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Brace-Friendly Cookbook

A Collection of Recipes by
Associated Orthodontists
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Let's get started

APPETIZERS & BEVERAGES



DRINKS
&
SNACKS

Helpful Hints

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

APPETIZERS & BEVERAGES

ALEX'S STRAWBERRY BANANA SMOOTHIE

Anne G.

2 frozen sliced bananas
7 frozen strawberries
 $\frac{1}{2}$ c. frozen pineapple

1 c. vanilla yogurt
 $\frac{3}{4}$ c. apple juice

Add all ingredients to blender and blend on highest speed for one minute. Generous servings for two. If your fruit is not frozen, add fresh and include two cups of crushed ice.

FAVORITE SALSA

Larry K.

6-8 ripe tomatoes
1 large green pepper
1 large onion
2 jalapeño peppers (adjust amount to desired heat)

1 (8 oz) can tomato sauce
1 clove garlic, crushed
1 tsp. pepper (or to taste)
2 T. white wine vinegar
2-3 T. cilantro, chopped fine

Chop tomatoes into small pieces and place in large bowl. Finely chop green pepper, onion and jalapeño peppers. Add to tomatoes and mix with spoon. Add tomato sauce, garlic, salt, pepper, vinegar and cilantro. Mix well with spoon. Serve with tortilla chips. Store in refrigerator for up to 2 weeks. Also good with guacamole or as a side option with tacos, fajitas or other Mexican dishes.

FIESTA CORN DIP

2 T. butter
 $\frac{1}{2}$ onion, diced
 $\frac{1}{2}$ red pepper, diced
1 (4 oz) can diced green chili's
 $\frac{1}{2}$ c. sour cream
4 oz. cream cheese
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper

$\frac{1}{2}$ tsp. garlic powder
hot sauce, to taste
1 c. cheddar cheese
 $\frac{1}{2}$ c. grated parmesan cheese, divided
3 c. fresh or frozen corn
cilantro for garnish (optional)

Melt butter in sauce pan. Sauté onions over medium-medium high heat, until tender (about 5 minutes). Add red pepper and sauté until onions and peppers have a nice golden color. Turn down heat to medium-low. Add cream cheese and sour cream, then stir until melted and combined. Add undrained green chili's, salt, pepper, garlic powder and hot sauce to taste (I used about 5 dashes) and stir together. Add grated cheddar cheese and $\frac{1}{4}$ cup Parmesan cheese, then mix until melted. Add fresh or frozen corn and stir to combine. Grease a baking dish. Pour corn dip in dish. Top with additional Parmesan Cheese. Bake at 350 degrees until bubbly, about 25 minutes. Then broil for a few minutes to brown cheese. This dip can be made ahead and refrigerated until you are ready to bake. Garnish with cilantro. Serve with tortilla chips.

MEXICAN DIP

Heather B.

2 (8 oz) cream cheese
2 large spoonfuls sour cream
2 pkgs. taco seasoning
shredded lettuce

chopped black olives
chopped green pepper
chopped tomatoes
4 c. shredded Mexican cheese

Beat cream cheese and sour cream together until smooth, then add taco seasoning and mix well. Spread in large glass dish, then top with lettuce, tomatoes, black olives and green peppers. Top with shredded Mexican cheese and serve with tortilla chips. The best part about this recipe is that you can add more or less toppings to the base depending on your specific taste. You can use a disposable 9x13 aluminum pan if you're taking the dish to a party or picnic. It can also be split into 2 round cake pans if you have picky eaters.

SOOTHING FRUIT SMOOTHIE

Jody H.

1 ½ c. preferred fresh fruit
1 container of Greek, plain or vanilla yogurt

1 banana
½ c. milk
1 c. sherbet or vanilla ice cream

Place above ingredients into a blender and blend until smooth. Make sure to not over blend as it can make the smoothie too thin.

