in the bread maker for mixing. After mixing (and this makes a big difference) I pull it out of the bread maker (don't let the bread maker cook it - it doesn't do nearly as well) and put it in a cold oven, turned up to 390 degrees. Remove at approx 35 minutes, or when done.
Enjoy! Mark

Pumpkin Cake with Cream Cheese Glaze
Mike Greenlee

The oranges are optional, but they add a burst of freshness to the cake. If you make the cake a day ahead, garnish with orange wedges shortly before serving. You can also bake the cake in a Bundt pan, but reduce the oven temperature to 325º.

Ingredients

Cake:

1 1/2 cups granulated sugar
1/2 cup butter, softened
3/4 cup egg substitute
1 teaspoon vanilla extract
1 (15-ounce) can pumpkin
3 cups sifted cake flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
Cooking spray

Glaze:

1/2 cup powdered sugar
1/2 cup (4 ounces) 1/3-less-fat cream cheese, softened
1/2 teaspoon vanilla extract
3 tablespoons fresh orange juice

Garnish:

Fresh orange sections (optional)

Preparation

Preheat oven to 350°.

To prepare cake, place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add egg substitute, 1/4 cup at a time, beating well after each addition. Beat in 1 teaspoon vanilla and pumpkin.

Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour and next 6 ingredients (flour through nutmeg), stirring well with a whisk. Fold flour mixture into pumpkin mixture.

Spoon batter into a 10-inch tube pan coated with cooking spray. Bake at 350° for 55 minutes or until a wooden pick inserted in cake comes out clean. Cool in pan 10 minutes on a wire rack. Remove from pan; place on wire rack.

To prepare glaze, place powdered sugar and cream cheese in a bowl; beat with a mixer at medium speed until well blended. Beat in 1/2 teaspoon vanilla. Add orange juice, 1 tablespoon at a time, beating well after each addition. Drizzle warm cake with glaze. Cool completely on wire rack. Garnish with orange sections, if desired.

Yield

16 servings (serving size: 1 slice)

Nutritional Information

CALORIES 236(29% from fat); FAT 7.5g (sat 4.6g,mono 1.7g,poly 0.3g); IRON 1.8mg; CHOLESTEROL 21mg; CALCIUM 41mg; CARBOHYDRATE 38.8g; SODIUM 295mg; PROTEIN 3.9g; FIBER 1.5g

Cooking Light, NOVEMBER 2002

FUNERAL POTATOES
Emily Hinchey

Makes 12 servings.
12 large potatoes or 1 (32-ounce) bag frozen shredded hash browns
2 (10 ¾ -ounce) cans cream of chicken soup
2 cups sour cream
1 cup grated cheddar cheese
½ cup butter, melted
1/3 cup chopped onion
2 cups crushed corn flakes (optional)
2 tablespoons butter, melted (optional)

Peel potatoes and boil for 30 minutes, until just tender. Cool and grate into a greased 9x13-inch baking dish (or put hash browns into the baking dish). Combine soup concentrate, sour cream, cheese, the ½ cup melted butter, and onions. Gently blend into potatoes.
(Optional: Combine crushed corn flakes and the 2 tablespoons melted butter. Sprinkle on top.)
Bake at 350 degrees F. for 30 minutes.

Alicia's Peanut Butter Squares
Emily Hinchey

For bottom layer, mix together:
2 cups powdered sugar
¾ cup peanut butter
2/3 cup crushed graham crackers
½ cup melted butter

Line 9 x 9" pan with foil and spray with pam. Press bottom layer into the pan.

For top layer:

Heat in microwave in 15 second increments, stirring in between:
2/3 cup chocolate chips
4 ½ Tablespoons creamy peanut butter
½ tsp. butter

When it's melted, pour over bottom layer and spread it out. Refrigerate for 1 hour, take out of pan and cut into squares. Refrigerate until serving.

