Recipe Ideas for Thrifty Families

Bulletin #4050
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◆ Master Mix recipes

3 Recipe Ideas for Thrifty Families
Introduction

Recipe Ideas for Thrifty Families is designed to help you make the most of your food dollar when you cook at home. These recipes use relatively low-cost ingredients that are relatively high in nutritional value. Many of them allow you to use up leftovers (chopped meats, vegetables) that might otherwise go to waste.

You’ll also find mix recipes that will help you save time and money. These Master Mix recipes are marked with a ♦.

Here are some other ideas for getting the most value from the foods you buy and prepare:

- **Use small servings of meat, poultry and fish.** Rely on more economical foods — pasta, dry beans, rice, grains.
- **Avoid convenience foods** if they cost more than non-convenience foods, which is often the case.
- **Plan your menus** and make a shopping list from them. This way you can avoid impulse buys.
- **Take advantage of seasonal abundance.** Foods in season are often of the best quality and the lowest cost.
- **Season and prepare sauces** for frozen vegetables yourself (see the recipes on page 31).
- **Buy whole grain and enriched products.** They are much more nutritious than unenriched products — and may be a better buy in terms of nutrient value. Check the label.
- **Store foods promptly** and properly to avoid spoilage. Use refrigerated leftovers as soon as possible.
- **Tailor your food purchases to the amount you can use.** Avoid buying too much of perishable foods.
- **Adapt your oven recipes for stove-top cooking.** Try a “skillet” version of a casserole.
- **Don’t preheat your oven.** Research shows that preheating is not necessary, especially for meats, casseroles and even many baked products (muffins, pies, etc.).
- **Plan one-dish meals,** such as stews and casseroles, that combine meat, vegetables and/or rice and pasta (see main dishes on page 22).
Breakfast Breads

**Crunchy Cereal**
- 1/2 cup honey
- 1/4 cup margarine, melted
- 3 cups rolled oats
- 1/2 cup nonfat dry milk (optional)
- 1/4 cup whole-wheat flour
- 1 cup peanuts, chopped
- 1 teaspoon cinnamon or nutmeg
- 1 cup prunes or raisins, chopped

Stir honey into melted margarine. In a large bowl, combine oats, dry milk, flour, peanuts and cinnamon. Stir honey mixture into dry ingredients. Stir until evenly coated. Bake in shallow pan at 300 degrees F for 20 minutes. Stir every 5 minutes. Remove cereal from oven. Stir in prunes or raisins. Cool, and store in airtight container. Serve cereal with extra dry fruit (such as figs, dates or prunes) as a topping. *Makes 6 servings.*

**French Toast**
- 2 eggs, or 1/2 cup egg substitute
- 1 cup milk
- 1/2 teaspoon salt
- 6 slices bread, whole-grain cinnamon

Beat eggs slightly; add milk and salt. Dip slices of bread into mixture. Put a small amount of oil or margarine on griddle. Sprinkle bread with small amount of cinnamon if desired, and cook until brown. Cook until the bread is no longer soft to make sure the eggs are well done. Serve with brown sugar, molasses or maple syrup.

Raisin Bread
- 1/3 cup oil
- 1/2 cup sugar
- 2 eggs, or 1/2 cup egg substitute
- 3/4 cup milk
- 2 cups flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 teaspoon cinnamon (optional)
- 1 cup raisins

Mix oil and sugar well in large bowl. Add eggs and beat well. Stir in half the milk. Mix flour, salt, baking powder and cinnamon. Add half of dry ingredients to egg mixture and mix well. Stir in rest of milk and dry ingredients. Add raisins. Pour into a greased 9- x 5-inch loaf pan. Bake at 350 degrees F for 40 minutes. *Makes one loaf.*

**Raisin Coffee Cake**
- 1/2 cup sugar
- 1/4 cup oil
- 1 egg, beaten
- 3/4 cup evaporated milk
- 2 cups flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder

Mix oil and sugar well in large bowl. Add eggs to creamed mixture and beat until smooth. Add milk and dry ingredients alternately and mix. Pour into square 9- x 9-inch greased pan. Sprinkle with topping (chopped raisins, sugar and cinnamon that have been combined). Bake 25 minutes at 400 degrees F. *Serves 8.*

**Variation: Date Coffee Cake** — Substitute dates for raisins.
Bread Mixes

◆ Cornmeal Mix
4 cups flour
4 cups cornmeal
1 1/2 cups nonfat dry milk
1/4 cup baking powder
1 tablespoon salt
1 1/2 cups shortening

Stir dry ingredients together until mixed. Cut in shortening until well blended. Place in glass jar or tin can. Keep tightly closed in the refrigerator. Use the mix within a month. Makes 12 cups.

Cornbread Using Mix
4 1/2 cups Cornmeal Mix
2 eggs, beaten, or 1/2 cup egg substitute
1 1/3 cups water

Combine all ingredients and stir just enough to moisten dry ingredients. Pour into greased pan, about 8 inches square. Bake at 425 degrees F about 25 minutes. Makes 12 pieces.

Cornmeal Drop Biscuits Using Mix
2 cups Cornmeal Mix
about 1/2 cup water

Add water to the dry mix to make a soft dough. Drop by tablespoons onto a greased baking sheet. Bake at 425 degrees F for 12 minutes. Makes about 12 medium biscuits.

◆ Master Biscuit Mix

<table>
<thead>
<tr>
<th>Flour</th>
<th>Baking powder</th>
<th>Salt</th>
<th>Nonfat dry milk</th>
<th>Shortening</th>
<th>Water*</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups</td>
<td>4 teaspoons</td>
<td>1 teaspoon</td>
<td>1/2 cup</td>
<td>1/4 cup (2 tablespoons)</td>
<td>about 1 cup</td>
</tr>
<tr>
<td>6 cups</td>
<td>3 tablespoons</td>
<td>2 teaspoons</td>
<td>1 cup</td>
<td>3/4 cup</td>
<td>about 2 cups</td>
</tr>
<tr>
<td>9 cups</td>
<td>1/4 cup</td>
<td>1 tablespoon</td>
<td>1 1/2 cups</td>
<td>1 cup + 2 tablespoons</td>
<td>about 3 cups</td>
</tr>
<tr>
<td>12 cups</td>
<td>6 tablespoons</td>
<td>1 tablespoon + 1 teaspoon</td>
<td>2 cups</td>
<td>1 1/2 cups</td>
<td>about 4 cups</td>
</tr>
</tbody>
</table>

*Add water when making biscuits or other recipes

To make mix: Mix flour, salt, baking powder and nonfat dry milk together. Cut in shortening until the mixture is like cornmeal in texture. Store in a jar or can with a tight cover. Label.

To make biscuits: When making biscuits, add the amount of water given above to make the dough moist enough to handle well. Knead dough 15 strokes on a lightly floured surface or board. Roll 1/2-inch thick. Cut with biscuit cutter or glass dipped in flour before each cut. Put on lightly oiled baking sheet and bake at 450 degrees for 10 minutes or until brown. The 3-cup mixture will make 12 large biscuits.

Variations:
Drop Biscuits — Use a little more liquid than called for. Drop dough by spoonfuls onto a lightly oiled pan, and bake at 450 degrees F for 10 to 12 minutes.

Quick English Muffins — Roll and cut as for biscuits above. Dust with cornmeal. Cook in a frying pan on top of stove at low heat. Turn and cook the other side.

Cinnamon Bread — The biscuit dough can be rolled out to 1/4 inch thickness, spread with margarine, raisins or other chopped fruit, brown sugar and cinnamon. Then roll up, cut into sections and baked on a lightly oiled pan.

Meat Rollups — Leftover meat, tuna fish or chopped meat can be spread on the rolled-out biscuit dough, rolled up, cut into sections, and baked as separate servings. Serve plain or with a cheese sauce.

Meat Pie Toppings — For a biscuit meat pie topping, use 1/2 cup less water, roll out 3/8-inch thick, cut with a 2-inch cutter, place on bubbling hot pie, and bake at 450 degrees F for 10 to 12 minutes.
**Fruit Pizza**

**Crust:**
- 3 cups Master Biscuit Mix
- 3 tablespoon sugar
- 3/4 cup water

**Topping:**
- 1 cup yogurt (8 ounces), plain or vanilla
- Sliced fruit, your choice: kiwi, mandarin oranges, bananas or apples (dipped in citrus juice to prevent browning), halved grapes, pineapple, strawberries, blueberries, or any canned fruit. Be creative.

Mix together ingredients to make crust. While mixing, add more water if needed. Press dough into lightly oiled or oil sprayed jelly roll or pizza pan. Bake at 450 degrees F until edges are brown, about 10 to 12 minutes. Let cool and top with yogurt and a combination of sliced fruit. Sprinkle with coconut for a festive touch. Slice and serve. **Makes 6 slices.**

**Oatmeal Mix**
- 4 cups flour
- 4 cups rolled oats, quick-cooking
- 1 1/2 cups dry milk
- 1/4 cup baking powder
- 1 teaspoon salt
- 1 1/2 cups shortening

Stir dry ingredients together until well blended. Cut in shortening until well blended. Place in a glass jar or other sealed container. Keep tightly closed in a cool place. Use mix within a month. **Makes 10 cups.**

**Banana Oat Bread Using Oatmeal Mix**
- 2 cups Oatmeal Mix
- 2/3 cup sugar
- 1 egg, beaten
- 1 cup mashed bananas
- 2/3 cup water

Combine all ingredients; stir just enough to moisten dry ingredients. Place mixture in a greased 5- x 9-inch loaf pan. Bake at 350 degrees F for 50 to 60 minutes. **Makes one loaf.**

**Muffins**

**Oatmeal Muffins Using Oatmeal Mix**
- 2 1/4 cups Oatmeal Mix
- 2/3 cup water
- 1 1/2 teaspoons sugar
- 1 egg, beaten
- 1/4 cup raisins (optional)

Grease 12 medium-sized muffin cups. Combine all ingredients; stir just enough to moisten dry ingredients. Fill muffin cups 2/3 full. Bake at 425 degrees F about 20 minutes. **Makes 12 muffins.**

**Apple Muffins**
- 6 tablespoons oil
- 1/3 cup sugar
- 1 egg, or 1/2 cup egg substitute
- 1 1/2 cups milk or nonfat dry milk (reconstituted)
- 1 cup whole-wheat flour
- 1 cup buckwheat flour
- 1/4 teaspoon salt
- 4 teaspoons baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 large apple, chopped

Stir together oil, sugar, egg and milk. Mix together the dry ingredients. Add liquid mixture to dry ingredients, stirring only enough to moisten the flour, then add the chopped apple. Spoon batter into oiled, 2 1/2-inch muffin tins, filling each cup 2/3 full. Bake at 400 degrees F for 20 to 25 minutes. **Makes 18 muffins.**

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Cornmeal Muffins

1 cup flour
1 cup cornmeal
1/4 cup dry milk
3 tablespoons sugar
3 1/2 teaspoons baking powder
1 teaspoon salt
1 egg
1 cup water
1/4 cup vegetable oil
1/2 cup raisins

Mix flour, cornmeal, dry milk, sugar, baking powder and salt. Add egg, water and vegetable oil to mixture and stir just enough to moisten dry ingredients. You may wish to add raisins for variety. Do not beat. Pour into greased muffin tins, filling 2/3 full. Bake at 400 degrees F for about 25 minutes. Makes 12 muffins.

