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APPETIZERS

ABC Dip

1/3 cup toasted almonds, chopped
4 strips of bacon, cooked and crumbled
3/4 cup mayonnaise
1 1/2 cup grated cheddar cheese
1 T. minced onion

Mix. Refrigerate for at least 1 hour. Serve with crackers.

HINTS: You can toast plain almonds in a hot frying pan, until they are browned.

OPTIONS: Can serve in celery stalks or with French bread slices.

Artichoke Frittata Squares

TEMP: 325

TIME: 35-40 minutes

2 jars marinated artichoke hearts, drained and diced '
1/2 large onion, diced
1 clove garlic, minced
8 soda crackers, crumbled
1/2 lb. sharp cheddar cheese, grated
4 eggs, slightly beaten

Sauté onion in some artichoke marinade oil. Mix with the rest of the ingredients. Pour into a greased 8x8 baking pan. Bake. Cool and cut in bite sized squares. Serve warm or cold with napkins (can be oily).

Artichoke Dip

1 6 oz. jar marinated artichoke hearts, drained
1 cup sour cream
Ground pepper

Blend sour cream and artichokes in a blender until smooth. Season with pepper. Serve chilled with raw vegetables or crackers.

HINTS: Cut off the outer, tougher leaves of the artichoke hearts.

OPTIONS: Can add seeded, chopped tomato after blending.

Brie with Sun-Dried Tomatoes

1 pound Brie, rind removed
2 T. each: minced fresh parsley and grated Parmesan
8 sun-dried tomatoes packed in oil, drained, reserving 1 T. of the oil, minced
6 cloves garlic, minced and mashed
1 t. dried basil
Crackers

Put the Brie on a serving plate. Combine the rest of the ingredients, including reserved oil (except crackers), mixing well. Spread the mixture over the cheese and let Brie come to room temperature (about an hour). Serve with crackers.

Curry Vegetable Dip

1 1/2 cup mayonnaise
4 T. prepared mustard
1/4 t. Tabasco sauce
1 1/2 t. curry powder
1 t. celery seed
1 T. horseradish

Mix together and serve with raw vegetables.

HINTS: Use yellow mustard, not Dijon.

OPTIONS: Substitute Beau Monde seasoning for celery seed.

LISA'S NOTES: This is a very yellow dip and makes a colorful vegetable platter. Tastes great with boiled artichokes.

Dill Dip

1/2 cup each: mayonnaise and sour cream
1 t. each: lemon juice and finely grated onion
1/2 t. each: dry mustard, dill weed
optional additions to taste: curry powder, celery seed, parsley flakes, chives

Mix and chill. Vary proportions to taste. Serve with raw vegetables.

HINTS: Bottled lemon juice and dehydrated onion work just fine in this dip. I usually add more dill.

Hot Artichoke Dip

TEMP: 325

TIME: 30 to 45 minutes

1 cup grated Parmesan cheese
1 8 oz. package Neufchâtel cheese (light cream cheese)
1 cup sour cream or mayonnaise
1/4 t. dill weed
1 can (13 3/4 oz.) artichoke hearts, drained and chopped
Toasted baguette slices or crackers

Set aside 1 T. Parmesan cheese. In a bowl blend remaining Parmesan, Neufchâtel, sour cream, and dill weed until creamy. Stir in chopped artichokes and spoon mixture into a shallow 3-4 cup baking dish. Sprinkle with reserved Parmesan. (If made ahead, cover and chill up to next day). Bake, uncovered until lightly browned and hot in the center. Serve with bread or crackers.

Spinach Balls

TEMP: 350

TIME: 10 min. (thawed)

2 pkg. chopped Spinach, thawed and drained
1 pkg. Stovetop chicken or herb flavor stuffing mix
1 cup Parmesan cheese
3/4 cup melted butter or margarine
6 eggs

Mix all together, including both the stuffing and seasoning packs from the stuffing mix. Form into 1-inch balls on a cookie sheet. Bake.

HINTS: If made ahead, freeze uncooked balls on cookie sheet, and store balls in bags when frozen; to serve, thaw and bake.

LISA'S NOTES: These are great to have on hand for surprise guests. When you pull them out of the freezer, thaw in the microwave for a few minutes, then bake. Serve with napkins, as they can be greasy.

Spinach Dip in a French Bread Bowl

1 pkg. frozen chopped spinach, thawed and drained
1 cup each: sour cream and mayonnaise
1 pkg. Knorr's Vegetable Soup Mix (or other gourmet-style dried vegetable soup mix)
1 can water chestnuts, chopped
5 green onions including tops, chopped
1 loaf French bread, round or long

Mix all ingredients (except bread) and chill several hours (or overnight). Hollow out bread to make a bowl and cut inside portion into bite-sized pieces. Fill hollowed shell with mixture just before serving. Use bread pieces for dipping.

HINTS: It is important to let this dip chill a few hours so the flavors can blend.

OPTIONS: You can use rye or Hawaiian style bread too. Don't feel you must use a round loaf either, oblong loafs make nice bowls.

LISA'S NOTES: Don't expect any leftovers, but if you have some, store in the refrigerator wrapped tightly in plastic wrap. It lasts for a few days. Don't forget to eat the bowl!

Tomato, Basil, and Gouda Dip

7 oz. gouda cheese, cut in chunks
2 small Roma tomatoes, cored and diced
1 T. finely chopped fresh basil leaves
Toasted baguette slices or crackers

Mix cheese, tomato, and basil in a microwave-safe bowl. Cook, uncovered in the microwave at half-power for 1 minute. Stir and continue heating at half-power until cheese is bubbling. Use as dip or spread for bread or crackers.

Zucchini Frittata

TEMP: 350
TIME: 20 to 30 minutes

3 cups zucchini, sliced thin
1/2 cup each: onion & parsley, chopped fine
1 cup baking mix (like Bisquick)
1/2 cup each: Parmesan cheese & vegetable oil
1/2 t. each: marjoram & seasoned salt (or Mrs. Dash)
4 eggs, lightly beaten
salt and pepper to taste

Mix all ingredients. Bake in a greased 9x13 pan until set and brown. Cut into squares.
Serve cold or warm.

HINTS: Be sure to keep an eye on this, the bottom burns easily.

OPTIONS: You can use dried chopped onion and parsley.

BEVERAGES

Lemonade

1 1/4 cups fresh lemon juice
3/4 cup sugar
4 1/4 cups water

Mix lemon juice and sugar together until sugar is dissolved. Add water, stir well and chill.
Serve with lemon slices.

Mulled Wine Punch (Elizabeth's)

3 liters white wine (inexpensive type)
1 quart strong tea (use 6-8 tea bags and seep about 5 minutes)
1 12 oz. frozen orange juice concentrate
1 orange, sliced thin
1 to 1 1/2 cups sugar
2 t. ground cinnamon
20 whole cloves (about 2 T.)

Mix altogether. Heat covered to near boil. Serve.

LISA'S NOTES: Wonderful on cold, rainy days. \

Spiced Tea

2 cups orange breakfast drink mix (like Tang)
1 pkg. lemonade mix, with sugar
1/2 cup instant tea (without sugar)
1/2 t. ground cloves
1 t. cinnamon

Mix all ingredients together. Store air tight. Use 2 heaping teaspoons per cup of hot water.

HINTS: Vary amounts of spices to your taste.

OPTIONS: Try other flavored drink mixes.

LISA'S NOTES: This makes a nice gift. Label jars with directions.

Spicy Apple Cider

TIME: 1 hour

1 gallon apple cider or juice
1 quartered orange
1 t. each: whole cloves and allspice
3 broken sticks of cinnamon
dash of nutmeg

Mix together in large sauce pan. Heat and let simmer for 1 hour. Do not boil. Strain and serve, hot or cold.

HINTS: I can't taste the difference between apple cider and apple juice in this mixture.

LISA'S NOTES: I pour this back into the cider jug and store it in the refrigerator then pour it directly into a mug and heat in the microwave. It is a nice option at Christmas parties.

BREADS/BREAKFAST ITEMS

Apple Muffins

TEMP: 350
TIME: 30 minutes

1 3/4 cups flour)
2 t. baking powder
1 t. each: baking soda and cinnamon
1/4 t. each: gr. allspice and salt
1/8 t. gr. nutmeg
1/4 cup each: white and brown sugar
1 egg
1 cup milk (nonfat)
1/3 cup salad oil
1 large tart apple (Pippin or Granny Smith), peeled and diced '

Mix dry ingredients together. In another bowl mix together the rest of the ingredients. Add apple mixture to the dry ingredients and stir until just moistened. Spoon batter into 12 greased or lined muffin cups and bake.

HINTS: One or the other type of sugars works fine by itself. Store leftovers in the freezer.

OPTIONS: Add raisins.

Blueberry Cornmeal Muffins

TEMP: 400
TIME: 20 minutes

1 cup flour Y
2/3 cup corn meal
1/3 cup sugar
2 t. baking powder
1/2 t. baking soda
2 eggs
1 cup sour cream
1/4 cup vegetable oil
1 cup fresh or frozen blueberries, rinsed and drained

Mix the dry ingredients together and set aside. Beat the rest of the ingredients, except the blueberries, until well blended. Add the two mixtures together just until batter is evenly moistened. Stir in the blueberries with the last few strokes. Spoon batter into paper-lined or well greased muffin cups. Makes 12 medium or 8-10 large muffins.

HINTS: These muffins turn green if your blueberries are too juicy, but they still taste great.

OPTIONS: Serve with honey.

Blueberry Waffles

1 package Blueberry Muffin mix w/real blueberries
Ingredients called for on package (water and/or milk and/or eggs etc.)

Prepare Blueberry muffin mix as if you were going to make muffins. Add more liquid (water or milk) to make waffle batter consistency. Bake on a waffle iron as you would regular waffles.

HINTS: Thinner batter makes lighter waffles. If you don't have a waffle iron use as pancake batter.

OPTIONS: Try other types of muffin mixes, like cornmeal or apple.

LISA'S NOTES: I know this recipe is sketchy, but try it anyway. They are great with syrup.

Bran Muffins

TEMP: 400
TIME: 15 minutes

2 cups boiling water
2 cups Nabisco 100% Bran
1 cup corn oil
3 cups sugar
4 eggs
1 quart buttermilk
5 cups flour
5 t. soda
1 cup All Bran

Pour boiling water on 100% Bran. Add next five ingredients. Gradually add the dry ingredients. Mix well. Fill muffin cups 2/3 full and bake. You can store the batter for 2 weeks or so in the refrigerator and make muffins as needed.

HINTS: The baked muffins freeze well. Make sure the muffins are cooked in the middle.

OPTIONS: Can add blueberries, raisins or nuts.

LISA'S NOTES: These may not be the most healthful bran muffins, but they beat cupcakes! They have been known to change bran-haters minds (like mine).

Cinnamon Cake/Bread

TEMP: 400
TIME: 20 minutes

4 T. butter
2/3 cup brown sugar
1 egg
1/2 cup milk
1 3/4 cups flour
1 T. baking powder
1/4 t. salt

Topping: 3 T. brown sugar, 1 1/2 t. cinnamon

Cream butter and sugar, add egg and milk. Mix thoroughly. Add the dry ingredients all at once and mix just until blended. Spoon into a greased 8x8 baking pan. Top with the topping. Bake and serve warm or cooled.

HINTS: I always double this recipe, otherwise it is gone in a minute.

OPTIONS: Serve for breakfast or for dessert, it is good any time!

LISA'S NOTES: This is great because I usually have the ingredients around and I don't have to make an extra trip to the store to make something special for breakfast.

Cornmeal Waffles (Blender Method)

1 egg
3/4 cup milk
1/4 cup vegetable oil
1 cup flour
2 T. cornmeal
2 t. each: baking powder and sugar
1/4 t. salt (optional)

Put all ingredients in a blender and process until dry ingredients are moistened. Do not over-blend. Use batter to make waffles. Serve with warmed syrup.

Crepes

2 large eggs
1 3/4 cups milk
1 3/4 cups flour
1 T. sugar
1/2 t. salt

Blend together and cook on a very hot and greased griddle or frying pan. Start with small crepes, until you feel you can turn large ones.

HINTS: Make sure all the edges are unstuck before you flip them over. Make one at a time. Non-stick frying pan works best.

OPTIONS: Serve with butter and sugar, or fresh fruit. These work for lots of desserts.

LISA'S NOTES: Anyone can make crepes with a few tries. You don't need a special crepe maker.

Honey Whole Wheat Bread

TEMP: 370-350
TIME: 40 to 45 minutes

1 cup each: milk and water
1/2 cup honey
3 T. butter or margarine
3 1/2 - 4 cups white flour, divided
2 1/2 cup whole wheat flour, divided
2 packages active dry yeast
1 egg
1 T. salt

Heat milk, water and butter to 120, or almost too hot to touch. In a large bowl combine 2 cups white flour with 1 cup whole wheat flour, yeast egg, salt and warmed milk mixture. Mix until smooth, scraping sides of the bowl. Add the rest of the whole wheat flour and 1 1/2 cups more white flour. When dough gets to thick to stir with a spoon, put out on a floured surface and knead by hand until all flour is blended in (about 5 minutes). If dough is still sticky add in more white flour until dough is stiff. Place dough in a greased bowl, turning once to coat the top of the dough. Cover and let rise in warm place until doubled, about 1 hour. Punch down and divide into 2 equal parts. Shape into loaves and place in 2 greased 9x5x3 inch loaf pans. Cover and let rise in warm place until doubled (about 1 1/2 hours). Bake in preheated 375 oven for 10 minutes. Reduce heat to 350 and continue to bake 30-35 minutes. (Test for doneness by tapping on the top of the bread. It should sound hollow.) Remove from pans and cool on a wire rack.

HINTS: If you have a mixer with dough hooks, you can do all the kneading with the mixer. Reduce the kneading time to about 3 minutes.

LISA'S NOTES: There is nothing like homemade bread. I can't get enough of it.

Jewish Coffee Cake, otherwise known as: Sour Cream Coffee Cake

TEMP: 350

TIME: 45 minutes

1/2 cup butter
1 cup sugar
3 eggs
2 cups flour
1 t. each: baking powder and baking soda
1/2 cup sour cream
1 t. vanilla
topping: 3 T. flour, 3 T. cold butter, 1 cup brown sugar.

Dump all ingredients, except topping, into a bowl and beat with an electric mixer for ten minutes. Mix up the topping, cutting up butter (a pastry blender works well). Put half the batter into a well-greased bundt or tube pan. Sprinkle half the topping on this and repeat with the rest of the batter and topping. Bake.

HINTS: Sometimes I put a little bit of topping in first, so you can see it since it is an upside down cake.

LISA'S NOTES: This is always a hit at breakfast meetings or brunch. Don't expect any leftovers!

Johnny Cake

TEMP: 375

TIME: 25 minutes

2 cups cornmeal
1 cup flour
4 t. baking powder
1 1/2 t. salt
2 eggs
1/2 cup sugar
1 cup milk
4 T. melted butter

Mix all together and divide into two greased bread pans.

HINTS: Use a toothpick to check for doneness, especially in the middle. Serve warm.

OPTIONS: You can use a square cake pan if you don't have a loaf pan. Or make muffins and bake for 15-20 min.