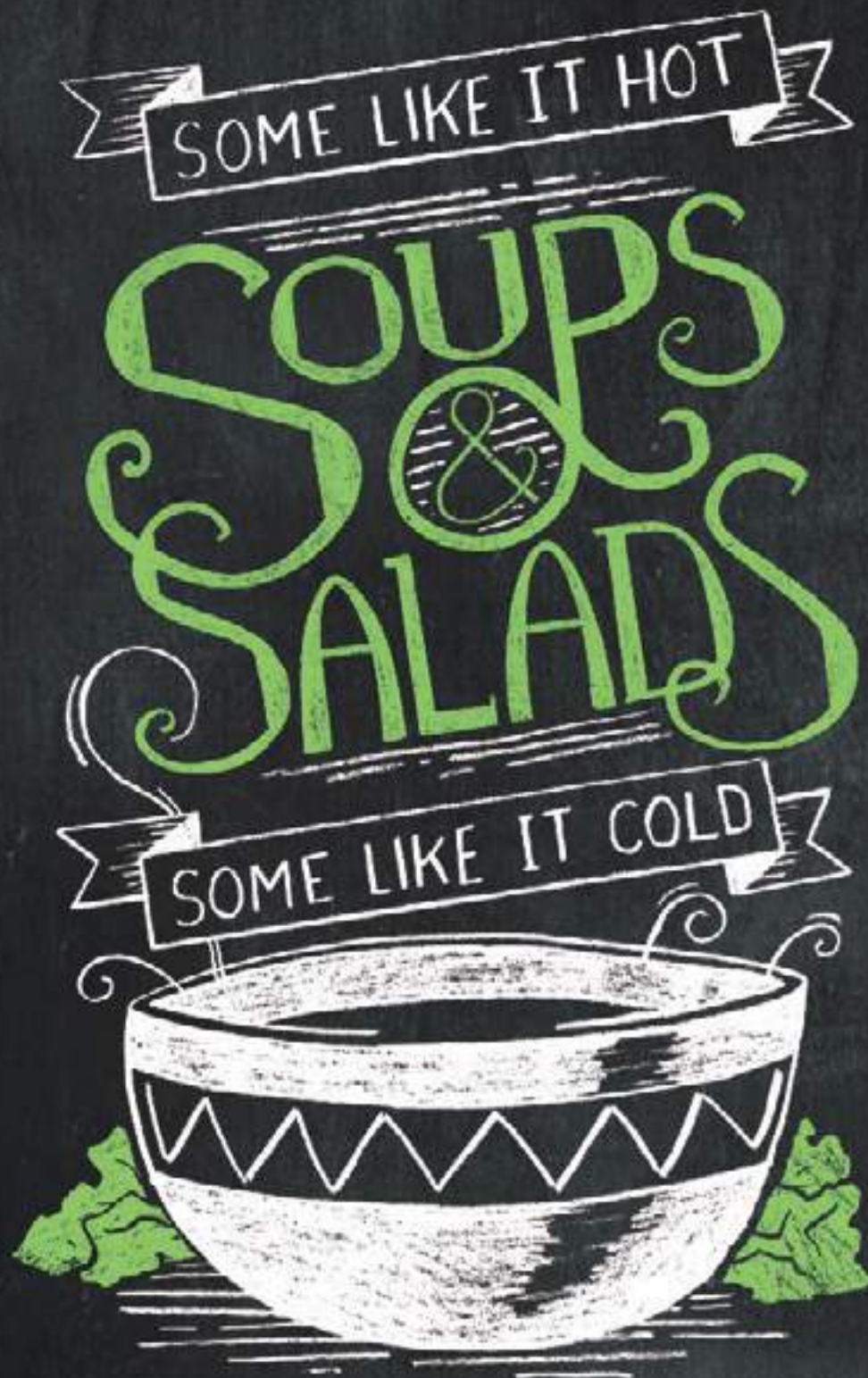
TACO BALLS

Adrian P.

1 pkg. jumbo crescent rolls
3 oz. cream cheese
½ c. Mexican shredded cheese
¾ c. shredded chicken

⅓ c. taco sauce
2 T. taco seasoning mix
¼ cup Mexican shredded cheese for sprinkling

Preheat oven to 375°, line cookie sheet with foil and spray with no-stick spray. Place cream cheese and ½ cup Mexican cheese in small bowl and microwave for about 30-40 seconds, to soften. Add seasoning mix, sauce and chicken to cheese mixture and stir until combined. Unroll crescent rolls on prepared pan. Scoop 1 large heaping tablespoon of chicken mixture into the center of the two short ends of the crescent roll. Pull outer corners of the crescent roll over the chicken mixture, and then pull the long end over, completely enclosing filling. Sprinkle tops of puffs with additional shredded Mexican cheese. Bake for 15 minutes, or until golden brown.



Helpful Hints

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

SOUPS & SALADS

LASAGNA SOUP

2 tsp. olive oil	2 bay leaves
1 ½ lb. Italian sausage	6 c. chicken broth
3 c. chopped onions	8 oz. mafalda or fusilli pasta
4 garlic cloves, minced	½ c. finely chopped fresh basil leaves
2 tsp. dried oregano	8 oz. ricotta
½ tsp. crushed red pepper flakes	½ c. grated Parmesan cheese
2 T. tomato paste	¼ tsp. salt
1 (28 oz) can fire-roasted diced tomatoes	2 c. shredded mozzarella cheese

Heat olive oil in a large pot over medium heat. Add sausage, breaking up into bite sized pieces, and brown for about 5 minutes. Add onions and cook until softened, about 6 minutes. Add garlic, oregano, and red pepper flakes. Cook for 1 minute. Add tomato paste and stir well to incorporate. Cook for 3 to 4 minutes, or until the tomato paste turns a rusty brown color. Add diced tomatoes, bay leaves, and chicken stock. Stir to combine. Bring to a boil and then reduce heat and simmer for 30 minutes. Add uncooked pasta and cook until al dente. Do not over cook or let soup simmer for a long period of time at this point, as the pasta will get mushy and absorb all the soup broth. You may even want to consider cooking the noodles separately, and then adding some to individual bowls before ladling the soup over them. This would be an especially smart move if you are anticipating any leftovers. Right before serving, stir in the basil and season to taste with salt and freshly ground black pepper. While the pasta is cooking, prepare the cheesy yum. In a small bowl, combine the ricotta, Parmesan, salt and pepper. To serve, place a dollop of the cheesy yum in each soup bowl, sprinkle some of the mozzarella on top and ladle the hot soup over the cheese.

SLOW COOKER FRENCH ONION SOUP

Kari C.

6 T. butter	¼ tsp. dried thyme
4 large yellow onions, sliced and separated into rings	1 bay leaf
1 T. white sugar	8 slices French bread
2 cloves garlic, minced	½ c. shredded Gruyere cheese
½ c. cooking sherry	⅓ c. shredded Emmental cheese
7 c. reduced-sodium beef broth	¼ c. freshly shredded Parmesan cheese
1 tsp. sea salt, or to taste	2 T. shredded mozzarella cheese

Heat butter in a large, heavy pot over medium-high heat; cook and stir onions until they become translucent, about 10 minutes. Sprinkle onions with sugar; reduce heat to medium. Cook, stirring constantly, until onions are soft and browned, at least 30 minutes. Stir in garlic and cook until fragrant, about 1 minute. Stir sherry into onion mixture and scrape bottom of pot to dissolve small bits of browned food from the pot. Transfer onions into a slow cooker and pour in beef broth. Season to taste with sea salt; stir in thyme and bay leaf. Cover cooker, set on High, and cook 4 to 6 hours. If desired, set on Low and cook 8 to 10 hours. About 10 minutes

(continued)

before serving, set oven rack about 8 inches from the heat source and preheat the oven's broiler. Arrange bread slices on a baking sheet. Broil bread slices until toasted, 1 to 2 minutes per side. Combine Gruyere, Emmental, Parmesan, and mozzarella cheeses in a bowl, tossing lightly. Fill oven-safe soup crocks $\frac{3}{4}$ full of onion soup and float a bread slice in each bowl. Top with about 2 tablespoons of cheese mixture per serving. Place filled bowls onto a baking sheet and broil until cheese topping is lightly browned and bubbling, about 2 minutes. Note: You do not HAVE to caramelize the onions, you CAN simply melt the butter in your crock, add the onions to coat them and then add all the ingredients and cook. HOWEVER, caramelizing the onions makes for a much better soup!