Honey Oatmeal Muffins

2/3 cup milk
1/3 cup vegetable oil
1 egg, beaten
1/4 cup honey
1 1/2 cups rolled oats (quick or old-fashioned, uncooked)
1 cup all-purpose flour
1/2 cup raisins
1/2 cup chopped nuts
1/3 cup firmly packed brown sugar
1 tablespoon baking powder
1/4 teaspoon salt

Add milk, oil, egg and honey to combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased muffin cups 1/3 full. Bake at 400 degrees F 15 minutes or until golden brown. Makes 12 muffins.

Cereal Muffins

3/4 cup flour
1/2 cup whole-wheat flour
2 teaspoons baking powder
1/4 teaspoon salt
1 teaspoon cinnamon
1 cup ready-to-eat cereal (unsweetened, such as bran flakes), crushed
1 cup nonfat milk
2 tablespoons honey or corn syrup
1 egg, beaten
3 tablespoons oil
1/2 cup raisins

Lightly oil muffin pans or spray with cooking spray. Stir together both flours, baking powder, salt and cinnamon. Set aside. Put cereal and milk into a large mixing bowl. Stir to combine, and let stand 2 to 3 minutes to soften. Add honey or corn syrup, egg, oil and raisins to cereal mixture. Stir until just moist. Fill muffin pans 2/3 full to make 12 muffins. Bake for 20 to 25 minutes at 400 degrees F, or until tops are light brown. Makes 12 muffins.

Oat Bran Muffins

1 cup uncooked oat bran cereal
1 1/2 cups whole-wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 cup raisins
1/4 cup brown sugar
1/3 cup nonfat dry milk
1 egg
2 tablespoons oil
1/4 cup molasses

Combine dry ingredients. Set aside. In a large bowl, beat egg with a fork and stir in the milk, oil and molasses. Add the dry ingredients to egg mixture, scraping sides of the bowl. Batter will be lumpy. Distribute among greased muffin cups, filling them nearly full. Bake at 425 degrees F for 12 minutes. Makes 12 muffins.
Plain Muffins

1 egg
1 cup milk
1/4 cup shortening, melted
2 cups flour
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup sugar

Beat egg in a large bowl. Add milk and shortening. Mix flour, baking powder, salt and sugar and add to egg mixture. Stir just enough to mix. Fill greased muffin tins 2/3 full. Bake at 400 degrees F for 20 to 25 minutes or until muffins are golden brown. Makes 12 muffins.

Variations:
Fruit Muffins — Add 1/2 cup chopped dates, figs or prunes to the ingredients.
Cheese Muffins — Add 1/2 cup grated cheese to the ingredients.
Colorful Muffins — Substitute a fruit or vegetable juice for the milk in the recipe.

Quick Breads

Banana Bread

1/3 cup margarine
1/2 cup sugar
2 eggs, or 1/2 cup egg substitute
1/2 cup water
1 3/4 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup mashed ripe bananas

Cream margarine and sugar together; add eggs and beat well. Add water and mix. Combine dry ingredients. Mix dry ingredients, add to egg mixture, alternating with bananas. Beat well after each addition. Bake at 350 degrees F for 1 hour in a greased loaf pan, 8 x 4 x 3 inches.

Biscuits

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/2 cup shortening
3/4 cup milk (about)

Mix dry ingredients thoroughly. Mix in shortening only until mixture is crumbly. Use a pastry blender, two table knives or a fork. Stir in most of the milk. Use all milk, if needed. Knead gently on a lightly floured surface about 18 times. Pat or roll dough to 1/2-inch thickness (or thinner for more crusty biscuits). Cut with biscuit cutter and place on ungreased baking sheet. Bake 12 to 15 minutes at 450 degrees F. Makes 12 medium-size biscuits.

Boston Brown Bread

1 1/2 cups cornmeal
1 1/2 cups whole-wheat flour
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon baking powder
3/4 cup molasses
2 cups sour milk (or 2 cups milk and 2 tablespoons vinegar)
2 tablespoons vegetable oil
1 cup raisins (optional)

Mix cornmeal, flour, baking soda, salt and baking powder. Combine molasses, milk and vegetable oil. Add to dry ingredients and stir thoroughly. Add raisins. Spoon batter into 3 greased and floured coffee cans, (2 1/4-cup capacity), filling them 2/3 full. Cover with aluminum foil and steam.

To steam breads: Fill a large kettle with one inch of water and set a cookie rack on the bottom; set the cans on the cookie rack so they do not sit on the bottom of the kettle. Maintain water in the kettle so it is always making steam. Cover pan and steam 1 1/2 hours or until springy when pressed or no longer sticky. Be careful when you take the cans out of the pan. Steam is hot. It burns! Always use oven mitts.
**Cornbread or Johnny Cake**

1/2 cup flour  
1 cup cornmeal  
2 tablespoons sugar  
2 teaspoons baking powder  
1 teaspoon salt  
1 egg, well beaten  
1 1/4 cup lowfat milk  
2 tablespoons vegetable oil

Mix flour, cornmeal, sugar, baking powder and salt. Add egg, milk and vegetable oil to mixture, and stir just enough to moisten dry ingredients. Do not over beat. Pour into greased 8- x 8-inch baking pan. Bake at 425 degrees F about 30 minutes or until golden brown. Serves 6.

**Whole-Wheat Flour Tortillas**

1 1/2 cups whole-wheat flour  
2 1/2 cups flour  
1 tablespoon plus 1 teaspoon baking powder  
1/2 cup shortening  
1 cup nonfat milk, warm

Combine both flours and baking powder in a bowl. Blend in shortening with a fork until mixture looks crumbly. Slowly add milk that has been warmed to the mixture. Mix to work into a dough. Divide dough into 10 medium-sized balls. Roll out each ball of dough on a clean cloth or board until round, flat and thin. Cook both sides on a medium hot griddle without oil until lightly browned. Makes 10 tortillas.

**Garlic Bread**

6 slices bread or stale roll halves  
2 tablespoons margarine, softened  
1 - 2 teaspoons garlic powder

Lightly spread margarine on bread or rolls. Sprinkle on garlic powder. Place on foil or cookie sheet. Heat in 350 degrees F about 10 minutes until golden brown. Makes 4 servings.

**Mixed-Grain Skillet Bread**

1 1/3 cups cornmeal  
2/3 cup whole-wheat flour  
1/4 cup wheat germ  
2 tablespoons sesame seeds (optional)  
2 teaspoons baking powder  
1 teaspoon salt  
1 egg, well beaten  
3 tablespoons vegetable oil  
1 3/4 cups lowfat milk

Stir together dry ingredients. Add liquids; blend just until moistened. Turn into greased, 9-x9-inch baking pan or 9-inch ovenproof skillet. Bake at 400 degrees F for 25 minutes. If desired, broil 1 or 2 minutes or until golden brown. Serve warm with favorite topping. Yield 8 to 10 servings.

**Ployes**

1 cup enriched, all-purpose flour  
1 cup buckwheat flour  
2 teaspoons baking powder  
2 teaspoons baking powder  
1 cup water

Mix dry ingredients together with cool water until batter is pouring consistency (not lumpy or thick). Heat a small amount of oil on a griddle until very hot. Pour 1/4 cup batter on griddle. Spread like a pancake; cook ployes on one side. Turn and cook the other side.

**Three-Grain Peanut Bread**

1 cup flour  
1/2 cup rolled oats (quick-cooking)  
1/2 cup cornmeal  
1/2 cup sugar  
1/4 teaspoon salt  
1 tablespoon baking powder  
2/3 cup peanut butter  
1 egg  
1 1/2 cups lowfat milk

Combine dry ingredients (first 6 items) in a large bowl. Cut peanut butter into dry ingredients. The mixture should be crumbly. Beat egg and milk together in a small bowl. Add egg mixture to dry ingredients. Mix well. Spread mixture in a greased loaf pan. Bake at 325 degrees F for 1 hour and 10 minutes. Cool for 10 minutes and remove from pan. Makes 1 loaf.
Yeast Breads

Cinnamon-Nut Coffee Ring

- 1 package dry yeast
- 1/4 cup lukewarm water
- 1 cup milk, warmed
- 1/2 cup sugar
- 1 1/4 cups margarine
- 1 1/4 cups rolled oats
- 1 teaspoon salt
- 1 egg, beaten
- 3 3/4 cups flour (can use part whole-wheat)
- 1 cup chopped nuts
- 1/2 cup sugar
- 1 1/2 teaspoons cinnamon
- 1/4 cup margarine, melted

Sprinkle yeast on warm water. Pour warm milk over 1/2 cup sugar, margarine, rolled oats and salt. Beat in yeast, egg and 2 cups flour until batter is smooth. Add remaining flour. Mix thoroughly; place in large, greased bowl. Cover and let rise in warm place until double in size (about 1 1/2 hours). Punch down; cover and let rest 10 minutes.

Place 1/2 of nuts in the bottom of an 8-inch bundt pan. Repeat with second pan. Combine sugar and cinnamon. Pinch off small pieces of dough, shape to form 1 1/2-inch balls. Roll each ball in melted butter, then in cinnamon-sugar. Arrange balls of dough in bundt pan. Sprinkle with remaining cinnamon-sugar and remaining 1/2 of nutmeats. Cover and let rise in warm place until nearly double in size (about 40 minutes).

Bake at 350 degrees F for 20 minutes or until brown. Loosen and invert immediately on serving plates. Serve warm. Makes two 8-inch rings.

Cornmeal Molasses Bread

- 1/2 cup cornmeal
- 2 cups water
- 2 tablespoons vegetable oil
- 1/2 cup molasses
- 1 tablespoon salt
- 2 packages dry yeast
- 1/2 cup lukewarm water
- 7 to 7 1/2 cups flour

Mix cornmeal and 1/2 cup water. Heat remaining 1 1/2 cups water to boiling. Add cornmeal gradually to boiling water and cook, stirring, for 1 minute. Stir oil, molasses and salt into cornmeal mixture and cool to lukewarm. Soften yeast in the lukewarm water and stir into cornmeal mixture. Reserve 1 cup flour for kneading dough on board. Mix remaining 6 to 6 1/2 cups flour to wet ingredients to make a stiff dough.

Turn out onto a floured board and knead it well. Form dough into a smooth ball. Place dough in a greased bowl and turn it over once or twice to grease the surface. Cover with a damp cloth and let rise in warm place until double in volume.

Punch dough down. Grease two 5- x 9-inch or three 4- x 9-inch loaf pans. Shape dough into two or three loaves, as desired, and place in pans. Cover with a damp cloth, and let rise in a warm place until double in volume.

Bake at 350 degrees F for 35 to 40 minutes, or until done. Brush the crust with melted butter or margarine, if desired. Remove the loaves from the pans at once and place on a cooling rack. Makes two 5- x 9-inch or three 4- x 9-inch loaves.

Dark Bread

- 2 cups boiling water
- 1 cup rolled oats
- 1/2 cup molasses
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- 1 package dry yeast
- 1/2 cup lukewarm water
- 5 to 6 cups flour

Pour boiling water over rolled oats and let stand one hour. Add molasses, salt and oil. Dissolve yeast in 1/2 cup lukewarm water. Add to oat mixture, and then add flour. Mix well. Let rise until double in bulk in greased bowl. Punch down and shape into 2 loaves. Let rise in greased pans, then bake 40 to 45 minutes at 375 degrees F. Makes two loaves.
Oatmeal Bread

2 cups hot water
1/4 cup brown sugar or molasses
2 tablespoons vegetable oil
2 1/2 teaspoons salt
2 cups rolled oats
1/2 cup lukewarm water
1 package dry yeast
3 1/2 to 4 cups flour

Pour hot water over sugar, oil, salt and rolled oats in a large bowl. Stir only until moistened. Cool. Soften yeast in lukewarm water. Add to oatmeal mixture. Add 2 cups flour and beat until smooth. Add remaining flour a little at a time until a soft dough is formed. Knead until smooth.