LISA'S NOTES: I've always made two loaves of this so I can store one in the freezer to have later. My family eats this for breakfast topped with syrup.

Lemon Muffins

TEMP: 375

TIME: 20 to 25 minutes

1-2 lemons for 1 1/2 T. grated peel and 3 T. juice •
1/2 cup butter
1/2 cup sugar
2 eggs, separated
1 cup flour
1 t. baking powder
1/4 t. salt

Set aside lemon peel and juice. Cream butter and sugar until light and fluffy. Add egg yolks and mix some more. Add the dry ingredients alternately with the lemon juice until blended. Don't over mix. Beat the egg whites until stiff and gently fold them with the lemon peel into the batter. Fill muffin cups 3/4 full.

HINTS: This makes about 9 muffins.

OPTIONS: To make orange muffins, substitute orange juice and peel for lemon.

LISA'S NOTES: These taste like cupcakes, not muffins, but they are great as a side dish to any meal. I like them for breakfast.

Molasses Banana Bread

TEMP: 350

TIME: 50 to 60 minutes

1/2 cup butter or margarine
1 egg
1 cup molasses
3 large ripe bananas mashed
1 cup whole wheat flour
3/4 cup white flour
2 t. baking soda
1/2 cup chopped walnuts (optional)

Cream butter, beat in egg, molasses, and banana. Mix in remaining ingredients until just moistened. Pour into a greased 9x5 loaf pan. Bake.

Molasses Oatmeal Bread

TEMP: 375
TIME 30 minutes

4 1/2 cups flour
2 cups oats
1 t. salt
2 packages yeast
1 cup water
1/2 cup each: milk, molasses, margarine
2 eggs
additional 1 1/2 cups flour

Combine dry ingredients, including yeast. Heat the water, milk, molasses, and margarine to 120-130 degrees. Gradually add hot liquid mixture to dry ingredients. Beat for about 2 minutes. Add eggs and another 3/4 cup flour, beat 2 minutes. Stir in enough flour to make dough soft, but not sticky. Continue to beat with dough hooks or hand knead 8 to 10 minutes. Place in a greased bowl and grease top. Cover and let rise until doubled (1 hour for regular-rise yeast). Punch down and divide into 4 equal parts. Take two sections and roll into about foot long ropes. Twist them together and place in a 9x5 loaf pan. Repeat for the other loaf. Bake until hollow sounding. Cool and serve.

Molasses Whole Wheat Bread

TEMP: 300
TIME: 1 hr., 15 min.

2 cups warm water (110-120 degrees)
2 packages active dry yeast
1 1/2 T. brown sugar
1 T. salt
3/4 cup each: dark molasses and vegetable oil
5 cups white flour
2 cups whole wheat flour

Put warm water in a large mixing bowl. Add the yeast and brown sugar and stir gently. Let the mixture sit (or proof) in a warm place until little bubbles have formed on top. Add the rest of the ingredients and mix well. Turn the dough out on a floured surface and knead 2-3 minutes, adding more flour, up to 1 cup, until the dough is smooth and elastic and no longer sticky. Place the dough in an oiled or greased bowl, turning once to coat the top of the dough. Cover with plastic wrap and place in a warm spot until the dough double in size. Shape the dough into 2 loaves and space them a few inches apart on a

baking sheet (cookie sheet). Cover the loaves with a towel and let them rise until double in size. Bake in a preheated oven. Remove from pans shortly after removing from oven and cool on a rack.

LISA'S NOTES: This is a real treat. My favorite bread recipe so far.

Popovers

TEMP: 450

TIME: 20 to 30 minutes

3 eggs
1 cup milk
1 cup flour
1/2 t. salt

Grease 12-cup muffin pan and place in freezer. Mix ingredients to make a lumpy mixture. Pour into chilled muffin pan and place in a cold oven and bake.

HINTS: These are done when they are puffed up and browned.

OPTIONS: Serve with jam, butter, sugar, syrup, fresh sliced fruit, and/or anything you want.

LISA'S NOTES: If you follow these directions, the popovers pop over nicely. Great for breakfast.

Sour Cream and Chive Biscuits

TEMP: 450

TIME: 11 minutes

2 cups flour
3 T. freeze-dried chives
1 T. baking powder
1/4 t. salt
3/4 cup milk (skim or lowfat fine)
1/3 cup sour cream
2 T. butter or margarine, melted

Combine dry ingredients and stir. Mix milk, sour cream, and melted butter/margarine together. Add dry ingredients, stirring just until moistened. Drop batter by heaping spoonfuls on to a greased baking sheet. Bake until golden. (Makes about a dozen.)

Whole Wheat Banana Bread

TEMP: 325
TIME: 1 hr. & 10 min.

1/2 cup butter or margarine
1 cup sugar
2 eggs
1 cup mashed ripe banana (about 3)
1 cup each whole wheat flour and all-purpose flour
1/2 t. salt
1 t. baking soda
1/3 cup hot water
1/2 cup chopped walnuts (optional)

Melt butter and add sugar. Add eggs and bananas and beat until smooth. Add dry ingredients, mixed together, alternately with hot water. Add nuts. Spoon batter into a greased bread (loaf) pan. Bake until bread begins to pull away from the sides of the pan and toothpick comes out clean. Let cool in pan a few minutes (about 10) and turn onto a rack to cool completely.

HINTS: Don't over bake, but watch out for raw middles.

OPTIONS: Use the batter to make muffins. Bake for 30-40 minutes.

LISA'S NOTES: I always double or triple this recipe. The bread freezes well.

Whole Wheat Breakfast Muffins

TEMP: 375
TIME: 25 minutes

1/2 cup flour Z
3/4 cup whole wheat flour
2 t. baking powder
1/2 t. salt
1 egg
1/4 melted butter/margarine or oil
1/2 sugar or brown sugar (or a mixture of the two)
1/2 cup milk

Mix together dry ingredients, make a well in the center. In another bowl beat together the egg, milk and butter. Pour into the center of the well. Stir just until moistened. Spoon into greased or paper lined muffin tins (2/3 full). Bake. Makes about 9 muffins.

HINTS: This is a very basic muffin. Works well with additions and toppings.

OPTIONS: Sprinkle with cinnamon and brown sugar, top with nuts, add apple chunks or blueberries, etc.

LISA'S NOTES: I usually double this recipe and store extras in the freezer.

COOKIES/BARS

Apple Squares

TEMP: 350

TIME: 45 to 50 minutes

1/2 cup butter or margarine
1 1/4 cups flour
3 large tart green apple (i.e. pippin, granny smith)
2 T. lemon juice
2 large eggs
1 cup sugar
1/4 t. baking powder
1/2 t. ground cinnamon
1/2 cup slice almonds

In a bowl beat butter and 1 cup of the flour until smooth. Press evenly into the bottom of a 7x11 or 9x9 baking pan. Bake in the oven for 15 minutes. Peel, core and chop apples. Mix with lemon juice and arrange evenly over baked crust. In a bowl, beat eggs and sugar until thick. Add in baking powder, cinnamon and remaining flour. Pour over apples; sprinkle almonds on top. Bake in oven until golden brown, 30 to 35 minutes. Cut into squares and serve warm or let cool and store uncovered up to 2 days (Topping softens if covered).

HINTS: The sliced almonds add a lot to this recipe, don't omit.

OPTIONS: Great with ice-cream. !

Best Brownies

TEMP: 350

TIME: 20 to 25 minutes

1/2 cup melted butter or margarine
1 cup sugar
1 t. vanilla
2 eggs
1/2 cup flour
1/3 cup cocoa powder
1/4 t. both: salt and baking powder
1/2 cup nuts (optional)

Mix everything together. Pour into a greased 9-inch square pan. Bake.

HINTS: Don't over bake, keep a close eye on them.

OPTIONS: Chocolate, mint, butterscotch or peanut butter chips.

LISA'S NOTES: Why buy mixes?

Blonde Brownies

TEMP: 350
TIME: 20 to 25 minutes

1/4 cup butter or margarine, melted
1 cup brown sugar
1 egg
1 t. vanilla
1/2 cup flour
1 t. baking powder
1/2 t. salt
3/4 cup grated coconut (optional)

Mix together ingredients in order listed. Pour into a greased 9 x 9 baking pan. Bake and serve warm or cool.

HINTS: Taste best a little under done. 1/2 to 1 cup chopped nuts can be added in place of coconut.

Brownie Bites

TEMP: 325
TIME: 20 minutes

1/2 cup butter or margarine
4 oz. unsweetened chocolate
1 1/2 cups sugar
1 t. vanilla
3 eggs
1 cup flour
About 40 walnut or pecan halves

In a large sauce pan melt butter with chocolate over low heat. Remove from heat and stir in sugar and vanilla. Add eggs, beating after each one. Stir in flour. Spoon batter into paper lined mini-muffin cups, filling almost to the top. Place a nut half on top of the batter. Bake until tops look dry and firm. Let brownies cool in pan a few minutes then cool on rack out of pan. Store airtight up to 4 days or freeze.

Chocolate Chip Cornflake Cookies

TEMP: 350

TIME: 2 to 15 minutes

1 cup butter or margarine
1 cup white sugar
1/2 cup brown sugar
2 eggs
1 t. vanilla
2 cups flour
1 t. baking soda
2 cups Corn Flakes cereal
1 1/2 cups chocolate chips

Cream together butter and sugars. Add eggs and vanilla. Mix well. Gradually add flour and soda. Mix in Corn Flakes and chocolate chips without beating too much. Drop by heaping teaspoons on to cookie sheets and bake until lightly browned. Remove from sheets and cool. Store airtight.

Chocolate Chip Grape Nut Cookies

TEMP: 375
TIME: 9 to 12 minutes

1 cup butter or margarine (I usually use one of each)
3/4 cup each: brown sugar and white sugar
2 eggs
1 t. vanilla
2 1/4 cups flour
1 t. baking soda
1 cup Grape Nuts cereal
1 12 oz. package of chocolate chips

Beat the butter/margarine together with the sugars until creamy. Add eggs and vanilla, then flour and soda. Mix in Grape Nuts and chips. Drop by heaping teaspoons on to cookie sheets and bake in a preheated oven (use less time for less crispy cookies). Remove from sheets and cool. Store air tight.

HINTS: Bake immediately after mixing batter or else the Grape Nuts get soft.

LISA'S NOTES: Came across a version of this recipe when my husband took the Grape Nut Challenge (you know, the one where they say "eat a bowl of grape nuts every day for a week...") and then decided he'd rather go hungry. I was looking for something to do with the left over Grape Nuts and now I go out of my way to buy this cereal just to make these delicious cookies.

Chocolate Chip Meringue Cookies

TEMP: 300

TIME: 25 to 35 minutes

4 egg whites
 1/4 t. each: salt and cream of tartar
 1 1/2 cup sugar
 1 t. vanilla
 1 12 oz. package of chocolate chips

Beat egg whites with salt and cr. of tartar until stiff, but not dry. Add sugar gradually, then add vanilla. Feed in chips. Bake by spoonful on paper bag lined cookie sheets (cut to fit). When they are done, remove from paper bag with a metal spatula with a thin edge. Store air tight.

HINTS: These don't keep very well, try to eat them up quickly ¥

Chocolate Crinkles

TEMP: 350
 TIME: 10 to 12 minutes

1/2 cup vegetable oil
 4 oz. unsweetened chocolate, melted
 2 cups sugar
 4 eggs
 2 t. vanilla
 2 cups flour
 1/2 t. salt
 2 t. baking powder
 1 cup powdered sugar

Mix oil, chocolate, and sugar; add eggs and vanilla and beat thoroughly. Add dry ingredients (except powdered sugar) gradually. Chill batter, covered. Make 1 1/2 inch balls of dough and roll them in the powdered sugar. Place on greased cookie sheets (about 2 inches apart) and bake.

Chocolate Mint Sticks

TEMP: 350
 TIME: 25 minutes

2 squares unsweetened chocolate, melted
 1/2 cup butter or margarine, melted
 2 eggs
 1 cup sugar
 1/4 t. peppermint extract
 1/2 cup flour
 dash of salt

1/2 cup chopped nuts (optional)

Frosting: 2 T. soft butter, 1 cup powdered sugar, 1 T. milk or cream, 3/4 t. peppermint extract, dash of green food coloring.

Topping: 1 square unsweetened chocolate melted with 1 1/2 T. butter.

Add melted butter and chocolate to eggs and sugar. Mix. Add flour, salt, and nuts. Pour into a 9" greased baking pan. Bake and let cool. Spread frosting over brownies and refrigerate until chilled. Spread topping evenly over frosting and chill again. Slice into bars and serve.

HINTS: You might want to double this, they freeze nicely. Don't over cook the brownies, they're good moist.

LISA'S NOTES: These are hard to slice, but on the bright side, you can eat the mistakes!

Chocolate Oatmeal Cookies

TEMP: 350

TIME: 10 minutes

1 cup butter or margarine or a mixture of the two

2 cups sugar

2 eggs

3 squares unsweetened chocolate, melted

2 t. vanilla

1 1/2 cups flour

2 t. baking powder

1/2 t. salt

2 cups oatmeal

optional: 1/2 cup chopped nuts, 2 cups choc. chips

Beat butter and sugar and eggs together until light. Add the rest of the ingredients gradually. Drop onto cookie sheet.

HINTS: Chocolate chips make these cookies irresistible.

LISA'S NOTES: A chocolate lover delight.

Chocolate Peanut Butter Bars

1 cup butter or margarine

2 1/4 cups peanut butter (18 oz.)

11 graham crackers, crushed (one wrapped package or 1/3 of a 1 lb. box)

3/4 lb. or 1 1/2 cups powdered sugar
 12 oz. chocolate chips

Melt butter in a large sauce pan. Add peanut butter and stir until it melts, remove from heat. Add graham cracker crumbs and powdered sugar and press mixture into a 13x9 baking pan. Chill. Melt chips and pour over chilled peanut butter mixture. Chill for at least an hour and cut into bars.

Chocolate Refrigerator Cookies

TEMP: 400
 TIME: 8 to 10 minutes

1/2 cup butter or margarine
 1 cup sugar
 1 egg
 1 t. vanilla
 2 squares (oz.) unsweetened chocolate, melted and cooled
 1 1/4 cups flour
 1/4 t. salt
 1 1/2 t. baking powder
 white or colored sugar or nuts (optional)

Beat together butter and sugar. Gradually add in the rest of the ingredients (except colored sugar or nuts). Divide dough in half. Roll each half into a 2 inch tube, wrap in waxed paper and refrigerate for two hours or overnight. Slice cookies about 1/4 inch thick and bake on cookie sheets after sprinkling with sugar or topping with nuts.

HINTS: Be careful, these burn easily.

OPTIONS: Omit chocolate for vanilla cookies and use brown sugar instead of white for butterscotch cookies. Make the rolls into squares or triangles or mixed shapes for decorative cookies. Make one-inch rolls for mini-cookies.

Chocolate Truffle Cookies

TEMP: 350
 TIME: 10 minutes

4 oz. unsweetened chocolate
 6 T. butter
 2 cups chocolate chips
 1/2 cup flour
 2 T. cocoa powder
 1/4 t. each: baking powder and salt
 1 cup sugar
 3 eggs

1 1/2 t. vanilla

Melt unsweetened chocolate, butter, and 1 cup chocolate chips together. Cool. Combine flour, cocoa, b.p., and salt. Beat sugar and eggs about 2 minutes, add vanilla. Stir in chocolate mixture, then flour mixture and finally the remaining one cup chocolate chips. Cover and chill until firm, at least 1 hour. Shape into approx. 1 inch balls. Bake on ungreased cookie sheets until puffed.