TATER BACON SOUP

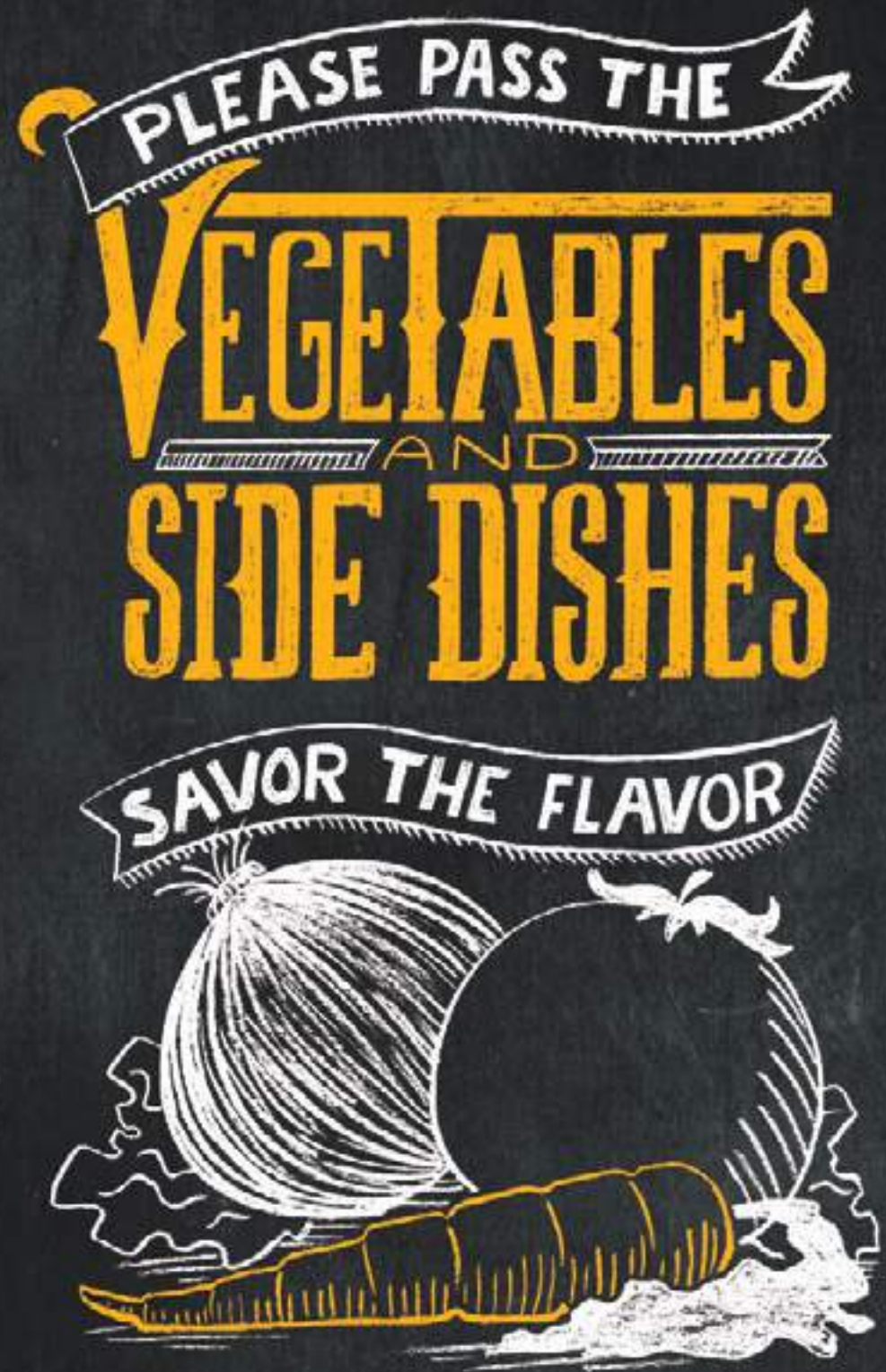
Kris A.

5 lb. potatoes
1 lg. onion
 $\frac{1}{2}$ c. milk

1 lb. bacon
1 tsp. salt
1 tsp. pepper

Peel and cut potatoes like your making mashed potatoes. Place in large pot and fill with water, about $\frac{1}{2}$ inch above potatoes. Add salt and pepper. Fry up the bacon and make it extra crispy. Separate bacon from grease and set both aside. When cool, cut up in tiny pieces. Cut up the onion and cook in bacon grease until it gets soft. Then add chopped up bacon. Drain grease and put aside. When potatoes are soft, mash about half and leave the other half in chunks. Add bacon, onion and milk. Salt and pepper to taste.

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Helpful Hints

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

VEGETABLES & SIDE DISHES

BLT SALAD

Launa E.

- | | |
|--|-------------------------------------|
| 1 head broccoli, cut into mini pieces | 1 c. shredded cheddar cheese |
| 1 tomato, diced into cubes with seeds removed | 1 c. mayo |
| 1 small yellow onion, diced small | ¼ c. white wine vinegar |
| ¼ lb. bacon, cooked and crumbled | ¼ c. sugar |

In a bowl, mix broccoli, tomatoes, onion, bacon and cheddar cheese together. In a separate bowl, mix mayo, vinegar and sugar. Once mixed, pour over broccoli mixture. Best when made the night prior. Sunflower kernels or raisins may also be added if desired.

GRAPE SALAD

- | | |
|--|-------------------------------|
| 4 lb. green and red seedless grapes | 1 tsp. vanilla extract |
| 1 (8 oz.) pkg. cream cheese | 4 oz. chopped pecans |
| 1 (8 oz) pkg. sour cream | 2 T. brown sugar |
| ½ c. granulated sugar | |

Wash and dry grapes. In a large mixing bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly coated. Sprinkle brown sugar and pecans. Mix again and refrigerate.