Let dough rise until double in bulk. Punch down. Shape in two loaves and put into greased 5- x 9-inch pans. Let rise until double in bulk.

Bake oatmeal bread at 375 degrees F for 45 to 55 minutes. When done, the bread will sound dull when thumped with a finger, and it will pull away from the sides of the pans. Makes 2 loaves.

Snow Biscuits for Hamburger Rolls

1 package yeast
3/4 cup lukewarm water
1 tablespoon vegetable oil
2 1/2 cups flour
1 1/2 teaspoons sugar
1/2 teaspoon salt

Dissolve yeast in warm water. Add oil. Mix dry ingredients together, add oil and yeast mixture; mix well. Put dough on floured board and knead until smooth. Roll 1/2-inch thick and cut with an empty can for hamburger rolls. Place on greased pan and let rise about 30 to 45 minutes. Prick with fork and bake at 425 degrees F for 5 minutes. Lower heat to 400 degrees F and continue baking 5 to 10 minutes or until brown.

White Bread

2 packages dry yeast
1/2 cup lukewarm water
2 1/2 cups lowfat milk, warmed
1/4 cup sugar
1/4 cup vegetable oil
1 tablespoon salt
2 1/2 cups water
8 1/2 cups flour (about)

Dissolve yeast in the 1/2 cup warm water, add cooled milk, sugar, oil and salt. Stir in one half of flour. Beat well. Mix in the rest of flour until dough begins to leave sides of bowl. Turn out onto lightly floured board and knead until smooth and elastic (8 to 10 minutes). Place in a greased bowl. Turn so greased side is up. Cover with waxed paper, then towel. Let rise in warm place until double in bulk. Punch down. Divide dough in half. Shape each loaf and put in greased 5- x 9-inch loaf pan. Repeat with other half of dough. Cover and let rise until double in bulk. Bake near center of 375 degree F oven 30 to 40 minutes, or until bread begins to pull away from sides of pan. Remove from pans and cool on wire rack. Makes 2 loaves.

Variations:
Cheese Bread — Add 1 1/2 cups grated cheese to above recipe when mixing.

Onion Bread — To each loaf, add 2 tablespoons grated onion before forming and baking.

Herb Bread — To each loaf, add 1/4 teaspoon sage, 1/4 teaspoon marjoram and 1/4 teaspoon parsley, or add 1 tablespoon fresh chives and 1/4 teaspoon tarragon before forming and baking.
Whole-Wheat Bread or Rolls

2 cups warm water
2 packages yeast
3 tablespoons sugar
1/2 cup nonfat dry milk
3 teaspoons salt
1/3 cup vegetable oil
1/3 cup molasses
4 1/2 cups whole-wheat flour
2 cups white flour (about)

Measure warm water into large warm bowl. Sprinkle in yeast, stir until dissolved. Stir in sugar, nonfat dry milk, salt, oil and molasses, 2 cups whole-wheat flour and 2 cups white flour. Beat until smooth. Add enough of the remaining flours to make a soft dough. Turn out on lightly floured board and knead until smooth and elastic, about 8-10 minutes. Place in greased bowl, turning to grease top. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bread: Punch down. Divide in half. Shape into loaves. Place in two greased 9x5x3-inch bread pans. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake in 400 degrees F oven about 25 to 30 minutes. Remove from pans and cool. Makes 2 loaves.

Rolls: Divide dough into 30 equal parts. Shape and let rise 30 minutes. Bake at 375 degrees F, 15 to 20 minutes.

Whole-Grain Bread

3 cups white flour
2 packages active dry yeast
1 1/2 teaspoons salt
1 cup water
1 cup cottage cheese
3 tablespoons vegetable oil
1/2 cup honey
2 eggs
2 1/2 cups whole-wheat flour
1/2 cup regular rolled oats
2/3 cup chopped walnuts or pecans

In a large bowl, combine 2 cups white flour with yeast and salt. Heat water, cottage cheese, oil and honey until very warm (about 120 degrees). Add warm liquid and eggs to flour mixture. Mix well. Add whole-wheat flour, oats and nuts. Stir in remaining white flour (add more if necessary); knead until smooth and elastic.

Let rise until double. Punch down and place in two greased 5 x 9 x 3-inch pans. Let rise about 1 hour. Bake at 350 degrees F for 35 to 40 minutes. Remove pans onto cooling rack. Makes 2 loaves.
Chowders and Soups

Baked Bean Soup

- 2 cups baked beans, canned
- 4 cups water
- 1 cup diced onion
- 1 cup tomato juice
- 2 tablespoons flour


Variation: If desired, brown 1/2 pound of lean ground beef and add to soup.

Bean Chowder

- 3/4 cup dry beans
- 3 cups water
- 1 teaspoon salt
- 3/4 cup diced potato
- 1 small onion, chopped
- 1 1/2 teaspoons flour
- 3/4 cup cooked or canned tomatoes, plus juice
- Leftover vegetables or meats (add as desired)
- 1 to 2 tablespoons margarine
- 1 1/2 cups skim milk

Soak beans overnight in the water, add salt, and cook until almost done (nearly 2 hours). Add potato and onion; cook 30 minutes (with longer cooking beans, you may need to add more water). Mix flour with a little of the tomato liquid and add to the beans with rest of tomatoes, leftover vegetable or meat, and margarine (if desired). Cook 10 minutes, stirring occasionally to prevent sticking. Stir in the milk and reheat quickly. Makes 4 servings.

Brunswick Stew

- 1 tablespoon vegetable oil
- 1 medium onion, sliced
- 2 cups turkey or chicken broth
- 2 cups cut-up, cooked, boned turkey or chicken
- 2 cups cooked or canned tomatoes
- 2 cups cooked or canned lima beans
- 2 cups cooked or canned whole-kernel corn

Heat vegetable oil in a large pan. Cook onion in oil until tender. Add rest of ingredients. Heat. Makes 6 servings, about 1 1/3 cups each.

Cheese Chowder

- 2 carrots, sliced
- 2 stalks celery, sliced
- 1/2 onion, chopped
- 1 cup boiling water
- 3 tablespoons vegetable oil
- 1/4 cup flour
- 3 1/2 cups nonfat milk
- 1 1/2 cups cheese, cubed

Prepare carrots, celery and onions. Boil carrots and celery for 10 minutes in water. Saute onions in vegetable oil. When onion is tender, stir in flour. Heat until flour has started to cook and is mixed with the oil. Add milk slowly. Cook and stir until the mixture is thickened. Add cubed cheese and vegetables with the liquid to the milk mixture. Stir over low heat until cheese melts. Serve hot. Makes 6 servings, 2/3 cup each.
**Chicken Chowder**

1 small onion, chopped
cooking spray
3 medium potatoes, cubed
2 large carrots, sliced
1 ½ cups cooked chicken, cut-up
2 cups chicken broth
cooked vegetables (such as peas or green beans), optional
2 cups milk
salt and pepper to taste

Cook onion in sprayed pot. Add potatoes, carrots, chicken and broth to onions. Bring to a boil, and simmer until vegetables are tender, about 30 minutes. Additional vegetables may be added as desired. Add milk, salt and pepper. Heat, but do not boil. **Makes 6 servings, 1 cup each.**

**Cream of Corn Soup**

1/2 onion, chopped
2 medium potatoes, diced
2 cups water
1 can (15-ounce) cream-style corn
1 can (15-ounce) whole-kernel corn
2 cups nonfat milk
salt and pepper to taste

Cook onion in small amount of water until tender. Add potato and cook until tender in water to cover. Add corn, both cream-style and whole-kernel, and heat. Add milk and seasonings and heat. Serve hot with crackers or bread. **Serves 6.**

◆ **Cream Soup Substitute Mix**

2 cups nonfat dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon
2 tablespoons dried onion flakes
1 teaspoon dried thyme, crushed
1 teaspoon dried basil, crushed
1/2 teaspoon pepper

Combine all ingredients and store in airtight container. To use, mix 1/3 cup dry mixture with 1 1/4 cups water in a saucepan. Cook and stir until thickened. **Makes 3 cups (9 recipes).**

**Fish Chowder**

5 potatoes, peeled and diced
2 cups water
1 pound white fish (pollock, hake, cod, etc.), cut into bite-sized pieces
1 onion, sliced
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups milk

Boil potatoes in water for 15 minutes. Add salt, pepper, onion and fish. Cook together until fish in done. Add milk. Heat and add more seasoning if desired. **Serves 6.**

**Fish Vegetable Stew**

3 medium onions, sliced
1 tablespoon vegetable oil
2 potatoes, diced
2 cups water
1 can green beans, with liquid
1 can whole-kernel corn, with liquid
1 pound white fish, hake or pollock, cut into bite-sized pieces
2 cups lowfat milk
1 tablespoon flour
1/4 cup cold water
1/2 teaspoon salt
1/4 teaspoon pepper

Brown onion in oil in a large saucepan. Add potatoes and 2 cups water. Boil until potato is tender. Add corn and green beans. Add fish. Cook until fish is done. Add milk. Heat. Mix flour and cold water. Mix in to thicken. Add salt and pepper. **Serves 6.**

**Meatball Soup**

1 pound hamburg, made into 1-inch balls
4 or 5 potatoes, diced
2 or 3 onions, chopped
2 cups vegetables (tomatoes, string beans, corn, etc.), chopped, if necessary
5 stalks of celery, sliced

Put all into kettle, and cover with water. Cook until vegetables are tender. Serve with a tossed salad and cornbread. **Serves 6.**
Meatless Vegetable Stew with Dumplings

12 cups water
3 stalks celery, chopped
6 carrots, sliced
4 cups tomatoes, chopped
2 medium onions, sliced
7 potatoes, sliced
2 cups green beans, cut into 1-inch pieces
1 teaspoon basil
1 tablespoon chopped parsley
Dumplings (see next recipe)

Mix water, vegetables and seasonings in large pot.
Cook until vegetables are almost tender, about 30

Dumplings

1 1/2 cups flour
3 teaspoons baking powder
3/4 teaspoon salt
3/4 cup milk
3 tablespoons oil

Mix flour, baking powder and salt together.
Combine milk and oil, and add to flour mixture,
stirring just enough to moisten the flour. Drop batter
by tablespoons onto top of boiling stew. Simmer
uncovered for 10 minutes; cover and simmer 10
minutes more. (Do not remove cover until 10
minutes is up.) Yields 6 dumplings.

◆ Minestrone Soup Mix

1/2 cup red kidney beans
1/2 cup Great Northern beans
1 cup brown or white rice
2 tablespoons onion flakes
1/2 cup pinto beans
1/2 cup split peas

Combine all ingredients and store in airtight
container. This soup mix is a combination of dried
beans. It can be stored for up to 1 year. Makes 4
batches Minestrone Soup.

Minestrone Soup Using Mix

3/4 cup Minestrone Soup Mix ◆
3 cups water
2 cups canned tomatoes
2 cups beef or chicken bouillon
2 cloves garlic, crushed
1/2 teaspoon oregano
3 carrots, sliced
2 stalks celery, sliced
1 bay leaf
1/4 cup macaroni

Put Soup Mix and water in a large pot. Bring to a
boil, and boil for 2 minutes. Remove from heat and
allow to stand for 1 hour. Add other ingredients,
except macaroni, and bring to a boil. Lower heat,
cover and simmer for 2 hours or until all the
ingredients are tender. Add macaroni and cook 30
minutes. If soup seems too thick, add extra water.
Serves 4.