LISA'S NOTES: These are about as chocolatey as you can get.

Cornflake Cookies

TEMP: 350
TIME: 10 minutes

1 cup butter or margarine
1/2 cup Crisco or other solid shortening
1 cup each: white and brown sugar
2 eggs
1 1/2 cups flour
1 t. salt
1 t. baking powder
2 t. vanilla
2 cups each: rolled oats and cornflakes

Beat together butter and Crisco with the sugars until light. Add eggs, then dry ingredients. Mix the cornflakes in last so they don't get too crushed. Drop on cookie sheet. Bake.

HINTS: Store air tight, these are best when kept very crisp.

Easiest Peanut Butter Cookies (no flour)

TEMP: 350
TIME: 10 to 12 minutes

2 cups sugar
2 cups peanut butter
2 eggs

Mix together thoroughly. Drop by spoonfuls onto baking sheet. Bake then cool.

HINTS: Can flatten with a fork to make traditional peanut butter cookies.

OPTIONS: This is as simple as it gets!

Gingerbread Men 1

TEMP: 350
TIME: 8 to 10 minutes

1/2 cup each: sugar, butter or margarine, and molasses
1 egg
2 1/4 cups flour
1 1/2 t. cinnamon
1 t. each: baking powder, gr. cloves, and gr. ginger
1/2 t. each: baking soda and salt
raisins

Beat all ingredient except raisins until well mixed. Shape dough into a ball and cover with plastic wrap. Refrigerate 1 hour or until dough is firm enough to handle (or freeze 30 min.). On lightly floured surface roll dough 1/4 inch thick. Cut out as many men or shapes as you can. Re-roll trimmings and cut. Place cut outs on ungreased cookie tins. Use raisins for eyes and/or buttons. (Cinnamon Red Hots work well, too). Bake. Cool.

HINTS: Bake until lightly browned, remove from baking sheet with care.

OPTIONS: Powdered sugar frosting to decorate.

LISA'S NOTES: I use a grocery bag (cut flat ☞) to cool my cookies on. It absorbs excess grease.

Gingerbread Men 2, w/Whole Wheat Flour

TEMP: 375
TIME: 10 minutes

1 cup sugar
2/3 cups butter or margarine
1 egg
1 1/4 cups molasses
4 cups whole wheat flour
1 t. each: baking soda, ground ginger
1/2 t. each: salt, ground cloves, ground nutmeg
1/4 t. allspice
Raisins, colored sugar, other things to decorate cookies with

In a larger mixer bowl, cream together sugar, butter, and egg until fluffy. Add molasses, then the dry ingredients. Refrigerate for at least 2 hours or until dough is well chilled. Roll out sections of the dough 1/4-inch thick on a lightly floured surface and cut out shapes with cookie cutters. Place on greased cookie sheet. Decorate with raisins and/or sugar or whatever, then bake. Cool and decorate with frosting if you want to.

HINTS: The thinner these cookies are rolled, the crispier they get. Be sure to watch < closely for burning.

LISA'S NOTES: Something about the whole wheat flour makes these delicious cookies seem better for you than most holiday cookies

Lemon Squares

TEMP: 350

TIME: 30 min. total

6 T. butter
1/4 cup powdered sugar
1 cup plus 2 T. flour
2 eggs
1 cup sugar
1 lemon •

Cut the butter, powdered sugar, and 1 cup of the flour together and pat into a 8x8 pan. Bake for 15 min. (350 oven). Meanwhile, beat the eggs lightly, add the sugar and 2 T. flour. Grate the zest off of half of the lemon and squeeze 2 T. of juice from it and add it to the egg mixture. Pour it on the hot crust and return to the oven for 15 minutes. While still warm, run a knife between pastry and pan to loosen. Cool completely and cut into squares.

HINTS: Can be doubled easily, use a 9x13 pan.

OPTIONS: Great with a scoop of lemon sorbet (or sherbert or ice-cream).

No Bake Cookies 1

1/2 cup butter or margarine
1/2 cup milk
1/3 cup cocoa powder
2 cups sugar
1 t. vanilla (optional)
1/2 cup peanut butter
3 cups oatmeal

Mix first 4 ingredients in a large sauce pan over low heat. Bring to a rolling boil. Remove from heat and add the rest of the ingredients. Drop on to waxed paper and cool on counter or refrigerator. Store in refrigerator.

HINTS: Be sure to get the mixture really boiling.

LISA'S NOTES: I put a piece of waxed paper between each layer of cookies when they are ready to be stored in a canister. They tend to stick together otherwise.

No Bake Cookies 2

1 cup margarine
1/2 cup milk
3 T. cocoa powder
2 cups sugar
1 t. vanilla
3 cups oatmeal
6 oz. chocolate chips (1 cup)

Combine first 4 ingredients in a large sauce pan and bring to a boil while stirring. Allow to come to a full, rolling boil, then remove from heat and mix in the rest of the ingredients (yes, the chips will melt). Cool spoonfuls on waxed paper. Store in the refrigerator

Oatmeal Peanut Butter Cookies

TEMP: 350
TIME: 12 to 15 minutes

1 cup each: white and brown sugar
1 cup butter or margarine
1 cup peanut butter
3 eggs
1 t. vanilla
1 1/2 cups flour
1 t. baking soda
2 cups oatmeal
1 1/2 to 2 cups chocolate chips

Cream together sugar and butter/margarine. Add eggs, peanut butter, and vanilla. Mix well. Add the flour and soda gradually. Mix in oatmeal and chips. Drop by heaping teaspoons onto cookie sheets. Bake and then cool. Store airtight.

Peanut Butter Chocolate Chip Cookies

TEMP: 350
TIME: 8 to 10 minutes

1 cup butter or margarine
3/4 cup peanut butter
1/2 t. baking soda
1/4 t. salt

1 1/2 t. vanilla
1 cup each: white and brown sugar
2 eggs
2 cups flour
1 to 2 cups chocolate chips (depending on how you like your cookies)

Mix everything except the flour and chocolate chips together until fluffy. Add flour slowly, until well mixed. Add chips. Drop onto cookie sheets. Flatten cookies with a fork or the back of a spoon. (If the batter sticks to the fork or spoon, dust it with flour.) Bake and cool. Store airtight.

HINTS: Watch the edges, they burn easily.

OPTIONS: Can add peanuts.

Ranger Cookies

TEMP: 350
TIME: 10 minutes

1 cup butter or margarine
1 cup each, white and brown sugar
2 eggs
2 t. vanilla
2 cup flour
1 T. soda
1/2 t. salt
2 cup Rice Crispy Cereal
1 cup coconut
1 cup oats

Cream butter and sugar. Add eggs and vanilla and mix well. Add the rest of the ingredients gradually. Drop on cookie sheets. Bake. If you want crispier cookies, leave on cookie sheet a few minutes while cooling.

HINTS: If your cookies turn out too thin, add more flour to the rest of the batter.

OPTIONS: You can add a cup or so of chocolate chips, but I think it kind of over does it.

LISA'S NOTES: I like the caramel taste of these cookies.

Spice Crispies

TEMP: 400
TIME: 6 to 8 minutes

1 t. each: baking soda and cinnamon

1/2 t. salt
1 1/2 t. ginger
1/2 cup butter or margarine
1/4 cup sugar
1/2 cup brown sugar, packed
1 large egg
1/2 cup molasses mixed with 1 1/2 t. cider vinegar
2 1/2 cups flour

Combine first five ingredients and gradually blend in sugars. Add egg, then flour 1/2 cup at a time. Mix well. Drop 2 inches apart onto greased cookie sheets. Flatten dough to 1/8 inch thickness with the bottom of a glass covered with a damp cloth. Bake until lightly browned on the edges. Store airtight.

OPTIONS: Can add raisins.

Whities

TEMP: 350
TIME: 25 to 35 minutes

6 eggs
3 cups brown sugar
1 1/2 cups flour
1 t. baking powder
1/2 t. salt
3 cups nuts, chopped
1 t. vanilla
1 pkg. chocolate chips (12 oz.)

Mix all together and pour into a greased 9x13 baking pan. Frost with a white frosting (usually on the powdered sugar box) when cooled. Cut into squares.

HINTS: Done when firm, do not over bake. They freeze well.

OPTIONS: I always use walnuts, but other nuts will work.

LISA'S NOTES: Whities are great on picnics.

DESSERTS

Apple Crisp

TEMP: 375

TIME: 35 minutes

6 cups apples, pared and sliced
3/4 cup brown sugar
1/2 cup biscuit mix (like Bisquick)
2/3 cup oats
1 t. cinnamon
1/3 cup margarine

Arrange slice apples in a greased 9 x 9 pan. Combine remaining ingredients, to make a crumbly mixture. Sprinkle over apples and bake. Serve warm or cool with ice-cream or whipped cream.

HINTS: If you use sweet apples like Golden Delicious, add 1 t. lemon juice. I prefer tart apples.

OPTIONS: Substitute rhubarb for apples.

LISA'S NOTES: Best to eat this right away. When you store it in the refrigerator the topping gets soft.

Caramel Sauce

1 cup sugar
1/4 cup water
1 T. margarine or butter
3/4 cup evaporated milk
1/2 t. vanilla extract
Dash of salt

Combine sugar and water in a heavy saucepan. Cook over medium-low heat until sugar dissolves (do not stir), about 10 minutes. Cover, increase heat to medium and boil 1 minute. Uncover and boil 10 more minutes or until amber or golden (no stirring). Remove from heat and let stand 1 minute. Add butter/margarine, stirring until melted. Gradually add milk, stirring. Place pan over medium heat and cook 3 minutes or until caramel melts and mixture is smooth, stirring. Remove from heat and add vanilla and salt. Cool to desired temperature for serving. Store leftovers in the refrigerator.

Chocolate Caramels

7 oz. unsweetened chocolate
2 1/2 cups sugar
1 cup honey
1/2 cup butter
1/2 cup milk
1 T. vanilla

Boil everything except vanilla until hard ball stage (260) on a candy thermometer, stirring constantly, especially at the end, over medium-high heat. Remove from heat and add vanilla. Pour in a greased pan and let cool. Twist balls of candy in squares of plastic wrap.

LISA'S NOTES: This is a time consuming recipe, but the caramels make a nice gift.

Chocolate Marshmallow Fudge

2 cups sugar
2/3 cup milk (evaporated or regular)
2 squares unsweetened chocolate (2 oz.)
2 T. light corn syrup
15 miniature marshmallows
2 T. butter
1 t. vanilla

Combine first 4 ingredients in a sauce pan and cook slowly, stirring often to prevent burning, until 236 is reached on a candy thermometer, or until a little tested in cold water will form a soft ball. Remove from heat, add butter and set aside to cool. When the chocolate has cooled to 110 (almost cold), add vanilla and marshmallows. Beat until a small amount dropped from a spoon will hold its shape. Pour into a slightly greased pan. When cold cut into squares.

Chocolate Pudding (Stove Top Method)

2/3 cup sugar
1/3 cup cocoa powder
1/4 cup cornstarch
1 T. flour
dash of salt
3 cups milk (I prefer 1% low-fat milk)
1 T. margarine
1 t. vanilla

Combine first 5 ingredients in a large saucepan; stir well. Gradually add milk, stirring with a whisk or beating with a hand beater until well blended. Bring to a boil over medium heat; cook (while stirring and boiling) 1 minute. Remove from heat and add margarine and vanilla. Spoon pudding equally into four bowls. Cover with plastic wrap if you don't want a pudding film on top (which I actually like). Cool, then chill in the refrigerator until desired temperature (about 3 hours until fully chilled and firm).

LISA'S NOTES: Once again, why buy mixes with all those strange additives?

Chocolate Pudding (Microwave)

1 cup sugar
2 T. cornstarch
2 cups milk
2 squares unsweetened chocolate
1 egg
2 T. butter or margarine
1 t. vanilla

In a 1 1/2 quart bowl or casserole dish, blend sugar and cornstarch. Add milk, mixing well. Add chocolate pieces. Microwave on high 5-15 minutes (depending on your microwave) stirring every 2 minutes, until mixture is glossy and thickened. In a small bowl beat egg. Add a small amount (3 T.) of hot pudding and quickly mix thoroughly. Add egg mixture into the pudding bowl. Microwave at 70% power for another 2-6 minutes until smooth and thickened. Stir in butter and vanilla. Pour into individual bowls. Serve warm or cool. Refrigerate leftovers.

HINTS: The egg bit is tricky, if you don't do it right you get chunky bits of egg in your pudding.

Chocolate Sauce (Quick and Easy)

3 T. butter
1 cup milk
1 cup cocoa powder
1 cup powdered sugar, sifted
1 T. vanilla

Heat everything except vanilla in a saucepan until dissolved and melted. Bring to a boil, stirring constantly. Once a full boil is reached, boil one full minute. Remove from heat

and stir in vanilla. Cool to desired consistency. Store leftovers in the refrigerator and reheat for use. Great on ice-cream.

Fudge Sauce

1 square unsweetened chocolate
1/8 t. salt
1/3 cup sugar
1 cup milk
1/2 t. vanilla
1/2 T. butter

Mix first four ingredients together in a sauce pan over medium heat. Stir until reaches softball on a candy thermometer or forms a soft ball when dripped into a glass of cold water. Remove from heat and let stand 5 minutes. Add vanilla and butter. Stir and serve.

HINTS: Store in the refrigerator and heat in the microwave or on the stove to serve.

OPTIONS: Serve over ice-cream or other dessert. Also works as fondue for fresh fruit.

Lemon Chocolate Mousse

8 oz. semisweet chocolate, chopped (chips okay)
8 T. butter
3 eggs
1 lemon
1/4 cup sugar

Melt the butter over low heat, remove from heat and stir in the chocolate until smooth. Separate the eggs. Grate peel from lemon in to the yolks and beat until smooth. Slowly beat in chocolate. Beat whites on low speed until they hold soft peaks. Gradually beat in sugar on medium until peaks are stiff and glossy. Fold 1/3 of the whites into chocolate mixture. Fold this mixture into the remaining whites. Spoon into individual serving dishes. Refrigerate until firm, about 1 hour, or overnight. (Makes 6 to 8 servings.)

Lemon Daiquiri Sorbet

3 lemons, chilled • • •
1 cup sugar
1/4 cup corn syrup
2 1/2 cups very cold water

2 T. rum

Grate the peel from one lemon and set it aside. Juice the lemons and save the pulp, but not the pits. Stir the sugar, rum, corn syrup and water together in a bowl until the sugar dissolves. Stir in the lemon juice and peel. Transfer the mixture to an ice-cream maker and freeze following the manufacturer's instructions.

HINTS: Adding more rum makes it more slushy.

OPTIONS: The mixture can be made ahead without the rum and chilled until ready to freeze (then add rum).