HOMEMADE APPLESAUCE

Michelle M.

- | | |
|------------------------------------|-----------------------|
| 5 apples, cored and chopped | 2 T. raw honey |
| ¾ c. water | dash cinnamon |

Heat medium saucepan over medium-high heat. Add apples, water, raw honey and cinnamon, then stir. Cover and cook for 15-20 minutes, stirring occasionally, until apples are soft. Take pan off heat and mash with a potato masher until desired consistency. Place in refrigerator until chilled. Grab a spoon and dig in!

MARDI GRAS POTATOES

Ken N.

- | | |
|---|----------------------------------|
| 2 (12 oz) pkgs. frozen hash brown potatoes | 1 c. crushed potato chips |
| 1 can cream of chicken soup | ½ c. sour cream |
| 1 medium onion | ⅛ c. milk |
| 1 c. grated cheddar cheese | 1 T. butter |

Grease a 9x13 pan. Thin and pat dry hash brown potatoes. Line in pan, then pour sour cream over the top. Next, spoon cream of chicken soup and onions equally over the top. Top with cheddar cheese and potato chips. Drizzle milk and butter on top. Bake at 350° for 45 minutes to an hour.

PEA SALAD

Jackie G.

2 bags frozen peas
1 ½ c. fat-free Miracle Whip
½ T. mustard

¼ c. chopped onion
¼ c. imitation bacon chips
¾ c. fat-free cheddar cheese

Mix everything in a large bowl. Sprinkle the top with extra cheese and bacon chips if you would like. Store overnight in the refrigerator so the peas can thaw out. This will make a double batch.

SOUPED UP MAC 'N' CHEESE

8 oz. uncooked macaroni
1 (10¾ oz) can cheddar cheese soup, undiluted
1 (8 oz) package shredded American and cheddar cheese blend

½ c. milk
½ tsp. prepared mustard
¼ tsp. black pepper
1 (2.8 oz) can French fried onion rings

Preheat oven to 400°. Cook macaroni according to package directions, drain. Stir together cheese soup and next 4 ingredients in a large bowl. Stir in macaroni. Spoon mixture into a lightly greased 7- x 11-inch baking dish. Bake 10 minutes or until thoroughly heated. Top with French fried onion rings and bake an additional 3 minutes. Notes: Try nacho cheese soup in place of Cheddar cheese soup for a spicier flavor. It's 'nacho' average side dish anymore!

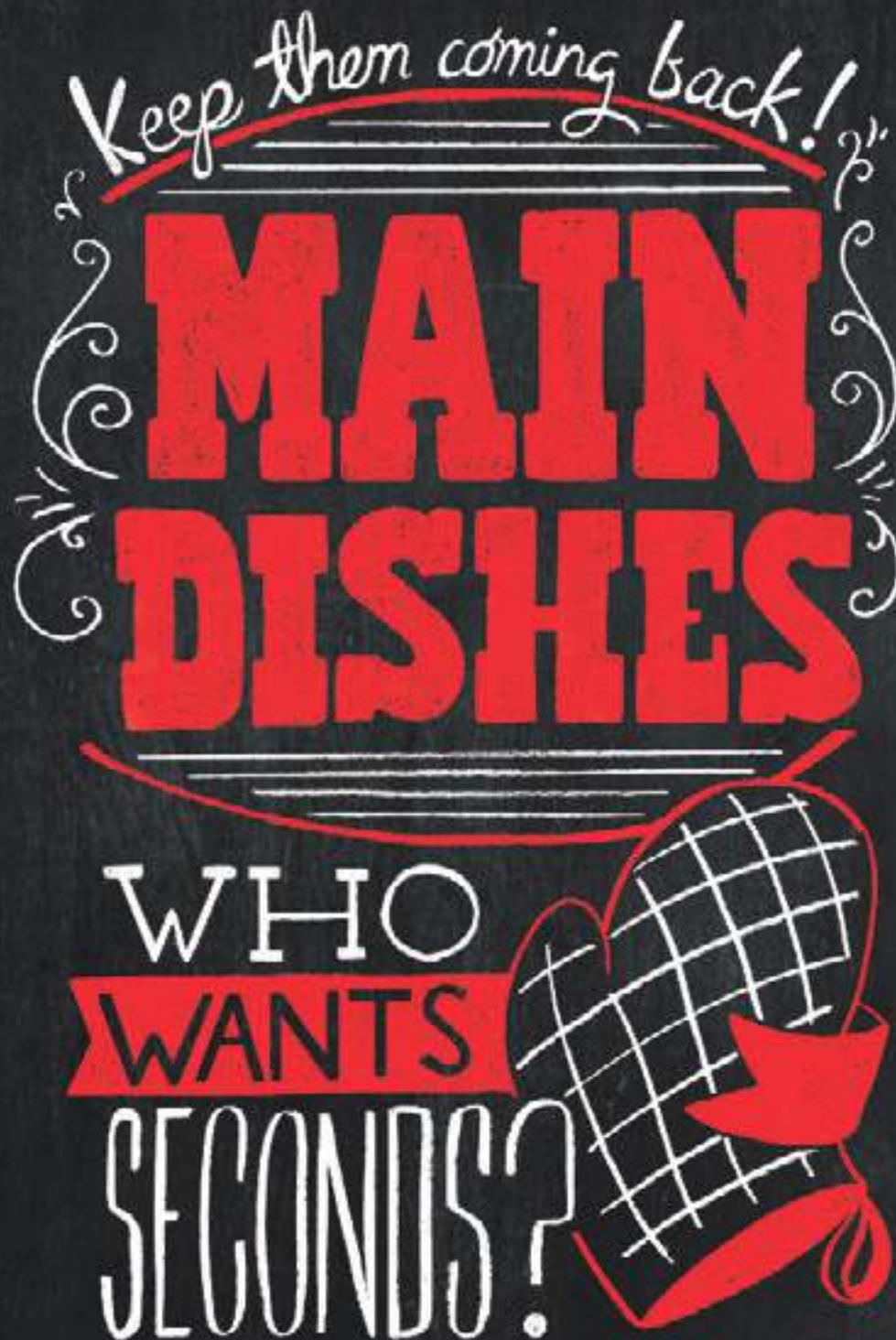
TROPICAL SHRIMP PASTA SALAD

Marissa D.

