

### *Baked Beans*

Boil, simmer 3 minutes, let stand 1 hour, drain, rinse, and boil again, simmering for 1 hour or until tender.

Drain, reserving liquid:

- **3c dry navy beans**
- **8c or more water**

Combine beans with:

- **1 onion**
- **1c catsup**
- **1c brown sugar**
- **1c reserved liquid**
- **2T molasses**
- **1T salt**
- **2t mustard**
- **1/4lb bacon, cooked and crumbled**

Cover and bake at 300° for 2 1/2 hours in clay Dutch oven. Stir occasionally. Good hot or cold. \*Mom

### *P&T Wedding Beans*

- **1 pound hamburger**
- **3/4lb bacon**
- **1c onion**
- **2 cans pork and beans**
- **1 can kidney beans, drained**
- **1 can lima beans**
- **1c ketchup**
- **1/4c brown sugar**
- **3T white vinegar**
- **1T liquid smoke**
- **1t salt**
- **Dash pepper**

Brown hamburger, bacon and onions. Combine, cook 4-9 hours in crock pot. \*Mom

### *Ham and Beans*

Boil 90 minutes adding more water if necessary:

- **16 oz dry pinto beans**
- **8oz ham hock**
- **1/2 small onion, chopped**
- **4 oz canned green chilies**
- **2t dry oregano**
- **1/2t salt**
- **5 1/2c water**

Add last 15 minutes:

- **Canadian Bacon, smoked ham, or sausage**

## BREAD

### *Bruschetta*

Toast or broil **bread**

Rub with **garlic**

Drizzle with **olive oil**

Sprinkle with **salt and pepper**

Spoon on **chopped tomatoes and fresh basil**

(sautéed **mushrooms and rosemary**)

(**red peppers and mozzarella**)

### *Marinated Cheese Bread*

- **French bread**

Cut thin slices:

- **Cheddar cheese**

Combine then marinate cheese several minutes in:

- **1/2t dry thyme**
- **1/2t marjoram**
- **1/4t savory**
- **2T parsley**
- **1/4t pepper**
- **1/4c olive oil**
- **2T onion, minced**

Thinly slice in rings and arrange on bread:

- **Sweet onion**

Cover with cheese and drizzle with any left over herb oil. Bake 400° 10 minutes.

### *Tolo Bread*

Slice in wedges, not all the way through:

- **1 round uncut sourdough**

Combine and drizzle over:

- **1/2c butter**
- **1/2c green onions**
- **2t poppy seeds**

Sprinkle over and push into cracks:

- **1c cheese**

Wrap in foil, place on baking sheet. Bake at 350 degrees 15 minutes. Uncover. Bake 10 minutes more until cheese melts.

## CROUTONS & CRACKERS

### *Croutons 1*

Cream well:

- **1 cube margarine**
- **1 onion soup mix**

Spread on stale bread. Bake at 200° until very dry.

\*Mom

### *Croutons 2*

Slice into 1/4" rounds:

- **1 package Seattle Sourdough French rolls**

brush on:

- **olive oil**

sprinkle with:

- **salt**
- **granulated garlic**

**Bake at 400° 10-15 minutes until crisp.**

### *Breadsticks*

Combine:

- **1 1/4c flour**
- **2t sugar**
- **1 1/2t baking powder**
- **1/2t salt**

Add:

- **2/3c milk**

Knead and roll into 10x5x1/2" rectangle. Cut into strips. Roll in:

- **butter**

Sprinkle with

- **Sesame seeds**

Place in 9x 13 pan. Cook at 450 degrees for 14-18 minutes

### *Cheesy Crackers*

Mix:

- **2c flour**
- **2t baking powder**
- **1/2t salt**
- **1t garlic powder**
- **1t chili powder**
- **2/3c nutritional yeast flakes**

Add, then stir:

- **3T oil**

Add then knead to a stiff dough:

- **1T soy sauce**
- **2/3c water**

Roll out, sprinkle with coarse salt. Score and bake at 425° for about 10 minutes.

### *Onion Flax Crackers*

Mix:

- **4c flour**
- **2T sugar**
- **1t salt**
- **4t onion powder**
- **2t garlic powder**
- **1/2t cayenne**

Cut in:

- **4T butter**

Add:

- **1 1/2c flax seed**

Stir in:

- **1 1/3c water**

Line cookie sheet with foil and spray with 'pam.' Use as much flour as necessary to roll 1/8" thick; score into squares. Sprinkle with coarse salt. Bake at 400° for 7-9 minutes, until edges are brown. Turn over and bake 5-7 minutes more. Cool on rack. Holiday favorite: Skipper's Cocktail Sauce over cream cheese with shrimp.

