

Cookbook Specialists

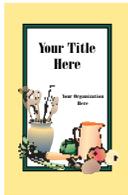
Sample Cookbook



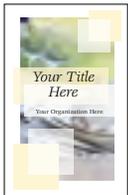
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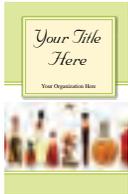
Bird House



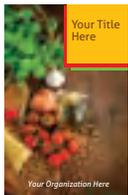
Country Cooking



Wine & Dine



Herbs & Spice



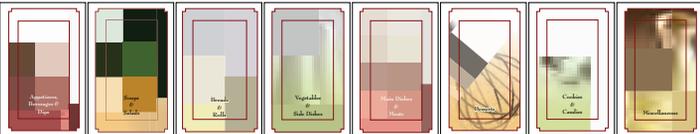
Ingredients



Whipped Up



Kitchen Basics



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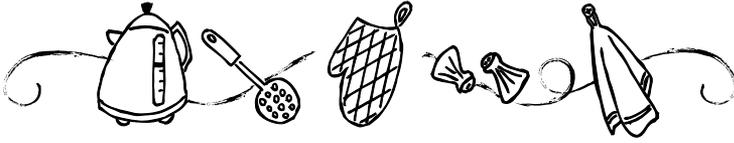
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with Circle Border Design.**



**Samples of Non-Religious
Fillers that Cookbook Specialists
will randomly place on your
recipe pages.**

and your heart skip a beat
Grandma signaled a treat?
homemade breads and cake
Grandma used to make.

you must strain your eyes,
do it looking on the bright side.
The best helping hand you can find
is at the end of your arm.

I cannot bear to throw away
the recipes I find.
For casseroles and cakes and pies
and meals of every kind.
And so I throw them in a box
or cram them in a book.
But as the years go by
I don't give them a second look!

The dictionary is the only place
that success comes before work.

Give others a piece of your heart,
not a piece of your mind.

If it is bright and sunny after two cold and rainy days,
it is probably Monday.

Housework is something you do that nobody notices
unless you don't do it.

There is no greater happiness than that which comes from sharing.

Education can't make us all leaders –
but it can teach us which leader to follow.

Each time you turn the pages
Looking for something new to cook
Fondly remember each person
Who makes possible this book.

The person who never makes a mistake
must get tired of doing nothing.





*Samples of Religious Fillers
that Cookbook Specialists
will randomly place on your
recipe pages.*

Peace is seeing a sunrise . . . and thank.

*Be glad for all God is,
Be patient . . . and pray.*

*Praise the Lord,
Give thanks to the Lord,
for he is good:
His love endures forever.*

*O Lord, help my words to be gracious and tender
for tomorrow I may have to eat them.*

*The Lord is my light and my salvation
whom shall I fear?*

*The Lord is the stronghold of my life
of whom shall I be afraid?*

Psalm 27:1

*But the Lord's love for those who respect him
continues forever and ever and His goodness
continues to their grandchildren.*

*Blessed are the peacemakers;
For they shall be called the children of God.
Matthew 5:9*

*Each day, Lord,
as I journey through life
I have the chance to write
a simple story of love.*

*O Lord,
by this meal you bring us
together in joy and peace.
Keep us always united in Your love
through Christ our Lord.
Amen.*

*Then the Lord said to Moses,
"I will rain down bread from heaven for you."*

*". . . He who comes to Me shall not hunger,
and he who believes in Me shall never thirst."*

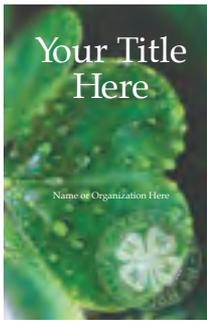


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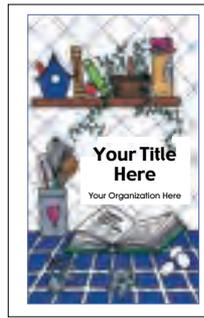
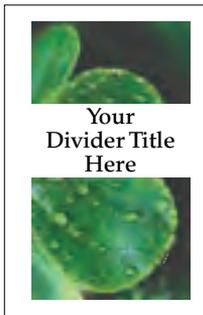
Appetizers, Beverages & Dips



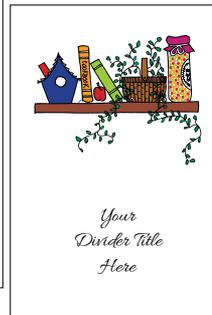
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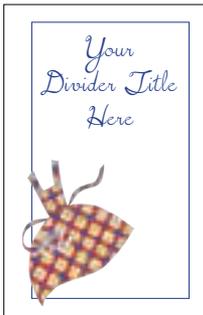
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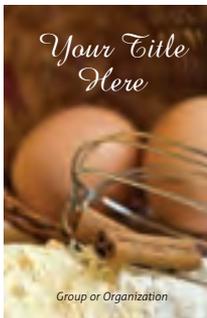
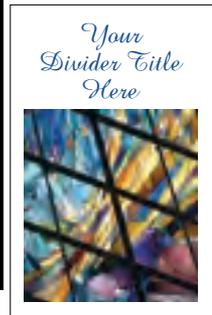
Countertop



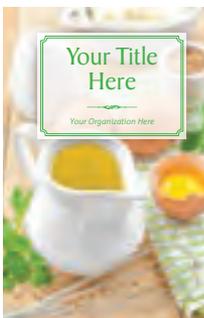
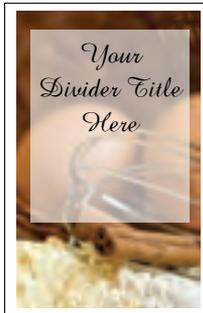
Apron



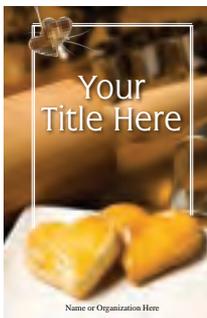
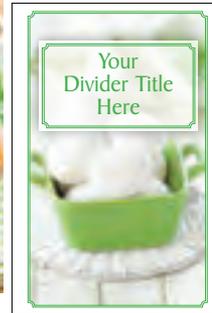
Stained Window



Baking Basics



Farm Fresh



Baking with Love



Farm Kitchen



STUFFED MUSHROOMS

Tonya Miller

1 pkg. fresh mushrooms
2 slices dried bread crumbs

1 tsp. salt
1/4 C. melted butter

Wash mushrooms. Remove stem from the cap of mushrooms. Save half the stems and chop into fine pieces. In a bowl mix bread crumbs, salt and melted butter until all is moistened. Add mushroom stems, mixture and place in a cake pan or cookie sheet. Broil until golden.

SALSA

Sally Zimmerman

12 C. chopped tomatoes
1/2 C. hot peppers, chopped
1 1/2 C. green peppers,
chopped
6 large onions, chopped

1 T. black pepper
1 T. paprika
1 C. vinegar
1/2 C. sugar
1-12 oz. can tomato paste

Cut up vegetables and put in large pan; simmer until hot. Then boil for 60 minutes, stir often. Water bath for 5 minutes.

FRUIT PIZZA

Carol Stauffer

CRUST:

1 C. margarine, softened
1/2 C. brown sugar
1/2 C. oatmeal
2 C. flour

TOPPING:

12 oz. cream cheese, softened
2 T. sugar
1 tsp. vanilla
Fresh fruits: blueberries,
strawberries, peaches, kiwi,
bananas, etc.

Mix the crust and pat into a 9x13" pan. Bake at 375° for 8 to 10 minutes. Mix the filling and spread over crust right before serving. Add sliced fruit.

MULLED APPLE CIDER

James Miller

1 qt. cranberry juice
(Ocean Spray)
4 qts. pear cider
1/2 C. brown sugar
3 sticks cinnamon
4 to 6 whole cloves

In 12-cup slow cooker (24-cup or larger), pour in cranberry juice and pear cider. In basket, put the brown sugar, cinnamon sticks and whole cloves. Cover with lid and let perk. Wonderful for hayrides and Thanksgiving parties.

LEMON SLUSH

Karen Showalter

1-12 oz. can frozen lemonade
1-12 oz. can frozen fruit punch
7 C. water
1 1/2 C. sugar
1/4 C. sloe gin
1 C. hot water, with 2 tea bags added
1 C. watermelon Schnapps
1 C. vodka

Mix all together. Freeze and stir once every 8 to 10 hours. When ready to serve, put in glass (1/2 full) and fill with 7-Up or lemonade.

BRANDY SLUSH

Mark Combs

7 C. water
1-12 oz. can frozen lemonade
2 C. brandy, any flavor
1-12 oz. can frozen orange juice
1 1/2 C. sugar
7-Up

Mix water, juices and sugar thoroughly. Add 2 cups brandy. Freeze. Scrape into glass, mixing 1/2 slush to 1/2 7-Up. Makes 20 drinks.

SAGANAKI

Roger Kramer

1 tsp. butter
1/2 lb. provolone cheese

1/2 oz. rum
1 oz. rum

Preheat oven to broil, approximately 500°. Place cheese in a broiler proof baking dish, approximately 6" in diameter (a cast iron skillet works great). The cheese should NOT be sliced and should be a single chunk. Place cheese on butter and put under broiler for 5-10 minutes, until cheese bubbles and is golden on top. Immediately removing from broiler, place dish on a heat proof surface with a lid hanging overhead. Pour rum over the cheese and light it with a match. Extinguish the flames after a few seconds by squeezing the lemon over it and serve while still very hot.

EASY RED PUNCH

Alecia Wilcox

1-46 oz. can cherry Hi-C
1-46 oz. can red Hawaiian Punch

1-46 oz. can pineapple juice
1-28 oz. bottle ginger ale or 7-Up

Mix above ingredients all together.

SIMPLE VEGETABLE DIP

Carrie Bridges

3/4 C. sugar
3 tsp. vegetable oil
6 tsp. mustard

1 1/2 C. salad dressing
3/4 tsp. garlic salt

Mix and let stand 1 hour before serving.

CARAMEL APPLE DIP

Alison Wilson

8 oz. cream cheese, softened
3/4 C. brown sugar

3/4 C. white sugar
1 tsp. vanilla

Mix all ingredients and use apples for dipping.

TACO DIP

Dennis Johnston

- | | |
|------------------------------|----------------------|
| 1 container sour cream | 1 ripe tomato, diced |
| 2-8 oz. cream cheese | Black olives, diced |
| 1 pkt. taco seasoning | 1 head lettuce |
| 2 C. shredded cheddar cheese | Tortilla chips |

Mix sour cream, cream cheese and taco seasoning mix in small bowl with hand mixer until well blended. Then take a spatula and spread mixture onto a glass platter or serving tray. Add shredded lettuce on top of this mixture. Top with cheese, tomatoes and black olives. Serve immediately with chips or refrigerate until serving time.

VEGETABLE DIP

Rhonda Brandos

- | | |
|-------------------|------------------------|
| 1 C. mayonnaise | 1 tsp. vinegar |
| 1 T. minced onion | 1 tsp. ginger |
| 2 tsp. soy sauce | 2 T. milk, put in last |

Mix and refrigerate. Best if made the day before you want to use the dip.

AVOCADO DIP

Amanda Samuels

- | | |
|---|--|
| 3 avocados (ripe) | 1 C. salsa (medium) |
| 1 small to medium container fat-free sour cream | 1/4 C. finely chopped onion and black olives |
| 1 pkg. avocado dip mix | |

Cut open the avocados, take out pit and mash the avocado. Mix with rest of ingredients. Enough for a party and it freezes well.

TACO DIP

Nicole Henson

- | | |
|-----------------------|------------------------------|
| 1ST LAYER: | 2ND LAYER: |
| 1 lb. hamburger | 8 oz. cream cheese, softened |
| 1 can refried beans | 1/2 jar taco sauce |
| 1 pkg. taco seasoning | 3RD LAYER: |
| | Shredded cheese |

Place in layers in large baking dish. Bake in 300° oven until cheese melts.

SNACK MIX

Melanie Scallon

6 C. Total cereal
3/4 C. brown sugar, packed
1-6 oz. pkg. butterscotch pieces

1-6 1/2 cups nuts
1/2 C. melted butter

Into large bowl, measure cereal, sugar, butterscotch and peanuts. Mix with hands, coarsely crumbling cereal. Dip and toss. Spoon individual servings into small plastic bags and seal. Store in airtight container. Makes 12 servings (about 1/4 cup each).

CHEESE BALL

Trevor Hanscom

12 oz. Philadelphia cream cheese
6 oz. grated Cheddar cheese

1 T. grated onion
1 tsp. Worcestershire sauce
1 C. ground pecans

Combine cheeses, onions, and sauce in a medium size bowl; beat in 1/2 cup pecans. Shape into ball, roll in remaining nuts, cover and refrigerate. OPTIONAL: May add green peppers or olives.

CHEESE FONDUE

Rhonda Brandos

1 clove garlic
2 C. dry white wine (Chablis)
3 T. brandy

1 T. cornstarch
1/2 lb. Gruyere cheese, grated
1/2 lb. baby Swiss cheese, grated

Peel the garlic, and cut it in half. Rub the inside of a heavy saucepan with the cut end of the garlic, and discard the remains of the clove. Pour the wine into the saucepan and place over medium heat until a white foam begins to form on the surface of the wine. DO NOT BOIL. While the wine is heating, mix the brandy and cornstarch until smooth. Stirring constantly, add the cheeses to the wine, one handful at a time. Stir until the cheese is dissolved before adding the next handful of cheese. Continue until all the cheese has been added. At this point there should be some resistance from the cheese in the pan. Pour in the brandy and cornstarch mixture and stir until the fondue thickens. Serve in a fondue pot, or chafing dish. Dip bread and fresh fruit in the fondue with long forks.

SEASONED CRACKERS

Dennis Johnston

1-16 oz. bag of crackers
1/2 pkg. dressing
3/4 C. vegetable oil
Ranch

Mix dressing and oil. Cover. Shake. Let set 2 hours. Shake well again.

This is Recipe Design 1 in
Helvetica font.

CHEESE SPREAD

Carol Stauffer

1 lb. Velveeta
8 oz. cream cheese
1/2 C. Western dressing
1/2 C. mayonnaise or Miracle Whip
1 small bunch green onions
1 green pepper
2 pkgs. dried beef

Melt Velveeta (this works great in the microwave). With electric mixer, beat cream cheese until softened. Mix in Western dressing and mayonnaise. Add melted Velveeta and beat until smooth and creamy. Chop green onions, green pepper and dried beef. Combine with cheese mixture (do not use electric mixer). Serve spread with crackers.

COCKTAIL WIENERS

Maxine Benson

1 1/2 lbs. cocktail wieners
1 jar mustard
1 jar currant jelly

Place all in crock pot and put on low for a couple of hours.

BRAUNSCHWEIGER SPREAD

Melanie Scallon

1 lb. Braunschweiger
1-8 oz. cream cheese
1 medium onion,
chopped fine

1 T. Worcestershire sauce
1 T. horseradish

“She just throws all of the ingredients in a bowl and mixes them up.”

RYE BREAD SPREAD

Sandy Ford

10 slices American cheese
10 slices Swiss cheese
1/2 lb. corned beef,
chopped

1/2 C. mayonnaise
1 C. Bavarian sauerkraut
Rye bread

Combine American cheese, Swiss cheese and mayonnaise in saucepan. Simmer over low heat until well melted. Stir in chopped corned beef and Bavarian sauerkraut. Keep warm and serve on rye bread.

EGG ROLLS

Beth Swanson

- 1 lb. ham
(or any meat)
2 med.
1 7
- 1 C. chopped celery
1 pkg. fresh bean sprouts
1/4 C. soy sauce
1 pkg. egg roll wraps

ed cabbage
, drain grease. Add all of the other ingredients.
until vegetables are limp; drain in strainer for several
s. Take egg roll wraps and put 1 tablespoon or so of
mixture on edge. Moisten other edge with water; roll it up.
Fry in oil, turning as it browns.

NOTE: Mixture will keep in refrigerator for a week or so.

DARLENE'S PINWHEELS

John Graham

- 1-8 oz. sour cream
1-8 oz. cream cheese
1-4 oz. can green chilies
1-4 oz. can black olives
1 C. grated Cheddar cheese
- 1/2 C. chopped onions
Garlic powder
Seasoning salt
5 to 6-10" flour tortillas

Mix together all ingredients, except tortillas. Spread evenly over tortillas and roll as tightly as possible. Wrap in foil or plastic wrap and chill at least 2 to 3 hours. Slice and serve with salsa.

LITTLE SMOKIES IN BLANKETS

Beth Swanson

- 1 pkg. of 50 smokies
1 container crescent rolls

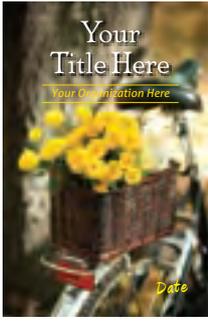
Preheat oven to 375°. Roll out crescent rolls. Cut into little triangles. Roll little smokies in dough. Place on cookie sheet. Bake at 375° for 12 to 15 minutes.

Soups & Salads

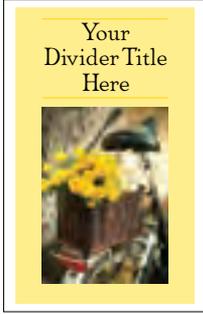
*This is our Children
of the World divider.*



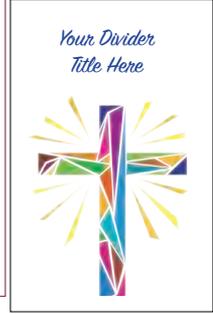
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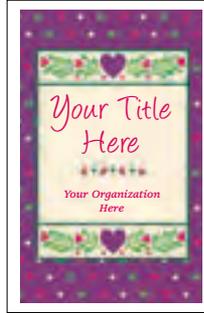
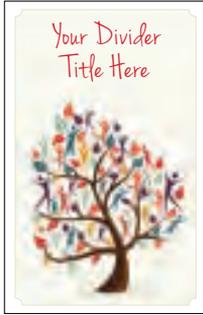
Bike Blooms



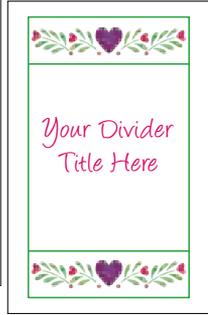
Kaleidoscope Cross



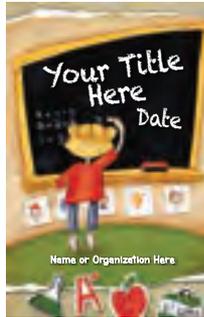
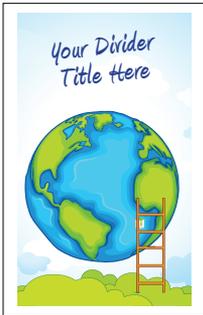
Family Roots



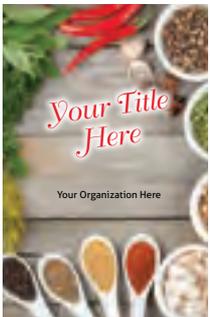
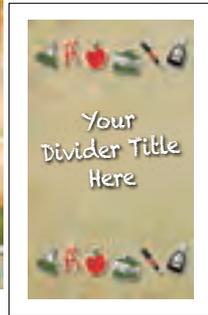
From The Heart



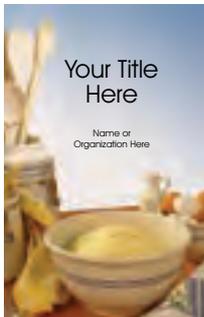
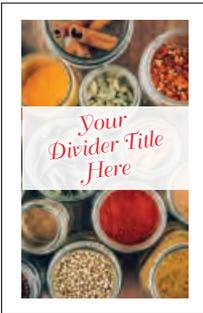
Kid's World



School Days



Savor The Flavor



Rising Dough



CHEESY BRAT STEW

Trevor Hanson

- | | |
|----------------------------|------------------------------|
| 6 brats | 1 C. green beans |
| 4 medium potatoes, cubed | 1 can cream of mushroom soup |
| 1 can green beans, drained | 1 C. water |
| 1 small onion, chopped | |

Cut brats into bite size pieces. In a large skillet, cook potatoes, beans, onion and cheese. Mix mushroom soup and water in a separate container and pour over all. Simmer over medium heat for 30 to 40 minutes. Serves 4 to 6 people.

SEVEN LAYER SALAD

John Graham

- | | |
|--|--|
| 1 small head lettuce, torn into pieces | 10 slices bacon, cut into pieces before frying, drain on paper towel |
| 1 C. celery, chopped | 4 hard-boiled eggs, sliced |
| 1/2 C. green pepper, chopped | |
| 1 onion, chopped | |

Layer the above in a 9x13" dish. Mix together 1 cup Miracle Whip, 1 cup sour cream and 2 tablespoons sugar. Spread over top and sprinkle with Cheddar cheese. Cover and refrigerate overnight.

CRANBERRY SALAD

Allen Stiles

- | | |
|----------------------------------|----------------------------------|
| 1 lb. frozen cranberries, ground | 1 can crushed pineapple, drained |
| 1 1/4 C. sugar | 1/2 C. nuts |
| 1 lb. small marshmallows | 1 carton Cool Whip |

Fold all ingredients together and freeze.

This is Recipe Design 1 in Chalkboard font.

SNICKERS SALAD

Anonymous

- 1-8 oz. pkg. cream cheese, softened
1 small container marshmallow cr me
8 regular Snickers bars, cut in small pieces
6 apples (3 each of red and green adds color, cut in small pieces)

Beat cream cheese and marshmallow cr me together. Fold in whipped cream. Whip. Add the Snickers pieces and apples. Refrigerate 1 hour before serving.

GARDEN SALAD

Sally Zimmerman

- 1 head cauliflower
1 head broccoli
1 pkg. radishes
1 green pepper
2 cucumbers
1 onion
2 pkgs. tri-colored spiral noodles
2 jars ranch dressing
1 pkg. shredded Cheddar cheese

Dice vegetables into bite size pieces. Cook noodles; drain and cool. Combine all ingredients in big bowl and add dressing; stir. Chill before serving.

FRUIT CHICKEN SALAD

Tonya Miller

- 4 C. diced cooked chicken
1-15 oz. can pineapple chunks, drained
1 C. chopped celery
1-11 oz. can mandarin orange sections, drained
1/2 C. sliced pitted ripe olives
1/2 C. chopped green pepper
2 T. grated onion
1 C. mayonnaise or salad dressing
1 T. prepared mustard
1-5 oz. can chow mein noodles
Lettuce leaves

In large bowl, combine chicken, pineapple, celery, oranges, olives, green pepper and onion. Blend mayonnaise or salad dressing and mustard, toss gently with chicken mixture. Cover and chill. Just before serving, mix in chow mein noodles; turn salad into a lettuce-lined serving bowl. Serves 8.

MEXICAN PASTA SALAD

Linda Erickson

- | | |
|--------------------------------------|------------------------------|
| 1/2 lb. rotini or other spiral pasta | 1 T. jalapeno pepper, seeded |
| 2 tomatoes, seeded and diced | and |
| 1 1/2 C. frozen corn, thawed | 3/4 tsp. cumin powder |
| 2 carrots, peeled and shredded | 3/4 tsp. ground cumin |
| 1/4 C. red onion, chopped | 1 C. fresh chopped cilantro |
| 1 T. Dijon mustard | Salt and pepper to taste |
| 1 T. lime juice | |

Fill a large pot with lightly salted water and bring to a boil. Add pasta and cook for 8 to 10 minutes, until pasta is al dente. Rinse with cold water and drain. Add tomatoes, corn, carrots and red onions and mix well. In a jar, combine Dijon mustard, lime juice, jalapeno pepper, chili powder and cumin. Shake vigorously and pour dressing over pasta mixture. Add fresh chopped cilantro and toss until evenly coated. Makes 4 servings.

MACARONI SALAD

Barb Claxton

- | | |
|-------------------------------|---------------------------------------|
| 1 lb. uncooked curly macaroni | 1-14 oz. can sweetened condensed milk |
| 3 carrots, shredded | |
| 2 C. shredded cheese | 1 C. sugar |
| 1 onion, chopped | 3/4 C. vinegar |
| 1 C. diced celery | 2 C. mayonnaise |
| 1 1/2 C. diced ham | Salt and pepper to taste |

Prepare macaroni according to package directions. Mix first six ingredients together. Mix together. Add salt and pepper to taste. Refrigerate overnight before serving.

BROCCOLI-BACON SALAD

Rhonda Brandos

1 1/2 C. broccoli
1 C. diced
1 C. green onions, sliced
1 lb. bacon, cooked, crisp, drain
1/2 C. red pepper,
1 C. red seedless grapes
1 1/2 C. cauliflower
DRESSING:
1 C. Miracle Whip
1 T. vinegar
1/2 C. sugar

Mix all the ingredients in a large bowl. Combine salad dressing ingredients. Toss on salad and chill.

SPAGHETTI SALAD

Susan Barnes

Spaghetti noodles
1/2 C. mushrooms
1/2 C. celery
Grated Cheddar cheese
Salad Supreme spices
Chopped tomatoes
1/2 C. onion
1/2 C. green pepper
Chopped green and black olives
Large bottle Zesty Italian
dressing
Pepperoni

Break spaghetti noodles into small pieces and cook. Cool. Mix all ingredients except spices and dressing. Add 1 cup dressing 24 hours before serving. Stir, cover and put in refrigerator. The day of serving, add 1 cup of dressing and spices. Stir and serve.