1 (1 lb) box macaroni noodles
2 cans tiny shrimp, drained
1 lg. can crushed pineapple

¼ white onion, chopped
2 T. mayo

Boil noodles until soft, then drain and rinse well. Mix noodles in a medium to large mixing bowl with all of the other ingredients. Add salt to taste. Chill for at least an hour.



Helpful Hints

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

MAIN DISHES

BAILEY HOUSE APPLE FRENCH TOAST

Julia L

1 c. brown sugar	3 eggs
½ c. butter	1 c. milk
2 T. light corn syrup	1 T. vanilla
5 apples	1 loaf french bread, sliced

Cook brown sugar, butter and corn syrup in a small saucepan for 4-5 minutes until thick. Pour into a 9x12 pan. Peel and slice apples and arrange over syrup. Beat 3 eggs slightly. Add milk and vanilla. Dip bread slices in milk mixture for 15 seconds and arrange over apples to cover. Cover pan and refrigerate overnight. Bake the next morning at 350 degrees for 35 minutes.

CHEESY CHICKEN ENCHILADAS

Heather B.

1-2 cans cooked chicken meat	1 can green chilis, diced
2 c. shredded cheese (your choice)	1 can cream of chicken soup
1 container sour cream	1 can nacho cheese soup

Spoon in and spread over soft taco shell and roll up - continue to do this until 9x13 pan is filled. Spoon remaining mixture onto top of taco shells. Sprinkle 1 cup of shredded cheese and green onion on top of mixture. Bake 350° for 30 minutes.

CHEESY SMOKED SAUSAGE SKILLET

1 lb. smoked sausage, sliced into ¼-inch slices	1 T. Italian seasoning
1 T. olive oil	1 c. chicken broth
3 cloves garlic, minced	½ c. heavy cream
8 oz. tomato sauce	9 oz. refrigerated cheese tortellini
1 T. tomato paste	¼ c. Parmesan cheese

In a 12-inch skillet, brown sausage in olive oil. Add garlic and cook for 30 seconds. Stir in remaining ingredients. Bring to a boil, then cover and simmer on low for 12-15 minutes. Serve with additional Parmesan cheese, if desired.

Mandisa 6-09

CHICKEN WITH MUSHROOMS AND MOZZARELLA

8 boneless, skinless chicken breasts (thin-sliced)
4 c. sliced mushrooms
2 cans cream of mushroom soup
¾ c. chicken broth
1 c. Italian flavored bread crumbs
1 c. shredded mozzarella cheese
2 T. butter

3 eggs, beaten
2 tsp. olive oil
1 tsp. minced garlic
1 tsp. garlic powder
1 tsp. dry basil
1 tsp. dry rosemary
salt and pepper, to taste

Preheat oven to 350°. In a large skillet, heat olive oil on medium heat. Add minced garlic and mushrooms to pan. Sprinkle salt and pepper to taste. Cook until mushrooms are soft and cooked through, approximately 5-7 minutes. Remove mushrooms from heat and evenly spread inside a large, deep baking pan. Meanwhile, heat butter in a large skillet on medium-high heat. Mix eggs with garlic powder, dry basil and dry rosemary in a small bowl. Dip chicken in egg mixture, then coat both sides entirely with bread crumbs. Place chicken in pan and cook until golden brown on both sides, approximately 3-4 minutes per side. (Tip: make sure chicken is dry before dipping in egg mixture to ensure breading stays on while cooking). When finished cooking, place chicken over mushrooms in baking pan. Mix cream of mushroom soup with chicken broth in separate bowl, and then pour over chicken. Then, evenly sprinkle mozzarella cheese over chicken. Bake in preheated oven for 25-30 minutes. Remove from oven and serve!

CLASSIC CHICKEN POT PIE

Teresa K.

⅓ c. margarine or butter
⅓ c. chopped onion
⅓ c. all-purpose flour
½ tsp. salt
¼ tsp. pepper
1 (14 oz) can chicken broth

½ c. milk
2 ½ c. shredded cooked chicken or turkey
2 c. frozen mixed vegetables, thawed

Heat oven to 425°. Prepare pie crust as directed on package for two-crust pie using 9-inch glass pie pan. Melt margarine in medium saucepan over medium heat. Add onion; cook and stir 2 minutes or until tender. Add flour, salt and pepper; stir until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Add chicken and mixed vegetables; mix well. Remove from heat. Spoon chicken mixture into crust-lined pan. Top with second crust; seal edges and flute. Cut slits in several places in top crust. Bake at 425° for 30 to 40 minutes or until crust is golden brown. If necessary, cover edge of crust with strips of foil during last 15 to 20 minutes of baking to prevent excessive browning. Let stand 5 minutes before serving. Makes 6 servings

COUNTRY MAC 'N' CHEESE

¼ c. all-purpose flour
1 ½ c. milk
2 tsp. prepared mustard
1 tsp. instant minced onion
1 (10 ¾ oz) can cheddar cheese soup (undiluted)
2 c. shredded sharp cheddar cheese

1 (8 oz) pkg. pasteurized prepared cheese product, cubed
1 (8 oz) pkg. elbow macaroni, uncooked
1 ½ c. cubed cooked ham (optional)
¼ c. French-fried onions

Coat a 3 to 4-quart slow cooker with cooking spray. In a large bowl, whisk together flour, milk, mustard and onion. In prepared slow cooker, combine flour mixture and remaining ingredients, except French-fried onions. Cover and cook on LOW setting 3-½ hours. Let stand 10 minutes; stir before serving. Top with French-fried onions.

DEEP DISH BLT PIZZA

Angela G.