Microwave Fudge

2 cups sugar
1/4 t. salt
3/4 cup milk
2 squares unsweetened chocolate
1/4 cup butter
1 1/2 t. butter
1/2 cup chopped nuts (optional)

In a 3-quart microwaveable casserole, combine sugar, salt, chocolate and butter. Cover with lid or waxed paper. Microwave on high 6 minutes, until bubbling and melted. Mix until smooth. Microwave uncovered at medium high (70 percent) 10 to 14 minutes, stirring well every 5 minutes. After 10 minutes, test mixture by dropping a teaspoon of mixture by dropping into a cup of cold water. It should form a soft ball or register about 238 degrees on a microwave candy thermometer. Let fudge stand until lukewarm. Add vanilla and beat until thick and loses its gloss. Stir in nuts if you want them and pour into a buttered 8x4 loaf pan. Cool and cut.

Mint Condition Mousse

20 chocolate covered mints
6 oz. chocolate chips
1/3 cup sugar
3 eggs
1 cup milk
1/2 pint whipping cream

Place mints, chips, sugar and eggs in blender, scald milk and add to blender. Whirl until smooth. Scrape sides, then whirl some more. Pour into a bowl and chill 30 minutes or until mixture begins to set. Whip cream and fold into chocolate mixture. Spoon into

individual serving dishes and chill until set. Garnish with additional whipped cream and broken mints if desired.

HINTS: You can microwave the milk to scald it. Make sure it gets almost to the boiling point.

LISA'S NOTES: Don't let anyone know how easy this was to make, it tastes like you slaved!

Peanut Brittle (Microwave)

TIME: 8 to 9 minutes

1 cup peanuts (or any type of nuts)
1 cup sugar
1/2 cup light corn syrup
1 t. each: butter, vanilla, and baking soda

Stir together peanuts, sugar and syrup. Put in microwave on high for 4 minutes. Remove and stir; heat on high for 3 1/2 more minutes. Stir again and add butter and vanilla. Heat in microwave for 1 minute. Stir and add baking soda. Mixture will become light yellow and bubbly. Pour onto greased cookie sheet. Let stand for 60 minutes, then break up and eat.

HINTS: Try to use unsalted nuts, but if you don't have them salted ones will work.

LISA'S NOTES: This is a great way to use up left over cocktail nuts. That is how I discovered this recipe.

Puppy Chow for People

6-8 cups Crispex or Rice Chex cereal
1 cup chocolate chips
1/4 cup margarine
1/2 cup peanut butter
1/2 t. vanilla
1 cup powdered sugar

Melt the chips, margarine, and peanut butter together (microwave works well). Add vanilla and mix well. Pour this mixture over cereal in a large bowl and stir until each piece is coated. Put the powdered sugar in a large plastic bag and add the coated cereal and shake up. Pour into a dish and serve. Store leftovers air tight.

Strawberry Pizza

TEMP: 325

TIME: 15 minutes

1 cup mashed strawberries (1 basket, with a few saved for decorating) B
4 T. sugar
1 T. cornstarch
1 cup flour
1/4 cup powdered sugar
1/2 cup butter
8 oz. cream cheese
1/2 t. vanilla
1/2 cup sugar
1/4 t. lemon juice

Cook first three ingredients until thick and glossy. Cool. With the next three ingredients make pastry. Press on ungreased 12-inch pizza pan and bake for 15 minutes (light brown). Cool. With the final ingredients make filling. Spread over crust. Add strawberry mixture over filling and refrigerate several hours. Decorate with sliced strawberries just before serving.

HINTS: A round pizza cutter works well with this "pizza".

OPTIONS: I'm sure other fruit would look great as a topping, like banana or kiwi.

LISA'S NOTES: This makes a beautiful cheesecake-like dessert, but it is much less filling than ordinary cheesecake.

Sue's Easy Crumble

TEMP: 350

TIME: 45 minutes

1/2 cup butter
2/3 cup flour
1/2 cup sugar
1/4 t. salt
1 pkg. or 4 cups fresh berries (black, boysen, blue, or raspberries)

Cut first four ingredients until it is well mixed (pastry cutter works well). Drain berries and put in a casserole dish. Sprinkle butter-flour mixture on top. Bake.

HINTS: Serve while hot with ice-cream or lemon sorbet.

OPTIONS: Try with sliced apples or peaches or a mixture of any fruits.

LISA'S NOTES: This has always been a hit and it is so easy! It is a good reason to keep berries on hand in the freezer.

DESSERTS/CAKE

Black Bottom Cupcakes

TEMP: 350
TIME: 25 minutes

6 oz. cream cheese
2 eggs
2/3 cup sugar
1 12 oz. package chocolate chips

3 cups flour
1/2 cup cocoa powder
2 t. baking soda
1 t. salt
2 cups sugar
2 cups water
2/3 cups vegetable oil
2 t. each: vinegar (plain) and vanilla

Combine first 3 ingredients until smooth then add chocolate chips and set aside. Combine the dry ingredients together, including sugar, then add the rest of the ingredients, beating them well together. Fill 36 large, lined cupcake cups with the chocolate batter, filling each one slightly more than half full. Spoon one large spoonful of the cream cheese mixture on top of each cupcake. Bake. Cool and serve.

Chocolate Applesauce Cake

TEMP: 350
TIME: 30 minutes

1 1/4 cup flour
1/4 cup cocoa powder
1/2 t. each: salt, baking soda, and cinnamon
1/4 t. nutmeg
1/4 cup chopped walnuts
1/4 cup raisins
6 T. butter
3/4 cup sugar
1 egg
1/2 t. vanilla
1 cup applesauce
1/4 cup milk

Combine dry ingredients. Toss walnuts and raisins with 1 T. of the mixture. Beat together butter and sugar until creamy. Add egg and vanilla. Beat in flour mixture in

thirds, alternating with applesauce, adding milk at the end. Stir in nuts and raisins. Pour batter in a greased 9x9 pan. Bake until a toothpick stuck in the middle comes out clean. Cool. Sprinkle with powdered sugar before serving if you like.

Cornmeal Bundt Cake

TEMP: 325
TIME: 1 hr. 20 minutes

2 1/4 cups cake flour
3/4 cup cornmeal
2 t. baking powder
1 1/2 t. salt
1 1/2 cups butter (12 oz.)
2 cups sugar
6 eggs
2 1/4 t. vanilla
3/4 cup milk

Combine first 4 ingredients, set aside. Beat butter and sugar together until fluffy. Beat in eggs one at a time, beating well after each addition. Add vanilla. Mix in half the dry ingredients then add the milk. Add the rest of the dry ingredients mixing just until batter is smooth. Pour into a greased and floured bundt pan (tube pan okay). Bake until a toothpick stuck into the center comes out clean. Let cool in the pan 10 minutes. Invert onto a rack and cool completely. Serve.

OPTIONS: Serve with sliced strawberries. B

Hot Fudge Pudding Cake

TEMP: 350
TIME: 40 min.

1 1/4 c. sugar, divided
1 cup flour
7 T. cocoa powder, divided
2 t. baking powder
1/2 cup milk
1/3 cup butter or margarine, melted
1 1/2 t. vanilla
1/2 cup brown sugar
1 1/4 cup hot water

Mix 3/4 c. of sugar, 3 T. of cocoa, all the flour and B.P. with the milk, melted butter and vanilla until well blended. Pour into a square baking pan (8x8 or 9x9). Combine remaining 4 T. of cocoa, 1/2 c. sugar and the brown sugar in a separate bowl. Sprinkle

this mixture evenly over batter. Pour hot water over the top. Do not mix. Bake. Let stand for 15 minutes to set. Serve warm.

HINTS: Bake until set in the middle. To reheat, microwave pieces for less than minute.

OPTIONS: Ice-cream !

LISA'S NOTES: This is sinfully good!

Kona Banana Cake

TEMP: 350

TIME: 30 to 40 minutes

1 cup butter or margarine
2 cups sugar
4 eggs
1 1/2 cup mashed ripe (black) bananas
2 1/2 cups flour
1 1/2 t. baking soda
1 t. salt (optional or use less)

Cream butter and sugar until light. Add eggs and beat well. Stir in bananas. Mix together dry ingredients and slowly mix into banana mixture. Pour into a greased 9x13 cake pan.

HINTS: Keep an eye on this cake, use the wiggle method to check for doneness (it should barely wiggle).

OPTIONS: Sift powdered sugar on top.

LISA'S NOTES: This is a moist cake as opposed to a dryer banana bread. It has always been a favorite.

Lazy Daisy Cake

TEMP: 350

TIME: 20 minutes

1 cup sugar
2 eggs
1 cup flour
1 t. baking powder
1/2 cup hot milk with
 1 T. butter melted in it
1 t. vanilla

Topping: 5 T. brown sugar, 3 T. butter, 2 T. milk, 1 sm. package of coconut (6 oz.) 1 and 1/2 cup chopped nuts (pecans or walnuts are good)

Beat sugar and eggs together with a spoon. Add the rest of the ingredients gradually. Pour into a greased 9x9 baking pan. Bake cake and cool. Make topping by melting together the first 3 ingredients then adding coconut and nuts. Spread over cooled cake and put the cake under the broiler to brown. Watch carefully so it doesn't burn. Serve.

Marbled Pound Cake

TEMP: 325
TIME: 70 to 90 minutes

1 1/4 cup soft butter
2 1/2 cup sugar
5 eggs
2 1/2 cup flour
1 1/4 t. baking powder
1/2 t. salt
1 cup less 2 T. milk
2 t. vanilla
1/4 cup cocoa powder

Cream butter and sugar, beat in eggs. Alternate the dry ingredients (except cocoa) with the milk and vanilla until blended. Place 2 cups of the batter in another bowl and add cocoa to it (sift your cocoa if it is lumpy). Pour 1/2 of the white batter into a well greased and floured bundt or tube pan. Then use the chocolate batter and top with remaining white batter. Bake. Cool 10 minutes and remove from pan. Sprinkle with sifted powdered sugar.

HINTS: Test for doneness with toothpick, it is done when it comes out clean.

OPTIONS: To get wild patterns alternate batters at random.

LISA'S NOTES: Slice thin pieces of cake, since this cake is rich. 5

Oatmeal Pound Cake (Lemon Flavored)

TEMP: 350
TIME: 1 hr. 10 minutes

1 cup oats, processed or blended about 1 minute
1 3/4 cups flour
1 t. baking powder
1/2 salt (optional)
1 1/4 cup sugar
1 cup margarine or butter

3 eggs
2 T. grated lemon peel
3/4 cup milk

Combine blended oats with flour, baking powder, and salt. Beat sugar and butter/margarine until fluffy. Mix in eggs and lemon peel. Add dry ingredients alternately with milk, mixing until blended. Pour into a greased 9x5 loaf pan and bake until a toothpick comes out clean from the center. Cool 10 minutes in the pan then remove to a wire rack to cool completely. Sprinkle with powdered sugar (optional)

OPTIONS: Serve with fresh berries or warmed frozen berries.

Spice Cupcakes (Lowfat)

TEMP: 375

TIME: 15 to 20 minutes

1/4 cup margarine
2/3 cup sugar
1 1/4 t. vanilla
1/2 cup skim milk
1 cup flour
1 1/4 t. baking powder
1/2 t. both: nutmeg and cinnamon
2 egg whites beaten stiff
Powdered sugar

Beat margarine, sugar and vanilla together until soft. Add dry ingredients and milk alternately beating on low after each addition. Fold beaten egg whites into mixture. Fill lined or greased muffin cups 3/4 full. Bake. Use toothpick to check for doneness. Cool. Sift powdered sugar over cupcakes.

HINTS: If you don't have nonfat milk, any other type will work fine.

OPTIONS: Raisins.

LISA'S NOTES: These taste very sweet considering they only have about 150 calories each.

DESSERTS/PIE

Deep Dish Strawberry Rhubarb Pie

TEMP: 350

TIME: 50 to 60 minutes

2 cup fresh strawberries, sliced B
3 cup fresh rhubarb, cut up
1 cup sugar
6 T. flour
1/2 t. cinnamon
2 T. butter or margarine
Top Crust:
1 cup flour
1/2 t. salt
1/4 cup margarine
3 T. shortening (like Crisco)
2 to 3 T. ice water
1 T. each milk and sugar

Place strawberries and rhubarb in a 9-inch round baking dish or casserole 2 to 3 inches deep. Combine sugar, flour, and cinnamon and scatter over fruit; dot with butter. Make crust by cutting margarine and Crisco into flour and salt. Sprinkle with ice water and mix. Then shape into a ball and roll into a circle big enough to cover top of baking dish. Place dough over fruit and up against inside of dish. Moisten crust with milk and sprinkle with sugar. Cut slits or design in crust to let steam escape. Bake. Serve warm.

HINTS: Can be kind of runny, you might want to serve in bowls.

OPTIONS: Serve with ice-cream. !

LISA'S NOTES: You can bake this in your oven right along with your dinner. It is just the right temperature after you eat your meal.

Lemon and Ice-Cream Meringue Layer Pie

1 baked 9-inch pie shell
9 T. butter
Grated peel of 1 1/2 lemons
1/2 cup lemon juice (fresh best)
1/8 t. salt
1 1/2 cup sugar
3 eggs
3 egg yolks

1 qt. vanilla ice-cream
 3 egg whites
 6 T. sugar

Lemon butter sauce: Melt butter in top of double boiler (if you have one); add lemon peel and juice, salt, 1 cup sugar. Mix egg yolks with eggs and add to lemon mixture. Cook over boiling water, stirring constantly with a whisk or fork, until thick and smooth. Cool. Spread half of the ice-cream in pastry shell; freeze. Spread half the cooled lemon sauce over it; freeze. Cover with rest of ice-cream; freeze. Top with remaining lemon sauce; freeze. Beat egg whites until stiff, slowly add in sugar; spread meringue on pie. Lightly brown in a very hot oven (475). Serve immediately or freeze.

HINTS: This pie takes a long time to make because of all the freezing between layers. Be prepared.

LISA'S NOTES: This pie stores well in the freezer. The meringue texture improves after freezing.

Paper Bag Apple Pie

TEMP: 425

TIME: 50 to 60 minutes

1 nine-inch pie crust (recipe on Crisco can works well)
 7 to 9 medium Golden Delicious apples, pared, cored, and sliced
 1 T. cinnamon
 1/2 cup sugar
 Topping:
 1/2 cup margarine (one cube)
 1/2 cup sugar
 1/2 cup flour

Mix apples with cinnamon and sugar. Make topping by crumbling the ingredients together with a fork. Put apples into pie shell and sprinkle with topping. Place the pie in a brown paper bag (logo on the bottom). Fold the bag closed and secure with staples or paper clips. Bake, let sit for 1/2 hr or so, and eat.

HINTS: The pie is baked in a bag so the topping is cooked, but not made crispy.

OPTIONS: Other baking apples work, but not as well as Golden Delicious.

LISA'S NOTES: This pie has won a company bake-off.

Pecan Pie

TEMP: 350

TIME: 45 to 50 minutes

1 cup white corn syrup
1 cup brown sugar
1/2 t. salt (optional)
1/2 cup melted butter
1 t. vanilla
3 eggs, slightly beaten
1 heaping cup pecans

Combine first five ingredients and mix well. Add eggs. Pour mixture into a 9 inch unbaked pie shell. Sprinkle pecan over the top. Bake. Jiggle to test for doneness (it should be somewhat gelled and not watery). Cool.

LISA'S HINTS: Better to go under done than over done. Over done turns into cement!