PEA SALAD

Nancy Upton

2 cans peas, drained
1 C. chopped celery
1 C. cubed cheese
3 hard boiled eggs
1/2 C. salad dressing

Mix all together and serve immediately.

BEEF VEGETABLE SOUP

Mark Combs

1 lb. hamburger	1 bay leaf
1/2 C. chopped onion	1/4 tsp. salt
1 pkg. Hamburger Helper mix (beef noodle)	1/8 tsp. pepper
5 C. water	1-16 oz. whole tomatoes
	1-10 oz. pkg. frozen mixed vegetables

Brown ground beef and onion; drain. Stir in sauce mix, water, bay leaf, salt, pepper and tomatoes. Heat to boiling stirring constantly. Reduce heat, cover and simmer 10 minutes. Stir in noodles and vegetables. Cover and cook 10 minutes.

HAMBURGER SOUP

Beth Stinson

1 lb. hamburger, browned	1 tsp. Worcestershire sauce
1/4 C. rice	1 1/2 tsp. salt
2 large onions	1-14 1/2 oz. can beef broth
1/4 C. celery	1-46 oz. can tomato juice
5 large potatoes, cubed	1-10 oz. box frozen mixed vegetables

Cook hamburger. Add all of the rest of ingredients, ending with the box of mixed vegetables on the top.

NOTE: I make this in a slow cooker, put the setting on #3 and cook about 6 hours with the lid on.

CROCK POT BEEF STEW

Beverly Anderson

Potatoes	Chopped meat
Carrots	1 can tomato sauce
Mixed vegetables	Onion
1 small can whole kernel corn	Salt and pepper

Use desired amount of all ingredients and cook 8 to 10 hours.

This is Recipe Design 1 in
Chalkboard font.

CHILI TO FEED T

Daniel Crawford

10 lbs. hamburger
10-48 oz. tomato juice
8 pkgs. onion soup mix
4 medium onions, chopped
9 lbs. 6 oz. chili beans (1 gal.
plus 2 lb. can)

Head of time, brown the hamburger. Add seasonings
s. On the day of serving, add the rest of the ingredients
simmer for awhile.

BROCCOLI-CORN CHOWDER SOUP

John Graham

1 can Swanson's chicken broth
1-16 oz. pkg. broccoli stir-fry
2 cans whole kernel corn, drained
Salt and pepper to taste
1 can evaporated milk
3 C. regular milk
Velveeta cheese

Cook broccoli mixture in broth over medium heat until almost
tender, but still a little crisp. Add corn, salt and pepper. When
broth is cooked down, add the milk. Cut up enough Velveeta cheese
to thicken it and let it melt, adding more if needed. Stir often
so it doesn't scorch. When served, you may add some crumbled
fried bacon.

POTATO SOUP

Beth Stinson

20 potatoes
1/2 of a 1 1/2 to 2 lb. ham
2 large onions
1 gal. milk
1 large pkg. Velveeta cheese
1/2 tsp. celery salt
1 tsp. pepper

Dice and cook potatoes and onions. Dice ham and cheese. Add
together. Add milk, celery salt and pepper. Cook until heated.
For extra taste add shredded broccoli.

CHEESEBURGER SOUP

Dennis Johnston

- | | |
|-----------------------------|------------------------|
| 1/2 lb. ground beef | 4 C. diced potatoes |
| 3/4 C. chopped onion | 1/4 C. flour |
| 3/4 C. shredded carrots | 8 oz. American cheese |
| 3/4 C. diced celery | 1 1/2 C. milk |
| 1 tsp. dried basil | 3/4 tsp. salt |
| 1 tsp. dried parsley flakes | 1/4 to 1/2 tsp. pepper |
| 4 T. margarine, divided | 1/4 C. sour cream |
| 3 C. chicken broth | |

In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, saute onions, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef, bring to a boil. Reduce heat, cover and simmer for 10 to 12 minutes or until potatoes are tender. Meanwhile, in small skillet, melt remaining butter. Add flour, cook and stir-fry 3 to 5 minutes or until bubbly. Add to soup, bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from heat; blend in sour cream. Yield: 8 servings (2 1/4 quarts).

KOOTIE MOOTIE

Karen Showalter

- | | |
|---|--------------------------|
| 1 lb. ground chuck | 1 qt. tomato juice |
| 2 cans chili beans in gravy | 1 tsp. chili powder |
| 1 tsp. onion flakes | Salt and pepper to taste |
| 3 small potatoes, sliced
and boiled to clear stage
(save water) | |

Brown ground chuck with onion flakes, salt and pepper. In large pot, combine meat, beans, chili powder and potatoes. Add tomato juice and a cup of potato water; let simmer until done.

MANDARIN ORANGE CRACKER SANDWICH

Susan Barnes

60 Ritz crackers, crushed
1/4 C. vegetable oil
1 stick butter, melted
6 T. orange juice
1 can Eagle Brand milk
8 oz. carton Cool Whip
2 small cans mandarin oranges, drained

Mix together Ritz cracker crumbs, sugar and oleo. Press into a 9x13" pan. Reserve some crackers (1 cup) to sprinkle on top. Mix together orange juice and milk. Fold in Cool Whip and oranges. Pour into pan and sprinkle with remaining crumbs, cover. Refrigerate until served.

POTATO SOUP

Maxine Benson

6 potatoes, cubed
2 carrots, sliced
2 celery stems, sliced
2 onions, diced
1 T. parsley, chopped
Salt and pepper to taste
5 C. water
4 chicken bouillon cubes
1-13 oz. evaporated milk
1/3 C. margarine

Combine all ingredients except milk and margarine. Cover and cook over medium heat for 40 minutes. Add milk and margarine; simmer for 30 more minutes on low heat.

*Breast
& Roll*

*This is our Dove Cancer Ribbon
divider printed on pastel paper.*



B Dry yeast is so small it is dissolved in warm liquid. Technically, you cannot “dissolve” yeast; it is a living organism, cells merely separate and then reconstitute to expand and reproduce. They will not dissolve only because the cells are exceedingly small.

R Use warm water for yeast. You can tell if the temperature is correct by holding the water over your forearm; if you cannot feel either hot or cold, the temperature is just right.

E Add 1/2 teaspoon of sugar to the yeast when stirring it into the water to soften. If it foams and bubbles in 10 minutes, you know the yeast is alive and active.

A Use water that has been used to boil potatoes to make bread more moist, adds flavor and provides food for the yeast.

D When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

S When creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

● Dough won't stick to your hands if it is kneaded inside a large plastic bag.

● To help yeast dough rise quickly and evenly, use a heating pad. Set the covered bowl on the pad with its temperature set at medium. If the television is in use, it makes a nice warm spot for dough to rise.

● Another way to raise bread; turn oven to 200°. When temperature is reached, shut oven off and put bread in to rise.

● Dough can be raised in 15 minutes using a microwave. Place the dough in a microwave proof bowl and put it in the microwave with another container of 8 ounces of water. Heat at 10% power (or lowest setting) for 3 minutes. Let rest in the oven for 3 minutes, then heat again for 3 minutes. Let rest 6 minutes. Dough should have doubled in bulk and is ready for shaping.

● To thaw frozen bread loaves, place in clean brown paper and put in 325° oven for 5 to 6 minutes to thaw completely. For thawing rolls, allow several more minutes – 20 seconds in the microwave is enough time for 2 slices to thaw.

PUMPKIN

3 C. sugar

1 C. oleo

4 eggs

1 1/2 tsp. salt

1 tsp. cinnamon

1/4 tsp. nutmeg

1/3 C.

2 C. pump

3 2/3 C. flour

2 tsp. baking s

Chopped nuts, op

Cream together sugar and oleo. Add remaining ing

Bake in two 9x5" greased and floured loaf pans at 35

1 hour.

Julia Larsen

JELLO ROLLS

2 loaves frozen bread dough

1/2 stick margarine, melted

TOPPING:

1/2 C. sugar

1/4 C. brown sugar

1 pkg. strawberry jello

3/4 tsp. cinnamon

Cut frozen bread dough in pieces after thawing overnight in refrigerator.

Put in 9x13" pan. Mix topping ingredients together and sprinkle over

dough. Top with melted margarine. Let rise. Bake at 350° for 30 to 35

minutes. Drizzle with powdered sugar frosting.

LeaAnn Howard

COFFEE CAKE

2 C. flour

1/2 tsp. salt

1 tsp. cinnamon

1 tsp. baking soda

1 tsp. baking powder

1 C. sugar

1/2 C. brown sugar

2/3 C. shortening or

margarine, softened

2 eggs, well beaten

1 C. buttermilk (1 T. vinegar

and 1 C. milk)

TOPPING:

1/2 C. brown sugar

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1/2 C. chopped nuts

Cream sugar and shortening and add eggs. Add buttermilk and

dry ingredients. Pour in greased 9x13" pan. Sprinkle with topping

ingredients. Put in refrigerator overnight. Bake the next morning at

350° for 35 minutes.

Barb Claxton

This is Recipe Design 2 in
 Avant Garde font.

CHEESE BREAD

- | | |
|---|----------------------------|
| 1 lg. loaf French bread, cut lengthwise | 1 C. black olives, chopped |
| 1/2 C. mozzarella cheese | 2 C. mozzarella cheese |
| 1/2 C. margarine, softened | 2 cloves garlic, crushed |
| | 6 green onions, chopped |

Mix cheese to margarine and mix well. Once softened, add other ingredients; spread over bread halved. Bake at 350° for 15 minutes or until cheese is melted. Freezes well.

Mary Alberts

FRUIT FILLED COFFEE CAKE

- | | |
|------------|---|
| 1 C. oil | 1 tsp. baking soda |
| 1 C. sugar | 1/2 tsp. salt |
| 4 eggs | 1 tsp. vanilla |
| 2 C. flour | 1 can pie filling (cherry, blueberry, etc.) |

Mix by hand! Stir oil, eggs and vanilla together. Add dry ingredients. Spread half of the mixture in greased 9x13" pan. Spread can of pie filling over the first layer. Spread remaining batter over top. Bake at 350° for about 30 minutes. DO NOT OVERBAKE. When cooled, top with powdered sugar frosting.

NOTE: When using apple pie filling, sprinkle a little cinnamon over apples.

Beth Stinson

BLUEBERRY MUFFINS

- | | |
|------------|----------------------------------|
| 1 egg | 1/2 C. sugar |
| 1 C. milk | 3 tsp. baking powder |
| 1/4 C. oil | 1 tsp. salt |
| 2 C. flour | 1 C. frozen or fresh blueberries |

Preheat oven to 400°. Stir all ingredients until flour is moistened. Batter should be lumpy. Do not overmix. Fill greased muffin tins 2/3 full. Bake for 20 to 25 minutes. Makes 12 muffins.

Ron Frank

HOLIDAY

1/2 C. butter, softened 1 tsp.
1 C. sugar 1 1/4 C.
2 eggs, beaten 1/4 C. cho
3 bananas, mashed 1/4 C. maras
2 C. flour

Cream butter and sugar; add beaten eggs, then m
bananas. Sift flour, salt and baking soda together.
just to moisten and then stir in chopped nuts, chocola
chips and maraschino cherries. Bake in a greased 9x5"
loaf pan at 350° for about 40 minutes.

Tonya Miller

GARLIC BUBBLE BREAD

2 loaves frozen bread 1/2 tsp. garlic powder
dough 1/4 tsp. salt
1/2 C. butter, melted 1 tsp. dried parsley
1 egg

Partially thaw dough (overnight in refrigerator) and cut in
small pieces or slices. Beat together butter, egg, garlic
powder, parsley and salt. Drizzle over bread slices. Let
rise. Bake at 350° for 20 to 30 minutes. Watch closely
so as not to burn. Makes a 9x13" and 8x8" pan.

Nicole Henson

FRUIT AND NUT ROLLS

2 pkgs. (24 rolls) yeast
1-3 3/4 C. brown sugar
1/2 C. butter (softened)
1/2 C. instant yeast
3/4 C. brown sugar
3/4 T. cinnamon
1/2 C. chopped nuts

Roll yeast in a greased tube pan. Sprinkle dry yeast mix over rolls. Cook butter and remaining ingredients over low heat until sugar is dissolved and mixture bubbles; pour over rolls. Cover tightly with foil and let stand overnight. Bake at 350° for 30 minutes. Let stand 5 minutes, invert onto serving dish.

Lory Peters

HERB BREAD

2 pkgs. dry yeast
1 C. warm water
1 C. warm milk
1/4 C. oil
1 egg
1/4 C. sugar
2 to 3 C. flour
1 T. onion powder
1 1/2 T. garlic powder
1/2 tsp. oregano
1/2 tsp. basil
1/2 tsp. parsley
1/2 tsp. rosemary

Dissolve yeast in warm water. Add the remaining ingredients, except for flour. Knead in more flour, until slightly sticky. Let rise, punch down and rise again. Shape in 2 loaves; let rise. Bake at 400° for 20 to 25 minutes in greased loaf pans.

Cathy Singer

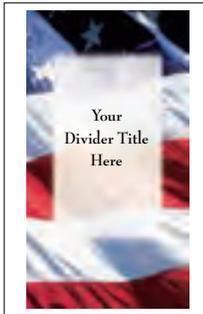
This is our Red, White
and Fabulous divider.

*Vegetables
&
Side Dishes*

More Full Color Cover and Divider Choices:



American Spirit



Americana



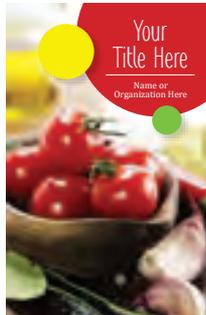
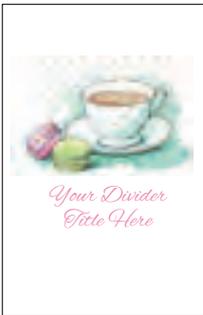
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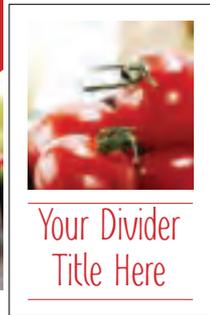
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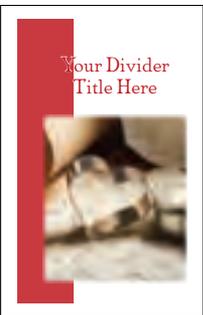
Grandma's China



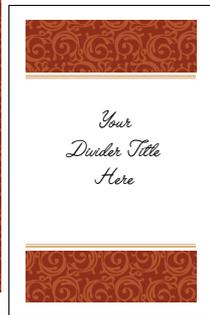
Garden Fresh



Heart of Home



Heirloom



CARROT CASSEROLE

Carol Stauffer

1-16 oz. bag baby carrots
12 slices or 1 C. finely
grated American cheese

1 small
1 stick margarine
Cracker crumbs

1/2 C. sliced mushrooms

Cook carrots and drain. Put in casserole dish. Add margarine and cracker crumbs. Top with cracker or bread crumbs. Bake for 1 hour.

HASH BROWN POTATO CASSEROLE

Amanda S.

2 lbs. thawed hash browns
1/2 C. margarine, melted
1 tsp. salt
1/2 tsp. pepper

1/4 C. chopped onion
2 C. grated Cheddar cheese
1-12 oz. carton sour cream

Mix all ingredients together. Pour into 9x13" pan. Top with an additional 1/4 cup melted margarine and 3/4 cup crushed corn flakes or buttered bread crumbs. Bake for 45 minutes at 350°.

DELICIOUS ZUCCHINI CASSEROLE

John Graham

5 C. cubed zucchini
3/4 C. grated carrots
1/2 C. chopped onion
8 T. margarine, divided

1-10 3/4 oz. can cream of chicken soup
1/2 C. sour cream
2 1/2 C. seasoned stuffing mix, divided

Cook cubed zucchini in salted water until tender. Sauté carrots and onion in 6 tablespoons margarine until tender. Drain zucchini and add onion, carrots, 1 1/2 cups of stuffing mix, soup and sour cream. Place in 5-quart casserole dish. Top with remaining stuffing mix, mixed with remaining 2 tablespoons butter. Bake in 350° oven for 35 to 40 minutes.

SCALLOPED CELERY

Melanie Scallon

1-16 oz. can cream of mushroom soup
1 1/2 C. frozen sliced mushrooms
1 C. miller's onion soup mix
2 eggs
2 T. butter
1/2 C. chopped celery
1/4 C. chopped onion
2/3 C. shredded American cheese
1 tsp. salt
1/4 tsp. paprika

Sauté mushrooms and onions in butter. Combine sautéed vegetables and remaining ingredients in a large bowl. Put in greased 1 1/2-quart casserole dish. Bake at 350°F for 40 to 50 minutes.

FIRE 'N ICE TOMATOES

Grace Trask

3/4 C. vinegar
1 1/2 tsp. celery salt
1 1/2 tsp. mustard seed
1/2 tsp. sugar
1/4 C. cold water
1 large green pepper
1/8 tsp. red pepper
1/8 tsp. black pepper
1 tsp. salt
1 tsp. garlic salt
6 large tomatoes
1 red onion
1 cucumber, sliced

Peel and quarter tomatoes, dice green pepper, cut onion into rings. Mix vinegar, water and spices, bring to a boil and boil rapidly for 1 minute. Pour over vegetables. Chill overnight. When ready to serve, add sliced cucumber.

CAULIFLOWER SAUTÉ

LeaAnn Howard

2 T. butter
4 C. thinly sliced cauliflower
1 C. thinly sliced celery
1 T. instant toasted onions
1 T. chicken broth
1/2 C. dry white wine
1 tsp. Mei Yen seasoning
1/2 tsp. salt
1/8 tsp. black pepper

Melt butter in large, heavy frying pan. Add cauliflower, celery and toasted onions. Combine chicken broth, wine, Mei Yen, salt and pepper. Pour over vegetables. Cook quickly over high heat, turning constantly with wide spatula or pancake turner. Cook until vegetables are barely tender and still crisp, about 7 or 8 minutes. Serve at once.

CHEESY CORN BAKE

Mark Combs

2 T. margarine
4 tsp. flour
1/8 tsp. garlic powder
3/4 C. milk
6 oz. shredded American cheese

1-3 oz. softened
3-10 oz. p
3 oz. diced h

In large saucepan, melt margarine. Stir in flour and garlic powder and cook and stir over medium heat until thick and bubbly. Stir in milk. Cook and stir over low heat until melted. Stir in corn and ham. Pour mixture to 2-quart casserole. Bake in 350° for 45 minutes.

GARDEN MEDLEY

Linda Erickson

5 strips bacon, diced
1 C. diced onion
4 cloves garlic, minced
1 C. okra, sliced
1 C. zucchini, diced

1 C. eggplant, diced
2 medium tomatoes, sliced
Pepper to taste
Parmesan cheese

In a heavy frying pan, cook the bacon. Add the onion, and garlic and sauté until softened. Add the okra and zucchini and cook until tender. When the okra and zucchini are tender, add the eggplant and cook until it becomes tender. Add the tomatoes, cover and simmer for 2 to 3 minutes. Add the pepper to taste and sprinkle with Parmesan cheese. Toss and serve immediately. For best color, and greatest nutrition, leave the skins on all vegetables.

NEW POTATOES

Jason Watson

New potatoes (small red)
Chopped onion to taste
Chopped green pepper
to taste

Garlic to taste
Sour cream, ranch dressing
or French onion dip

Cut potatoes in half and put in skillet filled with water. Add onion, green pepper and garlic. Bring to a boil. Cook, uncovered, until water is absorbed. Stir in sour cream, ranch dressing or French onion dip; heat. Toss until evenly coated. Serve.

ALMOND WILD RICE

Cathy Singer

1-12 oz. pkg. wild rice
1/2 C. butter
1 large onion, sliced
1 medium carrot, sliced
1 C. slivered almonds
1/2 tsp. each salt and pepper
2-10 1/2 oz. cans consommé
1-10 z. can cream of chicken soup
1 can water

Mix with other ingredients and bake, uncovered, for 3 to 4 hours at 300°. Stir occasionally and add more water if necessary. Serves 8.

CHEESE CABBAGE CASSEROLE

Julia Larson

1 head cabbage
2 T. oil
2 T. flour
1 C. milk
1 C. Velveeta cheese
Ritz crackers

Chop cabbage and boil until tender, drain. Meanwhile, heat oil and add flour and milk to make a white sauce. Add cheese and stir until melted. Layer in large baking dish with one layer crackers, a layer of cabbage and a layer of cheese sauce. Keep layering and top with crackers. Bake at 350° for 30 minutes. Soda crackers may be substituted in place of the Ritz crackers.

SWEET POTATOES

Dennis Johnston

6 or 7 large sweet potatoes
1 C. sour cream
2 T. (or to taste) brown sugar
Salt and pepper to taste
1 pkg. large marshmallows

Cook and mash sweet potatoes. Add sour cream and brown sugar. Salt and pepper to taste. Put in casserole dish, cover with large marshmallows. Bake at 325° for 25 minutes. Can be prepared ahead and then baked.

BROCCOLI CASSEROLE

Beverly Anderson

4 C. chopped broccoli
2 oz. chopped pimento
1 can sliced water chestnuts
1/2 tsp. pepper
1 can cream of mushroom soup
3/4 C. sour cream
1/2 tsp. salt
1 C. grated Cheddar cheese

Combine all ingredients except cheese. Place in 13x9" pan and top with cheese. Bake at 350° for 30 minutes.

BROCCOLI AND LIMA CASSEROLE

LeaAnn How

2-10 oz. pkgs. frozen chopped broccoli
1-10 oz. pkg. frozen limas
1 can mushroom soup
1 can sliced water chestnuts
8 oz. carton sour cream
1 pkg. Lipton onion soup mix
1/4 lb. margarine
2 C. Rice Krispies

Cook broccoli and limas separately until done. Put in bottom of 2-quart casserole dish. Mix soups, sour cream and water chestnuts together and put on top of limas and broccoli. Melt margarine and mix with Rice Krispies for top layer. Bake at 350° for 30 minutes.

NOTE: If you should want to freeze this before cooking, do not add the Rice Krispies until you get ready to cook.

BROCCOLI CASSEROLE

Susan Barnes

1 stick oleo
2 C. quick rice
Diced onion
2 C. water
1 bag frozen broccoli cuts, chopped fine
2 C. Velveeta cheese, cubed OR 1-8 oz. jar Cheez Whiz
1 can cream of mushroom soup

Combine oleo, rice and onion in 2-quart casserole dish and microwave on medium heat for 2 1/2 minutes. Stir and microwave on medium for another 2 to 2 1/2 minutes. Add water. Let set for 5 to 7 minutes or until most of the water is absorbed. Cook broccoli until 2/3 done. Then, add broccoli to the rice mixture. Next, add the cheese and cream of mushroom soup. Bake at 350° for 20 to 30 minutes until hot and bubbly.

RICE BROCCOLI CASSEROLE

Tonya Miller

1 C. Minute Rice
1 box chopped broccoli
1 can cream of mushroom soup
1/2 C. melted margarine
3 T. catsup
1/4 C. chopped onion
1/2 C. diced celery
1-8 oz. jar Cheez Whiz
1 can sliced water chestnuts

Mix all ingredients. Put in 2-quart casserole and bake 35 to 50 minutes at 350°.

BROCCOLI-CORN BAKE

Daniel Crawford

1-1 lb. can cream style corn
1-10 oz. box frozen chopped
broccoli, cooked and drained
1 egg, beaten
1/2 C. coarse crushed saltine crackers
2 T. minced onion
1/2 tsp. salt
5 T. melted margarine

Combine corn, cooked broccoli, egg, cracker crumbs, onion, salt and melted margarine. Mix well. Pour into a greased 1-quart casserole. Top with crushed Ritz crackers and bake at 350° for 30 minutes.

CALICO BEANS

Amanda Samuels

2 cans pork and beans
1 can Reber butter beans, drained
1 can kidney beans, drained
1 lb. hamburger
1 lb. bacon, cut into 1" pieces
1 C. catsup
1/2 C. brown sugar
1/4 C. white sugar
1/2 C. minced onion (optional)

Cook hamburger and bacon, slowly, until hamburger is done (bacon will be limp). Add other ingredients and mix well. Place in large baking dish. Bake for 1 hour at 350°.

NOTE: Or cook 6 to 8 hours in crock pot on low.

BAKED BEANS

Ron Frank

1 small onion
1/2 lb. hamburger
1/2 lb. bacon, chopped
1/4 C. brown sugar
1/4 C. sugar

1/4 C. oil
1/2 tsp. dry mustard
1 can kidney beans
1 can pork and beans
1 can butter beans

Brown onion, hamburger and bacon. Add remaining ingredients. Put in large casserole and bake at 350° for 1 to 1 1/2 hours depending on thickness of beans desired.

CORN FRITTERS

Jason Watson

1 1/3 C. flour
1 T. sugar
1 egg
1 C. whole corn, drained

2 tsp. baking powder
1/4 tsp. salt
1/2 C. milk
Powdered sugar
Syrup

Beat egg, add milk and blend in corn. Add dry ingredients and mix well. Drop by spoonfuls into deep fat (390°); fry until golden. Roll in powdered sugar, put syrup over top and eat. Makes 6 servings. NOTE: They don't reheat real well. Better to not use all mixture and refrigerate. I've been able to use it a couple days later.

CHEESY CORN NOODLES

Beverly Anderson

1/4 lb. Velveeta
1 1/4 C. milk
2 C. cheddar cheese

2 C. cooked noodles
Salt, pepper and butter (your
choice for flavor)

Mix cheese in milk over low heat. Pour this mixture over corn
noodles in a buttered casserole dish. Bake at 350° for 30 to
45 minutes.