2 pkgs. refrigerated bread sticks
1 c. shredded mozzarella cheese
4 oz. sliced deli turkey breast, coarsely chopped
4 slices bacon, crisply cooked, drained and crumbled

⅓ c. thinly sliced green onions with tops
2 plum tomatoes, sliced
2 c. shredded lettuce
2 T. ranch dressing

Preheat oven to 350°. Separate one package of the bread stick dough. Separate into strips. Arrange strips into a spiral pattern to completely line bottom of a deep dish baker. Using a lightly floured rolling pin, roll dough to seal seams. Slice remaining package of dough lengthwise in half. Lay each half flat side down and slice crosswise into 12 half moons for a total of 24 pieces. Form to a decorative edge by arranging pieces of dough next to each other standing on end against sides of baker. Using the rolling pin, seal bottom edge of dough pieces to base. Sprinkle half of the cheese evenly over dough. Sprinkle the coarsely chopped turkey over the cheese. Sprinkle bacon and green onion over the turkey. Arrange sliced tomatoes over top. Sprinkle with remaining cheese. Bake 35-40 minutes or until edges are deep golden brown. Remove pizza from oven and let stand 10 minutes. Arrange lettuce around outer edge of pizza and drizzle with dressing.

HOMEMADE CHICK-FIL-A NUGGETS

2 lbs. boneless, skinless chicken breasts (about 4)
1 c. milk
1 egg
1 ¼ c. flour
2 T. powdered sugar

½ tsp. paprika
1 tsp. garlic powder
1 tsp. salt
1 tsp. pepper
peanut oil, for frying

Cube chicken into bite-sized pieces. In a large bowl, whisk the egg and milk. Add the chicken to the egg mixture, stir to combine. Cover and marinate for 3-4 hours. In a gallon-sized Ziploc bag, mix the flour, powdered sugar, and spices until well combined. Add the chicken pieces and shake well. In a large cast iron skillet or

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frying pan, pour 2 inches of peanut oil. Heat oil over medium-high heat. When oil is hot, add battered chicken to the pan. Cook chicken in batches, turning once half way through, until nuggets are golden brown. Drain chicken nuggets on a paper towel and serve.

MOROCCAN TILAPIA WITH MANGO SALSA

Heidi V.

4 tilapia fillets
salt and ground black pepper
2 tsp. ground cumin
2 tsp. ground coriander

2 T. olive oil
1 ripe mango, diced
¼ c. chopped fresh cilantro leaves

Season both sides of tilapia fillets with salt and black pepper. Rub cumin and coriander all over both sides of fillets. Heat oil in a large skillet over medium heat. Add tilapia fillets and cook 3 to 5 minutes per side, until fish is fork-tender. Meanwhile, in a small bowl, combine mango and cilantro. Top tilapia with mango mixture just before serving.

PIZZA-STYLE MACARONI

1 (8 oz) pkg. elbow macaroni, uncooked
1 (14 oz) jar pizza sauce
1 (10¾ oz) can cheddar cheese soup, undiluted
1 c. water
1 (8 oz) pkg. sliced pepperoni, chopped

1 lg. green bell pepper, chopped
1 (2.25 oz) can sliced ripe olives, drained
2 tsp. dried Italian seasoning
2 c. (8 oz) 6-cheese Italian blend shredded cheese, divided

In a large bowl, stir together first 8 ingredients; stir in 1½ cups cheese. Spoon mixture into a lightly greased 4-quart slow cooker; sprinkle with remaining ½ cup cheese. Cover and cook on LOW setting 4½ hours, or until macaroni is done.

SIMPLY LASAGNA

1 lb. ground beef
2½ c. shredded Mozzarella cheese, divided
15 oz. ricotta cheese
½ c. grated Parmesan cheese

¼ c. chopped fresh parsley
1 egg, beaten
1 (24 oz) jar spaghetti sauce
1 c. water
12 lasagna noodles, uncooked

HEAT oven to 350°. Brown meat in large skillet on medium-high heat. Meanwhile, mix 1¼ cups mozzarella, ricotta, ¼ cup Parmesan, parsley and egg until blended. Drain meat; return to skillet. Stir in spaghetti sauce. Add 1 cup water to empty sauce jar; cover with lid and shake well. Add to meat mixture; stir until blended. Spread 1 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, ⅓ of the ricotta cheese mixture and 1 cup meat sauce. Repeat layers twice. Top with remaining noodles, meat sauce and cheeses. Cover with foil sprayed with cooking spray. Bake 1 hour or until heated through, removing foil after 45 min. Let stand 15 minutes before cutting to serve.

STUFFED SHELLS

Annie A.

1 lb. large shells
1½ lb. bulk Italian sausage
10 oz. frozen, chopped spinach, thawed and drained
1 pt. Half & Half

1 lb. ricotta cheese
32 oz. spaghetti sauce
Shredded mozzarella or Parmesan cheese

Cook shells according to package instructions. Rinse with cold water, set aside. Put some sauce on the bottom of a 9X13 pan, spread it around. Brown sausage, drain the grease. Stir in the ricotta, the spinach and half of the Half & Half. If you want to, you can add your own Italian spices and pepper at this point. Cook over medium-high heat until the cream is reduced. Add the rest of the cream; keep simmering. Keep stirring, until cream is again reduced. This takes about 10-15 minutes. Let the mixture cool enough so you can work with it. Spoon the mixture into the shells. Place the shells in the pan, cover with remaining sauce. Sprinkle with mozzarella or Parmesan cheese. Cover the pan with foil and bake at 350° for 30 minutes. Remove the foil cover for the last 10 minutes, so the cheese melts.

SWEET-N-SOUR MEATBALLS

Lisa G.

1 bag turkey meatballs
½ c. packed brown sugar
1 T. cornstarch
1 (13 oz) can pineapple chunks

⅓ c. vinegar
1 T. soy sauce
1 green pepper cut into chunks

Mix brown sugar and cornstarch in a skillet. Stir in pineapple chunks with juice, vinegar and soy sauce. Heat to boiling. Stir constantly, reduce heat and add meatballs. Cover and simmer 10 minutes, stirring occasionally. Stir in green peppers. Cover and simmer until tender, approximately 5 minutes. Serve over rice.