New England Fish Chowder

1 pound fresh or frozen fish fillets
1 tablespoon vegetable oil
1/2 cup onion, chopped
2 1/2 cups potatoes, diced
1/8 teaspoon pepper
2 cups milk
1 tablespoon margarine

Thaw frozen fillets if used. Remove skin and
any bones from fillets and cut into 2-inch pieces.
Heat oil in pan. Add onion and cook until tender.
Add potatoes, water and pepper. Cover and simmer
15 to 20 minutes or until potatoes are tender. Add
fish 5 minutes before potatoes are tender. Add milk
and margarine and heat. Makes 6 servings.
Pork, Chicken or Beef Stew

- 1 can (13 ounces) pork, chicken or beef
- 1 large onion, chopped
- 1 small turnip (optional), diced
- 1/4 teaspoon garlic powder
- 1/2 teaspoon celery powder
- salt and pepper
- 4 to 6 medium carrots, sliced
- 6 to 8 medium potatoes, diced
- 1 bouillon cube (chicken or beef)

Rinse and drain pork, chicken or beef with warm water. Put meat, onion, turnip and seasoning in pot with water just to cover (leftover vegetable juice may be used for part of the water). Bring to a boil and cook for about 10 minutes. Add carrots and cook until partially cooked. Add potatoes and cook until vegetables are tender. Good with dumplings (see recipe on page 16). Serves 6 to 8.

Split Pea or Lentil Soup

- 1 cup dry split peas or lentils
- 6 cups boiling water
- ham bone
- 2 small onions, chopped
- 1 stalk celery, chopped
- salt and pepper

Add peas or lentils to the water with ham bone, onions and celery. Boil gently about 3 hours until consistency desired for soup. Remove ham bone. Chop meat from bone and return meat to the soup. Season and reheat. Makes 4 servings.

Turkey Noodle Soup

- 6 cups water
- 2 chicken bouillon cubes
- 2 stalks celery, sliced
- 4 ounces uncooked noodles
- 3 cups cut-up, cooked, boned turkey
- salt and pepper to taste

Put water, bouillon cubes and celery in pan. Cover and cook slowly 10 minutes. Add noodles. Cover and simmer for about 10 minutes, or until noodles and celery are tender. Add turkey and heat. Add salt and pepper. Makes 6 servings, about 1 cup each.
Beans, Pea and Lentil Dishes

Baked Beans

- 1 teaspoon salt
- 1 teaspoon dry mustard
- 2 tablespoons vegetable oil
- 1/4 cup molasses
- 1 tablespoon chopped onion
- 2 cups dry beans

Wash beans and soak overnight in water to cover. Then simmer gently in soaking water. Cook about 1 1/2 to 2 hours, or until tender but not mushy. Drain; reserve liquid. Place beans in casserole or bean pot. Combine salt, mustard, oil, molasses and chopped onion; add 2 cups hot liquid from beans. Pour over beans. Cover and bake 6 to 8 hours at 275 degrees F. Add more liquid during baking as necessary. Remove cover last 1 1/2 hours of baking. You can cook in a crock pot for 6 hours on low to save money.

Ranch-Style Lentil Casserole

- 2 cups dried lentils, rinsed
- 8 cups water
- 1 pound lean ground beef
- 1 1/2 cups tomato sauce
- 1/2 small onion, chopped
- 1 tablespoon vinegar
- 1 tablespoon prepared mustard
- 1/8 teaspoon pepper
- 1 cup water
- 1/4 teaspoon salt


Refried Beans

- 1 pound pinto, or other dried beans
- 2 cups chopped onion
- 4 tablespoons oil or margarine
- 1/2 teaspoon garlic powder or 1 clove garlic, crushed

Wash beans and soak overnight in water to cover. Add onion and simmer gently. Cook about 1 1/2 to 2 hours, or until beans are tender. Mash beans with a potato masher or large spoon. Add oil and garlic. Cook on medium heat until beans are as thick as you like. Serve hot topped with grated cheese, or refrigerate for later use.
Bean Burritos Using Refried Beans

- 8 to 10 small flour or corn tortillas
- 2 cups refried beans
- 2 cups grated cheese
- 1 cup chopped lettuce
- 1 cup taco sauce

Spread warmed tortillas with 2 - 3 tablespoons refried beans, depending on the size of the tortilla. Sprinkle with grated cheese, lettuce and taco sauce. Eat flat or roll up: fold in the ends of the tortilla, then fold one side over the filling and roll up. Wrap in aluminum foil and warm in oven at 350 degrees F for 20 minutes. Serve with tossed salad and rice. *Serves 4 to 5.*

Taco Pizza Using Refried Beans

- 1 12-ounce can refrigerated biscuits (Or biscuit dough from Master Biscuit Mix on page 6.)
- 1 cup refried beans
- 1/4 cup taco sauce
- 3/4 cup shredded cheese
- 1 cup chopped lettuce
- 1 tomato, diced

Press biscuits into the bottom and 1 inch up the sides of a 10 x 8 x 2-inch baking pan. Mix beans and taco sauce; spread over biscuits. Bake at 400 degrees F for 10 to 15 minutes until crust is golden brown. Remove and sprinkle cheese over beans. Bake 5 minutes more until cheese is melted. Take out of oven and top with shredded lettuce and diced tomato. *Serves 4 to 5.*

Cheese Dishes

Baked Rice and Cheese

- 3 cups rice, cooked
- 2 cups cheese, grated
- 2 tablespoons green pepper, chopped
- 2 eggs, beaten, or 1/2 cup egg substitute
- 1 1/4 cup nonfat milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup bread cubes or crumbs

Alternate layers of rice, cheese and green pepper in a greased casserole. Combine beaten eggs or egg substitute, nonfat milk, salt and pepper. Pour over rice and cheese mixture. Sprinkle bread cubes over the top. Bake at 350 degrees F about 45 minutes or until mixture is set, and top is lightly browned. Serve immediately while hot from the oven. *Makes 6 servings.*

Macaroni and Cheese

- 2 tablespoons flour
- 1/2 teaspoon salt (optional)
- 3/4 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1 teaspoon onion, grated (optional)
- 1 cup nonfat milk
- 1 1/3 cups cheddar or American processed cheese, grated
- 3 cups macaroni, cooked and drained
- 1/4 cup dry bread crumbs

Mix flour, salt, mustard, pepper, and onion together in a saucepan. Stir milk into dry mixture and stir until smooth. Cook, stirring constantly, over medium heat until thickened. Add cheese and continue stirring until cheese is melted. Remove from heat, and stir in the cooked macaroni. Pour into a 1 1/2 - 2-quart, greased casserole or baking dish. Sprinkle top with the bread crumbs. Bake at 350 degrees F for 25 minutes or until heated through and brown on top. *Makes 4 servings.*
One-Pan Macaroni and Cheese

2 cups macaroni, uncooked
2 tablespoons flour
1/4 teaspoon salt (optional)
pepper to taste
1 1/2 cups nonfat milk
1 1/2 cups (about 6 ounces) cheese, grated

Cook macaroni in 2 to 3 quarts of rapidly boiling water, stirring occasionally. Cook for 7 to 9 minutes. Drain and set aside. Mix flour and seasoning with 1/4 cup cold milk. Heat the rest of the milk in a saucepan. Add flour-milk mixture slowly and stir constantly until thickened. Add grated cheese and stir over low heat until cheese melts. Add cooked macaroni. Stir gently until macaroni is well covered with sauce and thoroughly heated. Makes 6 servings, about 2/3 cup each.

Variation: Meat or vegetable leftovers may be added if desired.

Pizza

Crust:
1 cup warm water
1 package dry yeast
1 teaspoon sugar
2 tablespoons vegetable oil
2 cups flour
1 teaspoon salt

Dissolve yeast in warm water. Stir in next 4 ingredients. Beat. Add remaining flour. Turn out on a lightly floured board. Knead until smooth and elastic. Place in a greased bowl. Turn dough around so that top is greased. Cover. Place in draft-free, warm place until double in bulk (about 45 minutes).

Mix topping while dough rises. When dough is doubled in bulk, punch down and divide into two parts. Place each half in the center of a baking sheet that has been greased. Flatten dough with the palms of the hands into two 9-inch circles. Make edges ridged to hold the topping.

Topping:
2/3 cup tomato paste
1/2 cup water (rinse can)
1 teaspoon salt
dash pepper
1 teaspoon crushed oregano
1/2 lb. mozzarella cheese, grated
2 tablespoons Parmesan cheese, grated

Mix first 5 ingredients. Spread on pizza dough. Top with cheeses. Add other toppings as desired. Bake at 400 degrees F for 20 minutes or until the crust is browned and cheese is melted. Serve at once. Makes two 9-inch pizza.

Whole-Wheat Pizza

Crust:
1 tablespoon brown sugar
1/2 cup lukewarm water
1 package yeast
2 tablespoons olive oil
1/4 teaspoon pepper
1 1/2 teaspoon salt
3/4 cup water
1 cup whole-wheat flour
2 cups flour, all-purpose

Sauce:
15-ounce can tomato paste
2 teaspoons oregano
2 teaspoons basil
1 teaspoon salt
1/2 teaspoon pepper
1 cup grated cheese
1/2 medium onion, chopped
1 1/2 green peppers, chopped

Mix sugar and warm water in bowl. Add yeast, stir and let stand 10 minutes. When it bubbles add oil, pepper and salt. Add the rest of the water and flour by the half cup, increasing the amount if necessary to make stiff dough. Knead well and set to rise, covered, in a warm place. Let dough rise only once, about 1 1/2 hours.

Roll dough to the size of a pizza pan or jellyroll pan. Place dough on pan and shape to fit. Mix tomato paste and spices. Spread evenly over dough and top with cheese, onions and peppers. Bake at 425 degrees F for 25 minutes. Makes one, 5-inch pizza.
**English Muffin Pizzas**

- 5 whole English muffins
- 1/2 cup tomato sauce
- 1 teaspoon oregano
- 1/4 cup onion, chopped
- 1/2 cup lowfat mozzarella cheese, grated

Slice English muffins in half and place on a baking sheet. Mix tomato sauce and oregano, and brush on each muffin. Sprinkle onion over tomato sauce mixture. Top with grated cheese. Bake at 400 degrees F until lightly browned and cheese is melted, about 5 minutes. *Makes 10 small pizzas.*

**Potato-Cheese Salad**

- 1/2 cup mayonnaise
- 1/4 cup sweet pickle juice
- 2 cups diced cooked potatoes
- 2 hard-boiled eggs, coarsely chopped
- 1 teaspoon salt
- 1/2 cup celery, coarsely chopped
- 2 tablespoons chopped onion
- 1 1/2 cups diced cheese


**Spanish Rice and Cheese**

- 1 onion, chopped
- 1 tablespoon oil
- 2 cups water
- 1 cup brown rice
- 2 stalks celery, diced
- 1 green pepper, diced
- 3 fresh tomatoes, chopped (or 1 cup canned tomatoes)
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 cup grated cheddar cheese

Saute onion lightly in oil. Add water and brown rice and bring to a boil. Simmer covered for 20 minutes. Add celery, pepper, tomatoes and spices and simmer another 20 to 25 minutes until rice is well cooked. Sprinkle with cheese. *Makes 4 cups.*

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**Fish Dishes**

**Oven-Fried Fish Fillets**

- 2 pounds fresh or frozen fish fillets
- 1/2 cup milk
- 1 teaspoon salt
- 1 1/2 cups cereal crumbs or toasted dry bread crumbs
- 2 tablespoons vegetable oil

Thaw frozen fillets if used. Cut fillets into 6 portions. Combine milk and salt. Dip fish in milk and coat with crumbs. Place fish in a single layer, skin side down, on 10- x 15-inch baking pan. Pour oil over fish. Bake 10 to 15 minutes at 500 degrees F or until fish are brown and flake easily when tested with a fork. *Makes 6 servings.*

**Salmon Loaf**

- 1 15-ounce can red or pink salmon
- 1/2 cup onion, chopped
- 1/3 cup salmon liquid
- 2/3 cup skim milk
- 1 cup bread crumbs
- 1 egg, beaten
- 1 teaspoon dry mustard
- 1/2 teaspoon salt

Drain salmon and save liquid. Flake salmon and add chopped onion. Add remaining ingredients and mix thoroughly. Put salmon mixture into a 9- x 5-inch greased loaf pan or 2-quart casserole. Bake at 350 degrees F for 40 to 50 minutes or until firm in the center. If to be sliced, let stand 5 minutes. *Makes 6 servings.*
Tuna Potato Scallop

2 cans (6 1/2 or 7 ounces each) tuna
3 tablespoons vegetable oil
3 tablespoons flour
1/2 teaspoon salt
dash pepper
2 cups skim milk
4 cups cooked sliced potatoes
1/2 cup light mayonnaise
1/2 cup grated cheese
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
dash paprika

Drain tuna. Break into large pieces. Heat oil; blend in flour and seasonings. Add milk gradually, and cook until thick and smooth, stirring constantly. Add tuna. Arrange potatoes and tuna mixture in alternate layers in a greased baking pan, 11 x 7 x 1 1/2 inches. Combine remaining ingredients and spread over the top. Bake in a moderate oven at 350 degrees F for 30 minutes. Makes 6 servings.