Rhubarb Cheesecake Pie

TEMP: 350

TIME: 25 minutes total

1 cup plus 3 T. sugar
3 T. cornstarch
4 cups 1-inch pieces rhubarb
1 T. water
6 oz. cream cheese
2 eggs
1/2 t. vanilla
1 cup sour cream

Graham cracker crust: 18 graham cracker squares, made into crumbs (about 1 cup) mixed with 3 T. melted butter or margarine and pressed into a 9-inch pie plate. Bake at 350 for 8 to 10 minutes (until edges are lightly browned).

In a large sauce pan, mix 3/4 cup sugar and cornstarch; add rhubarb and water. Stir often over medium heat until mixture comes to a full boil. Pour rhubarb mixture into the baked graham cracker crust. Blend until smooth: cream cheese, eggs, vanilla, and 6 T. sugar; pour over rhubarb. Bake until filling appears set in center when pan is gently shaken, about 20 minutes. Mix sour cream with remaining 1 T. sugar, spread evenly over filling. Bake until topping is set when gently shaken, about 5 minutes. Let cool then cover and chill at least 2 hours or until next day. Cut and serve.

PASTA/RICE SIDE DISHES

Baked Lemon Rice

TEMP: 350

TIME: 45 to 60 minutes

2 cups chicken broth (bouillon okay)
1 cup rice
2 t. grated lemon peel
2 T. lemon juice
1/4 cup green onions, chopped
1 T. butter or margarine

Stir all together in a large baking dish, with a cover. Cover and bake until rice is tender. Brown rice will take longer.

HINTS: Do taste test rice to make sure it is done, add more liquid if needed.

Brown Rice à l'Orange

1 cup brown rice
1 cup orange juice
1/3 cup dry white wine
2/3 cup water
2 strips pared orange peel (orange part only) about 2 inches long
1/2 t. dried sage or marjoram (sprigs of fresh herb can be used in place of dried herb)
2 T. butter or margarine

In a large sauce pan combine all ingredients except butter/margarine. Bring to a boil over high heat; cover, reduce heat to low, and cook until rice is tender (add more water if needed to prevent sticking), 55 to 60 minutes. Remove from heat and let stand uncovered for 5 minutes. Discard orange peel and add butter/margarine. Serve.

Green Rice (Microwave)

TIME: approx. 25 min.

1 10 oz. pkg. chopped spinach, frozen
1/2 cup long grain rice, or brown rice
1 cup hot tap water
1/2 t. salt
1/4 cup butter or margarine
1/4 cup minced onion (fresh or dried)
1 cup milk

1 egg beaten
1/8 t. pepper
1 cup shredded cheddar cheese, divided in half

Place spinach in a 2-qt. casserole. Cover and cook on high for 4 to 5 minutes, until partially cooked and thawed. Drain thoroughly and set aside. In same casserole, (now empty) place rice, water, salt, and butter. Cover and cook on high for 3 minutes. Stir and cook for 8 to 10 minutes at 70% power (12-15 min. for brown rice). Stir halfway through cooking time. Add spinach, onion, milk, egg, pepper and half of the cheese to rice, mix well. Cover and cook on high for 5 to 7 minutes turning dish 1/4 turn every 2 minutes. Sprinkle remaining cheese on top, cover and let stand for 5 minutes.

HINTS: The rice should be almost fully cooked when you add the other ingredients. Microwave cooking times vary.

OPTIONS: Add chopped tomato.

Lemon Asparagus Pilaf

1 onion, chopped
1 lb. asparagus, trimmed and cut into approx. 1 inch pieces
1 T. butter or margarine
1 T. olive oil
3/4 t. thyme
pepper
1 cup rice
1 cup chicken stock or broth
1 1/3 cups water
1 lemon, making 1 T. juice and about 1 T. grated peel

Melt butter with oil in a large frying pan (with lid) over medium heat. Add the onion and cook about 5 minutes or until soft. Stir in the asparagus, thyme, 1/4 t. pepper and cook about 1 minute. Stir in the rice and cook, stirring another minute. Add the stock and water, cover and bring to a simmer. Reduce heat and cook until rice is done and asparagus is tender, about 25 to 30 minutes. Add lemon peel and juice just before serving.

MAIN DISHES/FISH

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Halibut Piccata

1 large clove garlic, minced or pressed
2 1/2 T. olive oil
1/2 cup dry white wine
3 T. lemon juice
2 T. drained capers
1 1/2 lbs. halibut fillets, 3/4 to 1 inch thick
pepper
1/2 cup finely grated parmesan cheese

In a medium frying pan over medium heat, stir garlic in 1/2 T. oil for about 2 minutes. Add wine, lemon juice, and capers. Boil uncovered until reduced to 1/2 cup, 3 to 4 minutes. Keep sauce warm. Rinse fish, pat dry and cut into 4 to 6 equal pieces. Rub fish with remaining oil, sprinkle with pepper, and arrange in a single layer in a broiler pan (without rack). Broil about 3 inches from heat for 3 minutes. Turn fish over, sprinkle with cheese, and broil until opaque, but still moist-looking in the center of the thickest part (about 3 minutes longer). Serve with sauce.

Mustard-Dill Basted Salmon

1 1/3 pounds salmon, steaks or fillets
1 t. minced garlic
1 T. olive oil
1 1/2 t. Dijon mustard
1/8 t. dried dill
1/4 cup lemon juice

Rinse salmon with cold water and pat dry with paper towels. Set aside. In a small saucepan, over low heat, sauté garlic in oil briefly to release flavor. Stir in mustard, dill and lemon juice; remove from heat. Grill salmon over charcoal or broil 4 to 5 inches from source of heat, allowing 10 minutes per inch of fish at thickest point. Baste frequently with sauce and turn halfway through cooking time.

HINTS: You can vary the amount of salmon.

OPTIONS: This goes well with wild rice.

LISA'S NOTES: This is a great way to cook salmon because it doesn't take away from the salmon flavor.

Poached Salmon

1 to 4 lbs. salmon steaks (or other firm fish)
3 to 4 cups water (enough to just cover steaks)
1/2 onion, chopped
3 T. lemon juice
1 bay leaf
1/2 cup white wine
pepper

Combine all ingredients except salmon in a large skillet. Simmer for 20 minutes to blend flavors. Add salmon, cover and simmer over low heat. Allow 10 minutes per inch of salmon at its thickest part. When done, it will flake easily. Drain and serve.

HINTS: Salmon cooked this way works well for salads, spreads, etc.

OPTIONS: Serve with lemon or hollandaise sauce.

LISA'S NOTES: I normally like my fish barbecued, but when no one feels like getting all smoky, this works well.

MAIN DISHES/GROUND MEAT

Casserole with Cornbread Built In

TEMP: 400

TIME: 25 minutes

1 lb. ground meat (sausage works well, too)
1 large onion, chopped
1 8 oz. can tomato sauce
1 16 oz. can tomatoes
2 T. chopped parsley, dried or fresh
1/2 t. oregano
1/8 t. garlic powder or 1 sm. clove garlic, pressed
dash of pepper
3/4 cup each: flour, cornmeal, milk, and grated
Parmesan cheese
1 egg
1 T. each: baking powder and sugar
1/2 t. salt
3 T. vegetable oil
1 cup grated cheese (cheddar or jack)

In a saucepan, cook ground meat and onion. Drain off fat. Stir in undrained tomatoes, tomato sauce, parsley, garlic, oregano, and pepper. Bring to a boil and then simmer, covered, for 5 minutes. Stir together the rest of the ingredients, except the grated cheddar or jack cheese. Pour this batter in an ungreased 13x9 baking dish. Spoon the ground meat, tomato mixture on top. Bake. Remove casserole 5 minutes before done and sprinkle with grated cheese and extra parsley. Return to oven until done.

HINTS: Be sure to drain meat well.

OPTIONS: You can add sliced mushrooms and/or zucchini to the meat mixture.

LISA'S NOTES: The cornbread bakes right with the meat and stays separated. I like 2 in 1 dishes.

Green Pepper Casserole

TEMP: 375

TIME: 40 to 60 minutes

2 T. margarine
1 cup rice
3 chicken bouillon cubes dissolved in:
2 cups boiling water

2-3 green peppers, seeded and sliced
1 to 1 1/2 lbs. ground meat
1 onion, chopped
2 to 3 stalks celery, sliced
1 clove garlic, sliced
1 t. oregano
1/4 t. each: pepper and salt
2 cans (8 oz.) tomato sauce
1/2 cup shredded cheese (cheddar, jack and/or Parmesan)

Lightly toast rice in margarine in frying pan, spoon into a 9 x 13, greased, baking pan. Pour bouillon over rice. Arrange green pepper slices on the rice. Cover with foil and bake for 20 minutes (40 if using brown rice). Sauté meat in frying pan until cooked. Drain and add the onion, garlic and celery. Cook until tender. Add spices and tomato sauce. Pour meat sauce over baked rice. Cover and bake for 15 minutes. Remove cover and sprinkle with cheese. Bake uncovered 5 to 10 minutes. Serve.

HINTS: Vary cooking time for rice, you want the water to be almost completely absorbed.

OPTIONS: More and different vegetables.

Individual Meat Loaves (Microwave)

TIME: 12 to 14 minutes

1 1/2 lbs ground meat
1 cup soft bread crumbs
3/4 cup milk
1/4 cup chopped onion (1 sm onion)
1 egg
1 T. Worcestershire sauce
1/2 t. Each: salt and dry mustard
1/4 t. Each: pepper and gr. sage (optional)
Barbecue sauce

Mix all ingredients except barbecue sauce. Make 5-6 individual oblong patties. Arrange on a microwaveable rack or in a glass baking dish. Spread barbecue sauce over each loaf. Cover waxed paper and microwave 5 minutes, rotate dish and continue microwaving until done (7-9 minutes). Top with additional barbecue sauce if desired and serve.

HINTS: You can bake this in a single loaf pan like regular meat loaf, but cook 15 to 20 minutes.

Joe's Special

1 10 oz. package frozen chopped spinach, thawed
1 T. Each: butter and oil
1 lb. ground meat (turkey or beef)
1 onion, chopped
4 eggs
1/2 t. Each: basil and salt
1/4 t. Each: marjoram, oregano, and pepper

Squeeze excess water out of spinach. Cook meat in oil until crumbly. Drain off any extra fat. Add chopped onion and cook until soft (5 min.). Add seasoning and spinach and cook until water evaporates from spinach. Beat together eggs and pour over meat mixture. Cook until eggs are set, stirring frequently. Serve immediately.

HINTS: Serve with toasted French bread.

LISA'S NOTES: If you haven't ever tried this, you should. It is very tasty.

Mad Hatter Meatballs

TIME: 1 hour

1 T. butter or margarine
1 each: green pepper and onion, chopped
1 can each: chicken with rice and tomato soup
1 cup water
1 egg
1 lb. ground meat (turkey or beef)
1/2 cup bread crumbs or soft bread torn in shreds
1/4 cup evaporated milk, (regular milk works fine)
1 t. salt (optional)

In a large skillet sauté onion and pepper in butter until tender. Stir in the soups and water and heat until boiling. Reduce heat and simmer. While simmering make meatballs from the rest of the ingredients and drop into sauce. Cook, uncovered, for 1 hour on low heat, stirring occasionally. Serve.

HINTS: I usually serve this on rice.

OPTIONS: Chicken broth can be substituted for chicken with rice soup.

LISA'S NOTES: This comes from the Betty Crocker Boys and Girls Cookbook. I've made it since I was little. I still like it.

Meat Whirl

TEMP: 350

TIME: 50 to 60 minutes

1 1/2 lb. ground meat (turkey, beef, veal, or combination thereof)
1 T. instant onion, or 1/4 cup minced onion
1/2 t. pepper
1/2 cup soft bread crumbs
1 egg
1 T. Dijon mustard
6 to 8 oz. mozzarella cheese, sliced thinly
1/2 cup chopped parsley (fresh best, though dried works)
1/2 cup catsup
1/4 cup water
1 t. Worcestershire sauce

Combine the first 6 ingredients and mix thoroughly. Shape into a 12x9 inch rectangle on a sheet of waxed paper. Lay cheese slices over meat and sprinkle with parsley. Roll up from the short end, lifting paper to help roll. Press ends to seal. Transfer to a baking sheet with sides or a large baking pan. Combine remaining ingredients and spoon over meat roll. Bake and serve.

Mother's Spaghetti

3 slices bacon chopped
1/2 onion chopped
1 lb. ground meat (i.e. turkey or beef)
1 can tomato sauce
1 can tomato soup
spices (i.e. oregano, pepper, Mrs. Dash)
7 oz. pkg. spaghetti, broken in half and cooked.

In a large frying pan cook bacon cubes and add onion and ground meat. Brown thoroughly and drain if necessary. Add cooked spaghetti, canned sauces, and spices. Reheat and eat.

HINTS: You can make this more flavorful by adding as many spices as you want.

OPTIONS: Add mushrooms, green pepper, and sliced tomato, etc. if you get ambitious.

LISA'S NOTES: This is a rather bland type of spaghetti but you can add things to taste. I like it plain too.

Spinach Meat Loaf

TEMP: 350

TIME: 1 hour

1 1/2 lbs ground meat (turkey or beef)
1 (10 oz) pkg. chopped spinach, thawed and drained
1 egg
1/3 cup milk
1 cup bread crumbs
1 T. soy sauce and Worcestershire sauce
1/4 t. Tabasco sauce

Mix all ingredients and pack into a loaf pan. Top with catsup (optional). Bake.

HINTS: Ground turkey works best because it doesn't produce as much grease as ground beef.

OPTIONS: Serve with catsup. Leftovers make good sandwiches.

LISA'S NOTES: People who claim they don't like meat loaf or spinach have been known to change their minds when they taste this.

Tacos

1 small onion or 4 green onions, chopped
1 large tomato, chopped
1 1/2 cup grated cheese (jack or cheddar or both)
approx. 2 cups shredded lettuce
salsa
8 to 10 taco shells or flour tortillas, warmed
1 lb. ground meat, beef or turkey
1 clove garlic, minced
3 T. chili powder
1 t. each: oregano and ground cumin

Brown the meat, breaking it up in a frying pan. Add the garlic and spices. Cook about 5 more minutes. Make up tacos by layering meat, cheese, lettuce, onions, and tomatoes. Additional heating in the oven or microwave helps to melt the cheese. Serve with salsa, sour cream, guacamole or whatever you like.

HINTS: If the meat seems too dry, add some tomato sauce.

MAIN DISHES/MEAT

Beef and Beer 1

TIME: 1 to 1 1/2 hours

2 onions
5 T. butter or margarine
2 lbs. stew meat, cut into chunks
flour
salt and pepper
3 cloves of garlic, chopped
1 can of beer

In a crock pot or in a large stewing or soup pan melt the butter. Roll the meat in flour and brown in the butter. Add the onions and cook until soft. Season with salt and pepper. Add garlic and beer. Simmer covered for 1 to 1 1/2 hours, until meat is tender. Can add quartered potatoes and carrots 1/2 hour before serving.

HINTS: To reduce sauce, remove lid towards the end of cooking time.

OPTIONS: A bay leaf or other spices can be added.

LISA'S NOTES: This is a good "no-fuss" stew.