SCALLOPED CORN

Lisa Weston

4 C. corn
1 beaten egg
1 C. milk
4 saltine crackers (16 sections)
1 T. butter
1/4 onion, diced

SEASON WITH (to taste):
Mrs. Dash original blend
Mrs. Dash extra spicy
Salt and pepper

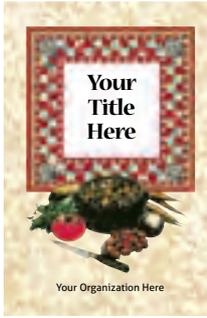
Mix all ingredients together in casserole dish. Add crackers to
thickness desired. Bake 1 hour at 350°, test with fork.

This is our
Wine and Barrel divider.

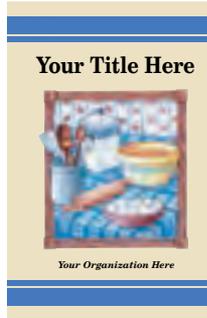
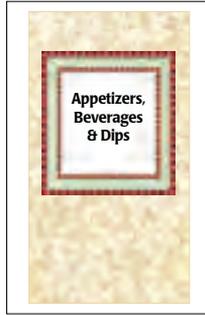
MAIN DISHES & MEATS



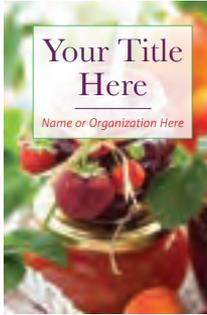
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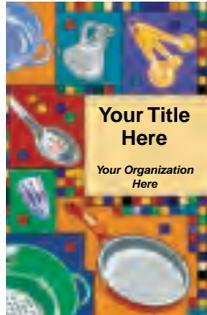
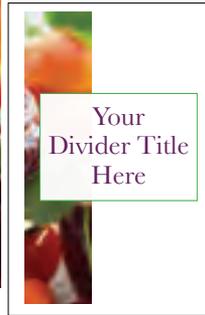
Dutch Oven



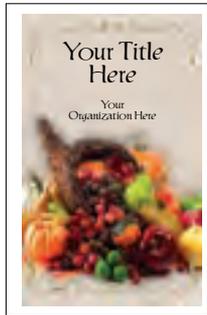
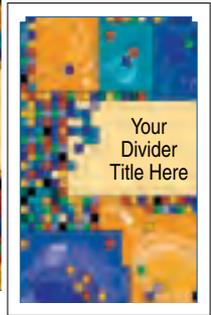
Home Cooking



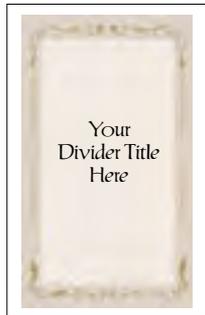
Jam Packed



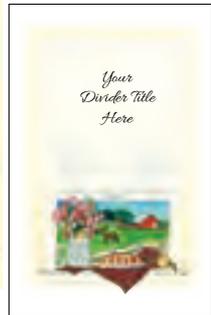
Kitchen Mosaic



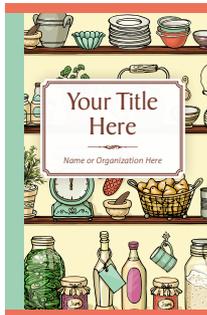
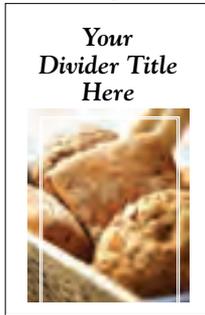
Nature's Bounty



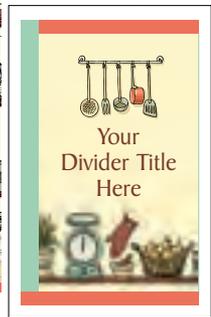
Kitchen Window



Our Daily Bread



Pantry



Pepsi
Trevor Hans

4 lb. beef roast
1 pkg. dry onion soup mix

1 can cream of mushroom soup
1-12 oz. can Pepsi

Put roast in pan and top with dry onion soup mix. Spoon over the onion mixture and slowly pour the Pepsi over. Cook slowly in a 300° oven for 5 to 6 hours.

This is Recipe Design 4 in Beach font.

Italian Marinated Turkey Fillets

Daniel Crawford

4 turkey breast fillets,
approx. 4 oz. each
1/2 C. Italian salad dressing
1/2 tsp. garlic salt

1 tsp. minced onions flakes
1/4 tsp. coarse ground
black pepper

Combine salad dressing and seasonings in a shallow dish large enough to accommodate turkey fillets. Slice turkey fillets horizontally, not quite all the way through, and open out flat. Place fillets in marinade, cover and refrigerate at least 2 hours (overnight is best). Turn fillets in marinade occasionally. Grill over a hot fire about 3 to 4 minutes on each side, basting with marinade until done. Serves 4 to 6.

Crock Pot Swiss

John Graham

2 lb. round steak
1 env. beef-mushroom dry
soup mix

Carrots, sliced
Celery, sliced
Potatoes, sliced

Cover both sides of steak with dry soup mix. Place in crock pot. Add the desired amount of sliced carrots, potatoes and celery. Cook on low for 6 to 8 hours.

The space at the bottom of the pages will have added fillers for FREE! Or you may use your fillers for these spaces.

1-10 oz
onion
1
diced
sliced

avera
berts
2 C. broccoli, diced
8 oz. scallops, thawed
1/4 C. flour
Lemon-pepper seasoning
1 lb. pkg. angel hair pasta,
cooked

... soup with milk per the instructions on the can. After the soup
... both, squeeze half of the lemon into the soup, stir and remove
... heat. In a large frying pan, sauté the onion in butter until onion
... translucent. Add mushrooms, broccoli and scallops, continuing to
... sauté until scallops are cooked (3 to 5 minutes). Stir in flour, lemon-
... pepper seasoning and juice from remaining half of lemon, until flour
... is well dissolved. Pour the soup over the scallops and broccoli; stir
... until it thickens. Serve with angel hair pasta.

Tater Tot Casserole

Trevor Hanson

1 or 2 lbs. hamburger
1 can green beans, corn
or peas
1 can cream of celery soup
1 can cream of mushroom
soup
2 cans Cheddar cheese soup
1 onion
Bag of tater tots

Brown hamburger and onion in frying pan. Spread hamburger
on bottom of 9x13" pan. Pour soups and vegetables over top. Mix
together. Lay tater tots on top. Bake at 400° for 45 minutes.

*If you see someone without a smile –
give him one of yours.*

Pizza Beef Casserole

Carol Staunton

1 lb. ground beef
1/3 C. chopped green
pepper
1 small onion, chopped
1/2 tsp. garlic salt
1-16 oz. can pizza sauce
1-4 oz. can mushrooms,
drained

1-3 1/2 oz. pepperoni
1 C. water
2 C. macaroni, uncooked
1 C. shredded mozzarella
cheese

This is Recipe Design 4 in
Beach font.

Combine ground beef, green pepper and onion in a 2-quart casserole dish. Cover and cook on high in the microwave oven for 5 minutes, stirring once, or until beef loses its pink color; drain. Add remaining ingredients except mozzarella cheese and mix well. Cover and cook 15 to 17 minutes on high, stirring at 5 minute intervals. Top with mozzarella cheese, recover and let stand 5 to 10 minutes.

Veggie-Stuffed Pockets

Nicole Henson

1 loaf frozen bread dough
1 lb. ground beef
1 small onion, chopped
1-16 oz. pkg. frozen
vegetable mixture

Butter or margarine
12 oz. shredded cheese

Thaw loaf of frozen bread dough. Preheat oven to 375°. Brown ground beef with onion and let cool. Cook frozen vegetable mixture, drain and cool. Cut bread in half and roll out both halves to 1/4" rectangles. Brush with melted butter. Put half meat mixture on each. Put half vegetable mixture on each. Add shredded cheese. Roll up so meat, vegetables and cheese are enclosed in bread. Pinch shut. Put sealed edges down on cookie sheet. Brush top with melted butter. Put 3 slits on top for steam to escape. Bake for 20 to 25 minutes.

This is Recipe Design 4 in Beach font.

for Real Men
Mary Alberts

- 1 prepared pie crust
- 4 eggs
- 1/2 C. heavy cream
- Dash Worcestershire sauce
- 1/2 tsp. garlic salt
- 1/2 C. cream of mushroom soup
- 1/2 lb. bacon, cooked and crumbled
- 1 C. diced broccoli
- 1-4 oz. can mushrooms
- 1/2 lb. Swiss cheese, grated

Preheat oven to 325°. Prepare pie crust per package directions. In a mixing bowl, beat together eggs and heavy cream until frothy. Stir in Worcestershire and garlic salt. Using a whisk or mixer on low speed, mix in soup a little at a time until all soup is added and the mixture is smooth. Spread the crumbled bacon over the pie crust, in an oven-safe pie pan. Add the broccoli, mushrooms and cheese, tossing to combine. Pour the soup mixture over all to fill the pie shell. Bake uncovered for 1 hour, or until firm in the center.

Swedish Meatballs
Barb Claxton

- 1 1/2 lbs. ground beef
- 1/2 C. onion, chopped
- 3/4 C. crushed crackers
- 1/2 C. milk
- 1 1/2 tsp salt
- 1/8 tsp. pepper
- 1/8 tsp. nutmeg
- 1/8 tsp. allspice
- 1 egg

Mix all ingredients together and form into meatballs. Brown meatballs, remove from pan. To make gravy, combine 1/2 cup flour, 4 cups water and 4 beef bouillon cubes. Put meat in pan and simmer for 1 to 1 1/2 hours.

Runza

Julia Larsen

This is Recipe Design 4 in Beach font.

- | | |
|-------------------------------|------------------------|
| 1 lb. ground beef | 1/4 tsp. garlic powder |
| 1/2 C. chopped onion | 1 tsp. salt |
| 1 C. cabbage, thinly shredded | 1 T. Worcestershire |

Brown ground beef and onion. Add remaining ingredients and simmer uncovered about 5 to 10 minutes. Roll out Refrigerator Roll dough into a 16" square. Cut into 16 (4") squares. Place a couple tablespoons of meat mixture on each square of dough, dividing it equally. Bring the edges of the dough together and seal the dough, forming a square with a pocket. Turn each Runza upside down on a greased cookie sheet. Bake in a preheated 400° oven for 15 minutes. Brush the tops with margarine. Allow to cool slightly before eating.

NOTE: Add more Worcestershire if you like it a little more spicy or put on the table for an added garnish.

Beef Roast

Cathy Singer

- | | |
|--|------------------------------|
| 3 to 5 lb. beef roast
(any cut you prefer) | GRAVY: |
| 2 to 4 C. beef broth (I use
bouillon and water) | Beef broth from cooked roast |
| Minced onions | 2 T. cornstarch mixed with |
| Garlic | 1/4 C. cold water |

Preheat oven to 350°. Set beef roast in baking pan that has a lid. Pour beef broth in pan, at least to 3" deep. Sprinkle minced onion and a small amount of garlic into broth. Cover with lid. Bake at least 2 hours or more if larger cut.

GRAVY: Pour broth into saucepan. Heat to boiling. Add cornstarch mixed with cold water and stir constantly until thick. May need to add water if too thick, or more cornstarch and water mixture if not thick enough. Makes a rich beef flavored lump-free gravy.

You can also fill the space on the recipe pages with your own line art graphics.

Beef Stew

Barnes

3 lbs. lean
1/4 C. y
1 lar
1/4

1/4 tsp. pepper
1 1/4 C. dry red wine
3/4 C. strong black coffee
3 cloves garlic, minced
3/4 tsp. dried thyme

on, brown meat; remove meat from pan. Cook onion in hot oil. Add flour, salt and pepper; toss with browned meat. Return to pan and cook and stir to brown flour, add wine, coffee, garlic and thyme. Simmer and simmer for 2 hours. Lift out cooked meat and onions with slotted spoon. Boil sauce to thicken, adjust seasonings, return meat and onions, heat. Serve with sauteed sliced mushrooms, if desired. Makes 6 to 8 servings.

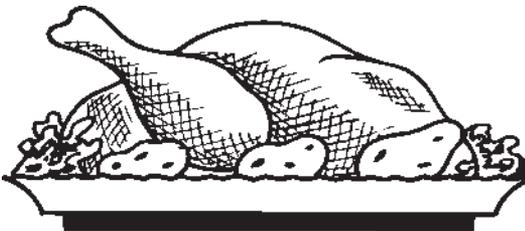
Herb Butter-Basted Turkey Breast

Barb Claxton

1 stick butter or margarine,
melted
1/4 C. fresh lemon juice
2 T. minced green onion
2 T. soy sauce
1 tsp. dried leaf sage

1 tsp. dried leaf marjoram
1 tsp. dried leaf thyme
1/2 tsp. salt
1/4 tsp. pepper
1-4 to 5 lb. turkey breast,
thawed

Mix together butter, lemon juice, onion, soy sauce, sage, marjoram, thyme, salt and pepper in small pan. Stir constantly until butter melts. Cook turkey breast on covered electric charcoal or gas grill. Brush breast frequently with basting sauce. Use a meat thermometer and cook until the breast reaches an internal temperature of 170°. Allow about 2 1/2 hours cooking time. Let breast cool for about 20 minutes for easier carving.

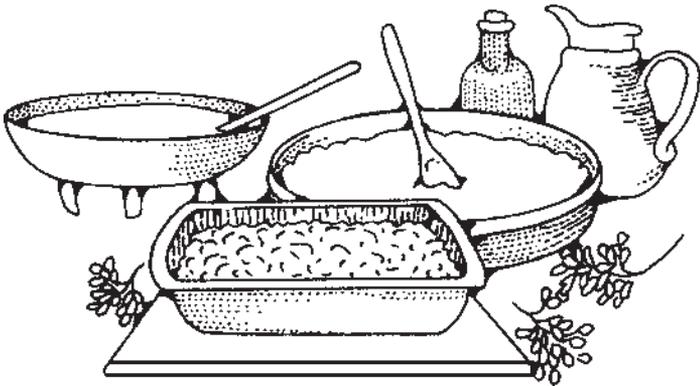


Steak Teriyaki

Jason Watts

- 1 1/2 lb. steak (3/4" thick),
score both sides of steak
in diamond pattern,
place in glass baking
dish
- MARINADE
1/2 C. soy sauce
3 T. honey
1/2 tsp. ground ginger
3 T. salad oil
2 to 3 tsp. minced garlic

Mix marinade well. Pour over steak in glass dish. Turn steak to coat; cover. Refrigerate 6 hours or overnight. Preheat grill. Place steak on rack, 4 to 5" from heat. Grill 3 to 4 minutes on each side for rare, 5 minutes or more for well done. Brush often with marinade. Discard leftover marinade.



This page shows our
Large Print in Beach font.

Flour Steak

Janie Scallon

- 2 lb. round steak
- 1/2 C. oil
- 1/2 C. flour
- 1/2 C. onion, chopped
- 1-4 oz. can mushrooms
- 1 can cream of mushroom soup
- 1/2 C. milk (mix milk and soup together)

Cut round steak into serving size pieces. Flour steak and brown in oil in an electric frypan. Add onions and mushrooms. Pour soup mixture over all; cover. Simmer 1 hour.

Beefburgers (FOR A LARGE GROUP)

Cathy Singer

- 10 lbs. hamburger
- 1 C. water
- 32 oz. catsup
- 1 C. vinegar
- Juice of 2 lemons
(6 T. RealLemon juice)
- 1 C. chopped onion
(6 T. minced onion)
- 1 C. brown sugar
- 1/2 can dry mustard (3 T.)
- 3 T. salt
- 1 C. water

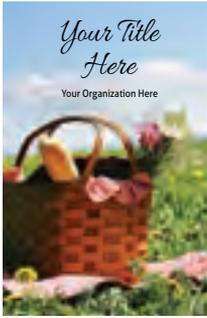
Cook the hamburger and 1 cup water, stirring frequently to break up the lumps, for 1/2 hour or until done. Drain the grease thoroughly. Heat the last 8 ingredients together and add to the meat.

*This is our
Whisked Away divider.*



Desserts

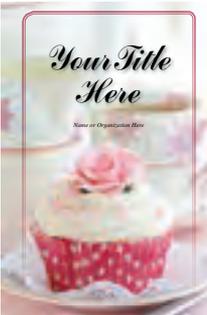
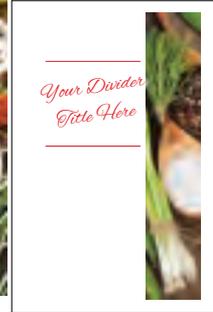
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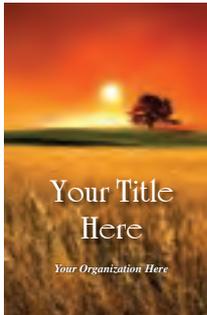
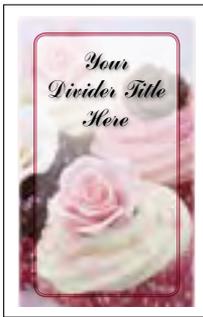
Picnic Basket



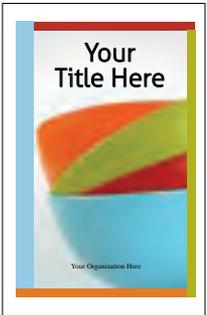
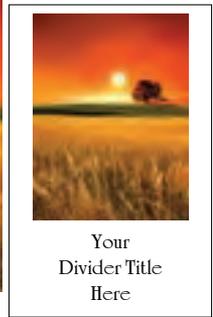
Pinch of This



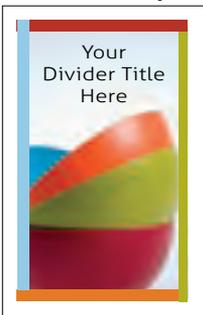
Pretty in Pink



Amber Waves



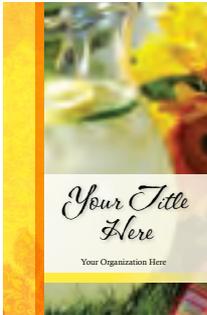
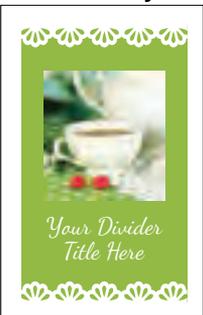
Stacked Up



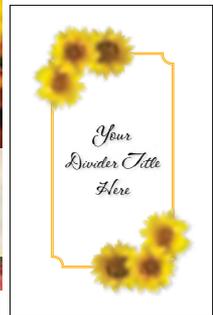
Sundae Best



Tea Party



Sweet Summer



7-Up

Mark Con

1 box lemon cake mix 3/4 C.
1 box lemon and pineapple 10 oz. 7-up
pudding 4 eggs

Mix all ingredients well and bake at 350° for 40 minutes. For the icing, use 1 small can of crushed pineapple, 2 eggs, 1/2 C. coconut, 1 1/2 cups sugar, 1 stick of butter. Cook on stove until thick. Pour over cake.

This is Recipe Design 5 in
Lucida Bright font.

Almond Joy Brownie Bites

Karen Showalter

1 box of family size chocolate 1/4 C milk
fudge brownie mix 1 C. chocolate chips, melted
1-14 oz. can sweetened 1/4 C. almonds (or nuts),
condensed milk crushed
1-14 oz. bag coconut

Preheat oven to 350°. Line (regular size, not mini) cupcake pan with paper liners. (Don't skip the paper liners as they make stick.) Make brownies according to package directions and pour batter only half way up the liners. Bake in preheated oven for 12 minutes. While they are baking, mix the coconut, sweetened condensed milk and milk together. Remove brownies from oven and spoon on some sweetened coconut. Place back in oven and continue to bake an additional 14 to 16 minutes. Remove from oven and allow to cool completely before removing the paper liners. Drizzle on the chocolate then sprinkle on the almonds.

Ambrosia

Barb Claxton

24 marshmallows 2 apples
6 oranges 1/2 C. nuts
1/2 C. sugar 2 bananas
Juice of 1 lemon 1 can crushed pineapple

Chop bananas and squeeze juice of lemon over it. Let stand while other fruit is prepared. Mix all ingredients together, chill and serve.

This is Recipe Design 5 in
Lucida Bright font.

...as Cake

...s Johnston

- | | |
|----------------|--|
| 1-8 oz. pk... | 1/2 C. finely chopped pecans |
| 1 1/2 t... | 4 eggs |
| 1/2 t... | Candied pineapple slices
(optional) |
| 1... | 2 1/4 C. sifted cake flour |
| ... | Candied cherries (optional) |
| ...sp. vanilla | |

thoroughly blend softened cream cheese, margarine, sugar and vanilla. Add eggs, one at a time, mixing well after each addition. Gradually add two cups of cake flour- sifted with baking powder. Combine 1/4 cup flour with candied fruit and 1/2 cup chopped nuts. Fold into batter. Grease a 10 inch bundt pan; sprinkle with finely chopped pecans. Pour batter into pan.

Bake at 325° for 1 hour and 20 minutes. Cool for 5 minutes and remove from pan. Garnish with candied pineapple and cherries (optional).

GLAZE ICING: Combine 3/4 cup sugar, 1/4 cup margarine, and 1/4 cup syrup from pineapples. Stir over low heat until sugar is dissolved and margarine melted. Remove from heat and stir in 2 tablespoons rum flavoring (optional).

Butter Brickle Loaf Cake

Rhonda Brandos

- | | |
|--|------------------------------|
| 1 box yellow cake mix | 1/2 C. oil |
| 1 box vanilla or cheesecake
instant pudding | 1 C. chopped nuts |
| 1 C. almond toffee bits or
Heath bits | 1/2 tsp. butternut flavoring |
| 4 eggs | 3/4 C. water |

Spray 2 loaf pans with cooking spray. Sprinkle the bottom of each pan with chopped nuts. Divide batter in each pan and bake at 350° for 45 minutes.

Chocolate

Julia Larsen

6 T. butter
1 C. self-rising flour
1 3/4 C. sugar, divided
1/4 C. plus 1 1/2 T.
unsweetened cocoa, divided

1/2 C. milk
1 tsp. vanilla
1 1/2 C. boiling water

This is Recipe Design 5 in
Lucida Bright font.

Preheat oven to 350°. Place the butter in 8x8" baking pan and melt while the oven preheats.

In a medium bowl stir together the flour, 3/4 cup of the sugar and 1 1/2 tablespoons of the cocoa. Stir in the milk and vanilla until smooth. Spoon this batter over the melted butter in the baking pan.

Stir together the remaining 1 cup of sugar and 1/4 cup cocoa. Sprinkle over the batter. Slowly pour boiling water over the top of the mixture. Bake for 30 minutes, until set. Serve slightly warm, alone or with vanilla ice cream.

Butterfinger Cake

Jason Watson

1 box of devil's food cake mix
8 oz. Cool Whip
1 can of sweetened condensed milk

1 jar of caramel sundae topping (12 1/4 oz.)
Small pkg. Butterfingers (6 pack)

Follow directions on the devil's food cake mix. When the cake is baked and completed, poke holes with toothpicks or the handle of a wooden spoon halfway through the cake. Pour the sweetened condensed milk and caramel evenly over the cake. While the cake cools and soaks up the condense milk and caramel, crush up the Butterfingers. After the cake cools, top the cake with Cool Whip (like icing), pour the crushed Butterfingers all over the cake. Refrigerate and chill.

Mom's Coffee Nuts

Linda Erickson

- | | |
|---|--------------------------|
| 1 chocolate cake mix or brownie mix | 1 jar coffee syrup |
| 1 pkg. butterscotch pudding | 1 jar chocolate syrup |
| 1 large tub Cool Whip | Chocolate syrup |
| 1 pkg. toffee pieces or 4 candy bars, crushed | 1 pkg. small pieces nuts |
| 1 T. instant coffee (may use Sanka) | |

Make pudding according to directions. Bake cake or brownies in 9x13" pan or 2 small pans. If you use 9x13" pan, cut in half making 2 thinner long pieces. Place 1 cake in a tall serving dish. Poke holes in cake and drizzle with coffee sprinkles and syrup. Mix pudding mix with cool whip. Layer 1/2 over cake and add 1/2 of the toffee pieces. Add next layer of cake or brownie. Poke holes in it and add coffee sprinkles, some syrup and then add Cool Whip/pudding layer. Add cool whip on top and drizzle with more coffee sprinkles, syrup, and toffee pieces. Cover and cool in fridge until ready to eat.