Salmon Surprise

1 can (15-ounce) salmon
1 container (8 ounces) plain yogurt
1 teaspoon lemon juice
1/2 teaspoon salt
1 teaspoon paprika
1/4 teaspoon pepper
1 cup cooked rice
2 cups cheese, grated
1/4 cup seasoned bread crumbs

Drain salmon, and flake with a fork. Blend yogurt with lemon juice, salt, paprika and black pepper. Combine salmon, yogurt, rice and cheese. Spoon into a baking dish sprayed with cooking spray. Sprinkle with seasoned bread crumbs. Bake at 350 degrees F for 25 minutes or until hot and bubbly. Serve hot. Makes 4 to 6 servings.

Meat Dishes

American Chop Suey

3/4 pound lean ground beef
1 onion, chopped
2 cups macaroni or rice
1 can (10- or 12-ounce) tomato soup, 1 can (or 1 1/4 cups) tomato sauce or 1 can (or 1 1/2 cups) tomatoes
2 tablespoons vegetable oil

Brown onion and beef in the vegetable oil. Drain excess fat. Cook and drain macaroni or rice and add tomato soup or tomatoes. Heat all together. If desired, add 1/3 cup grated cheese just before serving. Makes 6 servings.

Basic Ground Beef Mix

1 pound lean ground beef
1/4 cup fine dry bread crumbs
1 medium onion, chopped
1 teaspoon salt
sprinkle of pepper
2/3 cup evaporated skim milk

With fork, mix all ingredients well. Use at once to make hamburger patties, meat loaf or other meat dishes.

Variations: In place of dry bread crumbs, use 1/4 cup uncooked cornmeal, or 2/3 cup uncooked oatmeal, or 1 cup soft bread crumbs (1 1/2 slices bread pulled into small crumbs).

Spaghetti and Meatballs Using Ground Beef Mix

To the Basic Ground Beef Mix, add 1 teaspoon basil, 1/4 teaspoon garlic powder and 1/2 teaspoon oregano. Shape into 12 balls. Put 1 tablespoon vegetable oil in a large fry pan. Add meatballs. Cook over medium heat, turning balls to cook. Cook to well-done and brown on all sides. Push browned meatballs to the outside of pan or remove. Using the same pan, add 1/2 cup chopped onion to fry pan, and cook until tender. Pour 1 can (3 1/2 cups) tomato juice, tomato sauce, or a combination of a small can (6 ounces) of tomato paste and canned tomatoes sauce or juice in the pan. Add 1/2
teaspoon oregano and 1 small bay leaf. Bring to a boil over medium heat. Cook about 30 minutes or until sauce is thickened. Serve over cooked spaghetti.

Stuffed Cabbage Rolls Using Ground Beef Mix

Wash 12 large leaves from head of cabbage. Stand leaves in large kettle. Pour boiling water over. Cover and let stand 10 minutes. Remove leaves and drain.

Place about 1/4 cup Basic Ground Beef Mix on each cabbage leaf near the stem end. Roll each leaf up, folding in sides to keep filling in place. Put 1 tablespoon oil in large fry pan. Place cabbage rolls fold side down in pan. Cover and cook over low heat 30 minutes. Turn rolls over in pan. Spoon large can of tomatoes (1 lb. 12 oz. can) over rolls.

Cover and cook 5 minutes longer. If you want to thicken the tomato sauce, remove cooked cabbage rolls to platter. Mix a little flour with water to make a paste. Stir into tomato mixture and cook to thicken. Pour over cabbage rolls. Makes 6 servings.

Stuffed Green Peppers Using Mix

Cut 4 medium green peppers in halves crosswise. Remove seeds and membranes. Wash pepper halves. Place in saucepan with 1 cup water. Bring to a boil, cover and boil 5 minutes. Drain. Spoon Basic Ground Beef Mix into pepper halves. Place peppers in baking pan, meat side up. Bake at 350 degrees F for 30 minutes. Spoon 1 teaspoon tomato catsup over meat in each pepper half. Bake 15 to 20 minutes longer. Makes 6 to 8 servings.

Cornbread Burger Bake

2 eggs, beaten
1 cup cornmeal
2 teaspoons baking soda
1 can cream-style corn
1 cup milk
2 tablespoons oil
3/4 pound lean ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1/2 teaspoon celery seed
1 garlic clove, crushed
1 teaspoon chili powder
2 cups grated cheese

Combine the first 6 ingredients. Set aside. Brown the ground beef. Drain the fat. Add onion, green pepper, celery seed, garlic and chili powder. Pour half the cornbread mixture into a greased, 9-inch casserole (about 2-quart size). Cover with the ground beef mixture and a layer of cheese. Pour the rest of the cornbread batter over the top. Bake at 375 degrees F for 35 to 40 minutes. Serves 8.

Corny Casserole

2 tablespoons onion, chopped
1 pound ground beef, lean
1 tablespoon oil
1 can (15- or 16-ounce) whole-kernel corn, undrained
1 can (15- or 16-ounce) tomatoes
1 can (6-ounce) mushrooms
1/8 teaspoon pepper
1 tablespoon soy sauce (optional)
1 cup elbow macaroni, uncooked

Brown onion and ground beef in oil in frying pan. Drain excess fat. Stir in corn, tomatoes, mushrooms and seasonings. Cook and drain macaroni. Add to ground beef mixture, cover and simmer over low heat 20 minutes, stirring occasionally. Makes 4 to 6 servings.
Cornbread Mexican Casserole

Cornbread:

1 1/4 cups flour (you can use part whole-wheat and part white flour)
3/4 cup cornmeal
2 tablespoons sugar
2 teaspoons baking powder
1 cup skim milk
1/4 cup vegetable oil
2 egg whites (or 1 egg)
1/2 cup whole-kernel corn, frozen or canned (drained)

In a large bowl, combine flour, cornmeal, sugar and baking powder. In a small bowl, combine milk, oil, egg whites or egg. Stir until eggs are scrambled. Pour egg mixture over flour mixture and stir until dry ingredients are moistened. Fold in corn and set batter aside.

Filling:

1/2 pound ground beef, chicken or turkey
1 cup chopped onion
3 cloves chopped garlic
2 cups cooked, drained beans (kidney are good)
1 small can green chilies ("mild")
1/2 to 1 cup chunky type salsa

Brown meat in large skillet. Remove from pan and drain off fat. Saute onion and garlic in skillet in 1 tablespoon water until onion is soft. Stir beans, chilies, salsa and meat into the onions and garlic. Set aside.

To assemble and bake: Spray a large casserole dish (at least 9 x 9-inch) with non-stick vegetable spray. Spoon in 1/2 of the cornbread mixture. Layer the meat mixture over the cornbread. Finish by spreading the remaining cornbread on top. Bake at 400 degrees F for 20 to 30 minutes. Makes 6 large servings.

Barbecued Beef

1 can (16-ounce) beef or 4 cups cooked beef
1 cup celery, diced
1 cup onion, chopped
1 cup tomato sauce or catsup
2 tablespoons vegetable oil
2 teaspoons vinegar
2 teaspoons brown sugar, packed
2 teaspoons Worcestershire sauce

Trim fat from the cooked meat, shred meat and refrigerate while you prepare celery and onions for cooking. Sauté celery and onions in oil over medium heat. Cook until tender. Add beef. Add all the remaining ingredients, stirring to mix well. Cover and simmer about 15 minutes. Uncover and cook to desired thickness. Serve over buns, rice, potatoes or noodles. Refrigerate barbecued beef that is not eaten. Use leftovers the next day. Completely reheat and serve over hamburger buns or rolls. Makes 8 servings.

Beef and Macaroni Combo

3/4 pound ground beef, lean
3/4 cup onion, chopped
1/2 cup celery, chopped
1 can (16-ounce) tomatoes, stewed
1 1/2 cups macaroni, uncooked
2 cups cheese, shredded
pepper to taste

In a saucepan, cook beef until browned. Add onion and celery. Cook 5 minutes. Add tomatoes and bring to a boil. Stir in macaroni. Cover and cook over low heat, stirring occasionally, for 10 minutes or until macaroni is tender. Add cheese and stir until melted. Add pepper to taste. Makes 8 servings.

◆ Meat and Tomato Freezer Mix

1 large onion, chopped
1 cup celery, chopped
1 tablespoon vegetable oil
1 pound ground beef, lean
1 15-ounce can tomato sauce
1/4 teaspoon pepper
1 teaspoon garlic powder

Cook onion and celery in oil until tender. Add meat, tomato sauce, pepper and garlic powder. Cook mixture on low heat for 20 minutes. Divide in half and store in airtight containers in the freezer.
Chili Using Meat and Tomato Freezer Mix

Add 1 tablespoon chili powder to Meat and Tomato Freezer Mix ◆. Bring to a boil, lower heat and simmer for 10 minutes. Add one can red kidney beans.

Enchilada Casserole Using Meat and Tomato Freezer Mix

Heat Meat and Tomato Freezer Mix ◆, 1/4 cup water, 1 1/2 teaspoons chili powder. Put 4 corn tortillas in 13- x 9-inch baking pan. Pour 1/2 the meat mix and 3/4 cup grated cheese over them. Top with 4 more tortillas, meat mix and 3/4 cup cheese. Bake 30 to 40 minutes at 350 degrees F. Makes 4 to 6 servings.

Lasagna Using Meat and Tomato Freezer Mix

Heat Meat and Tomato Freezer Mix ◆ with 1/2 teaspoon oregano and 1/4 cup water. Cook an 8-ounce package of lasagna noodles until tender. Drain. Layer 1/2 the noodles in a 13- x 9-inch baking pan. Add half the meat mix, a 12-ounce carton of cottage cheese, and 1/2 cup shredded cheese. Top with remaining noodles, meat mix and 1/2 cup shredded cheese. Bake 30 minutes at 350 degrees F. Makes 8 servings.

Rice Casserole Using Meat and Tomato Freezer Mix

Add 2 cups cooked rice and 1 can whole-kernel corn (drained) to Meat and Tomato Freezer Mix ◆. Heat on the stove or in the oven until hot. Top with shredded cheese. Makes 4 servings.