Beef and Beer 2

TIME: 2 hours

1 T. flour X
1 lb. cubed stew meat
1 T. each: butter and vegetable oil
2 medium onions, sliced
2 cloves of garlic, minced
1/4 cup beef broth mixed with 1/4 cup water, or 1/2
beef bouillon cube dissolved in 1/2 cup hot water
2 T. each: chopped parsley and red wine vinegar
1 t. each: brown sugar and salt
1 bay leaf
1/4 t. each: pepper and dried thyme leaves
1 cup of beer
2 potatoes, quartered
3 carrots, peeled and sliced thick

Roll meat in flour. Heat butter and oil in crock pot or large skillet, add meat and brown on all sides. Remove meat from pan. Add onion and garlic to pan and cook until lightly browned. Add beef broth and all the ingredients, except potatoes and carrots, including

meat. Stir to blend. Cover and simmer on low for 1 1/4 hours. Add potatoes and carrots and cover and simmer for 45 more minutes. Serve in bowls.

HINTS: Sometimes I use a whole can of beer.

Golden Barbecue Pot Roast

TEMP: 350

TIME: 2 1/2 to 3 hours

1 onion chopped
 1 boneless beef chuck roast (3 to 4 lbs.)
 1 clove garlic, crushed
 1/2 cup beef broth (bouillon okay)
 1 8 oz. can tomato sauce
 1/2 t. paprika
 1/2 t. dry mustard
 1/4 cup each: lemon juice, catsup, cider vinegar
 1 T. Worcestershire sauce
 Chopped parsley (fresh best, but not mandatory)

Place the onion over the bottom of a large covered casserole dish or a Dutch oven. Rub the roast with the crushed garlic. Place the roast on the onions. Cover and bake 1 hour, adding broth a bit at a time if the juices dry up. Combine the rest of the ingredients (except parsley) and pour over the roast. Continue baking, covered, basting every 20 minutes or so with the sauce for 1 1/2 to 2 hours more. Carve roast and serve with sauce and sprinkle with parsley. Pass remaining sauce on the side.

Lamb Stew

TEMP: 350

TIME: 2 1/2 to 3 hrs.

2 lbs. lamb stew meat (shoulder cut in large cubes) É
 4 T. flour
 4 potatoes, peeled and cut into large pieces
 6 carrots, peeled and cut into large pieces
 3 celery stalks, cut in large pieces
 3 onions, quartered
 3 cloves garlic, minced or pressed
 4 oz. mushrooms, quartered
 1 cup water
 1/4 cup both: red wine and soy sauce
 2 T. minced parsley
 1 T. dillweed (dry)
 Pepper (to taste)

Layer half the meat in a casserole; sprinkle with 1 T. flour. Top with half the vegetables (including garlic); sprinkle with 1 T. flour; repeat layers. Add remaining ingredients. Bake. Add more water if necessary. Stir occasionally. Serve.

HINTS: This can be made in a crock pot.

OPTIONS: Other vegetables.

LISA'S NOTES: My sister-in-law, Lesley, made this savory stew for me. Now I make it at home. It's great on a blustery day.

Mustard Baked Pork Chops

TEMP: 350

TIME: 30 to 35 minutes

1/2 cup bread crumbs
2 T. butter or margarine
4 one-inch thick pork chops
2 T. Dijon mustard

Melt the butter/margarine and combine with the bread crumbs. Coat both sides of the pork chops with the mustard and put in a baking pan. Distribute crumbs evenly over the chops and pat lightly so they cling. Bake. Bake longer for thicker chops.

LISA'S NOTES: This has got to be one of the easiest, best tasting meals I've found.

Oriental Flavor Pork Chops

TEMP: Broil

TIME: 10 to 20 minutes

2 to 6 pork chops
1/4 cup soy sauce
2 T. sherry
1/2 T. each: brown sugar and oil
1 clove garlic, minced or pressed
1 t. ground ginger
1/2 t. Chinese five-spice powder
1/4 t. hot pepper sauce (Tabasco is fine)

Mix everything except the pork chops in a medium sized bowl. Dunk and coat the pork chops in the sauce. Marinate the chops in the bowl for up to 4 hours in the refrigerator. Turn the chops occasionally so all sides get marinated. Broil pork chops 5 to 10 minutes on each side. Brush with sauce during broiling.

HINTS: Cooking time depends on thickness of chops. Check for doneness frequently, so they don't dry out.

OPTIONS: You can get away without the five-spice powder, but it is a flavorful spice to have around.

LISA'S NOTES: I like to serve rice and other oriental side dishes with these pork chops.

Pork Chop Casserole

TEMP: 350

TIME: 45 min. to 1 hr.

2 to 6 pork chops
1 c. rice (brown or white)
1 c. water (1 1/2 c. if using brown rice)
1 c. white wine (1 1/2 c. if using brown rice)
1 package onion soup mix

Brown pork chops in a little oil. In casserole dish spread rice out evenly. Sprinkle onion soup mix over rice. Arrange pork chops on top. Add water and wine. Cover and bake until liquid is absorbed.

HINTS: Brown rice takes longer to cook. Test rice for doneness, add more water if necessary.

OPTIONS: Sautéed green pepper is a nice addition.

LISA'S NOTES: I like this because it is two things in one: rice & meat. All you need to serve with it is a vegetable dish, like salad.

Pot Roast with Garlic

TIME: 2 1/2 hours

3 to 4 lb. beef roast (like chuck) Ñ
7 cloves of garlic
1 T. oil
1 onion
1 cup red wine
1 cup beef stock (bouillon)
Pepper

Cut 4 of the garlic cloves into thin slivers. Cut small slits in the roast and slide a garlic sliver in. Heat the oil in a large pot with cover (crock pot works well), brown beef on all sides. Remove beef. Add remaining garlic cloves and onion and cook 10 minutes (until

browned). Return the meat to the pot and add wine and stock. Season with pepper. Cover and simmer until tender, about 2 1/2 hours. Remove roast and boil down sauce (5 to 10 minutes). Serve sauce with roast.

HINTS: Can use more garlic.

OPTIONS: Add potatoes to the pot during the last 45 minutes.

LISA'S NOTES: What a way to flavor a chuck roast!

Scalloped Potatoes and Ham

TEMP: 375

TIME: 1 1/2 hours

4 medium potatoes, sliced thin
2 1/2 T. butter
2 T. flour
1 t. salt
pepper
2 cups milk
1-2 lbs. ham, cubed

Melt butter, add flour and mix. Add milk slowly and stir over heat until thickened. Add seasoning. Put half of potatoes in greased casserole, half sauce, and half ham, then repeat. Cover and bake 1 hour, then uncover and bake 1/2 hour more.

HINTS: Sometimes overflows while baking, use a cookie tin on lower rack to avoid this mess.

OPTIONS: Use microwave to make sauce. Takes about 5 minutes.

LISA'S NOTES: I never peel my potatoes, but you can if you want.

Simple Roast

TIME: 2 1/2-3 1/2 hrs.

1 to 3 lb. boneless beef roast Ñ
1/2 package dry onion soup mix
1/4 cup water
1/4 cup red wine

Brown roast in grease in a crock pot or large, heavy duty sauce pan. Add all the ingredients and simmer, covered for 2 1/2 to 3 1/2 hours, until tender. Vegetables can be added and cooked in last hour.

HINTS: Leftovers make good sandwiches.

OPTIONS: Sherry or red wine vinegar can be substituted for red wine. 4

LISA'S NOTES: Make sure there is always liquid in the pot or else your roast gets dried out. Add more water and/or wine if necessary.

Stuffed Pork Chops

TEMP: 350

TIME: 1 hr., 15 min.

4 one-inch thick pork chops
1 cup bread crumbs
1/4 cup each celery & onion, chopped
2 T. parsley (fresh or dried), chopped
1/8 t. paprika or ground sage
1/2 cup milk or broth

Trim fat off chops and cut a pocket in the side of each one. Stuff with dressing made from the above ingredients, using only a few tablespoons of liquid (milk or broth) to moisten it. Use toothpicks to close the pocket. Brown the stuffed chops in a hot skillet. Place chops in a casserole dish with the remaining liquid. Cover and Bake until tender.

HINTS: If there is extra stuffing, I bake it together with the chops.

OPTIONS: Add chopped apple to the stuffing. Serve with gravy or apple sauce.

LISA'S NOTES: When you use milk it evaporates in the oven, the broth doesn't. The pork chops taste great either way.

MAIN DISHES/OTHER

Barbecue Sauce (Classic)

TIME: 20 minutes

1 to 2 cloves garlic
1 large onion
2 8 oz. cans tomato sauce
1/3 cup cider vinegar
2 T. brown sugar
1 T. mustard
1 T. Worcestershire sauce
1 t. Tabasco

Cut the garlic and onion in half. Combine all the ingredients in a sauce pan and simmer until the sauce thickens and vegetables soften. Remove the onion and garlic. Use on barbecued beef or pork ribs or chicken.

HINTS: This sauce gets milder after it is baked or barbecued on meat.

OPTIONS: Spice it up to your tastes.

LISA'S NOTES: I save the extra in a jar in the refrigerator. It lasts about 3 weeks or so.

Broccoli Pesto Sauce

1 10 oz. pkg. frozen chopped broccoli, thawed or 1 bunch broccoli chopped and steamed crisp-tender
3 T. olive oil
2 T. grated Parmesan cheese
1 1/2 t. lemon juice
pepper
2 T. walnut pieces
Cooked pasta

In a blender or food processor combine half the broccoli, oil, cheese, garlic, lemon juice, and about 1/8 t. pepper and whirl until smooth. Add the walnuts and pulse until chopped, but not pulverized. Toss sauce with hot cooked pasta and remaining broccoli. Serve with extra Parmesan cheese and fresh ground pepper.

HINTS: When chopping up fresh broccoli, peel the thick stem and chop right along with tops. Some people think this is the best part of broccoli.

Chili (Kidney Bean)

4 large onions, chopped
1 large green pepper, seeded and chopped
3 T. vegetable oil
1 T. mustard seeds
2 to 5 T. chili powder (depends on how spicy you like it)
1 t. each: cumin seeds and unsweetened cocoa powder
1/4 t. cinnamon
1 (1 lb.) can tomatoes
2 1/2 cups kidney beans, soaked over night
1 1/2 cups water
1 (6 oz.) can tomato paste
Toppings: grated cheese, lemon slices, chopped green onions, etc.

In a 5 or 6-quart soup pot, cook onions and green pepper in oil over medium-high heat, stirring, until soft. Add mustard seeds, cooking for 1 minute. Add everything else (except toppings). Reduce heat and simmer rapidly, uncovered for about 40 minutes to an hour, until thickened. Stir frequently to prevent scorching. Check beans to make sure they are tender. If they aren't, cook longer. Add more liquid if necessary (tomatoes or water). Serve with toppings.

HINTS: Chili is one of those meals that is very hard to mess up. Substituting and experimenting are fine.

OPTIONS: You can add 1 lb. ground meat and cook it with the onions and pepper. If you use ground beef, drain off fat. Feel free to use other types of beans.

Eggplant Parmesan

TEMP: 350

TIME: 45 to 50 minutes

1 eggplant, sliced into 1/4" rounds
1/2 cup whole wheat flour
2 eggs or 3 egg whites
1/4 cup milk
2 cups bread crumbs
1 t. oregano
1/2 t. cayenne pepper
1/4 t. pepper
2 cups tomato sauce (a mild spaghetti sauce is fine too)
1/2 cup grated Parmesan cheese
1 cup mozzarella cheese

Prepare 3 bowls: the first with the flour (and 1/2 t. salt, optional); the second with eggs and milk, mixed; and the third with the bread crumbs, and spices. Dredge eggplant slices in flour, then egg and milk mixture, and then the bread crumbs. Make a layer of coated slices in a casserole dish or 9x13 baking pan and sprinkle with 1 cup tomato sauce and 1/4 cup Parmesan cheese. Make another layer, staggering slices a bit, cover with remaining sauce and parmesan cheese. Cover and bake for 45 minutes. Remove from oven and sprinkle with mozzarella cheese and return to oven for 5 minutes until cheese is melted. Serve.

Fettuccine Alfredo (A Lighter Version)

1 T. margarine
2 cloves garlic, minced
1 T. flour
1 1/3 cups skim milk
2 T. light process cream cheese
1 1/4 cups grated fresh Parmesan cheese
4 cups hot cooked fettuccine
2 t. chopped fresh parsley (dried with do in a pinch)
fresh ground pepper

Melt margarine and sauté garlic 1 minute. Stir in flour and gradually add milk, stirring with a whisk until blended; cook 8 minutes or until thickened and bubbly, stirring constantly. Stir in cream cheese and cook 2 minutes. Add 1 cup Parmesan cheese, stirring until it melts. Pour over hot fettuccine and toss well. Top with remaining Parmesan cheese, parsley, and pepper. Serve.

Lentil Chili

4 cups dried lentils
5 cups water
2 cups tomato juice (or more water)
2 t. ground cumin
1 t. paprika
1/2 t. thyme
10 to 12 medium cloves garlic, minced
2 medium onions, chopped
1 to 2 t. salt
lots of fresh ground pepper
6 T. tomato paste
2 T. red wine or balsamic vinegar
crushed red pepper to taste
Toppings: grated cheese, chopped green onions, sour cream, croutons, etc.

Boil lentils in water and simmer for 30 minutes, covered partially, allowing some steam to escape. Check occasionally to make sure lentils are simmering gently. Add tomatoes, cumin, paprika, thyme, garlic, and onions. Stir and mostly cover again. Cook 45 to 60 minutes until lentils are soft. Add tomato juice (or water) as necessary to prevent dryness. Stir every 10 to 15 minutes. Add salt, pepper, and tomato paste. Simmer up to 30 minutes more. About 10 to 15 minutes before serving add vinegar and red pepper. Adjust seasoning to taste. Serve with any or none of the toppings.

LISA'S NOTES: Using lentil instead of regular beans takes out that "soak over night" step that can be hard to plan.

Macaroni and Cheese with Vegetables

1 T. butter or margarine
 1 onion, chopped
 1/4 cup flour
 1 cup milk
 1 cup chicken broth
 3/4 lb. sharp cheddar cheese, shredded
 1 T. Dijon mustard
 3 large carrots
 4 cups broccoli, cut in pieces or "flowerets"
 2 cups cauliflower, cut in pieces or "flowerets"
 1 1/2 cup dried elbow macaroni
 Paprika
 Pepper

Melt butter/margarine in a 2- to 3-quart pan over medium-high heat. Add onion and stir often until limp, about 5 minutes. Stir in flour, remove from heat and smoothly blend in milk and broth. Return to high heat and stir until boiling. Add cheese and mustard, reduce heat to low and stir until cheese is melted. Keep warm. Meanwhile, bring about 3 quarts water to a boil in a large pan. Add vegetables and macaroni and boil until just tender, about 7 minutes. Drain well. Pour into a wide shallow bowl and add cheese sauce. Sprinkle with paprika and pepper. Serve.

HINTS: If you want to make this ahead, mix macaroni and sauce in a covered casserole dish. Store in the refrigerator and heat, covered in the oven at about 325 for 30 minutes or until warmed.