Fresh Peach Cobbler

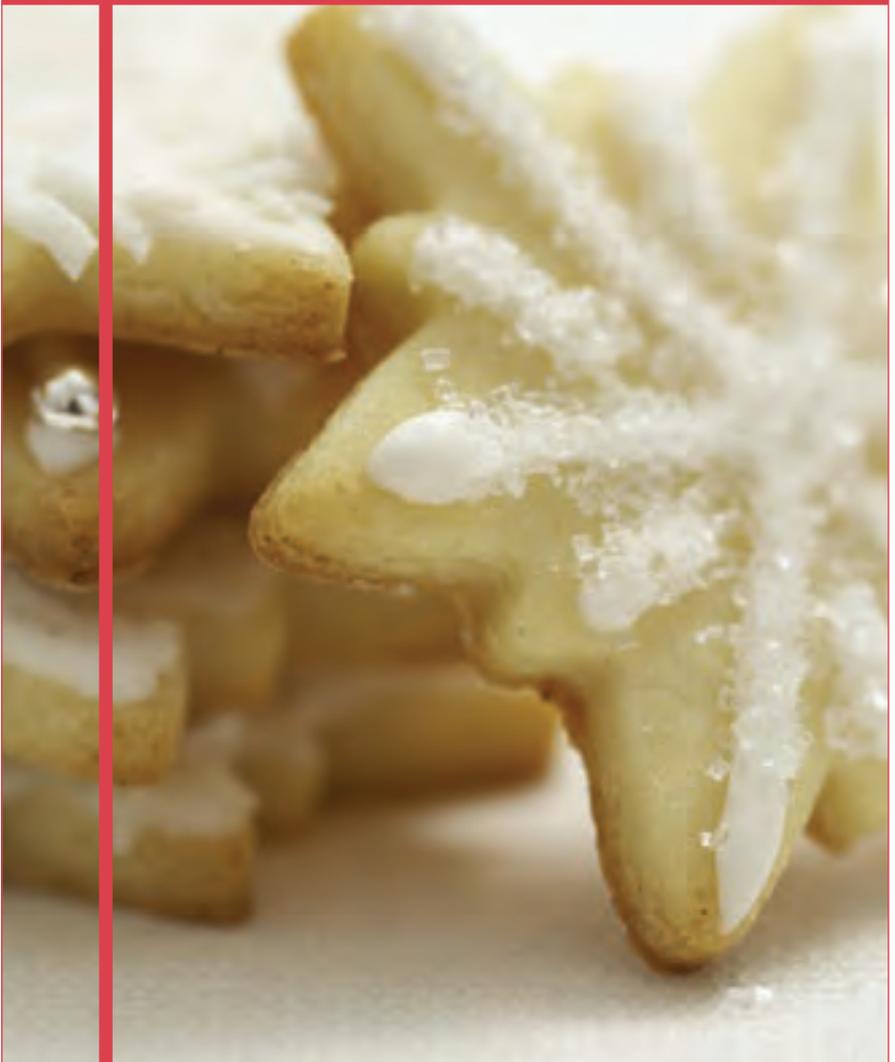
Carrie Bridges

- | | |
|------------------------|----------------------------|
| 1/2 C. butter | 3/4 C. milk |
| 1 C. all purpose flour | 4 or 5 large fresh peaches |
| 2 tsp. baking powder | 1/2 C. water |
| 1 1/2 C. sugar | |

Melt butter in baking dish. Mix flour, baking powder, 1 cup sugar and milk; pour into the baking dish. Peel and slice peaches, arrange over batter. Sprinkle remaining 1/2 cup sugar over peaches. Pour water over peaches. Bake in preheated 350° oven for 50 minutes.

This is a divider
from our Whipped Up Set.

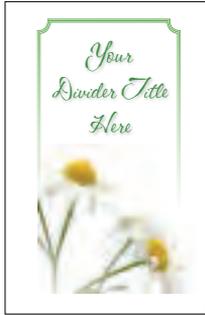
Cookies & Candies



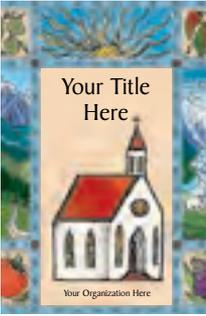
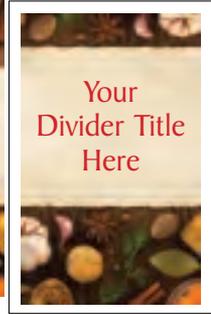
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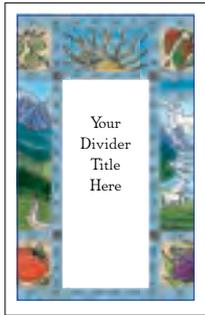
Teatime



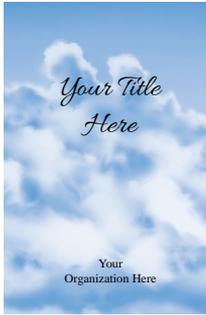
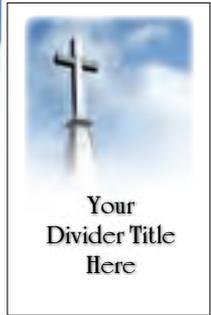
This-N-That



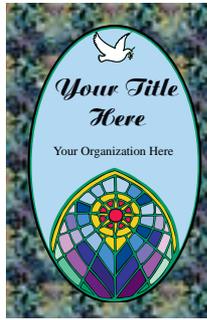
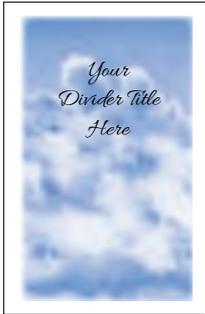
Lighted Chapel



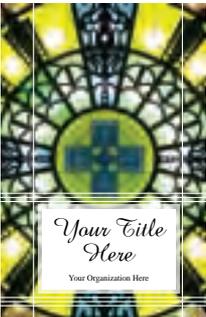
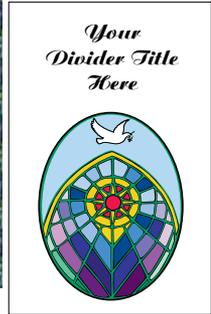
Heaven Sent



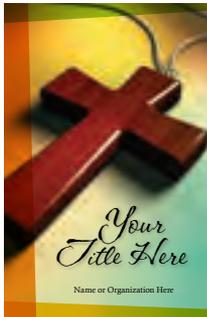
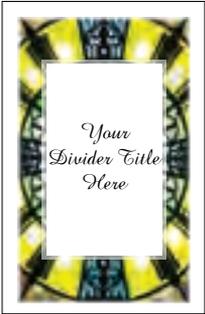
Heavenly Helpings



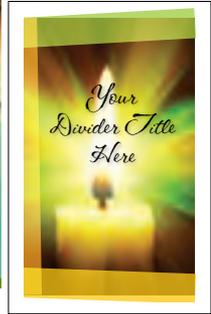
Stained Glass



Leading Light



Light of the Cross



SOUR CREAM COOKIES

Maxine Benson

1 C. shortening, softened
1 C. sugar
2 egg yolks, beaten
1/2 C. sour cream
1 tsp. vanilla

4 C. flour
1/2 tsp. salt
1 tsp. nutmeg
1/2 tsp. baking powder

Preheat oven to 350°. Cream together shortening and sugar. Add beaten egg yolks, sour cream and vanilla. Sift dry ingredients and gradually add to creamed mixture, mixing well after each addition. Roll into balls and press into desired shapes on ungreased cookie sheet. Bake for 10 to 12 minutes. Yields 10 dozen.

SUGAR COOKIES

Carol Stauffer

2 C. sugar
2 sticks margarine
2 eggs
1 C. sour cream
2 tsp. baking soda

1 rounded tsp. baking powder
1 tsp. salt
1 tsp. vanilla
5 C. flour

Preheat oven to 350°. Cream together sugar and margarine. Add remaining ingredients and roll out on a floured surface. Cut into shapes. Place on ungreased cookie sheet and bake for 10 to 12 minutes.

NO-BAKE COOKIES

Beverly Anderson

2 C. sugar
4 T. cocoa powder
1/2 C. milk
1 stick butter, softened

3 C. oatmeal
1 tsp. vanilla
1/2 C. peanut butter

Mix first four ingredients and bring to rolling boil. Boil 3 minutes. Remove from heat. Add vanilla, peanut butter and oatmeal. Spoon on cookie sheet and place in refrigerator until hardened.

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POWDERED SUGAR COOKIES

Trevor Hanson

3 C. powdered sugar
2 C. butter
2 eggs
2 tsp. vanilla extract
2 tsp. almond extract
1/2 tsp. cream of tartar
1/2 tsp. baking soda

1/2 tsp. salt
ALMOND FROSTING:
1/3 C. butter flavored Crisco
1 tsp. almond extract
3 C. powdered sugar
Milk, to moisten to nice spreading consistency
Food coloring (optional)

Bake at oven to 325°. Mix powdered sugar, butter, eggs, vanilla and almond extract together until creamy. Combine dry ingredients and add slowly to first mixture. Chill slightly and roll out with rolling pin to cut shapes; or spoon out dough and roll into balls, pressing a little with the sugared end of a juice glass to flatten. Bake until golden brown on edges for approximately 8 minutes. Cool and frost with Almond Frosting.

ALMOND FROSTING: Mix all ingredients, adding powdered sugar slowly until frosting is the right texture and consistency for spreading. Add color, if desired.

FUDGE

Ron Frank

4 C. sugar
1-12 oz. can evaporated milk

1 stick margarine
Salt

Mix in pan. Bring to boil for 9 minutes. Stir and add 1 1/2 cups chocolate chips, 32 marshmallows, 1 teaspoon vanilla and desired amount of nuts. Continue stirring until chocolate chips and marshmallows are melted. Spread on greased cookie sheet.

CHOCOLATE BRITTLE

Grace Trask

1 C. soda crackers
1 C. sugar
1/2 C. butter
1/2 C. margarine

1-12 oz. Nestle's
chocolate
1 C. chopped

Spray cookie sheet with cooking spray. Line cookie sheet with soda crackers covering the entire sheet. Cook butter, margarine and sugar over medium heat. Boil for 5 minutes; stirring constantly. Pour mixture over crackers and bake at 350° for approximately 8 minutes until mixture bubbles. Remove from oven and pour Nestle's bits over. After a couple of minutes, the chocolate will melt; spread evenly. Top with nuts. Place in freezer for 15 minutes. Break into bite-size pieces.

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PEANUT BUTTER FUDGE

Susan Barnes

2/3 C. evaporated milk
2 C. sugar
1 C. crunchy peanut butter

2 C. marshmallow crème
1 tsp. vanilla

Cook milk and sugar to 250°, stirring constantly. Remove from heat and add peanut butter, marshmallow crème and vanilla. Beat until smooth. Pour into a buttered 9" square pan.

KISS COOKIES

Beth Stinson

1 C. margarine, softened
1/2 C. sugar
2 C. flour

5 3/4 oz. pkg. chocolate
kisses, unwrapped
1 tsp. vanilla

Preheat oven to 375°. Cream together butter, sugar and vanilla until light and fluffy. Add flour; blend. Chill dough. Using 1 tablespoon dough, shape around chocolate kiss and roll to make a ball. Place on ungreased cookie sheet. Bake for 12 minutes or until cookies are set, but not brown; cool.

TWIX BARS

Daniel Crawford

Club crackers
1 C. graham crumbers
3/4 C. brown sugar
1/2 C. white sugar
1/3 C. milk
1/2 C. margarine
2/3 C. peanut butter
1 C. chocolate chips

Spread 1/2 C. of Club crackers on the bottom of a buttered 9x13" pan. In a medium saucepan over medium heat, combine graham crumbers, brown sugar, white sugar, milk and margarine. Boil 5 minutes. Pour mixture over crackers, then top with another layer of Club crackers. Melt peanut butter and chocolate chips. Spread over top of crackers. Refrigerate.

CHINESE CHEWS

Jason Watson

3/4 C. flour
1 C. sugar
1 tsp. baking powder
1/4 tsp. salt
1 C. chopped dates
1 C. chopped walnuts
3 eggs, well beaten

Preheat oven to 300°. Sift dry ingredients. Stir in chopped dates, walnuts, and eggs. Pour into 10 1/2x15 1/2" well-greased pan. Bake for 30 minutes.

HOLLY

Carrie Bridges

46 large marshmallows
1 stick margarine
1 1/2 tsp. green food coloring
3 1/2 C. corn flakes
Red cinnamon candies

Melt marshmallows and butter over low heat. Add food coloring until dark green; fold in corn flakes gently. Drop by teaspoonfuls onto buttered cookie sheet or waxed paper. Decorate with candies immediately. Let cool in refrigerator.

AMISH SUGAR COOKIES

Conda Brandos

- | | |
|----------------------------|-------------------------------|
| 1 C. sugar | 4 1/2 C. flour |
| 1 C. powdered sugar | 1 tsp. baking powder |
| 1 C. margarine | 1 tsp. cream of tartar |
| 1 C. oil | 1 tsp. vanilla |
| 2 eggs | |

Preheat oven to 350°. Combine sugars, margarine and oil. Beat well. Add eggs, beat again. Add remaining ingredients, mix well. Roll in small balls, dip in sugar, place on cookie sheet. Flatten balls slightly. Bake for 10 to 12 minutes.

SUGAR COOKIES

Julia Larson

- | | |
|--------------------------|-------------------------------------|
| 2 C. sugar | 1 rounded tsp. baking powder |
| 2 sticks oleo | 1 tsp. salt |
| 2 eggs | 1 tsp. vanilla |
| 1 C. sour cream | 5 C. flour |
| 2 level tsp. soda | |

Cream together sugar and oleo. Add other ingredients and roll out on lots of flour to cut. Bake at 350° on ungreased pan for 10 to 12 minutes.

GRANDMA'S RAISIN COOKIES

Melanie Scallon

- | | |
|-----------------------------|-----------------------|
| 1 1/2 C. shortening | 3 3/4 C. flour |
| 1 C. brown sugar | 3 eggs |
| 1 C. white sugar | 1 tsp. vanilla |
| 1 C. raisins, ground | 2 tsp. soda |
| 2 C. oatmeal | Dash of salt |
| 1 C. nuts | |

Mix ingredients together. Form into balls, roll in sugar and place on ungreased cookie sheet. Press flat with bottom of glass. Bake at 350° for 10 to 12 minutes.

MELTING M **COOKIES**

Lory Peters

1 C. flour
3/4 C. butter
1 C. confectioners' sugar

1 tsp. vanilla
1/3 C. confectioners' sugar

once, measure, add cornstarch and sift again. Cream butter with vanilla. Add confectioners' sugar and beat until smooth; chill. Make tiny balls and flatten. Bake at 350° for 10 to 15 minutes. When cool frost with the following.

CREAM CHEESE FROSTING: Cream 3 ounces cream cheese until fluffy. Add 1 cup of confectioners' sugar and 1 teaspoon vanilla; beat until blended. Spread on cookies. Allow frosting to firm before storing. Makes about 5 dozen cookies.

NO BAKE COOKIES

Sandy Ford

4 T. cocoa
2 C. sugar
1 stick butter
1/2 C. milk

1 tsp. vanilla
2 1/2 C. oatmeal
1/2 C. peanut butter
Nuts, if desired

Boil cocoa, sugar, butter and milk, stir continuously 1 minute NO LONGER. Remove from heat, add vanilla, oatmeal and peanut butter. With a regular cereal spoon, drop cookies onto wax paper. Let set until cool and firm.

X-MAS COOKIES

Beth Stinson

1/2 C. shortening
1 C. sugar
1 egg
1/4 C. milk

1 tsp. vanilla
2 3/4 C. sifted flour
1/2 tsp. salt
1/2 tsp. baking powder

Cream shortening and sugar. Mix in egg, milk and vanilla. Add flour, soda and baking powder; chill overnight. Roll on floured cloth and cut into cookies. Bake on ungreased cookie sheet at 375° for 8 to 10 minutes. Cool and trim or decorate.

SOUR CREAM COOKIES

Rhonda Brandos

1 C. shortening
1 C. sugar
2 egg yolks
1/2 C. thick sour cream
1/2 tsp. soda

1 tsp. vanilla
4 C. sifted flour
1/2 tsp. salt
1 tsp. nutmeg

Cream the shortening, add sugar; mix well. Add beaten egg yolks, sour cream and vanilla. Sift dry ingredients and gradually add to creamed mixture, mixing well after each addition. Fill cookie press. Form desired shapes on ungreased cookie sheets. Bake for 10 to 12 minutes at 350°. Yields 10 dozen.

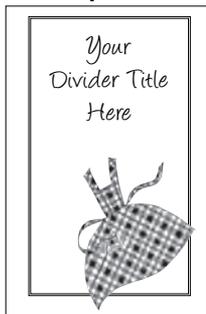
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*This is our Shabby Chic divider
printed on heavyweight paper.*

Miscellaneous

More Single Color Divider Choices:

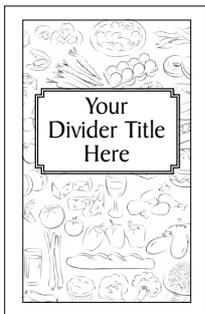
Apron



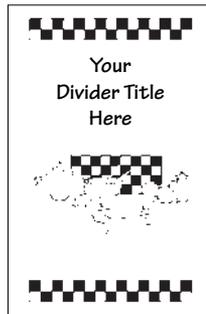
Animal Tracks



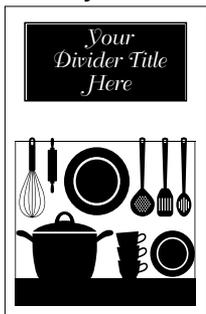
Glorious Food



Kitchen Comforts



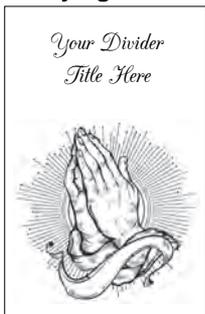
Pantry Cabinet



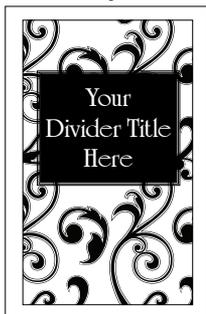
Patriotic



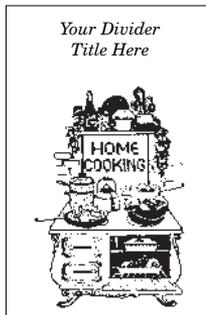
Praying Hands



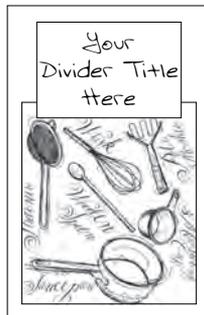
Shabby Chic



Cookstove



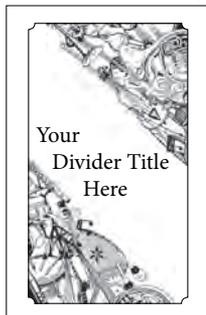
Utensil



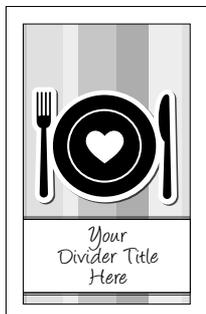
Wise Owl



Musical Harmony



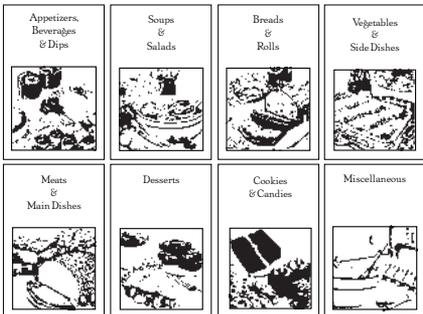
Made With Love



Gibson Girl



Favorite Food Set



BEER NUTS

Barb Claxton

1-16 oz. jar raw peanuts
1/2 C. water

1 C. salt

Preheat oven to 350°. Mix all ingredients together in a large bowl. Spread on cookie sheet. Bake for 15 minutes, stirring constantly. Spread on cookie sheet. Bake for 15 minutes. Turn off oven and let set for 15 minutes.

MORNAY SAUCE

Nancy

2 C. milk
4 T. butter
2 T. flour

1/4 C. Parmesan cheese
1/4 C. Romano cheese
Dash cayenne pepper

In a microwave safe dish, heat milk just to almost boiling. In a heavy saucepan over medium heat, melt butter. Whisk the flour into the melted butter until a smooth paste forms. Continue to stir flour and butter until golden brown in color. Slowly add the hot milk, whisking constantly, until it has all been added. Reduce heat and slowly stir in cheeses until sauce thickens. Sprinkle with a dash of cayenne pepper and stir. Goes well with vegetables or potatoes.

JALAPENO SALSA

Alecia Wilcox

4 C. peeled and cored
tomatoes, chopped
2 C. seeded green peppers
1 C. seeded jalapeno
peppers, chopped

3/4 C. chopped onions
1 1/2 tsp. salt
2 cloves garlic
1/2 C. cider vinegar

Mix all ingredients together and cook until boiling. Reduce heat and simmer about 20 minutes. Makes 3 pints.

OVEN CARAMEL COOKIES

Maxine Benson

2 C. brown sugar
1/2 tsp. salt
7 1/2 qt. margarine
2 sticks margarine (1 C.)
1/2 C. corn syrup
1/2 tsp. baking soda

Combine sugar, margarine, syrup, and salt in a saucepan over medium heat for 5 minutes. Remove from stove; add baking soda and stir. Spread on popcorn. Spread on cookie sheet. Place in 200° oven for 15 minutes. Turn every 15 minutes. Peanuts may be added. Remove from oven and let cool.

STEAK MARINADE

Roger Kramer

1 tsp. garlic salt
1/2 tsp. dry mustard
3/4 C. water
1/4 C. soy sauce
1 tsp. celery seed
1 T. honey
1 T. vinegar
1/2 tsp. ground ginger

Place pieces of round steak or ribeyes in a shallow glass pan. Mix all ingredients in a medium bowl. Pour marinade over the meat, cover tightly. Refrigerate overnight or for 8 hours. Remove meat from marinade and broil.

HOMEMADE HORSERADISH

Nicole Henson

1 C. cubed, peeled
horseradish
3/4 C. vinegar
2 tsp. sugar
1/4 tsp. salt

Combine all ingredients in a food processor. Cover and store in refrigerator. Will keep in refrigerator 4 to 6 weeks. Will keep in freezer for 6 months.

CARROT PICKLES

Melanie Scallon

3 to 4 lbs. carrots

1 1/2

1 C. sugar

1 T. mixed pickling spices

1 tsp. salt

1 cinnamon

2 C. vinegar

Wash and peel carrots. Slice 1/2" thick, using a straight blade. Cook in a small amount of water until tender, then drain. Combine sugar, salt, vinegar and water in a medium saucepan. Tie mixed pickling spices and cinnamon stick in a cheesecloth bag and add to vinegar mixture. Bring mixture to a boil, then reduce heat and simmer for 10 minutes. Discard spice bag. Pack carrots into hot sterilized canning jars, leaving 1/2" headspace. Carefully ladle hot liquid over carrots, leaving 1/2" headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean and place lid on jar. Process 30 minutes in a boiling water canner. Yields about 3 pints.

KNOX BLOCKS

Amanda Samuels

4 C. boiling water

3 pkgs. jello (any flavor)

4 pkgs. Knox gelatin
(unflavored)

Combine all ingredients together and pour into long glass dish. Cut into squares or use cookie cutters to make designs.

FRESH FRUIT JELLO

Linda Erickson

- 2-3 oz. pkgs. jello
1 C. boiling water
1-12 oz. cans of fruit
lemonade concentrate,
ginger ale
- 1 1/2 gals. mixed fruit:
strawberries, pitted
cherries, grapes,
cantaloupe, plums,
bananas, peaches,
watermelon, sliced

In large bowl, stir jello and boiling water to dissolve. Stir in lemonade and ginger ale. Add mixed fruit. Stir gently until well coated. Cover. Refrigerate 4 hours until chilled well.

MARINADE FOR STEAK

Amanda Samuels

- 1 tsp. garlic salt
1/2 tsp. dry mustard
3/4 C. water
1/4 C. soy sauce
- 1 tsp. celery seed
1 T. honey
1 T. vinegar
1/2 tsp. ginger

Place pieces of round steak or ribeyes in a shallow glass pan. Pour marinade over the meat; cover tightly. Refrigerate overnight or for 8 hours. Remove meat from marinade and broil.

HOW TO FREEZE CORN

Donna Hill

- 36 med. ears of corn
1 pt. half and half
- 1 lb. butter

Cut the corn off the cobs and put in roaster. Add the half and half and butter. Bake for 1 hour at 350° stirring every 15 minutes. Cool and put into freezer bags.

Value-Added Sections

Cookbook Specialists offers a variety of Value-Added Sections to add value and thickness to your book. Each section is 16 pages packed full of useful and fun information.

Value-Added Sections can be viewed in their entirety on our website at www.cookbookspecialists.com in the resources tab. (Note: Samples have Cookbook Specialists Watermark/Logo that are removed when used in your book.)

Cooking & Nutritional Tips

All your favorite kitchen references including:

- Common Kitchen Pans
- Equivalents for Cooking Ingredients
- Substitutions and Healthy Substitutions
- Troubleshooting Baking Failures
- Guide for Spices & Seasonings
- Food Storage
- Measurements/Equivalents
- Cooking Temperatures
- Healthier Food Choices
- Manage Your Portions
- Food Allergy Awareness

Kids' Kitchen Crafts

Get your kids in the kitchen and stirring up some fun with these 28 classic kid recipes! Homemade Bubble Juice, Modeling Clay and even Doggie Biscuits!

Household Hints

Everything you need from cleaning up to food and kitchen safety. We also threw in menu planning, table settings for that small dinner party to a buffet arrangement to keep the line flowing. We also offer organizational help for all areas of your home and life.

Gifts from the Kitchen

Recipes perfect to create homemade gifts in your kitchen. These 27 recipes are sure to make gift recipients smile.

Nutrition for the Soul

The perfect section filled with bible inspired recipes, table graces, stories and uplifting scriptures.

HOUSEHOLD HINTS

*Tips to remedy
this or that in
the household*

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Clean-up Tips

Appliances: To shine chrome, use vinegar or window cleaner. If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: $\frac{1}{2}$ cup bleach, $\frac{1}{4}$ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly. Instead of using commercial waxes, shine with rubbing alcohol. For quick clean-ups, rub with equal parts of water and household ammonia. Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Burnt and scorched pans: Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, $\frac{1}{2}$ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Glassware: Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Oven: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers: Coffee or tea stains can be scoured with baking soda.

Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily.

After the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar. Club soda will shine up stainless steel sinks in a jiffy.

Teakettle: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.



Keeping Furniture Clean

To remove polish build-up: Mix ½ cup vinegar and ½ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Removing paper that is stuck to a wood surface: Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white

vinegar. Give the vinegar time to soak in, then gently scrape off.

Scratches: Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.



Laundry Care

Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy: When your washer overflows with too many suds, sprinkle salt in the water – the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

Whiter fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

Creaseless garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes – it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

Removing Clothing Stains

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby Food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Cosmetics: Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. *CAUTION:* Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: *Method 1:* Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Perspiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Removing Floor Stains

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet

the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Crayon Marks: Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polisher: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

Fabric	Washing	Drying & Ironing
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable – check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash – check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable – check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

When Shopping

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

When Storing

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

When Preparing

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



Kitchen Safety

Kitchen Fires

Always keep a domestic fire extinguisher in the kitchen.

However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

Child Safety

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach.

Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.

Hygiene

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.

Hot Pans

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.



Perfect Party Checklist

- Create the party guest list.
- If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- Gather materials needed for serving food, party games, decorations, music and/or party favors.
- Create the party menu, including snacks, main meal, beverages and/or dessert.
- Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- Set the mood with decorations, lighting and music.
- Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- Set out party snacks, beverages, decorations and favors.
- Relax and welcome your guests!



Menu Planning

When Selecting Recipes for a Party

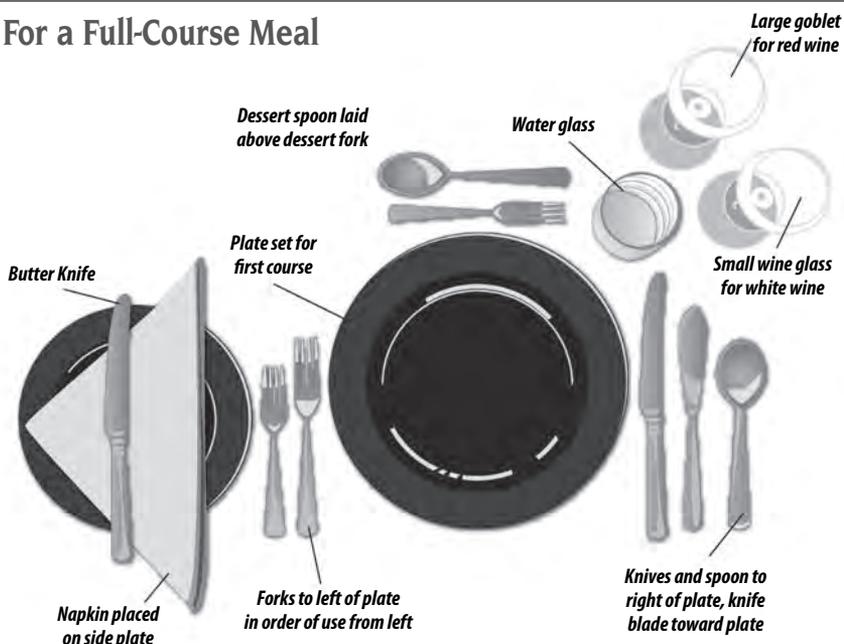
- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

Estimating Quantities

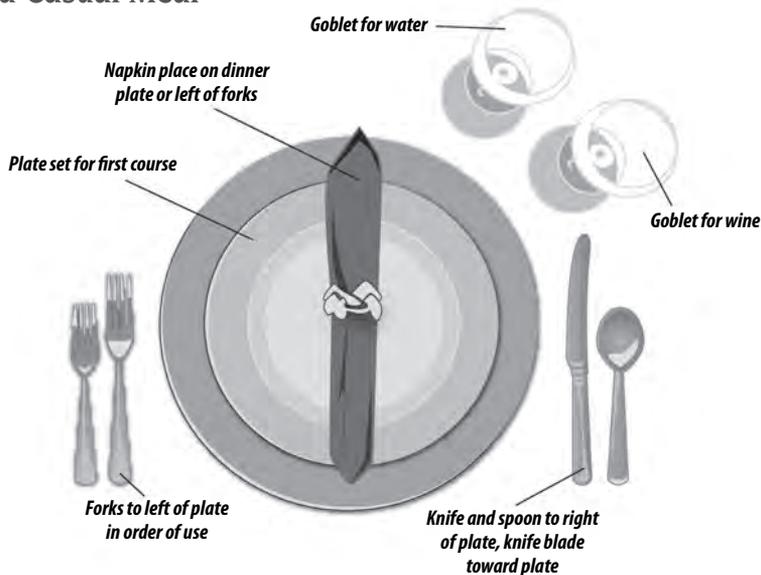
Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filletted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 – 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

Table Settings

For a Full-Course Meal



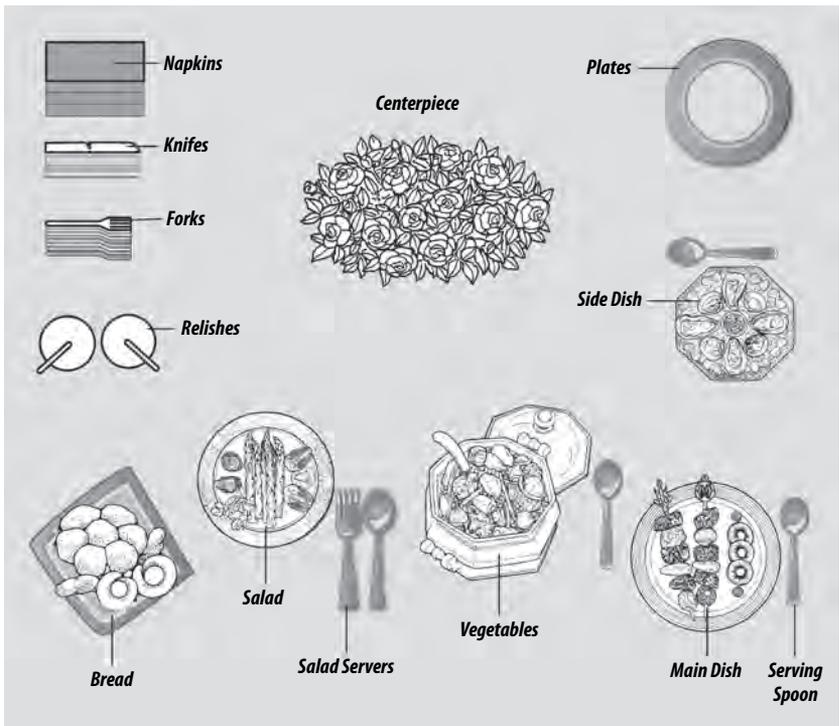
For a Casual Meal



Buffet Arrangement

Arranging the Buffet Table

- Decide which direction guests will walk around the table.
 - Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
 - Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
 - Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
 - To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
 - Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



Staying Organized

Use the following tips to keep your home organized.

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.
- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.



Gifts from the Kitchen

Gifts for Spring

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Flower Pot Dirt Cake	2
Jelly Bean Bites	2
M&M Cookie Pops	3
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Gifts for Summer

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Gifts for Fall

Baked Caramel Corn	8
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Lavender Dreams Bubble Bath	9
Oatmeal Milk Bath	9
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Gifts for Winter

Candy Cane Bath Salts	12
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Hot Cocoa Mix	12
Instant Peanut Brittle	13
Reindeer Cookies	15
Rudolph Lollipops	13
Santa Claus Cookies	14

Flower Pot Dirt Cake

Makes 1 cake

- | | |
|--|---|
| 1 (20 oz.) pkg. chocolate sandwich cookies | 2 (6 oz.) pkgs. instant chocolate pudding mix |
| ¼ C. butter, softened | 3 C. milk |
| 1 (8 oz.) pkg. cream cheese, softened | 1 (12 oz.) container whipped topping |
| 1 C. powdered sugar | 15 gummy worms |
| 1 tsp. vanilla | |

In a blender or food processor, crush sandwich cookies into fine crumbs and set aside. In a large mixing bowl, place butter, cream cheese, powdered sugar and vanilla. Beat at low speed until well combined and increase speed to medium until smooth. Add chocolate pudding mix and milk and beat at low until mixed. Fold in whipped topping with a rubber spatula. Into a large clean flower pot or sand pail, alternate layers of cookie crumbs and pudding mixture. Tuck gummy worms into mixture. Chill in refrigerator at least 3 hours before serving. Give dirt cake as a gift with a clean garden trowel or toy sand shovel for serving. If desired, add plastic flowers for decoration.

Jelly Bean Bites

Makes 2 dozen

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| 1 C. butter or margarine, softened | 1 egg yolk |
| ½ C. sugar | 2½ C. flour |
| 2 T. water | ½ tsp. baking soda |
| 1 tsp. vanilla | 1 bag jelly beans |

In a medium bowl, cream together butter and sugar. Add water, vanilla and egg yolk. Mix well and add flour and baking soda. Dough should be firm. Refrigerate dough for 30 minutes. Preheat oven to 350°. Roll tablespoonfuls of dough into rounds and place on greased baking sheets. Bake in oven for 5 minutes. Remove from oven and immediately make 3 indentations on the top of each cookie with your thumb. Place 1 jelly bean in each indentation and return cookies to oven for 8 to 10 minutes, until lightly browned. Remove from oven and let cool completely. For a nice gift, place cookies in a decorative tin lined with tissue paper.

Energizing Citrus Bath Salts

Makes 3 cups

2 C. Epsom salts

1 C. sea salts

15 drops citrus essential oil

Red and yellow food coloring

In a large bowl, combine Epsom salts, sea salts and citrus essential oil. Mix well and divide salts into two separate bowls. Color one of the bowls of salts with drops of red food coloring. Color the other bowl with drops of red and yellow food coloring to make orange salts. Using a funnel, transfer salts to a decorative sealable bottle, one color at a time, to make layers of red and orange salts. If desired, mix salts together before funneling into bottle. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Energizing Citrus Bath Salts to warm running bath water. Soak, relax and enjoy!

M&M Cookie Pops

Makes 15 cookies

2¼ C. flour

¾ tsp. baking powder

½ tsp. salt

1 C. butter, softened

¾ C. sugar

½ C. brown sugar

2 large eggs

2 tsp. vanilla

2 C. M&M's

In a large bowl, combine flour, baking powder and salt. In a separate bowl, cream together butter, sugar and brown sugar. Add eggs, one at a time, mixing well after each addition. Stir in vanilla. Gradually add dry ingredients to butter mixture, stirring until well combined. Fold in M&M's and refrigerate dough overnight. Preheat oven to 300°. Drop about ¼ cup dough onto greased baking sheets, about 3" apart. Insert a Popsicle stick at least 1" deep into the dough to form a pop. Bake in oven for 30 to 35 minutes, until lightly browned. Transfer cookie pops to a wire rack to cool completely. Once completely cooled, wrap each cookie in plastic wrap and tie a ribbon around the Popsicle stick to seal.

Bird's Nests

Makes 2 dozen

- | | |
|--|------------------|
| 2 T. butter or margarine | Shredded coconut |
| 3 C. miniature marshmallows | Peanut M&M's |
| 4 C. regular or fruit-flavored
crispy rice cereal | |

In a large microwave-safe bowl, place butter. Heat in microwave for 30 seconds or until butter has melted. Add marshmallows and toss until coated. Return to microwave for an additional 1½ minutes, stirring after 45 seconds. Add crispy rice cereal and mix until coated. Press mixture into greased muffin cups to form 24 nests. Let cool. Decorate nests with shredded coconut and peanut M&M's or jelly beans to resemble bird's eggs.

May Day Baskets

Makes 2 dozen

- | | |
|-------------------------------------|-------------------------------|
| 1 pkg. yellow cake mix | Individual candies, such as |
| 1 (16 oz.) tub frosting, any flavor | Lemonheads, Sprees, Sweetarts |
| Red or black string licorice | or Hot Tamales |

Line 24 muffin cups with paper liners. Prepare cake mix according to package directions. Pour batter into prepared muffin cups and bake in oven. Remove from oven and let cool in pans for 10 minutes. Remove from pan and let cool completely on a wire rack. Spread frosting over cooled cupcakes. Bend string licorice over cupcakes as basket handles and arrange individual candies in flower shapes on frosting.



Griller's Gift Basket

Makes 1 kit

1 apron

1 hot pad mitt

Grilling tools (long spatula,
tongs, etc.)

Meat thermometer

Metal skewers

In a large gift basket, decoratively arrange the apron, hot pad mitt, grilling tools, meat thermometer, metal skewers or other appropriate gifts. For a homemade touch, add a bottle of Apple BBQ Sauce (recipe below).

Apple BBQ Sauce

Makes 1 quart

1 C. ketchup

$\frac{3}{4}$ tsp. white pepper

$\frac{1}{2}$ C. apple juice concentrate

$\frac{1}{3}$ C. peeled diced apples

$\frac{1}{4}$ C. apple cider vinegar

$\frac{1}{4}$ C. diced onions

$\frac{1}{4}$ C. soy sauce

2 tsp. diced green peppers

$\frac{3}{4}$ tsp. garlic powder

In a large pot over medium heat, combine ketchup, white pepper, apple juice concentrate, apples, vinegar, onions, soy sauce, green peppers and garlic powder. Bring to a boil. Reduce heat and simmer for 15 minutes. If smooth sauce is preferred, transfer to a blender or food processor and puree. Using a funnel, transfer sauce to a decorative, sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Use Apple BBQ Sauce as a dipping sauce for meat, smothered over steaks, pork or chicken or in recipes calling for barbecue sauce. Store in refrigerator.

Ice Cream Sundae Kit

Makes 1 kit

4 ice cream bowls	½ C. chopped nuts
4 ice cream spoons	½ C. colored sprinkles
1 bottle Praline Sundae Sauce	1 small jar maraschino cherries

In a large gift basket, decoratively arrange the ice cream bowls and spoons. Add a bottle of Praline Sundae Sauce (recipe below). Add small containers of chopped nuts or colored sprinkles and a jar of cherries!

Praline Sundae Sauce

Makes 2½ cups

¼ C. butter or margarine	Pinch of salt
1¼ C. brown sugar	1 C. evaporated milk
16 large marshmallows	½ C. chopped pecans, toasted*
2 T. light corn syrup	1 tsp. vanilla

In a large saucepan over medium heat, melt butter. Add brown sugar, marshmallows, light corn syrup and salt. Cook, stirring constantly, over low heat until marshmallows are melted and mixture begins to boil. Boil for 1 minute and remove from heat. Cool for 3 minutes and stir in evaporated milk, toasted pecans and vanilla. Mix until well blended. Using a funnel, transfer sauce to a decorative sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Heat Praline Sundae Sauce in microwave for 1 to 1½ minutes or warm over low heat before serving. Store in refrigerator.

* To toast, place pecans in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until pecans are golden brown.

Rainbow Cupcakes

Makes 2 dozen

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|------------------------------------|---|
| 2¼ C. flour | 2 tsp. vanilla |
| 1 T. baking powder | 3 egg whites |
| ½ tsp. salt | Drops of food coloring |
| 1½ C. sugar | 1½ C. various colored M&M's,
divided |
| ½ C. butter or margarine, softened | 1 (16 oz.) tub vanilla frosting |
| 1 C. milk | |

Preheat oven to 350°. Line 24 muffin cups and set aside. In a large bowl, combine flour, baking powder and salt. Mix well and add sugar, butter, milk and vanilla. Beat at high speed for 2 minutes. Add egg whites and beat for an additional 2 minutes. Pour batter into prepared muffin cups. Place 2 drops of desired color food coloring into the batter in each cup. Swirl gently with a knife. Sprinkle half of the M&M's over the batter in each cup. Bake in oven for 20 to 25 minutes, or until a toothpick inserted in center of cupcakes comes out clean. Remove from oven and let cool completely. In a medium bowl, combine vanilla frosting and drops of blue food coloring. Spread frosting over cupcakes and decorate with remaining M&M's in a rainbow pattern.

Watermelon Cookies

Makes 3 dozen

- | | |
|-----------------------|---|
| 2 C. flour | 1 T. milk |
| 1½ tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | Drops of red and green
food coloring |
| ⅓ C. butter, softened | ⅓ C. miniature chocolate chips |
| ½ C. shortening | 1½ C. powdered sugar |
| ¾ C. sugar | 2 T. water |
| 1 egg | |

In a small bowl, combine flour, baking powder and salt. In a medium bowl, beat together butter and shortening, until fluffy. Gradually add sugar, beating well. Stir in egg, milk and vanilla. Gradually add flour mixture, stirring constantly. Add drops of red food coloring, mixing well. Shape dough into a ball, cover and chill for 3 hours. Preheat oven to 375°. Roll half of the dough to ¼" thickness and, using a 3" round cookie cutter, cut dough into circle shapes. Cut circles in half. Place half circles on an ungreased baking sheet. Press mini chocolate chips into cookies to resemble seeds. Repeat with remaining dough. Bake in oven for 8 to 10 minutes. Remove from oven and let cool. To make frosting, in a medium bowl, combine powdered sugar and water. Stir in drops of green food coloring. Dip rounded edges of cookies in green frosting. Set cookies on waxed paper until frosting has hardened.

Baked Caramel Corn

Makes 14 cups

12 C. popped popcorn ¼ C. light corn syrup
1½ C. walnut or pecan halves ½ tsp. salt
1 C. brown sugar ½ tsp. baking soda
½ C. butter or margarine

Preheat oven to 200°. Divide popcorn and walnut halves evenly onto 2 ungreased 9 x 13" baking dishes. In a large saucepan over medium heat, combine brown sugar, butter, corn syrup and salt. Cook, stirring constantly, until mixture begins to bubble around the edges. Continue to cook for 5 minutes, stirring occasionally, and remove from heat. Add baking soda and mix well. Pour mixture evenly over popcorn and walnuts on both baking sheets. Stir until well coated and bake in oven for 1 hour, stirring after every 15 minutes. Remove caramel corn from oven and let cool. To assemble gift, place caramel corn in a decorative tin or box that is lined with tissue paper.

Popcorn Balls

Makes 20 servings

¾ C. light corn syrup 2½ C. plus 2 T. powdered sugar
¼ C. margarine 1 C. marshmallows
2 tsp. cold water 5 qts. popped popcorn

In a large saucepan over medium heat, combine corn syrup, margarine, cold water, powdered sugar and marshmallows. Cook, stirring constantly, until mixture begins to boil. Place popped popcorn in a large bowl or roasting pan. Carefully pour syrup mixture over popcorn, tossing until evenly coated. Grease hands with vegetable shortening and quickly shape popcorn into balls. Wrap each popcorn ball individually in colored plastic wrap.

Lavender Dreams Bubble Bath

½ C. unscented shampoo

½ tsp. salt

¾ C. water

15 drops lavender essential oil

In a large bowl, pour shampoo and add water. Stir gently until well mixed. Add salt and stir until mixture thickens. Add lavender essential oil and mix well. Using a funnel, transfer to a decorative sealable bottle. Attach a personalized gift tag with the directions below of how to use the bubble bath.

Add 2 to 4 tablespoons Lavender Dreams Bubble Bath to warm running bath water. Soak, relax and enjoy!

Oatmeal Milk Bath

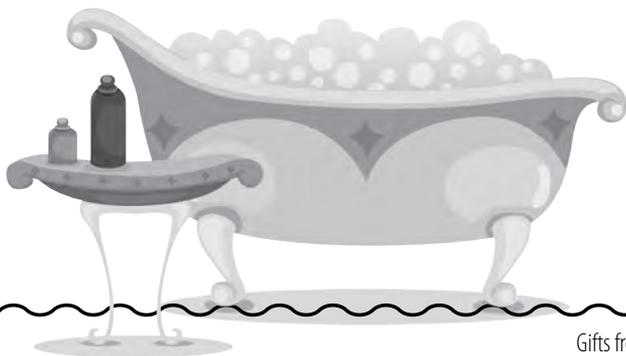
1 C. cornstarch

½ C. oatmeal

2 C. powdered milk

Using a funnel, layer cornstarch, powdered milk and oatmeal into a decorative sealable bottle, one ingredient at a time. If desired, you can mix all ingredients together in a medium bowl before transferring to a decorative bottle. Attach a gift tag with the directions below of how to use the milk bath.

Add a generous amount of Oatmeal Milk Bath to warm running bath water. Soak, relax and enjoy!



Carrot Cake Mix in a Jar

Makes 1 gift

In a 1-quart wide-mouth jar, layer the following ingredients in the order listed. Pack each layer into the jar before adding the next ingredient.

1½ C. flour	½ tsp. salt
1 C. sugar	½ C. golden raisins
1½ tsp. cinnamon	½ C. raisins
¼ tsp. nutmeg	¾ C. chopped walnuts or pecans
1 tsp. baking soda	

Close the jar with a lid and cover with fabric. Create a gift tag with the directions shown below, personalize with a message and attach to the jar using ribbon, raffia or twine. The recipient will have to mix the following ingredients with the mix from the jar to make the carrot cake.

Carrot Cake

2 eggs	1 (8¼ oz.) can crushed pineapple, drained
¾ C. vegetable oil	1 jar of Carrot Cake Mix
1 tsp. vanilla	
2 C. shredded carrots	

Preheat oven to 350°. In a large mixing bowl, combine eggs, vegetable oil and vanilla at medium speed until well blended. Add shredded carrots and drained pineapple and stir until combined. Empty contents of jar into bowl and mix at low speed for 1 minute, scraping sides of bowl occasionally. Pour batter into a lightly greased and floured 9 x 13" baking dish. Bake in oven for 40 to 45 minutes.

Caramel Apple Gift Basket

Makes 1 kit with 6 apples

6 snacking apples

1 (11 oz.) pkg. caramel bits

1 (8 oz.) pkg. chopped nuts

6 popsicle sticks

Fill a gift box or basket with tissue paper. Arrange 6 apples, the package of caramels, the package of chopped nuts and popsicle sticks in the basket. On a gift tag or recipe card, write the recipe shown below and add it to the basket. Be sure to personalize the tag and decorate the basket with ribbons, raffia or twine.



Easy Caramel Apples

- Wash and dry the apples. Push 1 popsicle stick half way into the apple where the stem used to be.
- In a microwave-safe bowl, place the caramels. Microwave on high, stirring often, until caramels are melted. Or, melt caramels in a saucepan or double boiler over low heat, stirring often.
- On a large sheet of waxed paper, spread out the chopped nuts in a single layer.
- Dip apples in melted caramel and roll in chopped nuts.
- Place apples on a baking sheet and refrigerate for 30 minutes, until caramel has hardened.

Hot Cocoa Mix

Makes 4 gifts

- | | |
|-------------------------------|---------------------------------|
| 2 C. non-fat dry milk powder | ½ C. miniature chocolate chips |
| ¾ C. sugar | ½ C. powdered non-dairy creamer |
| ½ C. unsweetened cocoa powder | ½ tsp. salt |

In a large mixing bowl, combine all ingredients. Mix well and divide mixture evenly into four ziplock plastic bags. To assemble one gift, place one of the filled ziplock bags in a ceramic mug. Add a baggie of miniature marshmallows, some candy stick stirrers or a spoon. Decorate the mug with ribbons or a bow. Don't forget to attach a gift tag that says, "Spoon 3 heaping tablespoons of the cocoa mix into your mug and add hot water. Stir well and enjoy!"

Candy Cane Bath Salts

Makes 2½ cups

- | | |
|--|--------------------------------|
| 2 C. Epsom salts, divided | 2 to 3 drops red food coloring |
| ½ C. sea salt, divided | |
| 4 to 6 drops peppermint essential oil, divided | |

In a small bowl, combine 1 cup Epsom salts, ¼ cup sea salts, 2 to 3 drops peppermint essential oil and 2 to 3 drops red food coloring. Mix until well combined. In a second bowl, combine remaining 1 cup Epsom salts, remaining ¼ cup sea salts and remaining 2 to 3 drops peppermint essential oil. In a decorative or antique bottle with a lid, add layers of red bath salts followed by a layer of white bath salts. Repeat layers until all bath salts are used. Close the bottle and decorate with a ribbon. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Candy Cane Bath Salts to warm running bath water. Soak, relax and enjoy!

Instant Peanut Brittle

Makes 2 pounds

- | | |
|--------------------------|----------------------------|
| 1 C. sugar | 1 tsp. butter or margarine |
| ½ C. light corn syrup | 1 tsp. vanilla |
| 1 C. dry roasted peanuts | 1 tsp. baking soda |
| ⅛ tsp. salt | |

In a large microwave-safe bowl, combine sugar, corn syrup, peanuts and salt. Mix until well combined and microwave on high for 6 minutes. Carefully remove from microwave, as mixture will be very hot! Add butter and vanilla, but do not stir. Return to microwave for 30 seconds. Carefully add baking soda and stir gently, until mixture is light and foamy. Pour mixture onto a lightly greased baking sheet. Let the peanut brittle cool for at least 30 minutes before breaking into pieces. Place peanut brittle in a decorative tin or box, decorate and give as a gift!