Meatloaf

1 egg
1 small onion, finely chopped
1 stalk celery, finely chopped
1/2 green pepper, finely chopped (optional)
1 pound lean ground beef
3/4 cup quick-cooking rolled oats
1/2 cup tomato sauce
1/4 cup nonfat milk
1 teaspoon salt
1/4 teaspoon pepper

Beat egg slightly in a large bowl. Add onion, celery and green pepper. Mix in all ingredients. Shape into a loaf in a baking pan. Bake at 350 degrees F for 1 hour or until browned on top. Makes 6 servings.

Pork, Chicken or Beef Meatloaf

1 can pork, chicken or beef
2 eggs
1 1/2 cups soft bread crumbs
1 medium onion, chopped or onion powder seasonings (pepper, celery powder)

Rinse pork, chicken or beef in warm water and drain. Mix all ingredients thoroughly. Put in 9 x 5-inch pan and bake at 350 degrees F for 45 minutes or until thoroughly cooked.Makes 4 servings.

Quick Beef Pie

1 pound lean ground beef
1 medium onion, chopped
1 can condensed tomato soup or 1 cup tomato juice
2 cups drained, cooked or canned green beans
1/4 teaspoon pepper
1 1/2 cups prepared mashed potato

Crumble beef into large fry pan. Add onion and cook until browned. Drain off excess fat. Add tomato, green beans and pepper. Cook slowly for 5 minutes. Pour into baking pan. Put spoonfuls of mashed potatoes on top of meat mixture. Bake at 350 degrees F for 20 minutes. Makes 6 servings, about 1 cup each.
Quick Chili

1/2 pound lean ground beef or turkey
15 1/2-ounce can kidney beans, drained (reserve liquid)
1/3 cup bean liquid
1 cup canned tomato puree or tomato sauce
1 tablespoon minced onion
2 - 3 teaspoons chili powder

Cook beef in hot frying pan until lightly browned. Drain off fat and stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 10 minutes. Makes 4 servings.

Spanish Rice

1/2 cup uncooked converted rice
1 tablespoon vegetable oil
1/4 cup finely chopped onion
1/4 cup chopped green pepper
1/4 cup chopped celery
1 16-ounce can tomatoes
2 cups canned meat: beef or pork

Cook rice in oil until lightly browned. Add onion, green pepper, celery and tomatoes. Heat to boiling, cover, reduce heat and simmer 25 minutes or until rice is tender. Drain canned meat and skim off excess fat. Chop and stir in the meat and cook slowly, stirring occasionally until heated through, about 5 minutes. Makes 6 servings, approximately 2/3 cup each.

Chili Rice

1 cup onions, chopped
1 cup green peppers, chopped
1 clove garlic, crushed
1 tablespoon vegetable oil
3 cups cooked rice
1 can (16-ounce) crushed tomatoes
1 tablespoon chili powder

In a large skillet, cook onions, green peppers and garlic in oil until tender. Stir in cooked rice, tomatoes and chili powder. Heat and simmer to reduce liquid. Makes 6 servings.

Poultry Dishes

Chicken and Rice Casserole

3- or 4-pound frying chicken, cut-up and skin removed
1/3 cup flour
1/4 cup vegetable oil
1 can chicken soup or chicken broth
3 teaspoons grated onion
2 tablespoons parsley
1/2 teaspoon garlic powder
1 teaspoon salt
1 1/2 cups water
1 1/3 cups converted rice, dry paprika

Roll chicken in flour and sauté in oil. Mix soup or broth, onion, seasonings and water in saucepan, and bring to a boil. Put rice in casserole or 9- x 13-inch baking dish. Cover rice with chicken and add soup mixture. Sprinkle with paprika, and bake 60 minutes at 375 degrees F. Cover with foil for the first 40 minutes of baking time and then remove. Makes 6 servings.

Chicken and Water Chestnut Casserole

1 5-ounce can chicken
1 can Chinese noodles
1 10 3/4 ounce can cream soup (or substitute Cream Soup Substitute Mix, see page 15)
1 cup chopped celery
1/4 cup chopped onion
1 8-ounce can water chestnuts, sliced and undrained
salt and pepper to taste paprika

Preheat oven to 350 degrees F. Mix ingredients together. Bake uncovered in a 1 1/2-quart baking dish for 25 minutes. Garnish with paprika. Makes 4 servings.
Chicken Cacciatore

1 3-pound frying chicken, cut up with skin removed
2 tablespoons vegetable oil
1 large onion, sliced or chopped
2 garlic cloves, minced
1/2 teaspoon sage
1/2 teaspoon rosemary
1 teaspoon salt
1/4 teaspoon pepper
1 cup tomatoes or tomato juice

Put chicken in fry pan with the small amount of oil. Add onion, garlic, herbs, salt and pepper. Cook on low heat. As chicken browns, turn. Add tomatoes and continue to cook on simmer with the cover on. As the tomatoes cook into the chicken, add water to keep the chicken moist. Cook until chicken is tender, for at least 1 1/2 hours. If preferred, bake in 350-degree F oven for the same length of time. Slow cooking is the secret of the flavor of this dish. Serve with spaghetti or linguini with the sauce from the baking dish. Makes 4 to 6 servings.

Chicken or Turkey Kidney Bean Salad

2 stalks celery, sliced
1/2 small onion, diced
1 cup cooked, cut-up, boned chicken or turkey
1 1/4 cups cooked or canned kidney beans, drained
1/4 cup sweet pickle relish
1/4 cup mayonnaise or low-fat yogurt
salt and pepper to taste
1 teaspoon prepared mustard

Mix all ingredients. Chill before serving. Makes 6 servings, about 1/2 cup each.

Chicken or Turkey Rice Salad

1 large stalk celery, sliced
1/4 small onion, diced
2 cups cooked, cut-up chicken or turkey
1 cup cooked rice or macaroni
1/3 cup light mayonnaise or low-fat yogurt
1 teaspoon prepared mustard
salt and pepper to taste

Mix all ingredients well. Chill before serving. Makes 6 servings, about 1/2 cup each.

Chicken or Turkey with Rice and Cheese

1 onion, chopped
1 clove garlic, minced
1 tablespoon vegetable oil
3 cups water
1 cup uncooked rice
1 1/2 cups cut-up, cooked chicken or turkey
1 cup cut-up cheese
salt and pepper to taste

Cook onion and garlic in oil until tender. Add water. Heat to boiling and add rice. Lower heat, cover and cook 20 minutes. Add chicken (or turkey), cheese, salt and pepper and cook over very low heat until cheese melts. Makes 6 servings, about 2/3 cup each.

Creamed Chicken or Turkey

1/4 cup margarine
1/4 cup flour
3 cups skim milk (use 1 1/2 cups chicken broth and 1 1/2 cups skim milk in place of 3 cups of skim milk)
2 cups cut-up, cooked chicken or turkey
salt and pepper to taste
1 cup cooked or canned vegetables, drained
rice, toast, mashed potatoes, biscuits or crackers

Melt margarine in a pan. Stir in flour. Slowly add milk. Stirring constantly, cook over medium heat until mixture comes to a boil. Lower heat and cook until thickened, about 3 minutes. Add chicken, salt and pepper. Add vegetables. Serve over hot cooked rice, toast, potatoes or biscuits. Makes 6 servings, about 2/3 cup each.

Shake and Bake Mix ◆
(for use with Oven-Fried Chicken or Fish)
1 cup flour, all-purpose or whole-wheat
1 cup cornmeal
1/2 cup dry milk
1 teaspoon poultry seasoning
2 teaspoons sugar
1 teaspoon salt
dash pepper
1/2 teaspoon garlic powder
paprika, if desired

Mix together and keep in covered jar ready for use. You may want to make this recipe in a larger quantity after you have tried it.
Corny Oven-Fried Chicken Using Shake and Bake Mix

Wash chicken pieces. Shake off excess water and shake in bag with some of the Shake and Bake Mix. Bake in 350-degree F oven on a cookie sheet until tender (about 1 hour).

Corny Oven-Fried Fish Using Shake and Bake Mix

Coat fish with Shake and Bake Mix and bake in oven like the chicken (above) or fry in a frying pan with oil until golden brown and tender.

Turkey Pie

- 3 tablespoons margarine
- 1/4 cup flour
- 1/2 cup turkey broth
- 1 3/4 cups skim milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups cooked, cut-up, boned turkey
- 1 2/3 cups cooked peas and carrots
- unbaked pastry dough for 1-crust pie


Banana Milk Shake

- 1 ripe banana
- 1 cup nonfat milk
- 2 teaspoons sugar
- nutmeg, if desired

Crush banana in a bowl and add sugar. Add milk and beat until smooth. To chill, shake with 2 ice cubes and serve. Makes 2 servings.

Orange Julius

- 8 ounces nonfat plain yogurt
- 1 can (6-ounce) orange juice concentrate, frozen
- 2 1/2 cups nonfat milk
- 1 teaspoon vanilla

Blend all ingredients until smooth. Serve chilled.

Fruit Shake for One

- 1/2 cup nonfat milk
- 1/2 cup fruit, sliced (peaches, strawberries, or other fruit)
- 2 ice cubes
- 1 tablespoon honey or 1 teaspoon sugar

Blend all ingredients until smooth. Serve chilled with crackers or pretzels. Makes 1 serving.

Orange Chiller

- 1 quart nonfat milk
- 2 tablespoons sugar
- 1/2 cup frozen orange juice concentrate

Pour milk into large jar or pitcher. Add sugar and orange juice concentrate. Beat with whip. Makes 4 servings.
Salads

Cabbage Salad or Cole Slaw
Shred or chop cabbage. Season with salt, pepper, and minced onion. Cover with damp towel and chill in refrigerator. Just before serving, combine with light mayonnaise. A good proportion is 1/2 cup salad dressing to 2 cups chopped cabbage. Makes 1 serving.

Variations:
Add celery diced with some of the green leaves and ground raw turnip.
Add spinach, onion (in rings or finely diced).
Add coarsely grated carrot, peanuts coarsely ground or chopped.
Add diced or sliced apple, raisins.

Carrot-Raisin Salad
1/2 cup raisins
2 cups coarsely grated carrots
1/4 cup lowfat mayonnaise
pineapple or apples, diced (optional)

Put raisins in a bowl of hot water for 15 to 20 minutes. Drain raisins. Mix all ingredients well. Chill. Makes 6 servings, 1/2 cup each.

Cooked Bean Salad
2 cups cooked beans (kidney, snap or lima beans)
2 hard-cooked eggs, diced
1 tablespoon minced onion
1/2 cup diced sweet pickles
1 cup diced celery
1/2 cup diced American cheese
salt and pepper to taste
1/4 cup lowfat mayonnaise
salad greens for garnish

Drain beans and add eggs, onion, sweet pickles, celery, cheese, seasonings and mayonnaise. Mix lightly. Serve on crisp greens on individual plates or in a salad bowl. Makes 6 servings.

Lentil Salad
2 cups dry lentils
1/8 teaspoon salt
1 onion stuck with 2 cloves
1 bay leaf
1 cup chopped parsley (optional)
1/2 cup lowfat Italian dressing
salt and pepper
red pepper strips (optional)

Wash lentils; put in pan with at least 6 cups of water or enough to cover the lentils. Add salt, onion and bay leaf. Bring to a boil. Lower heat and simmer; cook covered for about an hour or until the lentils are tender. Drain and cool. Combine lentils with parsley and Italian dressing. Season with salt and pepper to taste. Toss thoroughly. Chill before serving. Serve on salad greens and garnish with red pepper or hard-boiled eggs that are quartered. Makes 4 to 6 servings.
### Potato Salad

Boil six medium potatoes. Cool and dice. Add 1 chopped onion and salt to taste. Mix in 1/8 teaspoon pepper, 1 teaspoon prepared mustard, and enough lowfat mayonnaise to coat the potatoes. Chopped hard-boiled egg or egg white, or pickle relish may be added to add a different taste. Sprinkle with paprika. Refrigerate until serving.