No-Crust Zucchini Quiche

TEMP: 350

TIME: 30 to 40 minutes

1/2 lb. zucchini, grated
1 small onion, diced
3 eggs
1 T. lemon juice
1/4 t. salt
1/2 t. dill weed
fresh ground pepper
1 T. chopped parley (dried okay)
1/2 cup grated Parmesan cheese

Whip eggs, lemon juice, and seasonings together. Add onion and zucchini. Pour in an ungreased pie plate. Bake until set in the middle. Serve.

OPTIONS: Add 8 oz. smoked or canned salmon. Add cooked and drained sausage. Add any other chopped, quick cooking vegetables, like mushrooms or tomatoes.

Pizza Dough

TEMP: 475
TIME: 15 to 20 minutes

1 pkg. active dry yeast (I use rapid-rise type)
1 T. sugar
1 cup lukewarm water
3 to 3 1/2 cups flour
1 t. salt
Oil (olive oil best)
Cornmeal

Dissolve yeast and sugar in warm water. Combine 2 1/2 cups of the flour and the salt with the yeast mixture. Knead dough for 5 to 10 minutes while adding in up to 1 cup more of flour. You want the dough to be soft but not sticky. Put the dough in an oiled bowl. Oil the top of the dough too. (I just roll the dough around in the oil). Cover with plastic wrap and let rise until doubled. It takes up to an hour, depending on the type of yeast you used. Punch dough down and knead a minute more. Sprinkle cornmeal on your pizza or baking dish before shaping dough on it. Top with sauce, favorite topping and cheese. Bake.

HINTS: For a crisper crust thinly coat crust with olive oil before putting topping on.

OPTIONS: The possibilities are limitless!

LISA'S NOTES: I put mozzarella cheese on the crust first, then sauce and toppings (like cooked sausage and onion), and then sprinkle it liberally with Parmesan cheese before baking.

Pizza Sauce (Quick)

1 can (6 oz) tomato paste
1/2 cup beer
2 t. oregano
1 t. fennel seed (optional)
1/2 t. sugar

Mix all together. Spread evenly on pizza crust or French bread and top with your favorite toppings before baking.

HINTS: This is enough sauce for one regular size pizza.

OPTIONS: Add more spices.

LISA'S NOTES: I was happy to find this easy recipe, it sure beats cooking tomatoes for an hour! It tastes authentic, too.

Welsh Rarebit Tomato Sandwiches

2 to 3 tomatoes, sliced
3/4 lb. extra sharp cheddar cheese, grated
2 T. butter or margarine
1/2 cup beer
1 egg
2 t. mustard
1 t. thyme
1 1/2 t. Worcestershire sauce
Pinch of cayenne pepper
8 Slices bread, toasted and buttered (sourdough works well)

Melt butter/margarine in a medium sauce pan over medium-low heat. Whisk in the rest of the ingredients, except toast, and cook, stirring constantly until the sauce is smooth and hot, 7 to 8 minutes. Top each piece of buttered toast with sliced tomatoes and pour sauce over that. Serve.

LISA'S NOTES: I have no idea why this is called "Rarebit" which means Rabbit. ÷

West African Ground Nut Stew

2 sweet potatoes or yams, peeled and cubed

2 T. vegetable oil
3 cloves garlic, minced
3 T. fresh ginger root, minced
2 T. ground coriander
1/2 t. cayenne pepper
4 cups chopped onion
1 eggplant, peeled and cubed
2 tomatoes, chopped
1/4 to 1/2 cup broth or water
1 cup chopped zucchini
2 green bell peppers, chopped
2 cups tomato juice
1/2 cup peanut butter

Steam or boil sweet potato cubes until tender (if boiling, reserve liquid for use in place of water or broth). Sauté garlic, ginger, and spices for 1 minute; add onions and cook until soft. Add tomatoes, eggplant, and broth/water and simmer for 10 minutes. Add zucchini and bell pepper, continuing to simmer until vegetables are tender, about 20 more minutes. Add sweet potatoes to stew with tomato juice and peanut butter. Stir well and simmer on low heat for 5 to 10 minutes, stirring to prevent burning. Serve over rice or couscous.

MAIN DISHES/POULTRY

Apricot Game Hens (Microwave)

TIME: 9 min. per lb.

- 2 Game Hens
- 1/2 cup apricot jam
- 1 T. soy sauce
- 1 t. dry mustard
- 1 t. grated orange peel (optional)

Arrange washed hens in a baking dish (glass) and brush with glaze made from the rest of the ingredients. Cook on high 9 minutes per pound. After half of the cooking time, turn the hens over and baste with glaze. When done, the legs should move freely and juices run clear. Allow to stand, covered for 5 to 10 minutes before serving. (These can be cooked in a conventional oven at 375 for 45 to 50 minutes).

HINTS: If you stuff the hens, cook 10 minutes longer.

OPTIONS: Try a rice or bread stuffing.

Baked Chicken-Broccoli

TEMP: 350

TIME: 30 minutes

- 2 12 oz. frozen broccoli packages, thawed or
2 bunches fresh broccoli chopped and briefly steamed
- 2 cup sliced cooked chicken (4-5 chicken breasts)
- 2 cans cream of chicken soup
- 1 cup mayonnaise
- 1 T. lemon juice
- 1/2 T. curry powder
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup bread crumbs
- 1 T. butter or margarine

Arrange broccoli in a greased 7 1/2 X 11 1/2 baking dish. Place Chicken on top. Combine soup, mayonnaise, lemon juice, and curry powder and pour over chicken. Sprinkle with cheese. Melt butter or margarine and toss with bread crumbs. Sprinkle crumbs over the cheese. Bake and serve.

Barbecue Sauce For Chicken

TEMP: 350

TIME: 1 hour

1/2 cup margarine
1/4 cup lemon juice
2 T. Each: vinegar, catsup, horseradish, & Worcestershire
1 t. salt
1/4 t. Tabasco sauce

Melt margarine and add rest of ingredients. Baste cut up chicken and bake or barbecue.

HINTS: Baste a few times while baking, too.

Breaded Chicken (Microwave)

TIME: 15 to 20 minutes

1 clove garlic, minced or pressed
1/3 cup butter or margarine, melted
1 T. parsley
1/4 t. cayenne pepper or 1/2 t. paprika
1/4 t. pepper
2 T. minced dehydrated onion soaked in water, then drained (or use fresh onion)
1 cup dry bread crumbs
2-3 lbs. of assorted chicken pieces, skinned

Microwave garlic and butter in a baking dish for 2 minutes on high. Combine every thing but the chicken in a flat dish. Dip the chicken in garlic butter, then in crumb mixture. Arrange in the baking dish with the meaty portions to the outside of the dish. Sprinkle with remaining crumbs. Cover with waxed paper and microwave 15-30 minutes depending on size and amount of chicken pieces (boneless pieces take less time). Turn baking pan every 5 minutes or so. Check for doneness. Let stand a few minutes before serving.

HINTS: To dry fresh bread crumbs, microwave them for a few minutes.

OPTIONS: The spices and flavorings can be altered to taste. Basil, parsley, etc. can be added to crumbs.

LISA'S NOTES: I keep a bag of bread crumbs in my freezer at all times. I use heels of assorted breads, which I also store in the freezer. Once I have the blender out, I grind them all at once.

Chicken Breasts with Parmesan Pesto

TIME: 7 to 10 minutes

6 boneless, skinless chicken breast halves

1 cup lightly packed fresh basil leaves
3/4 cup grated parmesan cheese
1/4 cup olive oil
1 clove garlic
1 1/2 T. butter or margarine
1 1/2 T. olive oil
1/3 cup flour

Place each chicken breast between two sheets of plastic wrap and pound firmly with a flat mallet (a rolling pin works too) until each piece is about 1/4 inch thick. In a blender or food processor, whirl basil, cheese, oil, and garlic into a thick paste. Spoon and spread pesto equally onto each chicken piece. Roll up the chicken and secure with a toothpick. In a large frying pan heat butter/margarine and oil over medium-high heat. Dip each roll in flour, shake of excess, and place in pan. Cook, turning as needed, until golden brown on all sides and meat is opaque in center. Serve.

Chicken Pie (Microwave)

TIME: 10 to 15 minutes

1 can of cream of chicken soup (cr. of celery, mushroom, etc. works too)
1 cup assorted cooked vegetables (fresh or frozen, like carrots, celery, peas, potatoes, onion, etc.)
1 cup cooked leftover chicken or turkey cut into bite size pieces
1/4 cup milk
1/8 t. pepper
1 cup baking mix
1/3 cup milk
Paprika

Mix soup, vegetables, 1/4 c. milk and pepper in a casserole dish. Cover and microwave 6 minutes, until bubbly (stir once or twice during cooking). Mix baking mix and 1/3 c. milk to form dough. Spoon in clumps over hot chicken mixture. Sprinkle with paprika. Microwave uncovered until biscuits are cooked, 4 to 5 minutes. Serve.

HINTS: I microwave the vegetables right in the same casserole dish I use to make the pie in.

OPTIONS: Add more seasonings to spice up the flavor.

LISA'S NOTES: This is a great way to make one leftover breast of chicken go a long way.

Chicken Teriyaki (Microwave)

TIME: 20 to 30 minutes

2 to 3 lbs chicken pieces (skinned or not)
1/2 cup soy sauce
1/4 cup Sake wine or sherry
1 large clove garlic, pressed or minced
1 T. brown sugar
1 t. ginger

Wash chicken and place in a plastic bag or bowl. Mix the remaining ingredients and pour over the chicken. Secure bag or cover bowl and marinate for 1 to 6 hours. Place chicken in baking dish and cook uncovered for 14 minutes (less if using boneless pieces or just legs). Turn dish and baste with marinade and cook another 5 to 10 minutes until tender. Let stand a few minutes before serving. (Can be baked in a 350 oven for 45 to 60 minutes.)

HINTS: This sauce is good on lots of meats.

OPTIONS: If you have fresh ginger, use that.

LISA'S NOTES: This is a standard teriyaki recipe. It is much better than the store bought kind.

Fajitas

Combine & marinade 1 1/2 lbs. boneless, skinless chicken strips (2 hrs.) in:
1 clove garlic, minced
1 1/2 t. ground cumin
1 t. chili powder
1/2 t. crushed red pepper flakes
1 T. each: vegetable oil and lemon or lime juice

Stir fry meat in 3 to 4 T. vegetable oil with:
1/2 cup each: sliced onion and chopped green onion
1 cup sliced red bell pepper (or green)

Serve in warmed flour tortillas, with avocados ` (optional), salsa, and sour cream.

LISA'S NOTES: Beef strips can be substituted for the chicken. Sirloin works well.

Five Spice Roast Chicken

TEMP: 375
TIME: 1 hour

1 t. salad oil

1 1/2 t. Chinese five spice, or 1/2 t. Each: anise seed
and gr. ginger, and 1/4 t. Each: gr. cinnamon and
cloves
3 T. soy sauce
1 T. Each: sugar and sherry
1 clove garlic, minced
1 whole chicken
3 T. minced green onion

Stir oil with five spice over medium heat until hot, add soy, sugar, sherry and garlic.
Remove giblets and rinse chicken. Place in a roasting pan and brush with five spice sauce.
Pour remaining sauce in the cavity. Roast uncovered until no longer pink at thigh bone.
Drain juices from chicken cavity into pan, then put chicken on a platter. Stir juices to free
browned bits, pour sauce into a small pitcher and skim off fat; add onion. Serve with
sliced chicken.

HINTS: Brushing sauce under the skin of the breast adds more flavor to the chicken.

LISA'S NOTES: Chinese five spice is a good spice to have around if you do any kind of
Chinese cooking.

Game Hens with Mustard Crust

TEMP: 450
TIME: 25 to 30 minutes

1/4 cup butter or margarine, melted
1/4 cup Dijon mustard
1 T. minced fresh or crumbled dry rosemary leaves
2 cloves garlic, pressed or minced
4 Game hens, thawed if frozen

Mix butter, mustard rosemary, and garlic and spread on both sides of game hens that have
been washed and split along backbone to lie flat (use kitchen shears or sharp knife). Bake
in baking dishes (two 9x13's) until meat is no longer pink at thigh bone (cut to test).
Serve.

HINTS: To serve two, cut recipe in half. I usually skin the birds, but it isn't necessary.

OPTIONS: Goes well with salad with Dijon-Honey Dressing (under SALADS).

LISA'S NOTES: Game hens cook much faster when they aren't stuffed. Somehow they
seem easier to eat when they are split, as they are in this recipe.

Garlic Chicken

TIME: 30 to 40 minutes

2 to 4 chicken pieces, skinned (breasts or legs with thighs best)
2 T. butter
1 clove garlic, minced or pressed
1 medium onion, sliced
2 cloves
1 bay leaf, broken
1/2 t. pepper
1 cup white wine
1/2 cup sour cream

In a large frying pan, melt butter. Add garlic and lightly brown it. Add chicken pieces and brown them on both sides. Place onion slices under chicken pieces. Add the rest of the ingredients, except sour cream. Cover and simmer over low heat until a fork can be inserted into chicken with ease and juices come out clear. Remove chicken to plates and quickly add sour cream to sauce and cook stirring about two minutes, until warm, but not boiling. Spoon sauce over chicken and serve.

HINTS: This is a good use of wine that has been sitting in the refrigerator too long to be drinkable.

OPTIONS: Sauce is good on vegetables too.

Herbed Chicken with Artichokes

TIME: 40 minutes total

1/3 cup flour)
1 lb. 3" (or so) boneless chicken strips
2 to 3 t. butter or margarine
Juice of 2 lemons
1 cup chicken broth (bouillon okay)
1/4 cup vermouth or sherry
1 clove garlic, minced
1 bay leaf
2 T. Worcestershire sauce
1 t. dried basil
1 can artichoke hearts
noodles

Dredge chicken strips in flour. Melt butter or margarine in a large skillet. Cook chicken strips for about 5 minutes each side. Remove. Add lemon juice, Worcestershire sauce, broth, vermouth/sherry, basil, garlic, and bay leaf to the pan and bring to a boil. Add the chicken and cook 15 minutes over medium heat. Add artichoke hearts, cover and reduce heat. Simmer 15 minutes. Serve over noodles.

Honey Chicken

TEMP: 325
TIME: 1 hr. 15 min.

1/4 cup honey
1/4 cup soy sauce
1/2 cup catsup
1/4 cup lemon juice

Mix together and pour over chicken pieces. Cover with foil and let stand in refrigerator for up to 24 hours. Bake in foil for 1 hour, remove cover and bake another 15 minutes or until tender.

HINTS: This tastes fine even if you don't have time to marinate it.

OPTIONS: Shorten baking time if you are using boneless chicken pieces.

LISA'S NOTES: This simple but very tasty. Great for a last minute chicken dish.

Roast Chicken Tarragon w/Vegetable Stuffing

TEMP: 375
TIME: 1 1/2 hours

1 whole chicken, 2 to 3 lbs., rinsed, giblets removed
1 large onion, thinly sliced
2 cups assorted sliced vegetables (like zucchini, carrots, celery, etc.)
2 cloves garlic, pressed or finely minced
3 T. butter or margarine
1 1/2 t. tarragon
2 T. + 2 t. lemon juice
1/2 t. grated lemon peel (optional)

Sauté vegetables (including onion) and 1 clove of garlic in 1 T. butter until they are tender. Stir 1/2 t. tarragon, 2 t. of lemon juice, and the peel into the vegetables. Let cool and then stuff vegetable mixture into the chicken. Melt the remaining 2 T. of butter and add 1 clove of garlic, 1 t. tarragon and 2 T. lemon juice to make basting sauce. Lift the skin up from the chest with out pulling it off and brush under the skin with the basting sauce. Replace the skin and roast the chicken in a baking pan, basting frequently. Cover loosely with foil if the skin browns to quickly.