Rudolph Lollipops

Makes 1 lollipop

- | | |
|------------------------|---------------------------|
| 1 large round lollipop | 1 tiny bell |
| Plastic wrap | 10" red ribbon |
| Clear tape and glue | Self-adhesive goggly eyes |
| 1 brown pipe cleaner | 1 mini red pom-pom |

Unwrap the lollipop and cover completely in plastic wrap. Secure the plastic wrap to the base of the lollipop with clear tape. Wrap the pipe cleaner in half around the neck and bend up behind Rudolph's head. Shape each end of the pipe cleaner into antlers. Thread the tiny bell onto the red ribbon and tie the ribbon in a bow around the base of the lollipop. Attach the goggly eyes and the red pom-pom as Rudolph's nose.

Santa Claus Cookies

Makes about 1 dozen

- | | |
|---|---------------------------|
| 1 (18 oz.) pkg. refrigerated sugar cookie dough | Shredded coconut |
| White frosting | Miniature chocolate chips |
| Red frosting | Red cinnamon candies |

Roll out sugar cookie dough on a flat surface. Using a heart-shaped cookie cutter, cut dough into heart shapes and place on a baking sheet. Bake cookies according to package directions. To decorate cookies, turn each heart upside down and frost the two rounded parts with white frosting. Sprinkle shredded coconut over white frosting to make Santa's beard. Use red frosting on the point of the heart to create Santa's hat, adding more shredded coconut for the trim. Add mini chocolate chips for the eyes and a cinnamon candy for the nose!

Candy Train Engines

Makes 24 gifts

- | | |
|-----------------------------------|--------------------------------|
| 24 pkgs. (5 stick) chewing gum | 24 wrapped chocolate Kisses |
| 96 round peppermint candies | 24 individual wrapped caramels |
| 24 rolls ring-shaped hard candies | Hot glue gun and glue |

To assemble each train, glue 4 peppermint candies as the wheels onto the sides of each gum package. Glue 1 roll of ring-shaped candies onto the top of the gum package. Attach 1 chocolate kiss and 1 wrapped caramel to the top of the engine. Repeat to make remaining trains.

Frosty Cupcakes

Makes 1 dozen

12 baked cupcakes
White frosting
Large marshmallows
24 pretzel sticks
Black frosting

Orange slice candy
12 Junior Mints
12 Thin Mint cookies
12 licorice ropes

Frost the top of each cupcake with white frosting. For each snowman, use two marshmallows. Flatten one marshmallow with the palm of your hand and place on top of the white frosting. Cut the other marshmallow in half horizontally and stack on top of the first marshmallow to make Frosty's torso and head. Stick one pretzel stick down through the snowman and into the cupcake to help Frosty stand up. Stick another pretzel horizontally through the snowman for the arms. Pipe black frosting onto Frosty to make eyes, a mouth and buttons. Cut a wedge from the orange slice candy to use as a nose. To make Frosty's hat, attach a Junior Mint to the center of a thin mint cookie with frosting and place on Frosty's head. Wrap a licorice rope around the snowman as a scarf.

Reindeer Cookies

Makes 32 cookies

4 (1 oz.) squares white baking
chocolate
96 pretzel sticks
1 (16 oz.) pkg. Nutter Butter
cookies

64 blue, green or brown
M&M's Minis
32 red M&M's Minis

In a microwave-safe dish, place white baking chocolate. Melt in microwave on high, stirring occasionally, until melted. Place 2 pretzel sticks into peanut butter filling of each sandwich cookie. Break remaining pretzels in half and stick next to longer pretzels in each cookie to form antlers. Dip 1 side of each blue, green or brown M&M Mini in melted chocolate and place two on each cookie to form eyes. Dip 1 side of each red M&M Mini in chocolate and place on each cookie for the nose. For a nice gift, place cookies in a decorative tin lined with tissue paper.

Gingerbread Family Kit

Makes about 18 cookies

4½ C. flour

1 T. cinnamon

2 tsp. ground ginger

1¼ tsp. baking soda

½ C. butter, softened

½ C. brown sugar

2 eggs

¾ C. molasses

1 tube white decorator's frosting

1 pkg. M&M's Minis

Red cinnamon candies

Licorice ropes

In a large bowl, combine flour, cinnamon, ginger and baking soda. In a separate bowl, cream together butter and brown sugar. Add eggs, one at a time, beating well after each addition. Add molasses and flour mixture, beating well. The dough will be very stiff. Divide dough in half and wrap each half in plastic. Chill dough for 1 to 2 hours. Preheat oven to 350°. On a lightly floured flat surface, roll dough to between ⅛" and ¼" thickness. Using a gingerbread cookie cutter, cut the dough into gingerbread men. Bake in oven for 10 minutes, until cookies are lightly browned. Remove from oven and let cool completely. To assemble the kit, line a gift box or basket with tissue paper. Place enough gingerbread cookies in the kit so each member of the family can decorate their own. Add a tube of white decorator's frosting and various candies, such as M&M's Minis, red cinnamon candies and licorice ropes. Attach a tag to the basket that says, "Gingerbread Family Kit" and personalize the tag with a special greeting.



Cooking & Nutritional Tips Value-Added Section

Cooking & Nutritional Tips

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Common Kitchen Pans

When a recipe calls for...
Cup baking dish:
 - 5 inch papilote
 - 8 x 1.4" layer cake pan
 - 7.5 x 9.5 x 2" loaf pan
Cup baking dish or oven:
 - 8 or 9 x 1.2" layer cake pan
 - 8" pie plate
 - 8.125 x 9.875 x 2.5" loaf pan
Cup baking dish:
 - 8 x 8" square pan
 - 11.8 x 7.8 x 1.2" baking pan
 - 9 x 5.5" loaf pan
10 cup baking dish:
 - 9 x 9 x 2" square pan
 - 11.314 x 7.12 x 1.314" baking pan
 - 15.18 x 1" pie/flat pan
12 cup baking dish or oven:
 - 12.18 x 8.12 x 2" glass/baking pan (2 cup)
 - 13.9 x 9.2" metal baking pan (2 cup)
 - 16 x 10 x 1.2" metal/paper pan (2 cup)
15 cup baking dish:
 - 9 x 9 x 2" square pan
 - 15.18 x 1" pie/flat pan
12 cup baking dish or oven:
 - 12.18 x 8.12 x 2" glass/baking pan (2 cup)
 - 13.9 x 9.2" metal baking pan (2 cup)
 - 16 x 10 x 1.2" metal/paper pan (2 cup)
Spring Form Pans:
 - 8.5 x 5.5" (2 cup)
 - 9 x 3" pan (6 cup)
Ring Mold:
 - 8.12 x 4.12 x 1" metal (60 cup)
 - 9 x 3 x 1.2" fancy tube (72 cup)
Charlotte Mold:
 - 8.5 x 4" metal (70 cup)
Broche Pan:
 - 9 x 1.2 x 3-1/4" pan (8 cup)

Equivalents for Cooking Ingredients

Apples (1 lb)	3 or 4 medium
Bananas (1 lb)	3 or 4 medium
Bears, dried (1 lb)	5.06 cups cooked
Berries (1 quart)	3-1/2 cups
Bread (1 loaf)	1/2 cup crumbs
Cheese, grated (1 lb)	1 1/2 cups
Chocolate, 1 square (1 oz)	1.1 medium
Cream (1 2 cup)	1 cup
Cream, heavy (1 cup)	2 cups whipped
Flour, all-purpose (1 lb)	4 cups sifted
Gelatin (1 envelope)	1 T
Hotels, dried (1 lb)	1 1/2 mesh
Lemon (2-3 juiced)	1-1/2 tsp granulated
Macaroni (1 cup dry)	2-1/4 cups cooked
Meat, diced (1 lb)	2 cups
Mushrooms (1 lb)	5 to 6 cups sliced
Nuts, shelled (1 1/2 lb)	1 cup chopped
Oats (1 medium)	1/2 cup cooked
Orange (1 to 2 juiced)	1/3 to 1/2 cup pulp
Potatoes (3 medium)	1-3/4 to 2 cups mashed
Rice (1 uncooked)	3 cups cooked
Spaghetti (1 1/2 lb)	3-1/2 to 4 cups cooked
Sugar, confectioners (1 lb)	4-1/2 cups unsifted
Sugar, granulated (1 lb)	2 cups
Tomatoes (1 lb)	3 or 4 medium
Walnuts in shell (1 lb)	1-3/4 cups chopped

Substitutions

For: You Can Use:

1 C cream/whip	2 T heavy cream + 1/2 cup whipping topping
1 C cake flour	1 C. 1 cup 2 T all-purpose flour
1 C all purpose flour	1 C. 1 cup 2 T cake flour
1 square chocolate	1 T cocoa and 1 T shortening
1 C melted shortening	1 C. 1/2 cup oil (may not be substituted for solid shortening)
1 C milk	1/2 evaporated milk and 1/2 C water
1 C sour milk or buttermilk	1 T cream plus 1/4 cup vinegar and enough sweet milk to measure 1 C
1 C heavy cream	2/3 C milk and 1/3 C cream
1 C heavy cream, whipped	2/3 C well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T dried whole egg and 2 T water
1 top, baking powder	1/4 tsp baking soda and 1 tsp cream of tartar OR 1/4 tsp baking soda and 1/2 C cream of tartar, milk or oil and 1/2 C water
1 C sugar	1 C. honey, reduce other liquid 1/4 C, reduce baking temperature 25°
1 C miniature marshmallows	About 10 sugar marshmallows, cut up
1 medium onion (2-1/2")	2 T instant minced onion OR 1 top onion powder OR 2 tsp onion salt, reduce salt 1/2
1 garlic clove	1/8 tsp garlic powder OR 1/4 tsp garlic salt, reduce salt 1/8 tsp
1 T fresh herbs	1 tsp. dried herbs OR 1/4 tsp. powdered herbs OR 1/2 tsp. herb salt, reduce salt 1/4 tsp.
Bread crumbs	Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.
Butter	Use 7/8 cup of solid shortening plus 1/8 cup of oil.

Substitutions

For: You Can Use:

Fresh milk	To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2-1/2 teaspoons butter or margarine.
Sugar	Use brown sugar, although it will result in a slight molasses flavor.
Superfine sugar	Process regular granulated sugar in your blender.
Red and green sweet pepper	Use carrot/pimento.
Vanilla extract	Use vanilla essence or orange oil if flavoring instead. Or try a little cinnamon or nutmeg.
Flour	Substitute 1 tablespoon of cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.
Buttermilk	Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1/4 cup. Let it stand 5 minutes before using.
Ketchup	Use 1 cup of tomato sauce added to 1-1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cream and a dash of ground cloves and allspice.
Unsweetened chocolate	Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.
Corn syrup	Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.
Eggs	Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg less in a recipe that calls for many, substitute 1 teaspoon of cornstarch.
Cake flour	Use 7/8 cup of all purpose flour for each cup of cake flour called for in a recipe.
Fresh herbs and spices	Use 1/2 the amount of dried herbs or spices. Dried herbs are more concentrated.
Honey	To substitute 1 cup of honey, use 1-1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.

Healthy Substitutions

For: You Can Use:

Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham).
Bread, white	Whole-grain bread.
Cream	Use heavy half and half, evaporated milk.
Eggs	Five egg whites or 1/4 C egg substitute for each whole egg.
Flour, all-purpose	Whole wheat flour for half of the called-for all-purpose flour in baked goods.
Ground beef	Extra-lean or lean ground beef, chicken ground beef or turkey.
Lettuce, iceberg	Arugula, chard, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
Mayonaisse	Reduced-calorie mayonaisse or the meat salad dressing or reduced-fat mayonaisse.
Meat	Three times as much vegetable as meat on pizzas or in casseroles, soups, and stews.
Milk, whole	Reduced fat or fat-free milk.
Oil-based Marinades	Use balsamic vinegar, fruit juice or fat-free broth.
Pasta, white	Whole wheat pasta.
Rice, white	Brown rice, wild rice, bulgur or pearlf rice.
Salt dressing	Fat-free or reduced-calorie dressing or flavored vinegars.
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or prepared cream soups.
Soy sauce	Sweet and sour sauce. Best mustard sauce is low sodium soy sauce.
Sugar	In most baked goods, use the amount of sugar by one-half the called-for sweetness by volume (white, natural or coconut).
Syrup	Flare fruit, such as apple sauce, or low-calorie, sugar-free syrup.
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasonings mixes or herb blends.

Troubleshooting Baking Failures

Biscuits:	<ol style="list-style-type: none"> 1. Rough biscuits caused from insufficient mixing. 2. Dry biscuits caused from baking too long. 3. Slowly rising biscuits caused from too little steam and handling too much. 4. Slowly-browning biscuits caused from cooking in dark surface pan (use a cookie sheet or shallow broilight finish pan), too high a temperature and rolling the dough too thin.
Muffins:	<ol style="list-style-type: none"> 1. Crustier texture caused from insufficient mixing and cooking at too low a temperature. 2. Tunnels in muffins, peaks in center and soggy texture are caused from over-mixing. 3. For a nice muffin, mix well but light and fluffy at correct temperature.
Cakes:	<ol style="list-style-type: none"> 1. Cakes and/or surfaces may be caused by too much flour, too hot an oven and sometimes from old oven state. 2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature. 3. A heavy cake means too much sugar has been used or baked too short a period. 4. A sticky crust is caused by too much sugar. 5. Crust granulated cake can be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
Cakes fail may be caused by using insufficient flour, under baking, too much sugar, too much fat, or not enough baking powder.	<ol style="list-style-type: none"> 1. Oven is too hot. 2. Oven is too cold. 3. Oven is too dry. 4. Oven is too wet. 5. Oven is too dark. 6. Oven is too light. 7. Oven is too bright. 8. Oven is too dim. 9. Oven is too noisy. 10. Oven is too quiet. 11. Oven is too loud. 12. Oven is too soft. 13. Oven is too hard. 14. Oven is too easy. 15. Oven is too difficult. 16. Oven is too simple. 17. Oven is too complex. 18. Oven is too basic. 19. Oven is too advanced. 20. Oven is too primitive. 21. Oven is too modern. 22. Oven is too old-fashioned. 23. Oven is too new-fashioned. 24. Oven is too traditional. 25. Oven is too non-traditional. 26. Oven is too conventional. 27. Oven is too unconventional. 28. Oven is too typical. 29. Oven is too atypical. 30. Oven is too common. 31. Oven is too uncommon. 32. Oven is too ordinary. 33. Oven is too extraordinary. 34. Oven is too plain. 35. Oven is too fancy. 36. Oven is too simple. 37. Oven is too complicated. 38. Oven is too easy. 39. Oven is too difficult. 40. Oven is too simple. 41. Oven is too complex. 42. Oven is too basic. 43. Oven is too advanced. 44. Oven is too primitive. 45. Oven is too modern. 46. Oven is too old-fashioned. 47. Oven is too new-fashioned. 48. Oven is too traditional. 49. Oven is too non-traditional. 50. Oven is too conventional. 51. Oven is too unconventional. 52. Oven is too typical. 53. Oven is too atypical. 54. Oven is too common. 55. Oven is too uncommon. 56. Oven is too ordinary. 57. Oven is too extraordinary. 58. Oven is too plain. 59. Oven is too fancy. 60. Oven is too simple. 61. Oven is too complicated. 62. Oven is too easy. 63. Oven is too difficult. 64. Oven is too simple. 65. Oven is too complex. 66. Oven is too basic. 67. Oven is too advanced. 68. Oven is too primitive. 69. Oven is too modern. 70. Oven is too old-fashioned. 71. Oven is too new-fashioned. 72. Oven is too traditional. 73. Oven is too non-traditional. 74. Oven is too conventional. 75. Oven is too unconventional. 76. Oven is too typical. 77. Oven is too atypical. 78. Oven is too common. 79. Oven is too uncommon. 80. Oven is too ordinary. 81. Oven is too extraordinary. 82. Oven is too plain. 83. Oven is too fancy. 84. Oven is too simple. 85. Oven is too complicated. 86. Oven is too easy. 87. Oven is too difficult. 88. Oven is too simple. 89. Oven is too complex. 90. Oven is too basic. 91. Oven is too advanced. 92. Oven is too primitive. 93. Oven is too modern. 94. Oven is too old-fashioned. 95. Oven is too new-fashioned. 96. Oven is too traditional. 97. Oven is too non-traditional. 98. Oven is too conventional. 99. Oven is too unconventional. 100. Oven is too typical.
Pies:	<ol style="list-style-type: none"> 1. Flaky crustibles caused by overmixing flour and fat. 2. Flaky is tough caused by using too much water and over mixing dough. 3. Pie can burn, for that or crustal pie use a Pyrex pie or enamel pan and bake at 400° to 425° temperature.
Breads (Yeasts):	<ol style="list-style-type: none"> 1. Bread that is porous, this is caused by over-kneading or cooking too long. 2. Bread is crumbly, this is caused from underkneading and not kneading evenly. 3. Bread is heavy, this is caused from using too much yeast. 4. Bread is crumbly, this is caused from underkneading and not kneading evenly. 5. Bread is heavy, this is caused from using too much yeast. 6. Bread is crumbly, this is caused from underkneading and not kneading evenly. 7. Bread is heavy, this is caused from using too much yeast. 8. Bread is crumbly, this is caused from underkneading and not kneading evenly. 9. Bread is heavy, this is caused from using too much yeast. 10. Bread is crumbly, this is caused from underkneading and not kneading evenly. 11. Bread is heavy, this is caused from using too much yeast. 12. Bread is crumbly, this is caused from underkneading and not kneading evenly. 13. Bread is heavy, this is caused from using too much yeast. 14. 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Guide for Spices & Seasonings

All-Spice	Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow beverages.
Basil	Tomatoes, tomato sauce, barbecue sauce, salads.
Chef Salad	Meat loaf, beef, lamb and vegetable steaks, bean salad.
Cloves	Ham, berries, pickling, beef marinades, hot/spice beverages, cakes, pies, puddings.
Chili Powder	Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, soups, meats, meat loaf.
Thyme	Onion, seafood, stuffing, poultry, meat, vegetables.
Dill	Salads and salad dressings, soups, cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes.
Garlic	Nearly all types of meat, fish, poultry, beverages, soups, stews, soups, salads and salad dressings.
Rosemary	Lamb, poultry, stuffings, beef and pork roasts, tomato sauce, salads, soups, terrines, omelets, cauliflower.
Sage	Wad, sausage, poultry, stuffings, cheese spreads, soups.
Tarragon	Salad dressings, soups, egg dishes, poultry, seafood.
Cinnamon	Cakes, cookies, pies, puddings, cold dessert toppings, yellow beverages, hot/spice beverages.

Food Storage

Baking Powder:	Store the airtight tins in a cool, dry place and replace every 6 months.
Baking Soda:	Store in an airtight container in a cool, dry place for about 6 months.
Beats:	Open 2-ounce package, dry beans should be refrigerated. Measure in airtight container in a cool, dry place. They will keep for about 1 year.
Bread:	After 4 days of storage your bread will keep the bread longer a longer time.
Bread Storage:	Wrap in a plastic bag and store in a tightly covered container for 90 days.
Cakes:	Put in half an apple in the cake box will keep cake moist.
Cheese:	Store in vacuum in the refrigerator in paper bags instead of plastic. Leave the outside frozen and stable as well as ready to use.
Chocolate:	Store in a single wrapped damp cloth to keep it from drying out.
Chocolate:	Store in airtight tin for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60° to 75° if the storage temperature exceeds 75°.
Cocoa:	Store in a single wrapped damp cloth to keep it from drying out.
Chocolate:	Store in airtight tin for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60° to 75° if the storage temperature exceeds 75°.
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Chocolate:	Store in airtight tin for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60° to 75° if the storage temperature exceeds 75°.
Cocoa:	Store in a single wrapped damp

Cooking & Nutritional Tips Value-Added Section

Food Storage

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, cut the bottom side with butter seal to keep fresh longer.

Poultry: Keep fresh and wrap tightly in a wide-mouth jar with a tight lid. Poultry may also be frozen.

Paprika: I should always be kept in the freezer. It is only well-stay fresh, but freezing helps maintain its "heat."

Peanut Butter: Peanut butter, as well as other nut butters, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

MEAT

Beef
Roasts 3 to 5 days
Steaks 3 to 5 days
Ground beef, stew meat 2 days

Pork
Roasts 3 to 5 days
Hams, picnic, whole 7 days
Bacon 7 to 14 days
C chops, sausage 2 to 3 days
Pork sausage 1 to 2 days

Shoulder/Coroner: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham in absorbent or a vinegar-soaked cloth, then in waxed paper to prevent freezing.

Salami: Wrap tightly and store in the refrigerator.

Stewmeat: Keep in a container in the refrigerator. Wash just before serving.

Ham: Store in the freezer or refrigerator in a closed plastic bag.

Veal
Roasts 3 to 5 days
Chops 4 days

Lamb
Roasts 3 to 5 days
Chops 3 to 5 days
Ground lamb 2 days

Poultry
Chicken, whole 1 to 2 days
Chicken, cut up 2 days
Turkey, whole 1 to 2 days

Cooked meats
Ballotini (cured meat) 4 days
Cured poultry 2 days
Hams, picnic 7 days
Hamsters 4 to 5 days
Shredded meats 3 days
Unstuffed Bologna 4 to 6 days



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Measurements/Equivalents

Metric Volume Measurements

Measure	Equivalent
1 cubic centimeter	0.0338 cubic inch
1 cubic inch	16.39 cubic centimeters
1 cubic decimeter	0.0353 cubic foot
1 cubic foot	28.37 cubic decimeters
1 cubic yard	0.7646 cubic meter
1 cubic meter	0.2797 cord
1 cubic centimeter	3.2488 grams
1 liter	0.908 qt. dry (1.056 qt. liquid)
1 quart dry	1.101 liters
1 gallon	0.9463 liter
1 gallon	2.4414 (liter) (1.35 pecks)
1 gallon	0.1785 dekather
1 gallon	0.81 dekather
1 bushel	0.2179 hectoliters
1 bushel	0.3524 hectoliter

Simplified Measurements

1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1 jigger	1/2 ounces
1/4 cup	4 tablespoons
1/2 cup	5 tablespoons plus 1 teaspoon
3/4 cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces



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Measurements/Equivalents

Measurements

Measure	Equivalent
1 pound brown sugar	3 1/2 cups
1 pound granulated sugar	2 1/4 cups
1 pound flour	3 3/4 cups
1 pound butter or shortening	2 cups
1 pound butter	4 1/2 cups, graded
1 pound flour	3 3/4 cups
1 pound cream, undred	3 cups
1 pound dates, dried	2 1/2 cups
3 pound dried chicken	1 1/2 pounds or 4 1/2 cups, cooled and dried
1 square coconut	2 tablespoons
1 cup broken, unsmoked meat	2 2/3 cups, cooled
1 pound uncooked meat	2 3/4 cups, cooled and ground
1 cup uncooked rice	4 cups cooked
1 cup brown, uncooked spaghetti	2 cups cooked

Sizes of Cans and Approximate Content

No. 1 Can	1 1/2 cups
No. 2 Can	2 1/2 cups
No. 2 1/2 Can	3 1/2 cups
No. 3 Can	4 cups
No. 3 1/2 Can	10 cups



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Cooking Temperatures

Recommended safe minimum internal cooking temperatures:
You should use a food thermometer to determine internal temperatures of foods.

FOOD	DEGREES FAHRENHEIT (°F)
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160 degrees
Turkey, Chicken	165 degrees
Fresh Beef, Veal, Lamb	
Steaks, Roasts, Chops	145 degrees
Poultry	
Chicken and Turkey, Whole	165 degrees
Poultry Breasts, Wings	165 degrees
Poultry Thighs, Legs	165 degrees
Duck and Goose	165 degrees
Stuffing (cooked alone or in bird)	165 degrees
Fresh Pork	
Ham	145 degrees
Fresh (raw)	
Fresh (to reheat)	140 degrees
Eggs and Egg Dishes	
Eggs	Cook until yolk and white are firm
Egg Dishes	160 degrees
Seafood	
Shellfish	145 degrees - Cook fish until it is opaque (milky white) and flakes with a fork
Shrimp, Lobster, Scallops	Cook until the flesh of shrimp and lobster are an opaque color. Scallops should be opaque and firm.
Shellfish	
Shrimp, Lobster, Scallops	Cook until they shell open. This means that they are done. Throw away any that were already open before cooking or will not close that did not open after cooking.
Clams, Mussels, Oysters	Cook until they shell open. This means that they are done. Throw away any that were already open before cooking or will not close that did not open after cooking.
Casseroles and Reheated Leftovers	165 degrees

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Healthier Food Choices

Making small changes will have a big difference to your health. Commit to incorporating one healthier change each week over the next year.

Make half your plate fruits and vegetables: Choose red, orange and dark green vegetables for your meals. The more colorful your plate, the more likely you are to get the vitamins, minerals, and other body needs to be healthy.

Make half the grains you eat whole grains: An easy way to not move whole grains is to switch to a whole grain bread. Read the ingredients list and those products that list whole-grain ingredients first. Look for things like: whole wheat, brown rice, bulgur, buckwheat, oatmeal, rolled oats, quinoa, or wild rice.

Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat. Unsweetened almond milk is lower in calories and contains no cholesterol, saturated fat or lactose. Unlike cow's milk, almond milk does not contain calcium unless it is enriched.

Choose a variety of lean protein foods: Select leaner cuts of ground beef (90% lean or higher), turkey breast, or chicken breast.

Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals.

Enjoy clear of sugary drinks: By adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass if you want some flavor. Dates are a great way to naturally sweeten smoothies or shakes.

Eat some seafood: Seafood has protein, minerals, and omega-3 fatty acids. Adults should try to eat at least eight ounces a week of a variety of seafood.

Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts often made with butter, margarine, or shortening; pizza; processed and fatty meats; and ice cream.