THE BEST SLOPPY JOE

2 T. vegetable oil
2 onions, roughly chopped
2½ lbs. ground beef
2 T. tomato paste
⅔ c. smoky BBQ sauce

½ c. ketchup
¼ c. Worcestershire sauce
¼ c. soy sauce
Freshly ground black pepper
8-12 rolls or buns

Preheat oven to 300°. Heat the oil in a large skillet over medium heat. Add the onions and cook, stirring, until they start to turn translucent, about 4 minutes. Add the beef and cook, stirring and breaking up the meat, until it is finely crumbled, the liquid boils off and the meat begins to brown, about 10 minutes. Drain the grease off the meat and onions. Stir in the tomato paste and keep stirring until the meat is coated. Add the BBQ sauce, ketchup, Worcestershire, soy sauce and pepper, and bring to a boil. Cook until the sauce is slightly thickened, 4 to 5 minutes. You can make the Sloppy Joe meat up to 2 days in advance and reheat it over low heat or in the microwave. Wrap the rolls in aluminum foil and warm in the oven for about 10 minutes. Serve the Sloppy Joes hot with the warmed rolls. Note: The leftover Sloppy Joes can be frozen. I store it in a freezer-safe container and then thaw in the refrigerator prior to serving. I reheat on medium-low heat in a saucepan on the stove.

ZESTY BBQ PULLED CHICKEN

Julie B.

6 frozen skinless, boneless chicken breast halves	½ c. Italian salad dressing
1 (12 oz) bottle BBQ sauce	¼ c. brown sugar
	2 T. worcestershire sauce

Place chicken in a slow cooker. In a bowl, mix the BBQ sauce, Italian dressing, brown sugar, and worcestershire sauce. Pour over chicken. Cover and cook 3-4 hours on high or 6-8 hours on low. Shred using fork as needed or simply place on your favorite sandwich bread.

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... SIMPLY DELICIOUS ...

Desserts

DID YOU
SAVE ROOM

for



... ANOTHER SLICE ? ...

Helpful Hints

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

DESSERTS

CHEESECAKE

Sandy N.

2 (8 oz) Philadelphia cream cheese **2 eggs**
½ c. sugar **2 tsp. vanilla**

Preheat oven to 375°. Beat cream cheese, sugar, eggs and vanilla together for approximately 5 minutes at medium speed. Bake about 30 minutes or until you see cracks on top. Let cool and then put in fridge to cool some more. You can use any kind of crust, but I always use an Oreo crust.

COUNTRY APPLE DUMPLINGS

1 lg. apple **½ tsp. cinnamon**
1 can Pillsbury Crescent dough **½ tsp. vanilla**
½ c. butter **¾ c. or 6 oz. 7-UP**
⅔ c. sugar

Preheat oven to 350 degrees. Grease an 8x8 baking dish. Peel apple skin off apples and slice into 8-10 wedges. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the wide end. Pinch to seal. Cover apple and place in the baking dish. Melt butter in a small saucepan and stir in the sugar and cinnamon. Heat, then whisk to combine. The mixture will slowly combine and thicken. When it's thick, remove from heat and add vanilla. Pour cinnamon mixture over the apple dumplings. Then, pour 7-UP over the dumplings. Bake for 40-45 minutes or until golden brown.

COWBOY COOKIES

Angela G.

2 sticks margarine **2 c. flour**
1 c. sugar **12 oz. chocolate chips**
1 tsp. vanilla **2 ½ c. oatmeal**
1 c. brown sugar **1 tsp. baking powder**
2 eggs **1 tsp. baking soda**
½ tsp. salt

Cream together margarine, sugar, vanilla, brown sugar and eggs. Add salt. Add remaining ingredients to creamed mixture. Stir well. Drop by spoonfuls onto ungreased cookie sheet. Bake at 400 degrees for 6 minutes.

PUMPKIN SPICE MUFFINS

Lisa G.

1 box spice cake mix **½ c. water**
1 can pure pumpkin **2 T. sugar in the raw (optional)**

Preheat oven to 350°. Spray muffin tin with cooking spray. Mix all ingredients together (except the sugar). Batter will be thick (don't add more water). Fill pan with mix, then sprinkle the sugar over each uncooked muffin and bake at 350° for 35-40 minutes. In place of the sugar, you could drizzle with melted cream cheese frosting.

APPETIZERS & BEVERAGES

ALEX'S STRAWBERRY BANANA SMOOTHIE	1
FAVORITE SALSA	1
FIESTA CORN DIP	1
MEXICAN DIP	2
SOOTHING FRUIT SMOOTHIE	2
TACO BALLS	2

SOUPS & SALADS

LASAGNA SOUP	3
SLOW COOKER FRENCH ONION SOUP	3
TATER BACON SOUP	4

VEGETABLES & SIDE DISHES

BLT SALAD	5
GRAPE SALAD	5
HOMEMADE APPLESAUCE	5
MARDI GRAS POTATOES	5
PEA SALAD	6
SOUPED UP MAC 'N' CHEESE	6
TROPICAL SHRIMP PASTA SALAD	6

MAIN DISHES

BAILEY HOUSE APPLE FRENCH TOAST	7
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CHEESY CHICKEN ENCHILADAS	7
CHEESY SMOKED SAUSAGE SKILLET	7
CHICKEN WITH MUSHROOMS AND MOZZARELLA	8
CLASSIC CHICKEN POT PIE	8
COUNTRY MAC 'N' CHEESE	9
DEEP DISH BLT PIZZA	9
HOMEMADE CHICK-FIL-A NUGGETS	9
MOROCCAN TILAPIA WITH MANGO SALSA	10
PIZZA-STYLE MACARONI	10
SIMPLY LASAGNA	10
STUFFED SHELLS	11
SWEET-N-SOUR MEATBALLS	11
THE BEST SLOPPY JOE	11
ZESTY BBQ PULLED CHICKEN	12