HINTS: Don't worry if all the vegetables won't fit, just scatter them around the chicken in the pan.

OPTIONS: Be creative with the vegetables. Do you like eggplant? I bet that would be good.

LISA'S NOTES: Most of the time whole chickens are cheaper than cut up pieces. I'm always surprised to see how much left over chicken there is. You have to get messy to salvage it all, but it is worth it for lunch meat or casseroles.

Tarragon Chicken

TEMP: 325

TIME: 1 hour, 15 min.

3 T. butter or margarine
6 pieces of chicken (legs with thighs and breasts best)
2 t. salt
1/4 t. ground pepper
1/2 cup chopped raw onion (or 2 T. instant soaked in 2 T. water)
1 1/4 t. dried tarragon leaves
3 T. flour
1 cup each: chicken broth and sour cream

Grease a 13x9 or larger baking pan with 1 T. of the butter. Rub chicken pieces with salt and pepper and place in baking pan. Sprinkle with onion and 1 t. of the tarragon and dot with remaining butter. Bake, covered, in oven for 1 hour (less if boned chicken pieces). Remove cover and bake 15 more minutes. Pour drippings into a medium sauce pan. Keep chicken warm. Blend flour with chicken broth and add mixture to pan drippings. Mix well; stir in remaining tarragon. Cook, stirring, 3 to 4 minutes. Stir in sour cream. Pour over chicken and reheat if necessary (do not boil). Serve.

HINTS: Serve over rice or noodles.

LISA'S NOTES: This makes a very special dish. Great for dinner parties.

Turkey Cutlets with Orange-Mustard Glaze

2 T. frozen orange juice concentrate
1 t. spicy mustard, like Dijon or stone-ground-type mustard
8 turkey cutlets
4 cloves garlic, crushed
1 T. vegetable oil
2 t. butter or margarine

Stir orange juice concentrate and mustard together. Fork-prick both sides of cutlets. Rub garlic on both side of cutlets. Heat oil and butter/margarine and cook the cutlets for 2

minutes on each side. Set cooked cutlets aside (while keeping them warm). Add orange juice mixture to the pan and cook until heated, stirring constantly. Spoon over cutlets.

Turkey Stir Fry

1 to 2 lbs. turkey tenderloins or sliced breast meat, cut into bite size pieces P
2 T. oil
1 onion, chopped in large chunks
3 cups assorted bite size vegetables (carrots, celery, Chinese pea pods, broccoli, zucchini, etc.)
3/4 cup chicken broth (bullion with water, okay)
1 T. cornstarch
1/2 t. ground ginger
2 T. soy sauce
1/3 cup toasted sliced almonds or peanuts (optional)

Stir fry turkey in a hot wok or frying pan with oil until no longer pink (about 3 min.). Add onion and other hard (longer cooking) vegetables. Stir fry another minute and add the rest of the vegetables. Mix together broth, cornstarch, soy sauce, and ginger. Add to turkey mixture. Heat to boiling while stirring. Top with nuts and serve.

HINTS: Cook to desired tenderness, vary cooking time. I usually add more ginger.

OPTIONS: Green pepper is a good addition. Serve with rice and use chopsticks.

SALADS

Broccoli and Red Pepper Salad

4 bunches broccoli, washed and broken into "flowerettes"
6 red bell peppers, sliced into slivers
1 small bunch fresh tarragon or basil, washed and minced
1 pint sour cream
1/4 cup Dijon mustard
1/2 c. vinegar (red or white wine vinegar works well)
1 1/4 cups olive oil
fresh ground pepper

Steam or blanch broccoli until crisp-tender (4 to 5 minutes). Drain and rinse with cool water to stop cooking. Combine the rest of the ingredients to make dressing. Toss with broccoli and pepper slices. Serve.

HINTS: Add the fresh herbs to the dressing at the last minute to minimize the leaves browning.

Creamy Dill Dressing

1/2 cup mayonnaise
1 T. snipped fresh or 1 t. dried dill weed
1 T. lemon juice
2 t. wine vinegar (any kind of vinegar is okay)
1 1/2 t. Dijon mustard
3 T. vegetable oil

In a medium bowl mix together everything except oil. Using a whisk or fork, gradually stir in oil.

HINTS: Can add more dill for flavor.

LISA'S NOTES: Works well as dip for artichokes.

Dijon-Honey Dressing

1 cup mayonnaise
1/4 cup Dijon mustard
1/3 cup honey

Mix together and toss with green or chicken salad.

HINTS: You can store in the refrigerator for 2 to 3 weeks.

OPTIONS: Try on a salad of lettuce, tomato, hard boiled egg, slivered almonds, and chicken chunks.

Twisted Pasta Salad

2 cups twisted pasta, boiled until tender, drained and rinsed
2 T. toasted sliced almonds
1/4 cup firmly packed chopped bacon, cooked
1/3 cup mayonnaise
1 T. honey
1/4 t. pepper
1/2 cup each finely chopped or shredded celery and carrot
1 thinly sliced green onion (the whole thing)

Mix mayonnaise, honey, and pepper, then add to cooled pasta. Add the rest of the ingredients except almonds and toss. Sprinkle almonds on top and serve.

HINTS: You can toast your own almonds by frying them in a hot pan until golden brown.

OPTIONS: Seeded tomato and/or shredded zucchini are nice additions.

Waldorf Salad (Classic)

1/2 cup mayonnaise (I use "light type")
1 T. sugar
1 T. lemon juice
3 apples (red or green or both), diced
1 cup celery, sliced
1/2 cup both: chopped walnuts and raisins

Combine first 4 ingredients and toss with the rest. Cover and chill. Serve.

HINTS: You don't need to chill it, if your apples have been in the refrigerator.

OPTIONS: Pears \$

LISA'S NOTES: This was a favorite as a kid, now I have rediscovered it.

SOUPS

Cauliflower Soup

1 onion, chopped
2 to 3 carrots, peeled and chopped
1 head cauliflower, chopped
4 cups chicken broth
1/4 t. nutmeg
Salt and pepper to taste
1/2 cup grated cheddar cheese (optional)

Boil or steam vegetables until soft, then puree all in a blender or food processor, adding broth. Add spices. Thin with milk if desired. Add cheese. Serve

OPTIONS: Substitute 1 T. fresh ginger or 1 t. curry for the nutmeg.

Creamy Carrot Dill Soup (Lowfat)

1 lb. carrots, peeled and coarsely chopped
1 onion, chopped
1 potato, peeled and chopped
1 clove garlic, crushed or minced
1 3/4 cup chicken stock or broth
1/2 cup water
1/2 t. salt (unnecessary if you are using canned broth)
pepper to taste (try a dash to start)
1 1/2 cups low-fat milk
3 T. chopped fresh dill or 2 t. dried dill

In a medium saucepan combine the first 6 ingredients. Bring to a boil and lower the heat and simmer until vegetables are soft, about 30 minutes. In a blender puree the soup in batches. Return to the saucepan and whisk in the milk and add 2 T. of the dill (or 1 1/2 t. dried). Reheat and then ladle into bowls (about 4) and sprinkle with remaining dill. Serve.

Potato and Parsley Soup

1 lb. potatoes (about 3), peeled and cut in eighths
1 onion, quartered
5 cloves garlic, peeled
4 cups water

Salt and pepper

1 large bunch parsley (1 1/2 cups stemmed), minced

1 1/2 cups milk (1% is fine)

Combine potatoes, onion, garlic, water, 1 t. salt and 1/2 t. pepper in a large saucepan. Cover, bring to a boil, reduce heat and simmer until potatoes are very soft (25 to 30 minutes). Strain, reserving liquid, and mash. Stir liquid back in with parsley and milk. Heat through, stirring, about 5 minutes. Taste and add salt and pepper if needed. Serve.

Tomato Sausage Soup

1 1/2 lbs. Italian sausage, casings removed, broken up, browned, and drained

2 cups each: celery and onion, chopped

2-4 cloves garlic, minced

4 T. olive oil

2 cups canned Italian-style tomatoes, w/liquid

1 cup tomato paste

6 cups chicken broth

3 bay leaves

1 t. thyme

3/4 cup chopped parsley (fresh best)

3 T. sugar

1/2 cup small shaped pasta, like macaroni

pepper

freshly grated Parmesan cheese

In a large soup pot, sauté onions, celery, and garlic in olive oil for 3-4 minutes. Add tomatoes, paste, and cooked sausage; cook for 10 minutes over medium heat. Stir to break up tomatoes. Add broth, herbs, and sugar and simmer 30 minutes. Add pasta and cook until pasta is done. Pepper to taste. Serve with Parmesan sprinkled on top.

HINTS: This soup tastes better when made a day or two ahead. Store in the refrigerator and reheat.

VEGETABLES

Any-Vegetable Gratin

TEMP: 400

TIME: 45 minutes total

5 cups thinly sliced vegetables
4 cloves garlic, chopped
1/2 t. salt
Pepper to taste
1 T. water
2 T. olive oil, divided
1/4 cup dry bread crumbs
1/4 cup Parmesan cheese

Arrange vegetables and garlic in a 1 1/2 quart baking dish. Sprinkle with salt and pepper and drizzle with water and 2 t. olive oil. Cover and bake about 25 minutes. Remove lid and bake another 10 minutes to reduce liquid if necessary. Sprinkle evenly with crumbs and cheese and drizzle with remaining oil. Bake an additional 10 minutes until browned. Serve.

OPTIONS: Any vegetable, including tomatoes, eggplant, zucchini, potatoes, etc. or mixture thereof.

Asparagus with Water Chestnuts (Microwave)

TIME: 12 to 17 minutes

1/4 cup margarine or butter
1/4 t. pepper
7 cups 1-inch diagonal pieces fresh asparagus
1 can sliced water chestnuts, rinsed and drained

Place butter, pepper, and asparagus in a large casserole. Cover and microwave on high for 7 minutes. Stir in water chestnuts. Microwave uncovered on high until asparagus is crisp-tender, 5 to 7 minutes longer.

HINTS: If the asparagus stands covered before serving, it becomes increasingly tender.

OPTIONS: Add other spices and seasonings to taste.

LISA'S NOTES: When the asparagus is cut up like this, I don't notice the less appetizing bottoms as much as when it is cooked in long stalks.

Carrot Soufflé

TEMP: 350
TIME: 45 to 60 minutes

2 cups cooked and pureed carrots
2 t. lemon juice
2 T. minced or grated onion
1/2 cup butter, softened
1 cup milk
1/4 cup sugar
1 T. flour
1/2 t. salt
1/4 t. cinnamon
3 eggs

Beat all ingredients together until smooth. Pour into a lightly greased 2 quart soufflé dish or high rimmed casserole dish. Bake uncovered until center is firm to touch.

LISA'S NOTES: May not be the lowest cholesterol dish, but it sure is good.

Parmesan Mashed Potatoes

1 lb. potatoes (about 4 medium), boiled and peeled
1/3 cup grated Parmesan cheese
3 T. butter or margarine
1/2 cup milk, heated to boiling point

Melt the butter with the hot, drained potatoes. Mash potatoes and add hot milk gradually. When 1/2 the milk has been added, add the cheese. Add remaining milk a little at a time. Serve hot.

Roasted Red Potatoes

TEMP: 400
TIME: 1 hour

2 1/2 lbs. small red potatoes, whole or medium potatoes, quartered
2 T. vegetable oil
1/2 t. each: garlic powder and onion powder
1/4 t. each: salt and paprika
1/8 t. ground red pepper

Place potatoes in a 13x9x2 baking pan. Add remaining ingredients, stirring potatoes until coated. Bake, stirring after 30 minutes. Serve.

Rosemary Oven Fries

TEMP: 400
TIME: 40 minutes

4 large potatoes
1 1/2 t. dried leaf rosemary
4 T. salad oil
salt and pepper

Cut washed potatoes into lengths, finger width, and put in a large bowl. Put rosemary in your hands and toss with potatoes. Add oil and toss to coat well. Lay on foil on cookie sheet and salt and pepper lightly. Bake.

HINTS: The baking time can differ depending on what you have going in the oven (i.e. 350 for 60 min.).

Rhubarb Applesauce

1 lb rhubarb, trimmed and cut in chunks (frozen okay too)
2 lbs. tart apples (Granny smith, Pipin, Rome, or Macintosh work well), peeled, cored and cut in chunks
1 cup sugar
1/8 t. nutmeg

Combine the rhubarb and apples and sugar in a large pot. Simmer over medium-low heat until the fruit is soft, about 20 to 25 minutes. Watch out for burning and add water if necessary. Stir in the nutmeg. Serve warm or chilled.

Savory Tomatoes (Microwave)

TIME: 4 to 5 minutes

4 tomatoes
salt and pepper
1/3 cup crumbs (bread or cracker)
1/2 t. basil, oregano, and/or savory leaves
1/3 cup grated cheddar cheese

Remove stem ends from tomatoes and cut into halves. Arrange cut sides up in a circle in a pie plate or baking dish. Season with salt and pepper. Mix crumbs and herbs and mound on tomatoes. Microwave, uncovered 2 minutes (or broil 5 mins.). Sprinkle tomatoes with cheese and microwave (or broil) until tomatoes are hot and cheese is melted (about 2 minutes).

HINTS: Firm tomatoes work best.

OPTIONS: Crumbled bacon is a good topping.

LISA'S NOTES: This is a perfect way to eat up all those extra tomatoes during tomato season.

Spinach and Artichoke Hearts

TIME: 15 minutes

2 t. or 2 cubes instant beef or chicken bouillon
3 (10 oz.) packages frozen chopped spinach
1/2 t. pepper
1/2 t. Tabasco
dash of salt
1/2 pint sour cream
1 (8 oz.) can artichoke hearts, drained and quartered
2 T. butter or margarine

Place frozen spinach and bouillon in a large casserole. Cover and microwave on high for 10 minutes (or until tender). Stir once or twice. Drain. Add seasonings. Fold in sour cream and artichoke hearts. Dot with butter. Cover and cook on high for 5 more minutes. (This can be done in a saucepan on the stove over medium heat.)

HINTS: Drain spinach thoroughly, otherwise it gets watery.

OPTIONS: Can top with grated cheese or dried bread crumbs before the final five minutes of cooking.

Zucchini with Cheese

1 T. olive oil or other vegetable oil
3 to 4 med. zucchinis, grated on widest grate
1 med. tomato, chopped
2 t. garlic salt
1/4 cup grated Monterey jack cheese

In a non-stick frying pan heat up olive oil and add zucchini and stir fry for a minute. Add tomatoes and garlic salt. Stir fry until zucchini just starts to become tender, add cheese and turn off heat. Stir until cheese is melted and serve immediately.

HINTS: The cheese make a mess, but it is worth it.

OPTIONS: Tomato can be omitted. Diced fresh onion can be added.

LISA'S NOTES: This as simple as it is delicious. Feel free to vary the ingredients to your own tastes.