Choose your oils wisely: It's great for sautéing veggies and cooking at high temperatures. You can also spread it on toast instead of butter, use it in pop popcorn, or add to smoothies. When it comes to your health, coconut oil is a healthier fat than butter and some fat and it's cholesterol-free - but it's not necessarily healthier than unsaturated oils such as extra-virgin olive, grape-seed, canola or safflower oils.

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Manage Your Portions

Not sure what a portion size should be? Make some of portion sizes by using hand symbols for portions.

Learn to read food labels. Pay attention to the number of servings contained in the package, then note the calorie and fat content per serving. If, for example, the label on a large muffin indicates that one serving has 250 calories and 10 grams of fat, and the muffin contains 2 servings, then you'll have eaten 500 calories and 20 grams of fat from that muffin.

Compare marketplace portions to recommended serving sizes. If you eat a marketplace portion of something, compare its size to what's recommended by the USDA. For example, a standard bagel is 4 ounces and counts as 1 serving from the bread/creamy grain food group. A marketplace bagel weighs nearly 6 ounces and counts as 1 1/2 servings. A pasta dinner from your favorite restaurant might add up to 6 or more servings of grains as well. If you eat 1/2 ounce piece of meat, you're consuming 1/2 ounce more than your whole day's recommended!

Repackage appetizer bags. Appetizer bags may be more economical, but they also encourage you to overeat. If you buy bags of chips or pretzels, for example, repackage the contents into smaller containers.

Share a meal. Eat an appetizer and split one main course with another person when you go out for a meal. Share an order of fries with everyone at your table. Order one dessert and some extra forks. Four people can enjoy a few fries of a decadent dessert and it's probably just the right amount!

Eat half or less. If you're not sharing a meal, eat half of what you're served and take the rest home to enjoy as another meal. Do tonight one meal for the box when your plate arrives and add it to your plate.

Use a smaller plate. In home, serve your meals on smaller plates. Your plate will look full, but you'll be eating less.

Show down and skip second helpings. Eat one reasonable serving and don't immediately go back for seconds. Give yourself time to digest. Stop yourself more food if you're still hungry.



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Food Allergy Awareness

Preparing food for those with severe food allergies can be a challenge. Here are a few tips and considerations to keep in mind.

What are the food allergies and how severe are they? Check with guests prior to an event with food to see if these are food allergies and if so how severe are they. Ask for suggestions and don't be offended if that person offers or insists on bringing their own food. Some allergies may be mild while others can be life-threatening.

Avoid cross contamination: Using a spoon in one dish and then moving it to another can move tiny particles of wheat, dairy or nuts that oils. Make sure each dish has its own serving spoon and people are aware that utensils cannot be mixed. Encourage hand washing and as an extra precaution serve the person with the allergy first.

Keep in mind when preparing food cross contamination can occur with ingredients. Using a tablespoon for flour and then using it with cinnamon now leaves gluten in the cinnamon container. If you will be providing food for someone with allergies on a regular basis keep a separate set of ingredients that are only used to prepare allergy free foods. Keeping them in a tote that can be tucked in a pantry helps prevent them from being mixed with other pantry items.

Washing utensils and dishes with hot soapy water and rinsing thoroughly will help wash away most food particles however items like a cutting board or toaster can hold minor particles of gluten. Peanut oils may cling to plastic measuring cups and be difficult to remove completely. Keeping a second set of these items dedicated only for allergy free food prep is best.

Consider color coding. Have all containers used for serving, preparing, and left overs of allergy free foods be a particular color like green.

Allergens are not cooked out: When preparing food, allergens are not like germs and are not destroyed by heat. The only safe way to be sure that an allergen is not present is to prevent it from being there in the first place.

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Kids' Kitchen Crafts Value-Added Section

KIDS' KITCHEN CRAFTS

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Homemade Glitter

Makes ½ cup
3 drops food coloring

Preheat oven to 360°. In a small bowl, place salt. Add drops of any color food coloring. Mix lightly until salt is thoroughly colored. Spread salt mixture in a single layer on a baking sheet. Bake in preheated oven for 10 minutes. Remove baking sheet, being careful not to spill the glitter. Let glitter cool completely on baking sheet before transferring to a storage container.

Silly Putty

Makes about 1 cup
3 drops food coloring

Place white glue in a medium shallow dish. Slowly add liquid starch to glue, kneading with your fingers. The more you handle the silly putty, the better it will turn out. Desired, add drops of any color food coloring and knead with your hands, until color is incorporated.



Chocolate Scented Playdough

Makes about 2 cups

1 ½ C. flour	½ T. cream of tartar
¼ C. salt	½ T. vegetable oil
¼ C. cocoa powder	1 C. boiling water

In a medium saucepan over medium heat, combine flour, cocoa powder, salt and cream of tartar. Add vegetable oil and boiling water and mix well. Cook, stirring frequently, until mixture is a soft dough. Remove from heat and let cool. When mixture has cooled, continue to knead with your hands. Work mixture in as tight dough as possible. Kids will enjoy creating shapes and characters with this sweet-smelling playdough!

Bubble Juice

Makes about 1 ½ cups

1 C. water	4 T. liquid dishwashing soap
2 T. light corn syrup	

In a large shallow dish, combine water, corn syrup and dishwashing soap. Mix thoroughly and use with homemade bubble wands.

Bubble Wands

Form wire clothes hangers or thin pieces of wire into various shapes. Lightly dip the wands into the bubble juice and wave through the air to make big bubbles!

Bread Dough Basket

Makes 1 basket

1 ½ C. warm water	2 tsp. flour
1 lb. salt	Clear glass varnish

Preheat oven to 350°. In a large bowl, combine warm water and salt. Let mixture cool and slowly add flour, mixing constantly, until a firm dough forms. Knead dough with hands until mixture has an elastic feel. Cover mixture with a damp cloth and let rest for 30 minutes. Measure the diameter of an ovenproof baking dish. Roll out dough to desired thickness and cut dough into strips that are about 1" longer than the diameter of the dish. Lay the strips horizontally across the dish from the top or one side, down over the base of the dish and up the opposite side of the dish. Continue laying the strips, leaving a gap of about 1" between each strip. When the baking dish has been covered in one direction, begin weaving strips in the opposite direction, alternating going over one strip and under the next. Continue this weaving method by placing the next strip so it goes under and over the opposite strips. Trim any uneven edges with a knife. Roll remaining dough into this 3" long strip. Lay the strip end-to-end along the rim of the dish until rim is completely covered. Run your fingers over the dough to create a smooth finish around the rim. To give the rim of the basket a ribbed effect, make small cuts with a needle around the rim. Bake in oven for 1 ½ to 2 hours, until dough is golden brown and hard to the touch. Remove from oven and let cool completely before removing bread basket from baking dish. Using a medium brush, paint basket with clear glass varnish. Let varnish dry and apply another coat. When varnish has dried completely, use basket to hold fresh fruit or bread rolls. Do not eat the basket!

Rock Candy Stir Sticks

Makes 8 to 6 sticks

2 C. water	Wooden coffee stir sticks,
3 C. sugar	bamboo skewers or
Drops of food coloring	popocate sticks
Plastic container lid	

In a large saucepan over medium high heat, place water. Bring to a boil and stir in sugar. Continue to boil until mixture reaches 200°. Remove from heat and let mixture cool for 5 minutes. Pour sugar mixture into glass jar and add drops of food coloring, Mix lightly. Punch stir sticks through the plastic container lid. Set lid over glass jar so the sticks hang down into the sugar mixture but do not touch the bottom of the jar. Set the mixture aside for 7 days. After 7 days, carefully lift the lid out of the jar and you will find magical rock candy stir sticks. Give the sticks as gifts for grown-ups to stir in their coffee or tea.

Birdie "Tweet" Treats

Makes 3 treats

1 T. water, divided	3-4" mini handle or flatbed pans
1 ½ tsp. plug undyed gelatin	2-12" pieces colored paper
2 C. wild birdseed	

In a medium saucepan over medium heat, bring 6 tablespoons water to a boil. In a medium bowl, combine undyed gelatin and remaining 2 tablespoons water. Let mixture sit for 1 minute and then add boiling water. Stir for 2 to 3 minutes, until gelatin is completely dissolved. Stir wild birdseed into gelatin mixture, stirring. Let mixture sit for a few minutes and stir again. Repeat this process twice, allowing the bird seed to absorb the liquid. Divide the mixture evenly into the miniature hand pans. Place the filled pans in the refrigerator for 3 hours. Remove the wands from the molds by inverting and carefully tapping on the bottom of each pan. Let wands dry overnight. Thread one piece of ribbon through each wand and tie closed. Hang the treats outside for birds to enjoy!

Colorful Salt Art Creations

Makes about 2 creations

1 C. table salt	2 empty baby food jars
Various pieces of colored chalk	Foodpicks

Divide the salt into separate small plastic bags. Place one piece of colored chalk in each bag with the salt. Close the bags and rub the salt and chalk together by hand until the salt is completely colored. Remove leftover pieces of chalk from the bags. Pour salt in any pattern or order, alternating colors, into the baby food jars. Fill jars completely full so the salt will not shift. If desired, create patterns along the inside of the jar by placing the foodpicks into the layers of colored salt. Put a thin line of hot glue along inside of jar and screw lid tightly onto jar. These salt art creations make great gifts of paperweights!

Colored Vases

Makes 2 vases

¼ C. tacky glue	2 empty bottles, washed
1 tsp. water	Colored salt (from recipe above)
1 paintbrush	

Use the colored salt from the above recipe to make beautiful vases! In a plastic cup, combine tacky glue and water. Mix well. Using a paintbrush, apply a thin coat of the glue mixture to the outside of the clean bottle. Pour your colored salt into a vial, using a separate cup for each color. Using one hand, hold one bottle by the top over a piece of newspaper. While turning the bottle, sprinkle some of the colored salt over the bottle so the salt will attach to the sticky surface. When the bottle is anticlockwise covered with salt, set the bottle aside for 1 day so the glue can dry. Repeat with remaining bottle. Carefully fill the bottles half way with water and display flowers in your homemade vases!

Cinnamon Holiday Ornaments

Makes 12 ornaments

¼ C. cinnamon	1 T. ground cloves
1 C. appleauce	1 T. white glue
1 T. nutmeg	Ribbon

In a medium bowl, combine cinnamon, appleauce, nutmeg, ground cloves and glue. Mix well, until a stiff dough forms. Roll out dough to ¼" thickness. Using cookie cutters, cut dough into various shapes. Using the end of a straw, poke a hole into one side of each ornament for the ribbon to go through. Carefully place cut out shapes on a wire rack. Let ornaments air dry for 3 to 4 days, turning occasionally. When ornaments are completely hardened, thread a piece of ribbon through the hole in each ornament and tie a loop so the ornaments can hang. You'll love the smell of these ornaments when placed throughout your home!

Beauty Bath Bar

Makes 1 bar

1 bar soap	Paint brushes
Acrylic paints	2 oz. canning wax

Paint a design over one side of the bar of soap, using the acrylic paints and paint brushes. Meanwhile, in a double boiler over medium high heat, place canning wax. When wax is completely melted, use a disposable brush to paint a layer of clear wax over the painted design on the bar of soap. Set the bar of soap aside until the wax dries. The protective layer of wax will allow the soap to be used while the painted design remains on the bar!

Mini Log Cabin

Makes 1 cabin

1 empty ¼ pint milk carton	2 square pretzels or cereal
1 C. creamy peanut butter	1 tin wheat crackers
99 pretzels	13 thin wheat crackers
1 Graham cracker half	1 pretzel string for chimney

Rinse milk carton completely and strip top closed, trimming the top so carton resembles a house shape. Cover sides and top (roof) of carton with creamy peanut butter. Cut pretzel sticks into desired length and cover sides of carton with pretzels, to resemble logs. Use the graham cracker half as a door and the square pretzels or cereal squares for windows. Press the pretzels, cereal and graham crackers into the peanut butter to secure to the carton. Use the thin wheat crackers as overlapping shingles for the roof. Using additional peanut butter, attach the pretzel string to the roof as a chimney. Continue to decorate as desired.

Apple Spice Potpourri

Makes 10 ½ cups

½ C. chopped dried apple slices	1 whole nutmeg, broken into pieces
¼ C. dried whole cranberries	2 T. whole cloves
¼ C. cinnamon sticks	2 T. whole allspice

Place dried apples and cranberries on a baking sheet and air-dry for several days. In a large bowl, combine dried apples, dried cranberries, cinnamon sticks, nutmeg pieces, whole cloves and whole allspice. Mix ingredients together by hand. To summer the potpourri, in a small saucepan, combine ½ cup of the potpourri mixture and 1 cup water. Place the saucepan over low heat and let simmer for several hours. If mixture begins to dry out, add more water as needed. Simmering potpourri will fill your entire house with a pleasing fragrance!

Apple Doll

Makes 1 doll

1 large Red Delicious apple	1 plastic bottle
Carving knife and potato peeler	Hot glue gun and glue
Colored markers, optional	Various pieces of fabric

Peel and core the apple. With the help of an adult, carefully carve a face shape into the apple, including cut-deep eyes and a deep slit for the mouth. If desired, add extra features like ears or a nose. Set the apple aside for several days, until the apple has shrunk to about ½ its original size. When the apple face is completely dried out, go over the eyes and other features with markers, if desired. Cut the top part of the plastic bottle and apply a line of hot glue. Attach the apple head to the bottle and hold in place until hot glue has dried. Decorate the doll by wrapping fabric around the bottle to make clothes. Play with your new doll, but remember that this doll is not for eating!

Kids' Kitchen Crafts Value-Added Section

Finger Paints

Makes about 5 cups

- 2 C. flour** **2 C. hot water**
2 tsp. salt **Drops of food coloring**
3 C. cold water

In a medium saucepan over medium heat, combine flour and salt. Add cold water and, using a whisk or hand mixer, beat mixture until smooth. Add hot water and bring mixture to a boil, stirring until paint is glossy. Remove from heat and add drops of desired color food coloring. For uniformity in completely colored, adding more drops of food coloring if needed. This paint is for use on sidewalks only!



Scented Rocks

Makes about 6 rocks

- ¼ C. wholemeal flour** **½ C. boiling water**
¼ C. salt **Drops of food coloring**
3 C. essential oil, any kind

In a small bowl, combine flour, salt and essential oil. Mix well and add boiling water. Add drops of any color food coloring and mix well. When mixture has cooled enough to handle, roll mixture into 2" to 3" balls. Shape balls into scented rock shapes. Place "rocks" on a cooling rack in a warm, dry area. After several days, the rocks will be hard. These scented rocks will give a nice fragrance when placed in various dishes around your home.

10 - Kids Kitchen Crafts

Eggshell Chalk

Makes 1 chalk stick

- 4 to 8 eggs shells** **1 tsp. very hot water**
1 tsp. flour **Drops of food coloring, optional**

Wash and dry egg shells completely. Place clean and dry egg shells in a small bowl and grind into a fine dust. When egg shells are almost completely ground, discard any larger pieces. In a separate bowl, place flour and hot water. Mix well and add 1 tablespoon of the egg shell powder, stirring until a paste forms. If desired, add drops of any color food coloring and continue to mix. Remove mixture from bowl and shape into a log or chalk stick form. Wrap mixture tightly with a strip of paper towel. Let outside chalk piece and air dry for about 3 days, until hardened. Carefully unwrap paper towel to reveal your homemade chalk. This chalk is for use on sidewalks only!

Spray Chalk

Makes about 1 cup

- 1 C. cornstarch** **Drops of food coloring**
1 C. warm water

In a medium bowl, combine cornstarch and warm water, stirring until mixture is smooth. Add drops of any color food coloring and mix well. Pour mixture into a small plastic bottle mister. Shake bottle before using to break up clumps. Use spray chalk to decorate sidewalks or snow. Or use it to create colorful sand sculptures at the beach!

Colored Pasta Art

Makes 2 cups colored pasta

- ¼ C. rubbing alcohol** **2 C. dry pasta, any kind***
1 T. food coloring

In a 1-quart ziplock bag, place rubbing alcohol and food coloring. Securely close bag and shake until well combined. Open bag and add dry pasta. Close bag again and turn in hands to coat pasta with the coloring. Lay bag on a flat surface and let sit for 1 hour. Turn bag over and let sit for an additional 30 minutes. Carefully pour liquid from bag and pour remaining pasta into a large paper bag to dry. Use dried colored pasta to make pictures, sculptures, jewelry or other art projects.

*Use various pasta shapes, such as: rigatoni, macaroni, wagon wheel, spiral or bow tie.

Artificial Snow

Makes 1 cup

- ¼ C. sugar** **¼ C. white glue**
¼ C. medium powder **¼ C. water**

In a medium bowl, combine sugar and talcum powder and set aside. In a separate bowl, combine glue and water. Spread glue mixture over surface that you want to decorate with snow. Sprinkle the sugar mixture over the glue and enjoy the look of sparkling white snow!

12 - Kids Kitchen Crafts

Marbled Paper

- 10 C. cold water** **Turpentine**
2 or 3 different colors of oil paint **Brown paper bags**

In a shallow pan, place cold water. Add one color of the oil paint and a little turpentine until mixture reaches the consistency of thick cream. Drop a few drops of a different colored oil paint into the pan. If the paint drops sink, the mixture is too thick and you should add a little more turpentine. If the paint drops spread, the mixture is too thin and you should add a little more oil paint. When the mixture is the correct consistency, drop large spoons full of paint, one at a time, into the mixture. Using a spoon, stick or comb, swirl the paint into desired marbled patterns. Cut the brown paper bags into pieces that are slightly smaller than the shallow pan. Holding opposite corners of the paper, slowly lower the paper into the mixture in pan until one side of the paper has touched the solution. Carefully lift the paper out of the solution and place, marbled side up, on a stack of newspapers or drop rack. If desired, hang the papers on a clothes line to dry. Use this marbled paper for various art crafts or as stationery.

Juggling Balls

Makes 1 balls

- 3 plastic baggies** **6 balloons**
4½ C. dried beans, divided

Fill each plastic baggie with 1½ cups dried beans. Secure baggies with twist ties. Cut the top off of each balloon (be sure you know how to). Stretch one balloon over a filled plastic bag, being sure to cover the twist tie. Stretch another balloon over the baggie to connect the hole, making sure the plastic bag is completely covered.

8 - Kids Kitchen Crafts

Homemade Glue

Makes about 6 cups

- 1 qt. skim milk** **½ T. baking soda**
1 T. white vinegar **10 oz. water**

In a double boiler over low heat, place milk and vinegar. Cook, stirring occasionally, until curds begin to form. Remove from heat and pour mixture through a strainer, discarding any remaining liquid. Slowly wash curds under running water until the smell of vinegar has disappeared. Place the curds in a clean, medium bowl. In a separate bowl, combine baking soda and water, stirring until baking soda is completely dissolved. Pour mixture over curds in bowl and stir until a white paste forms. Use glue for craft projects and even in artificial containers.

Modeling Clay

Makes 1½ cups

- 1 C. baking soda** **¼ C. water**
¼ C. cornstarch **Drops of food coloring**

In a medium saucepan over low heat, combine baking soda and cornstarch. Mix well and add water. Continue to heat for 7 to 10 minutes, stirring frequently, until mixture is the consistency of mashed potatoes. Continue to stir, as mixture will thicken very quickly. Cover a flat surface with additional cornstarch. Spread mixture over cornstarch and knead by hand until mixture turns into a workable clay. Divide clay into several sections. Make a hole in the center of each section and add a few drops of food coloring to the hole in each section. If desired, use a different color for each section. Knead the sections by hand until the color has distributed throughout. Use the modeling clay to make fun sculptures and creations. For a permanent sculpture, let the modeled clay air dry overnight. Place leftover clay in a ziplock bag and refrigerate. Use leftover clay within 5 days.

14 - Kids Kitchen Crafts

Doggie Biscuits

Makes about 2 dozen

- ¼ C. hot water** **1½ C. tomato juice**
1 tsp. sugar **2 C. flour, divided**
1 pkg. active dry yeast **2 C. wheat germ**
8 chicken bouillon cubes **1½ C. whole wheat flour**

Preheat oven to 200°. In a large bowl, place hot water. Add sugar and yeast and let stand for about 5 minutes. Crush chicken bouillon cubes with a fork and stir crushed bouillon into yeast mixture. Add tomato juice, 1 cup flour and wheat germ and stir until a smooth batter forms. Add remaining 1 cup flour and whole wheat flour and stir until dough is stiff and very dry. Continue to mix by hand. Turn half of the dough out onto a lightly floured flat surface. Using a rolling pin, roll dough to about ¼" thickness. If dough is too sticky, add additional flour. Using cookie cutters or a knife, cut biscuits into desired shape. Repeat with remaining dough. Place biscuits on a baking sheet and bake in oven for 1 hour. Turn off oven and let biscuits dry and harden in oven for about 4 hours. Remove cooled biscuits from oven and give them as a treat to your favorite dog!

8 - Kids Kitchen Crafts

Invisible Writing

Makes about 6 cups

- 1 small paint brush** **1 medium paint brush**
1/2 C. lemon juice **1 C. grape juice**
White paper

Write a secret message on a piece of paper that only your friends can see! Dip the small paint brush in lemon juice and write your message on the white paper. Your friend can reveal the message by dipping the medium paint brush in grape juice and "painting" over the entire piece of paper. Your secret message will show through!

12

The Butter Factory

Makes 1½ cups

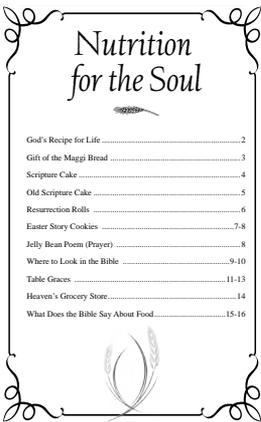
- 1 pint heavy whipping cream** **Yellow food coloring, optional**
Small plastic container with lid

Pour the heavy whipping cream into the plastic container. Securely fasten the lid to the container. Shake turning the container with cream vigorously. Continue shaking for 15 to 30 minutes, until the cream has separated into butter and milk buttermilk. Open the container and discard the buttermilk. If desired, stir in a few drops of yellow food coloring until butter reaches desired shade. Use butter for normal purposes. Store in an airtight container in refrigerator.

14 - Kids Kitchen Crafts

Nutrition for the Soul Value-Added Section

Nutrition for the Soul



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God's Recipe for Life

But if anyone always obeys his word, God's love is truly made complete in him. This is how we know we are in him: Whoever claims to love him must walk as Jesus did. 1 John 2:5-6

Much like my Mom gave us great recipes, God has given us a recipe for how to live His life. That recipe is found in the Holy Bible. The Bible contains all the ingredients that we need to live a life full of blessings. Who wrote the recipe? GOD! Just like a baker decides which ingredients to combine for the perfect tasty treat, God has determined what we need in our lives to make our lives better.

It's important to know that God didn't write the recipe so that our lives would be boring or hard to live. Instead, God wrote His "recipe for life" to help us know how to live happier, healthier lives. Sometimes we think that God's rules are hard to follow maybe there are too many ingredients and get confused about how much of each ingredient to use—but the truth is that if we follow God and follow His recipe EXACTLY, we will be GREATLY blessed.

And we are so lucky because God gave us more than just the Bible to help us understand how to live a Godly life. He also gave us a perfect living example in His Son, Jesus Christ. God sent Jesus to Earth to show us how to live and how to abide by God's rules.

God GATHERED the ingredients – God WROTE the recipe – God GAVE us rules – and God SENT His Son, Jesus, as a living example of how to follow the rules.

Now he wants us to live our lives in the way that He intended—according to HIS perfect recipe: If we do that, we will live lives that are full of God's blessing!

Almighty God, Thank you for creating us. We are so lucky, Lord, that you have given us a recipe for life. Not only have you given us a written set of rules, but you have also given us the perfect example in Your Son, Jesus Christ. Help us, Father, to fill our lives with the perfect ingredients, to obey your commands, to follow Your recipe, to live a life like Jesus. In Jesus' precious name we pray. AMEN

Gift of the Maggí Bread

Ingredients:

- 1/2 cup butter or margarine, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed banana - about 2 medium
- 1-11 ounce can mandarin oranges, drained
- 1 cup flaked coconut
- 1/2 cup (6 ounces) semi-sweet chocolate chips
- 2/3 cup sliced almonds - divided
- 1/2 cup chopped marshmallow cherries
- 1/2 cup chopped dates

Directions:

In a mixing bowl, cream butter and sugar. Beat in eggs and vanilla. Combine the flour, baking soda and salt; add to the creamed mixture alternately with bananas. Stir in oranges, coconut, chocolate chips, 1/2 cup almonds, cherries and dates.

Pour into 2 greased 8x4x2" loaf pans. Sprinkle with remaining almonds.

Bake at 350° for 50 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Make 2 loaves.

Scripture Cake

A divine dessert inspired by ingredients found in the Bible.

Ingredients:

- 1 cup Judges 5:25 (curried milk)
- 1 cup Jeremiah 6:20 (sugar)
- 1 tablespoon Samuel 14:25 (honey)
- 3 Jeremiah 17:11 (eggs)
- 1 cup 1 Samuel 30:12 (raisins)
- 1 cup Nahum 3:12 (peppercorn)
- 1/4 cup Numbers 17:8 (almonds), blanched and chopped
- 2 cups 1 Kings 4:22 (flour)
- 1 teaspoon Amos 4:5 (leavening, such as baking soda)
- 3 tablespoons Judges 4:19 (butter)
- Pinch of Leviticus 2:13 (salt)
- II Chronicles 9:9 (spices, such as cinnamon and nutmeg)

Directions:

Cream Judges (butter), Jeremiah (sugar), and 1 Samuel (honey). Beat in the 3 Jeremiah's (eggs), one at a time.