### Three-Bean Salad

1. can cut green beans, drained  
2. can kidney beans  
3. green pepper, chopped  
4. can cut wax beans, drained  
5. onion, finely chopped  
6. cup celery, diced  
7. cup lowfat Italian dressing or Oil and Vinegar Dressing (at right)

Combine vegetables, mix with dressing and let stand several hours before serving. Fresh cooked beans can be used in the summer. *Makes 8 servings.*

### Salad Dressings

#### Calico Dressing

- 1/2 cup evaporated milk  
- 4 tablespoons sugar  
- 1/4 teaspoon salt  
- 1/8 teaspoon pepper  
- 4 tablespoons vinegar

Add sugar to evaporated milk and stir well. Add salt and pepper. Stir in vinegar a tablespoon at a time. Good to use on cabbage or vegetable salad. Pour dressing over vegetables, cover bowl and chill for 1 hour before serving.

#### Oil and Vinegar Dressing

- 1/4 cup vinegar  
- 1 cup oil  
- 1/2 teaspoon sugar  
- 1/2 teaspoon salt  
- 1/8 teaspoon pepper  
- 1/8 teaspoon dry mustard  
- 1/4 teaspoon herbs or spices (basil, tarragon, oregano, garlic powder or curry powder, optional)

Shake together in a jar and keep in refrigerator. Use as needed. *Makes 1 cup.*

#### Peanut Butter Fruit Salad Dressing

- 1/4 cup milk  
- 1/4 cup lemon juice  
- 2 tablespoons water  
- 1/4 cup peanut butter  
- 2 teaspoons sugar

Stir all ingredients together. Use on fruit salads, especially bananas. *Makes 1 cup.*

#### Tomato Juice Dressing

- 1/2 cup tomato juice  
- 2 tablespoons lemon juice  
- 1 teaspoon salt  
- 1/2 teaspoon paprika  
- 1/2 teaspoon dry mustard  
- 1 teaspoon grated onion  
- 1/2 teaspoon Worcestershire sauce  
- 1/2 clove garlic, minced

Measure all ingredients into a jar with a cover. Shake well.
Sauces

Cheese Sauce

2 tablespoons margarine
2 tablespoons flour
1/2 teaspoon salt
1 cup nonfat milk
1 cup cheese, grated or cubed

Melt margarine in saucepan over low heat. Stir in flour and salt. Stir in milk and cook until thickened. Turn heat down. Add cheese and stir until melted. Use on hot cooked vegetables, rice, meatloaf, cornbread or scrambled eggs. Makes about 1 1/3 cups sauce.

Egg Sauce

4 tablespoons margarine
4 tablespoons flour
2 cups hot skim milk
1/2 teaspoon salt
1/8 teaspoon pepper
2 hard-boiled eggs

Melt margarine, add flour and blend well. Add hot milk and cook until thick. Add salt and pepper. Slice hard-boiled eggs, and add to sauce. Serve over boiled fish. This also makes a good supper dish if served over toast.

Spreads

Mock Sour Cream

This basic recipe may be made with variations for a dip, a spread, a salad dressing or a general substitution for sour cream.

1 cup lowfat cottage cheese
1 tablespoon lemon juice
2 tablespoons skim milk

Mix all ingredients in blender or food processor and blend until smooth, adjusting milk measure to produce desired consistency. Approximately 10 calories/tablespoon. Makes about 1 cup.

Variations for Mock Sour Cream:
Blue Cheese—To 1 cup of Mock Sour Cream, add 1 to 2 tablespoons crumbled blue cheese and 1/4 teaspoon of Worcestershire sauce. Chill for a few hours to blend flavors. Excellent as a stuffing for celery. Approximately 15 calories/tablespoon.

Dill—To 1 cup Mock Sour Cream, add 1 tablespoon chopped, fresh dill and 1 tablespoon minced onion. Chill. 10 calories/tablespoon.

Garlic—To 1 cup Mock Sour Cream, add 2 tablespoons mayonnaise, 1 or 2 tablespoons chopped onion, a dash of garlic powder and 2 sprigs fresh parsley. Mix in blender until smooth. Chill. 20 calories/tablespoon.
**Toppings**

**Blueberry Sauce**

1/2 cup sugar  
1/2 cup water  
1 tablespoon cornstarch  
1 cup blueberries  
1 tablespoon lemon juice  
1 teaspoon grated lemon peel

Combine sugar, water and cornstarch. Cook, stirring frequently, until mixture boils and thickens. Add berries; heat to boiling. Simmer five minutes. Add lemon juice and lemon peel. Let sauce cool slightly. Serve over ice cream.

**Raisin Syrup**

1 cup sugar  
2 tablespoons cornstarch  
1/4 teaspoon cinnamon  
1/2 cup corn syrup  
1 cup water  
1/4 cup margarine  
1 cup raisins

Mix sugar, cornstarch, cinnamon, corn syrup, water and margarine in a pan. Bring to boil and cook over medium heat 3 minutes. Stir in raisins. Serve over pancakes, French toast or waffles. *Makes 2 1/2 cups syrup.*

**Whipped Evaporated Skim Milk Topping**

1/2 cup evaporated skim milk  
2 teaspoons lemon juice  
1/4 cup corn syrup  
1/2 teaspoon vanilla

Evaporated skim milk triples in volume when it is whipped. Chill evaporated skim milk in a bowl in the freezer until ice forms. Chill beater also. Remove milk from freezer. Whip until stiff. Add lemon juice to milk. Keep on beating until very stiff. Blend corn syrup and vanilla into milk mixture. Serve on any dessert or in fruit salad dressing.

**Whipped Topping**

1/2 cup instant nonfat dry milk  
1/2 cup ice water or cold milk or fruit juice  
2 tablespoons sugar  
1/2 teaspoon vanilla

### Cooking Maine-Grown Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (Green or Yellow)</td>
<td>Wash. Remove ends. Leave whole or cut crosswise into 1-inch pieces.</td>
<td>Boil: 15 to 30 minutes Steam: 20 to 35 minutes <strong>Cut French-style:</strong> Boil: 10 to 20 minutes Steam: 15 to 25 minutes</td>
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<tr>
<td>Beet Greens</td>
<td>Pick over greens and discard all debris. Remove tough stalks. Wash greens thoroughly in several clean waters.</td>
<td>Boil: 5 to 15 minutes</td>
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<tr>
<td>Beets</td>
<td>To cook whole, leave root tip on. Scrub. Boil in water, enough to cover. Slip skins off before serving.</td>
<td><strong>New, whole:</strong> Boil: 30 to 45 minutes Steam: 40 to 60 minutes <strong>Old, whole:</strong> Boil: 45 to 90 minutes Steam: 50 to 90 minutes</td>
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<tr>
<td>Broccoli</td>
<td>Remove tough part of stalks and coarse leaves. Inspect stalks and flowers for worms. Remove. Broccoli from the garden may be soaked in salted water for 15 to 20 minutes to remove worms that are attracted to this crop. Slice or split stalk.</td>
<td>Boil: 10 to 15 minutes Steam: 15 to 20 minutes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Wash thoroughly. Remove tough outside leaves.</td>
<td>Boil: 10 to 20 minutes Steam: 15 to 20 minutes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Remove outer leaves. Quarter or shred.</td>
<td><strong>Quartered:</strong> Boil: 10 to 15 minutes Steam: 15 minutes <strong>Shredded:</strong> Boil: 3 to 10 minutes Steam: 8 to 12 minutes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Wash and pare to remove blemishes and outer skin.</td>
<td><strong>Young carrots, whole:</strong> Boil: 15 to 20 minutes Steam: 20 to 30 minutes <strong>Mature carrots, sliced:</strong> Boil: 15 to 20 minutes Steam: 25 to 30 minutes</td>
</tr>
<tr>
<td>Chard</td>
<td>Pick over greens and discard debris. Remove tough stalks. Wash greens thoroughly in several clean waters.</td>
<td>Boil: 10 to 20 minutes Steam: 15 to 25 minutes</td>
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</table>

*Continued on page 34.*
## Cooking Maine-Grown Vegetables

(Continued from page 33.)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Cooking Time</th>
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<tbody>
<tr>
<td>Corn on Cob</td>
<td>Husk and remove any blemishes.</td>
<td>Boil: 6 to 12 minutes</td>
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<tr>
<td></td>
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<td>Steam: 10 to 15 minutes</td>
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<tr>
<td>Eggplant</td>
<td>Wash. Pare if desired. Slice or dice.</td>
<td>Boil: 10 to 20 minutes</td>
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<td></td>
<td>Steam: 15 to 20 minutes</td>
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<tr>
<td>Kale</td>
<td>Pick over greens and discard debris. Remove tough stalks. Wash greens</td>
<td>Boil: 10 to 15 minutes</td>
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<tr>
<td></td>
<td>thoroughly in several times.</td>
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<tr>
<td>Onions</td>
<td>Peel outer leaves from the onion.</td>
<td>Whole, small:</td>
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<td></td>
<td></td>
<td>Boil: 15 to 20 minutes</td>
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<td></td>
<td></td>
<td>Steam: 25 to 35 minutes</td>
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<td></td>
<td></td>
<td>Whole, large:</td>
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<td>Boil: 20 to 40 minutes</td>
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<td>Steam: 35 to 40 minutes</td>
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<tr>
<td>Parsnips</td>
<td>Scrub, scrape and slice. Remove core if necessary. Quarter.</td>
<td>Boil: 8 to 15 minutes</td>
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<td></td>
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<td>Steam: 30 to 40 minutes</td>
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<tr>
<td>Peas, Green</td>
<td>Shell before cooking and wash.</td>
<td>Boil: 12 to 15 minutes</td>
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<td>Steam: 10 to 20 minutes</td>
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<tr>
<td>Potatoes</td>
<td>Wash and peel.</td>
<td>Whole, medium:</td>
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<td>Boil: 25 to 40 minutes</td>
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<td>Steam: 30 to 45 minutes</td>
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<td>Boil: 20 to 25 minutes</td>
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<td>Steam: 20 to 30 minutes</td>
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<tr>
<td>Turnip or Rutabaga</td>
<td>Wash, pare and slice or dice.</td>
<td>Boil: 20 to 30 minutes</td>
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<td>Steam: 35 to 40 minutes</td>
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<tr>
<td>Spinach</td>
<td>Pick over greens and discard debris. Wash thoroughly several times.</td>
<td>Boil: 3 to 10 minutes</td>
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<td>Steam: 5 to 12 minutes</td>
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<tr>
<td>Squash, Summer</td>
<td>Wash and pare. Cut into 2-inch pieces.</td>
<td>Boil: 8 to 15 minutes</td>
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<td>Steam: 15 to 20 minutes</td>
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<tr>
<td>Squash, Winter</td>
<td>Wash and pare. Cut into 2-inch pieces.</td>
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<td>Steam: 25 to 40 minutes</td>
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<tr>
<td>Tomatoes</td>
<td>Wash, core.</td>
<td>Whole:</td>
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<td>Boil: 20 to 30 minutes</td>
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<td></td>
<td></td>
<td>Sliced:</td>
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<td></td>
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<td>Steam: 20 to 25 minutes</td>
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</tbody>
</table>

## Cooking Your Vegetables in the Microwave

Microwaving vegetables is an easy and quick way to prepare food from your garden or from your local farmers’ market. The speed of cooking helps retain the bright color and pleasing flavor. For vegetables requiring short cooking time by conventional methods, microwaving may not save a lot of time, but you may like the product better. For long-cooking vegetables, such as whole potatoes, and winter squash, time may be reduced by 85 to 90 percent. Some vegetables with high fiber content will require a small amount of water, but some can be cooked without adding water. Unless the skin is cooked with the vegetable, which should be pierced before cooking, the food should be covered during cooking. For more instructions on microwaving fresh vegetables, see your microwave owner’s manual.
Broiled Canned Tomatoes

1/3 cup cracker crumbs
2 tablespoons margarine
1/4 teaspoon oregano
1 can (16-ounce) whole tomatoes, drained (save juice*), or 3 whole tomatoes
1/4 cup shredded Swiss cheese
dash of garlic powder

Saute cracker crumbs in margarine until golden. Stir in oregano and garlic powder. Cut tomatoes in half crosswise. Sprinkle each half with crumb mixture, and top with shredded cheese. Broil a few minutes until cheese is melted. *Note: If using canned tomatoes, save the liquid and use in soup or a sauce.