DESSERTS

CHEESECAKE	13
COUNTRY APPLE DUMPLINGS	13
COWBOY COOKIES	13
PUMPKIN SPICE MUFFINS	13



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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



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HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

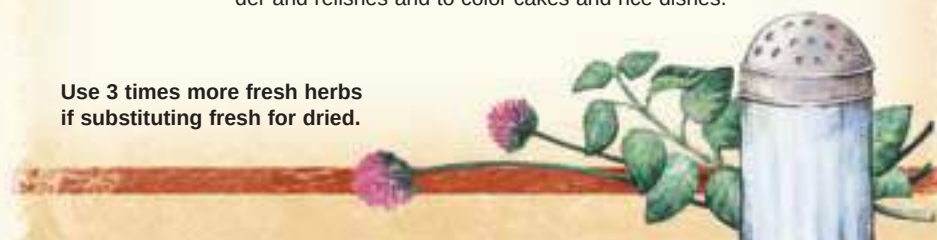
SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batter	to 1 cup liquid use 1 cup flour
drop batter	to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft dough	to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima.....	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed.....	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
broccoli, flowerets	baked	70-90 min.
	boiled	5-10 min.
broccoli, stems.....	boiled	20-30 min.
brussels sprouts.....	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down.....	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

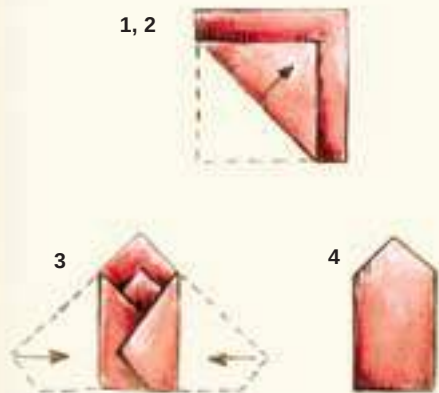
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

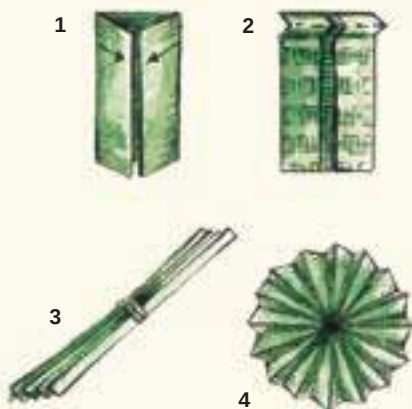


ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



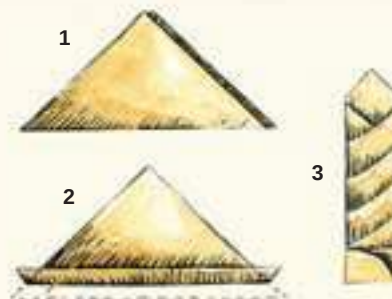
NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

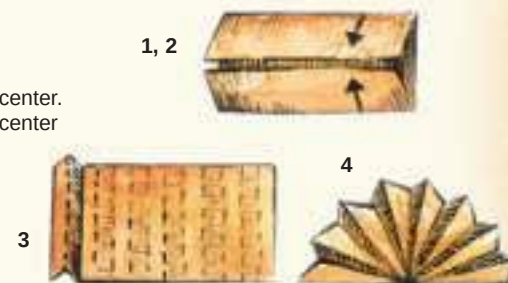


FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

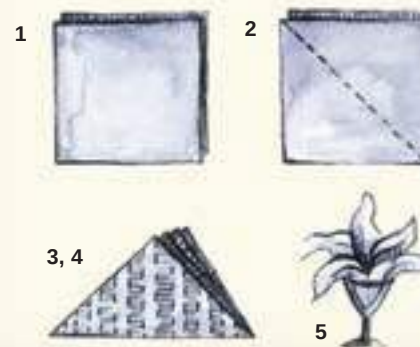


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

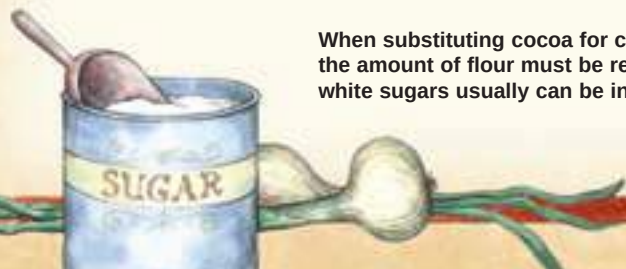
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and	1 pound and	2 pounds and
	1 1/2 gallons water	3 gallons water	6 gallons water
lemonade	10-15 lemons and	20-30 lemons and	40-60 lemons and
	1 1/2 gallons water	3 gallons water	6 gallons water
tea	1/12 pound and	1/6 pound and	1/3 pound and
	1 1/2 gallons water	3 gallons water	6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or	9 quarts or
		1 1/4 gallons	2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or	9 quarts or	18 quarts
	1 12" x 20" pan	2 1/4 gallons	4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or	100 slices or	200 slices or
	3 1-pound loaves	6 1-pound loaves	12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, ¾ c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 ½ oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, ½ c.	90-115
unsweetened, ½ c.	50
banana, 1 med.	85
blueberries, ½ c.	45
cantaloupe, ½ c.	24
cherries (pitted), raw, ½ c.	40
grapefruit, ½ med.	55
grapes, ½ c.	35-55
honeydew, ½ c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, ½ c.	40
canned in syrup, ½ c.	95
plum, 1 med.	30
strawberries, fresh, ½ c.	30
frozen and sweetened, ½ c.	120-140
tangerine, 1 lg.	39
watermelon, ½ c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, ¾ c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, ½ c.	25
cabbage, cooked, ½ c.	15-20
carrots, cooked, ½ c.	25-30
cauliflower, ½ c.	10-15
corn (kernels), ½ c.	70
green beans, 1 c.	30
lettuce, shredded, ½ c.	5
mushrooms, canned, ½ c.	20
onions, cooked, ½ c.	30
peas, cooked, ½ c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, ½ c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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