Banana Bread
Michelle Volkema

Ingredients

- 1/2 cup margarine, softened
- 1 (8 ounce) package cream cheese, softened
- 1 1/4 cups white sugar
- 2 eggs
- 1 cup mashed bananas
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 cup chopped pecans
- 2 tablespoons brown sugar
- 2 teaspoons ground cinnamon

Directions

1. Cream the butter or margarine and cream cheese together. Gradually add the white sugar, and continue beating until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in the mashed bananas and vanilla. Add flour, baking powder, and soda; mix until batter is just moist.
2. In a small bowl, mix together chopped pecans, 2 tablespoons brown sugar, and cinnamon.
3. Divide 1/2 batter into two greased and floured 8x4 inch loaf pans. Sprinkle pecan mixture over batter in pans, and top with remaining batter.
4. Bake at 350 degrees F (175 degrees C) for 45 minutes, or until an inserted toothpick comes out clean.

Alterations:

--I used wheat flour instead of regular bleached
--I used applesauce instead of butter
--I used lowfat creamcheese
--I used about 5 bananas, instead of 1 cup (I think that's more than 1 cup--I like it more banana-y)
--I used walnuts instead of pecans--either is fine
--I added about 1 cup of choc chips
--I added about 1/2 teaspoon of allspice
***I mixed all together and did not layer in the nuts w brown sugar and cinn--I just threw it all in

Corn Salad
Stacey Anderson

Ingredients:
2 cans of corn
2 cups grated cheddar cheese
1 cup of mayonnaise
1 cup green pepper, chopped
1/2 cup red onion, chopped
1 (10 1/2 oz) bag coarsely crushed Fritos chili cheese corn chips

1. Mix first 5 ingredients.

2. Chill.

3. Add Fritos just before serving.

Broccoli Salad
Carolyn Todd/Our Best Bites (modified)

Note: This recipe is really easy to cut in half.

SALAD:
12 oz. fresh broccoli, chopped
12 oz. broccoli slaw (I used cole slaw)
1 c. pomegranate seeds
1 c. toasted slivered almonds
6 oz. bacon, cooked crisp and crumbled
1 small red onion, sliced thin

DRESSING:
1 c. mayonnaise (light is fine; no Miracle Whip)
¼ c. red wine vinegar
2 tbsp. creole or other mild coarse-grained mustard
2 tbsp. grated red onion (use some from your salad)
½ tsp sea salt
¼ tsp. coarsely ground black pepper
2 tbsp white sugar

INSTRUCTIONS:
Toss together salad ingredients in a large bowl. In a small mixing bowl, whisk together the dressing ingredients. Drizzle over the salad. Chill at least one hour before serving. Serves 12.

Original recipe: http://www.ourbestbites.com/2012/08/broccoli-salad/

Harvest Pumpkin Soup with Cheddar
Ruth Funabiki from Valerie Phillips's Soup's On

2 teaspoons canola oil
1 cup frozen chopped onions
5 cups chicken stock
1 (29 oz.) can solid-pack pumpkin (NOT pumpkin pie mix)
½ cup cooked bacon pieces
1 tablespoon sugar
½ teaspoon dried thyme
1 cup cream, or half & half (or fat-free half-and-half) [OR 2% condensed milk]
¼ teaspoon ground nutmeg
1 teaspoon curry powder
1 cup grated sharp cheddar cheese
GARNISH WITH: pumpkin seeds [or pepitas]

Add oil to pot and turn heat to high.

Add onion and sauté, stirring until it begins to soften and turn golden, about 10 minutes.

Stir in stock, pumpkin, bacon, sugar and thyme. Bring to a gentle boil. Reduce heat to medium-high and simmer about 5 minutes.

Remove the soup from the heat and add cream, nutmeg and curry powder, if desired.

Puree soup.

Season with salt and pepper. When serving, spoon a little of the cheese on top of each bowl of soup. Garnish with pumpkin seeds if desired

[This is a really adaptable potluck soup! It turned out fine here at the library when I put ALL of the dry ingredients (including dried chopped onions and bouillon granules) in a jar together. Then, I mixed those ingredients with the pumpkin in a crockpot here in the library workroom and added water. The half & half went in just before serving. (I overlooked the salt-and-pepper instructions.)]