Creamed Vegetables

1 can or small bag frozen vegetables, such as peas (or fresh*)
2 tablespoons margarine
2 tablespoons flour
1 cup evaporated milk

Cook frozen vegetables or drain canned vegetables, saving liquid. Place vegetables in a small pan. In separate pan, add 1/2 cup of the vegetable liquid. Heat until hot. Add margarine, stirring until melted. Remove from heat. Mix in flour and evaporated milk. Gradually stir into vegetables. Cook and stir until thickened, about 5 minutes. Serve over toast or mashed potatoes. *Note: For fresh vegetables, such as carrots, cook until tender, then proceed as above. Leftover vegetable liquid can be used in soup, sauce or gravy.

Glazed Carrots and Raisins

6 medium cooked carrots
1/2 cup water
2 tablespoons margarine
2 tablespoons sugar
1/2 cup raisins

Cut carrots into strips. Mix water, margarine, sugar and raisins in a pan. Bring to boiling. Add carrots. Lower to medium heat. Gently stir and cook until carrots are hot, about 10 minutes. *Note: If using canned tomatoes, save the liquid and use in soup or a sauce.

Green Beans and Celery

3 stalks celery, chopped
1 tablespoon margarine
1 can (15-ounce) green beans
1 tablespoon chopped parsley (optional)
1 tablespoon catsup
1/4 teaspoon pepper

Cook celery in margarine until soft (about 5 minutes). Add green beans and heat. Season with pepper. Use leftovers in soups or casseroles. *Note: If using canned tomatoes, save the liquid and use in soup or a sauce.

Hot Cream-Style Slaw

2 tablespoons margarine
2 tablespoons flour
1 tablespoon sugar
1 teaspoon salt
dash of pepper
1 tablespoon prepared mustard
1 cup evaporated milk
3 tablespoons cider vinegar
4 cups coarsely shredded cabbage
1 small onion, sliced thin
1/2 cup chopped green pepper (optional)

In a large saucepan, melt margarine. Remove from heat. Stir in flour, sugar, salt, pepper and mustard. Slowly stir in evaporated milk, then vinegar. Cook over medium heat, stirring all the time, until mixture thickens. Add cabbage, onion and green pepper, stirring to mix well. Continue cooking over medium heat until mixture is heated through, about 2 or 3 minutes. *Note: If using canned tomatoes, save the liquid and use in soup or a sauce.
**Boiled Cabbage**

1 small head of cabbage
3 tablespoons vegetable oil
1/4 cup boiling water
1 teaspoon salt

Wash cabbage and cut head into 4 wedges, then shred into fine pieces. Put oil in a heavy frying pan; add cabbage, salt and the boiling water. Cover pan and cook about 5 minutes. Serve at once. *Makes 6 servings.*

**Variations:**
Cook a cut-up onion with the cabbage. Sprinkle grated cheese over the hot cabbage. Milk instead of water may be used to cook the cabbage.

Other vegetables, such as peeled sliced beets, carrots, string beans, onions and shelled peas may be cooked this way too. Cook them just until tender to save a maximum amount of vitamins, minerals and flavor.

**Spiced Carrots**

2 to 3 cups carrots, sliced
1 tablespoon margarine
1 tablespoon sugar
1 teaspoon lemon juice or 1 tablespoon orange juice
1/4 teaspoon ginger

Boil or steam carrots until tender. Combine the remaining ingredients, and heat until the sugar is melted. Toss with the hot, cooked carrots and serve. *Makes 4 to 6 servings of 1/2 cup each.*

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**Pan Fries**

3 medium potatoes*
1 tablespoon oil
1 small onion, sliced
1/8 teaspoon salt
pepper to taste

Wash potatoes well, peel and cut into bite-sized pieces. Heat oil in fry pan, and add potatoes. Turn to coat with oil. Cover and cook over moderate heat until potatoes are almost done and lightly browned, about 15 minutes. Stir occasionally. Stir onion, salt and pepper into potatoes. Cook covered until potatoes and onions are tender, about 5 minutes. Stir occasionally. *Makes 4 servings.*

*Note: Leftover boiled or baked potatoes can also be sliced for tasty pan fries.

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**Lite French Fries**

4 medium potatoes
1 tablespoon vegetable oil
salt to taste
vinegar to taste

Scrub potatoes. For potatoes without blemishes, leave the skin on. If potatoes have bruises, peel and remove bruises. Cut into slices or strips. Place cut potatoes in a plastic bag with oil and shake well to coat potatoes evenly. Spray baking sheet with cooking spray, and add potatoes in a single layer. Bake in oven at 475 degrees F for 30 minutes, turning every 10 minutes, or until golden brown. Sprinkle with salt, and serve with vinegar. *Makes 4 servings.*

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**Potatoes O’Brien**

2 tablespoons margarine
2 tablespoons flour
1 1/2 cups nonfat milk
1 cup cheese, grated
1 teaspoon salt
pepper to taste
1/2 small onion, chopped
4 medium-size potatoes, boiled and diced
Melt margarine in medium saucepan, add flour and stir until flour is mixed. Add milk slowly, stirring continually. Cook until mixture is thickened and smooth; add cheese, salt and papper, and continue stirring until cheese is melted. Add onion. Place a layer of diced potatoes in a baking dish, then a layer of sauce. Repeat alternately until all are used. Bake 30 minutes at 350 degrees F. Makes 5 to 6 servings.

Note: This recipe can be heated in a double boiler on the stove-top. Or heat it in the microwave until the mixture is hot throughout. Stir several times during cooking if you heat it in the microwave.

Tomatoes with Squash

1 cups onion, sliced
2 cups tomatoes, sliced, or 16-ounce can tomatoes
2 cups squash, zucchini or other summer squash, sliced
1 1/2 teaspoon Italian herb seasoning
1/2 teaspoon salt
pepper to taste
1/4 cup bread crumbs

Spray 2-quart casserole dish with cooking spray. Layer onion, tomatoes, and squash in the baking casserole. Sprinkle each layer with seasonings. Bake for 30 to 40 minutes at 350 degrees F. Makes 4 servings.

Tomatoes, Corn and Cheese Bake

1 can (16-ounce) corn, whole kernel
2 cups tomatoes, sliced, or 1 can (16-ounce) tomatoes
1 cup (8 ounces) lowfat cottage cheese
2 tablespoons bread crumbs
1/2 teaspoon salt
1/8 teaspoon pepper

Spray 2-quart casserole with non-stick cooking spray. Drain liquid from corn and extra liquid from tomatoes if using canned. Save and use in soups or sauces. Alternate layers of corn, tomatoes and cottage cheese. Sprinkle with crumbs. Bake for 30 minutes at 375 degrees F. Makes 4 servings.

Turkish Green Beans

1/2 cup chopped green pepper
1/2 cup chopped onion
1 tablespoon margarine
1 can (15-ounce) green beans
1 tablespoon catsup
1/4 teaspoon pepper

Cook green pepper and onion in margarine until soft (about 10 minutes). Add green beans and heat. Add catsup and pepper. Serve with broiled fish or chicken. Makes 4 servings.
Carrot-Oatmeal Cookies

1/3 cup vegetable oil
1/3 cup brown sugar
1/3 cup molasses
1 egg
1 1/4 cup flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon cinnamon
1 cup grated carrots
1/2 cup raisins
1 1/4 cup quick-cooking rolled oats

Stir molasses, sugar, salt and spices together. Add vegetable oil, then eggs and beat well. Add soda to boiling water. Mix in alternately with flours to creamed mixture (batter will be thin). Spray 9- x 13-inch baking pan with cooking spray. Pour batter into pan, and bake at 350 degrees F for 30 to 40 minutes, or until springy to touch or toothpick inserted is clean when removed.

Gingerbread

1 cup molasses
3/4 cup sugar
1 teaspoon salt
1/2 teaspoon cloves
1 teaspoon ginger
1 teaspoon cinnamon
1/2 cup vegetable oil
2 eggs, well beaten (or 1/2 cup egg substitute)
1 teaspoon baking soda
1 teaspoon baking powder
1 cup boiling water
2 cups all-purpose flour
1 cup whole-wheat flour

Cream margarine, add sugar, salt and well-beaten egg or egg substitute. Add flour that has been combined with baking powder alternately with milk. Fold blueberries into the batter and pour into a 9- x 9-inch baking pan that has been sprayed with cooking spray. Bake for 30 minutes at 375 degrees F. Serve warm with nonfat whipped topping. Makes 6 to 8 servings.
Apple Crunch

6 medium apples, peeled and sliced thin
2 teaspoon cinnamon
2/3 cup flour
1 cup rolled oats
1/2 cup brown sugar
1/3 cup margarine

Place sliced apples in a baking dish. (If apples are quite tart, sprinkle a little sugar over them before adding the topping.) Mix cinnamon with flour. Thoroughly combine flour, oats, sugar and margarine to make a crumb mixture. Sprinkle the crumb mixture over apples and press down like a crust. Bake 35 to 40 minutes at 350 degrees F. Makes 6 servings.

Pie Pastry with Oil

2 cups flour
1 teaspoon salt
1/3 cup oil
3 tablespoons nonfat milk, cold

Mix flour and salt together in a mixing bowl. Mix oil with the cold milk, and pour all at once into the flour. Stir lightly with a fork until blended, adding more liquid if necessary to make dough hold together. Divide into two balls, and refrigerate to chill. Roll out balls one at a time, between two sheets of wax paper. Remove top sheet of paper and place dough in pie plate. Fill crust and top with the second rolled crust. Trim, flute and poke crust with fork. Bake pie as directed for the filling that you choose. Makes 2 crusts. Recipe may be divided in half for a 1-crust pie.

Pumpkin Pie

6 tablespoons brown sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ginger
1/8 teaspoon cloves
2 eggs
1/2 cup corn syrup
1 1/2 cups canned pumpkin
1 1/2 cups undiluted evaporated milk
1-crust pastry for 9-inch pie, high-fluted edge

Mix sugar and spices in a bowl. Add eggs and beat slightly. Add remaining ingredients; blend well. Pour into pastry-lined pie pan. Bake at 425 degrees F for 1 hour or until knife inserted in center of filling comes out clean.

Variation:
Pumpkin Cup Custards — Pour Pumpkin Pie filling into custard cups. Set in pan of hot water and bake at 350 degrees F for about 1 hour or until knife inserted comes out clean. Makes 9 custards.
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