Add 1 Samuel (raisins), Nahum (peppercorn), and Numbers (almonds), and beat again.

Sift together 1 Kings (flour), II Chronicles (spices), Leviticus (salt), and Amos (leavening or baking soda).

Old Scripture Cake

The famous "OLD SCRIPTURE" cake. If you know your Bible well, this will pose no problems.

Ingredients:

- 3/4 cup Genesis 18:8
- 1 1/2 cup Jeremiah 6:20
- 5 Isaiah 10:14 (separated)
- 3 cups sifted Leviticus 24:5
- 3 teaspoons 2 Kings 2:20
- 3 teaspoons Amos 4:5
- 1 teaspoon Exodus 30:23
- 1/4 teaspoon each 2 Chronicles 9:9
- 1/2 cup Judges 4:19
- 3/4 chopped Genesis 43:11
- 3/4 cup finely cut Jeremiah 24:5
- 3/4 cup 2 Samuel 16:1
- Whole Genesis 43:11

Directions:

Cream Genesis 18 with Jeremiah 6. Beat in yolks of Isaiah 10, one at a time. Sift together Leviticus 24; 2 Kings 2; Amos 4; Exodus 30; and 2 Chronicles 9.

Blend into creamed mixture alternately with Judges 4. Beat whites of Isaiah 10 until stiff; fold in. Fold in chopped Genesis 43; Jeremiah 24; and 2 Samuel 16. Turn into 10" tube pan that has been greased and dusted with Leviticus 24.

Bake at 325°F until it is golden brown or Gabriel blows his trumpet, whichever happens first. Bake for 1 hour and 10 minutes. Remove from oven. After 15 minutes, remove it from the pan. Cool completely. Drizzle over it some Barns Jeremiah Syrup.

HINT: Sweetest almond = sugar; suggested spices = cinnamon, nutmeg; doves; leavening = baking soda; nuts = almonds. Recipe does not call for syrups even though it is found in the bible verses.

Resurrection Rolls

(children's activity)

Ingredients:

- 1 can refrigerated crescent roll dough
- 8 large marshmallows
- 1 Method butter
- Cinnamon
- Sugar

Directions:

Give each child one triangle shaped section of crescent roll. This represents the tomb.

Each child takes one marshmallow which represents the body of Christ.

Dip the marshmallow in the butter and roll in cinnamon and sugar mixture. This represents the oils and spices the body was anointed with upon burial.

Lay the marshmallow on the dough and carefully wrap it around the marshmallow.

Make sure all seams are pinched together well. (Otherwise the marshmallow will "ooze" out of the seams)

Bake according to package directions.

Cool.

Break open the tomb and the body of Christ is no longer there!!

Celebrate God's love!

Easter Story Cookies

To be made the evening before Easter.

Ingredients:

- 1 cup whole pecans
- 1 teaspoon vinegar
- 3 egg whites
- Pinch salt
- 1 cup sugar
- Zipper baggie
- Wooden spoon
- Tape
- Bible

Directions:

Preheat oven to 300° (this is important, don't wait till you're half done with the recipe!).

Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers. *Read John 19:1-3.*

Let each child smelt the vinegar. Put 1 teaspoon vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross, He was given vinegar to drink. *Read John 19:28-30.*

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. *Read John 10:10-11.*

Sprinkle a little salt into each child's hand. Let them taste it and break the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. *Read Luke 23:27.*

So far, the ingredients are not very appetizing. Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. *Read Psalm 34:8 and John 3:16.*

Jelly Bean Poem

(Jelly Bean Prayer)

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for the sun so bright.
Orange is for the edge of night.
Black is for the sins we made.
White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for our new tomorrow.

An egg full of jelly beans, colorful and sweet
Is a prayer, a promise, A loved one's treat!

Where to Look in the Bible

When You...

want rest and peace... *Matthew 11:25-30*
need worry... *Matthew 6:19-34*
are lonely or fearful... *Psalm 23*
need peace of mind... *John 14:27; Philippians 4:6-8*
are disappointed by people... *Psalm 27*
grow bitter or critical... *I Corinthians 13*
have sinned... *Psalm 51; 1 John 1*
are discouraged... *Psalm 34*
feel God seems far away... *Psalm 139*
think the world seems bigger than Christ... *Psalm 90*
are sick... *Psalm 41*
feel sorrowful... *John 14; Psalm 46*
are in danger... *Psalm 91*
want courage... *Joshua 1:1-9*
need assurance... *Romans 8*
forget your blessings... *Psalm 103*
are looking for joy... *Colossians 3*
leave home to travel... *Psalm 121*
think of investments... *John 10:17-31*
need guidelines for living... *Matthew 5-7; Romans 12*
need rules of conduct... *Exodus 20:1-17*
need to know God's will for your life... *Proverbs 3:1-6*



Nutrition for the Soul Value-Added Section

Where to Look in the Bible

Making Life's Most Important Choices...

The Bible is full of wonderful assurances and promises for all who believe in Jesus Christ, the Son of God. But each person must accept Jesus as his own Savior before he can claim these promises personally. How can these promises be yours? The Bible says that you must...

Recognize that you cannot be saved by trying to be good, or by doing the best you can, or by being a member of a social or religious organization. God says that we are not saved by our good works. (Ephesians 2:8-9)

Confess that you cannot save yourself; that you are a guilty sinner worthy of God's righteous judgment; and that you are helplessly lost without the Lord Jesus Christ as your personal Savior. (Romans 10:9-10)

Believe the good news that Christ died for the ungodly (Romans 5:8). He therefore died for you and settled your debt by His death on Calvary's cross. Believe the blessed news that Christ was raised from the dead and now lives to save all who will come to Him in faith. (Hebrews 2:25)

Call on the name of the Lord Jesus Christ with a sincere desire to be saved from your sins. For God has promised that "whoever shall call upon the name of the Lord shall be saved." (Romans 10:13)

Rely on God's sure promise, not on your feelings. By faith declare that you are saved by the blood of Jesus Christ, which was shed for the forgiveness of your sins. Openly confess Him as your Lord and Savior. (Romans 10:9-10)

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Table Graces

These blessings are traditional dinner prayers for saying grace at mealtimes. They are short and simple, great for holidays or any dinner gathering.

Bless Us, O Lord

Bless us, O Lord,
And these Thy gifts
Which we are about to receive,
Through Thy bounty
Through Christ our Lord we pray.
Amen.

We Give Our Thanks

For food that staves our hunger,
For rest that brings us ease,
For homes where memories linger,
We give our thanks for these.
Amen.

Truly Thankful

Lord, make us truly thankful for
these and all other blessings.
I ask this in Jesus Christ's name,
Amen.

God Is Great

God is great and God is good,
Let us thank Him for our food;
By His blessings we are fed,
Give us Lord, our daily bread,
Amen.

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Give Us Grateful Hearts

Give us grateful hearts,
O Father, for all thy mercies,
And make us mindful
Of the needs of others,
Through Jesus Christ our Lord,
Amen.

Make Us Grateful

For this and all we are about to receive,
Make us truly grateful, Lord,
Through Christ we pray,
Amen.

Bless, O Lord

Bless, O Lord,
This food to our use
And us to thy service,
And keep us ever mindful
Of the needs of others
In Jesus' Name,
Amen.

God Our Father, Lord and Savior

God our Father, Lord and Savior
Thank you for your love and favor
Bless this food and drink we pray
And all who shares with us today.
Amen.

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Our Heavenly Father, Kind and Good

Our Heavenly Father, kind and good,
We thank Thee for our daily food.
We thank Thee for Thy love and care,
Be with us Lord, and hear our prayer.
Amen.

Moravian Dinner Prayer

Come, Lord Jesus, our guests to be
And bless these gifts
Restored by Thee.
And bless our loved ones everywhere,
And keep them in Your loving care.
Amen.

Dinner Prayer Hymn

Lord, bless this food and grant that we
May thankful for thy mercies be;
Teach us to know by whom we're fed,
Bless us with Christ, the living bread.
Lord, make us thankful for our food,
Bless us with faith in Jesus' blood,
With bread of life our souls supply,
That we may live with Christ on high.
Amen.

Humble Hearts

In a world where so many are hungry,
May we eat this food with humble hearts;
In a world where so many are lonely,
May we share this friendship with joyful hearts.
Amen.

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Heaven's Grocery Store

As I was walking down life's highway many years ago
I came upon a sign that read "Heaven's Grocery Store"
I got a little closer the door swung open wide
And when I came to myself I was standing inside.

Oh, eat your food with gladness, and drink your wine with a joyful heart,
For God has already approved what you do.
Ezekiel 31:12
"I have heard the grumbling of the landless. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Thus you will know that I am the LORD your God.'"

Genesis 1:29
Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.
Genesis 9:3
Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

Isiah 1:3-9
If you are willing and obedient, you will eat the good things of the land;
Isiah 2:4
"My God," said Jesus, "to do the will of him who sent me and to finish his work."
Isiah 6:7
Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."

John 6:35
Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.
Matthew 4:4
Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"
Matthew 5:6
Blessed are those who hunger and thirst for righteousness, for they will be filled.
Matthew 6:25
Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. It is not life more than food, and the body more than clothes!"

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Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. It is not life more than food, and the body more than clothes!"

Again, I asked, "Really now, how much do I owe?"
"My child," he said, "God paid your bill a long, long time ago."

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What Does the Bible Say About Food?

Scripture frequently mentions food in various contexts. In eating our daily bread, God encourages his followers to nourish their bodies and souls with nutritional and spiritual food. Learn more about food's relevance in scripture from our list of Bible verses below!

Ezekiel 31:12
"I have heard the grumbling of the landless. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Thus you will know that I am the LORD your God.'"

Genesis 1:29
Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.
Genesis 9:3
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Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. It is not life more than food, and the body more than clothes!"

John 6:35
Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.
Matthew 4:4
Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"
Matthew 5:6
Blessed are those who hunger and thirst for righteousness, for they will be filled.
Matthew 6:25
Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. It is not life more than food, and the body more than clothes!"

Again, I asked, "Really now, how much do I owe?"
"My child," he said, "God paid your bill a long, long time ago."

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Nutrition for the Soul - 15

Proverbs 15:17
Better a small serving of vegetables with love than a fattened calf with hatred.

Proverbs 25:27
It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.

Proverbs 27:7
One who is full loathes honey from the comb, but the hungry even what is bitter tastes sweet.

Psalms 104:15
Wine that gladdens human hearts, and so to make their faces shine, and bread that sustains their hearts.

Psalms 136:25
He gives food to every creature. His love endures forever.

1 Corinthians 6:13
You say, "Food for the stomach and the stomach for food, and God will destroy them both!"

1 Corinthians 8:8
But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

1 Corinthians 10:31
So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Timothy 4:4-5
For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.

Mark 7:18-23
Again Jesus called the crowd to him and said, "I listen to me, everyone, and understand this. 15 Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them. 17 After he had left the crowd and entered the house, his disciples asked him about this parable. 18 "Are you so dull?" he asked. "Don't you see that nothing that enters a person from the outside can defile them? 19 For it doesn't go into their heart but into their stomach, and then out of the body?" (In speaking this, Jesus declared all foods clean.) 20 He went on: "What comes out of a person can defile them. 21 For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, 22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and rivalry. 23 All these evils come from inside and defile a person." 24 Jesus left that place and went to the vicinity of Tyre. He entered a house and did not want anyone to know it; yet he could not keep his presence secret.

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Tips For Health Eating Value-Added Section

TIPS FOR HEALTHY EATING

The cookbook is intended as a resource to avoid a selection of people who may find it useful as they start the journey to cooking and eating for better health. It was compiled by a team of cookbook experts and has medical professional input. It is not intended to be used as a substitute for professional medical advice. It is recommended that you seek advice from your healthcare provider before making any changes to your diet. It is recommended that you seek advice from your healthcare provider before making any changes to your diet. It is recommended that you seek advice from your healthcare provider before making any changes to your diet.

Eating Healthy

What is eating healthy? Healthy eating is a journey that requires you to find the path that is right for you! Healthy eating for someone who never or wants a gluten-free diet may be different from someone who is a member of a community of meat they eat or simply looking to introduce more plant-based foods. Your journey may be to reduce calories, watch carbs, or eliminate food triggers. Whatever your journey is, this book is filled with recipes to get you started.

The Journey Starts with a Single Step
What is your reason or motivation for eating healthy? Is it based on your doctor's recommendations? A desire to lose weight? Maybe you simply want to feel better? Or have you decided it is time for a change? Resources to help you can be found locally from healthcare providers, support groups, extension offices, or even your library to help you get going on your healthy journey.

Set up guidelines by asking yourself a few basic questions:

- ◆ Are there foods/ingredients that you want to avoid?
- ◆ Do you want to stay in a certain calorie range?
- ◆ Will carbs affect your goals and, if so, how many carbs are ideal for each meal/snack?
- ◆ Are there food triggers that you will need to introduce or cut more of?
- ◆ Do you have any allergies or food intolerances that affect the prepared foods?

Once you have guidelines in place, you can read recipes, keeping in mind which recipes fit your needs. In the next few pages, we are going to provide basic information and suggestions.

Understanding Nutritional Information

Nutrition information is typically found at the end of a recipe. It provides general nutrition information for the foods combined to make the recipe.

The information is based on the number of servings that that recipe. Serving sizes make it easier to compare similar foods. It is not a recommendation of how much you should eat or drink. All nutrient amounts listed, including the number of calories, note the size of the serving. If a serving size is 1 cup, then you need to double the calories if you eat 2 cups. It is important to note that any substitutions or changes in ingredients can affect the nutrition information. For example, using a large apple versus a small one or a green apple versus a red one can make an impact on the nutrition information. The numbers should be used as a guideline.

Calories – A measure of how much energy you get from a serving of food. Our bodies burn calories to perform functions like breathing, blood circulation and physical activity. We need to eat calories to have energy, but avoid eating excessive calories that can become body fat. Knowing how many calories you need to be healthy and achieve your weight goals is a useful tool in planning foods to eat.

Carbs or Carbohydrates – Sugar molecules. The body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues and organs.

Fats – A nutrient that is the source of essential fatty acids which the body cannot make itself. Fat helps the body absorb vitamins A, B12 and vitamin E. Fat is also the slowest source of energy, but the most energy-efficient form of food. Because fats are such an efficient form of energy, the body stores any excess energy as fat.

Saturated Fats – A type of fat that comes from animal food products and some plant oils, such as palm and coconut. Eating saturated fat increases the level of cholesterol in the blood and the risk of heart disease.

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Proteins – Are made up of chemical building blocks called amino acids. The body uses these to build and repair muscles and bones and to make hormones and enzymes. They are also used as an energy source.

Fiber (Dietary) – A type of carbohydrate that the body cannot digest. It adds bulk to your diet and makes you feel full faster, helping you control weight. It helps digestion and prevents constipation.

Sodium – A mineral found in or added to food. Your body needs sodium for normal muscle and nerve functions. It also helps keep blood fluids in balance. Too much sodium can lead to high blood pressure, heart disease and stroke.

Cholesterol – A type of fat. It helps the body do things like build cells, digest food and make hormones. Too much cholesterol can increase the chances of heart disease, stroke and other conditions.

Sugar – A type of simple carbohydrate. Sugar has a sweet taste. Typically refers to table sugar, glucose, fructose and sucrose.

Serving Size versus Portion – A serving size is a measured amount of food, such as one slice of bread or one cup of milk. A portion is the amount of food that you choose to eat for a meal or snack. Based on your goals you need to decide how many servings will equal the portion you are trying to meet.

Speaking to your healthcare provider or dietitian about your health goals will help you figure out your nutritional needs.

For more information on general nutrition and learning to eat healthy, visit: <https://www.myplate.gov/>

MyPlate.gov

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Understanding the Language of Healthy Eating

Diet can mean a few different things.

- ◆ A special food plan to achieve a weight loss or for medical reasons.
- ◆ To limit food intake to small amounts in order to lose weight. Knowing how the word "diet" is being used will help you figure out if it means what you eat, how you plan to eat or how much you eat.

Low-Carb – Limiting the amount of carbs you eat. A low-carb recipe typically avoids simple sugars and may be high in protein and some non-starchy vegetables. Low-Carb recipes typically avoid as part of a plan to lose weight or control blood sugar. It may also be used by a type 2 diabetics to help control blood sugar without the use of insulin.

Gluten-Free – A diet plan that excludes foods containing gluten. Gluten is a protein found in wheat, barley and rye. For people with celiac disease, gluten triggers immune system activity that damages the lining of the small intestine. Some people may have gluten sensitivity, which may cause symptoms like celiac but without damage to the small intestine. Gluten ataxia is a disorder that affects certain nerve tissues and causes problems with muscle control and voluntary muscle movement. Wheat allergies are also a concern for some and can cause congestion and hives/itching difficulties. Some people feel a gluten-free diet may assist with weight loss and provide increased energy.

Heart Healthy – Also known as **Cardiac Diet** – An eating plan that emphasizes foods that promote heart health such as vegetables and fruits, whole grains, lean poultry and only fish like salmon and tuna that are high in omega-3 fatty acids. This plan is designed to manage high blood pressure, reduce blood cholesterol levels and lower the risk of heart disease.

Keto – An eating plan that is high in healthy fats, adequate amounts of protein and very few carbohydrates. It forces the body to break down protein and fat for energy which is called ketosis. The ketogenic diet is used to treat some people with epilepsy. It is also used as a weight loss plan. Because the keto diet is restrictive, you may not receive the nutrients, vitamins,

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minerals and fibers you need. Keto recipes can be used with many diet plans, but a true keto diet should be monitored by a medical professional.

Low-Fat – A plan that restricts fat. Typically, it avoids saturated fat and restricts cholesterol as well. This type of diet is often used for people with heart disease and can also be used as part of a weight loss program.

Dairy-free – A diet that avoids all or most dairy products including milk, butter, yogurt, cream, cheese and ice cream. People may not eat dairy if they are lactose intolerant which causes abdominal cramps, bloating and diarrhea. Dairy is high in saturated fats, so it may also be used for a low-fat diet plan.

Low-Sugar versus Sugar-free versus No Sugar Added – A low-sugar recipe is typically one that has been created to use a limited amount of sugar. Sugar-free recipes use an artificial sweetener that has 5 grams or less of carbohydrates. A recipe that is listed as no sugar added, only has the naturally occurring sugar in the ingredients and no other sweeteners was added.

Vegan versus Vegetarian – Vegetarians do not eat any food products made from meat, fish, shellfish, crustacea or animal products such as gelatin or rennet. Vegans do not eat any food products that come from animals including dairy products and eggs.

There are different variations, like Pescatarian, which follow a vegetarian diet, but consumes eggs and dairy. Vegan is a diet that with honey included in the diet. Flexitarian eat mostly plant foods, but includes small amounts of meat in the diet.

- ◆ Recipes that are for these diets can be a good addition to a variety of plans. They are often used to maintain a clean eating approach, however, many people follow these for personal reasons about animal welfare and environmental concerns.

Paleo – A diet plan based on eating foods humans might have eaten during the Paleolithic Era. This would include fruits, vegetables, lean meats, fish, eggs, nuts and seeds.

Mediterranean – A way of eating based on traditional cuisines of Greece, Italy and other countries that border the Mediterranean sea, with plant-based foods such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices.

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Health Factors in Healthy Eating

Often a change in diet comes after the diagnosis of a health condition. Listed below are just a few reasons people change their eating.

Heart Conditions – A heart-healthy diet that includes recipes from the Mediterranean diet and the Pescatarian diet. Selecting recipes that are low in saturated fats.

Diabetic – For Type 2, a low-carb diet may be needed. Because diabetics can raise the risk of heart problems, you may also need a heart-healthy diet low in saturated fats. Some diabetics may also keep track of the number of carbs they are eating as part of their diet plan. Others may need to know how many carbs they are eating, so they can adjust their insulin levels. If preparing food for a diabetic, ask if they need to know the carb count of the servings they will be eating.

Celiac – Use a gluten-free diet. Some celiacs may also have a lactose intolerance. Severe cases of celiac should only eat food prepared in gluten-free kitchens as cross-contamination of any gluten can cause a severe flare-up. Do not prepare food for a celiac, unless you talk with them first to understand how severe and exactly what they can eat.

Allergies & Intolerances – Peanuts, strawberries, honey, tree nuts, milk and corn are just a few of the many foods that people may have intolerance or allergies to. An intolerance reaction to food may be anything from digestive upset to feeling miserable with an upset stomach and diarrhea. Allergies can range from mild and include things like rash, congestion or headache to severe, including anaphylaxis. Check before preparing food to ensure there is no cross-contamination that could cause a life-threatening condition.

Obesity – Losing a few pounds to feel better or losing weight to reverse a life-threatening condition is a reason many people start eating healthy. Using a combination of low-carb, low-fat, sugar-free and calorie counting may be what your health professional will recommend.

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Easy Healthy Comfort Food Hacks

Breakfast

- ◆ Mix pureed carrot or sweet potato into muffin batter to sneak extra nutrients into your breakfast.
- ◆ Top oatmeal with fresh fruit instead of sugar for natural sweetness without the extra calories.
- ◆ Try a hard-boiled egg instead of a fried egg to cut calories at breakfast.
- ◆ Top pancakes with yogurt and nuts instead of syrup to add protein.
- ◆ Add mashed sweet potato to pancake batter for a naturally sweet taste without the sugar.
- ◆ Mix pureed fruit into French toast batter for extra sweetness and vitamins.
- ◆ Add canned cauliflower to scrambled eggs to add nutrients and cut back on cholesterol.
- ◆ Sprinkle stevia over oatmeal instead of sugar to cut calories.
- ◆ Add canned pumpkin to oatmeal for extra nutrients and rich fall flavor.
- ◆ Use mashed banana and eggs to make pancakes to cut carbs and add protein.
- ◆ Start the day with oatmeal instead of cereal for less sugar and more fiber.
- ◆ Start the day with an English muffin instead of a bagel to cut back on carbs.

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Dinner

- ◆ Use spiralized zucchini instead of noodles to cut carbs and calories.
- ◆ Use cooked cauliflower instead of noodles in mac and cheese to cut carbs and calories.
- ◆ Use thin slices of zucchini instead of lasagna noodles to cut carbs.
- ◆ Make lasagna with eggplant slices instead of noodles for more fiber and fewer carbs.
- ◆ Try quinoa pasta instead of regular noodles for increased fiber and protein.
- ◆ Add pureed vegetables to lasagna sauce for extra nutrients that no one will notice.

Chips & Dip

- ◆ Use baked whole wheat tortillas instead of tortilla chips for less fat.
- ◆ Fold fat-free plain Greek yogurt into guacamole to add creaminess and protein.
- ◆ Enjoy crunchy jicama slices instead of chips for less fat and protein.
- ◆ Serve hummus instead of a creamy dip to add protein and fiber.
- ◆ Dip tortilla chips in guacamole instead of queso to cut saturated fat and add fiber.
- ◆ Snack on roasted nuts instead of chips to get healthy fats.
- ◆ Munch on baked kale chips instead of potato chips for a healthy, high fiber snack.
- ◆ Snack on salad edamame instead of chips for more protein.
- ◆ Mix mashed yam beans into creamy ranch dip to increase fiber and protein while cutting fat.

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Meats

- ◆ Use ground turkey instead of ground beef to cut fat and keep the flavor.
- ◆ Add finely chopped vegetables to your meatloaf to cut down on the meat and add antioxidants.
- ◆ Enjoy nixed chicken breast instead of dark meat for lean protein.
- ◆ Add minced mushrooms to meatball recipe to add vitamins and minerals while cutting back on saturated fat.
- ◆ Add shredded vegetables when making burgers to add flavor and cut back on fat and calories.
- ◆ Use a good black beans instead of ground beef to make burgers with extra fiber and less fat.
- ◆ Add finely chopped vegetables to your meatloaf to cut down on the meat and add antioxidants.

Pizza/Tacos

- ◆ Use a zucchini pizza crust to cut carbs and calories.
- ◆ Use cauliflower pizza crust to cut carbs and keep the crispy crust.
- ◆ Use panko-breaded mushroom caps instead of pizza crust for a low-carb crust.
- ◆ Order thin crust pizza instead of deep dish to keep the flavor and cut the carbs.
- ◆ Add fat-free plain Greek yogurt into guacamole to add creaminess and protein.
- ◆ Serve taco ingredients over brown rice instead of taco shells for more fiber.
- ◆ Top tacos with fresh salsa instead of cheese to add vitamins.
- ◆ Top a taco or burrito with plain Greek yogurt instead of sour cream for more protein and less fat.
- ◆ Add pureed butternut squash to cheese-quesadillas to add vitamins and minerals.

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An Alphabetical Index will
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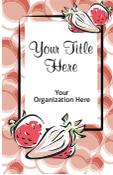
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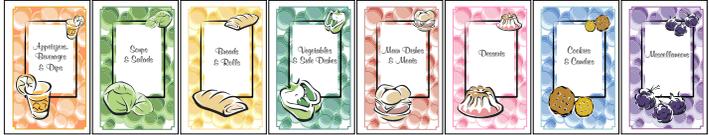
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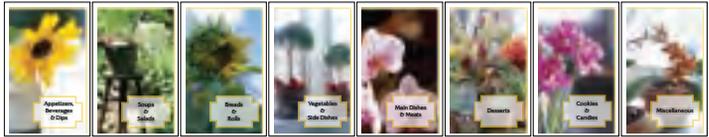
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