### *Salad Nuts*

Mix:

- **1 egg white**
- **2c pecans or other nuts**

Add:

- **1/4c sugar**
- **2t cinnamon**
- **1t chili powder**

Cook on greased or foil lined sheet at 300 degrees for 30 minutes.

Option: rosemary and black pepper.

*Bacon Horseradish Dip*

- 1c mayo
- 1c sour cream
- 1/4c bacon bits
- 1/4c horseradish

*Crab Dip*

Saute

- 1/2c green onion
- 2T fresh parsley
- 2T butter

Stir in until smooth:

- 2T butter
- salt and pepper

Add gradually:

- 1/4c sherry
- 2c milk

Place in bottom of 9x9, greased pan:

- 1 lb crab meat

Top with sauce then:

- 1c sharp cheddar

Bake 20-25 minutes. Serve as dip or over rice.

*Cranberry Relish*

- 1 pound raw cranberries
- 4 tart red apples (Jonathon)
- 2c sugar
- juice of lemon

optional: red coloring

Put through course grinder; refrigerate. Vary by adding:

- 1 good-sized orange

\*Mom from Mordhorsts

*Cranberry Salsa*

- 1lb cranberries
- 2 jalepeno peppers
- 1 bunch cilantro
- 1 bunch green onions
- 1/4c sugar
- dash salt

Chop coarsely. Serve over:

- Cream cheese

*Fondue*

Rub the inside of saucepan with:

- Smashed garlic clove

Add and bring to a simmer over medium heat:

- 1c dry white wine
- 1T fresh lemon juice

In separate bowl, combine:

- 1/2lb smoky Gruyere cheese
- 1/2lb Swiss cheese
- 3 1/2T cornstarch

Add cheese a handful at a time making sure each batch is completely melted before adding more. Do not boil. Season with:

- 1T kirsch- cherry brandy(optional)
- Nutmeg
- Pepper

Add more cornstarch 1T at a time if liquid and cheese are separate.

Serve with:

- Gherkins sweet pickles
- Vegetables
- Bread cubes

*Guacamole*

- 1/2c mayo or yogurt
- 1 avocado
- 1 tomato
- 1/4c onion
- 2T salsa
- 1/4c chilies
- juice from 1/2 fresh lime
- hot sauce
- 1/2t salt and pepper

*Howard's Trout Spread*

Catch the trout! Smoke, debone and mash:

- about 2 cups fish

Add:

- 8 oz light cream cheese
- at least 1 T horseradish
- about 1T Worcestershire sauce

Blend. Serve on crackers. \*Howard and Virginia

*Hummus*

Puree:

- 1c water
- 4c cooked Garbanzo beans
- 1/4c olive oil
- 2T soy sauce
- 1/4c lemon juice
- 3 cloves garlic
- 1 1/2t salt
- 3/4c Tahini (or 1/2c peanut butter)
- 1/2c fresh parsley (optional)
- pepper
- 1/2t cayenne

Serve with crackers or chips. Delicious with a layer of **olive oil, olives, tomatoes** on top. \*modified from Cid

*Simple Hummus*

- Garbanzo
- Lemon juice
- Tahini
- garlic cloves

*Layered Bean Dip**Layered Greek Dip*

See main dish bean section.

*Olive Spread*

- green olives
- black olives
- kalamata olives
- olive oil
- parsley
- garlic
- lemon juice

*Marinated Sundried Tomatoes*

Place in shallow dish and let stand at least 1 hour:

- 6oz sundried tomatoes
- 1 1/2c rice wine vinegar

Drain reserving vinegar for salad dressing.

Add to tomatoes:

- 1 1/3c olive oil
- 14 cloves garlic
- 1/4c grated parmesan cheese
- 2T dry white wine
- 2T basil
- 1T oregano
- 1/2t tarragon
- 1/2t thyme
- 1/2t marjoram
- 1/2t parsley

Cover and let stand 24 hours. Refrigerate to store but serve at room temperature. Lasts 2 weeks in fridge.

Serve over softened cream cheese on sourdough.

\*Deon page 29

*Pico De Gallo*

- 8 Roma tomatoes, minced
- 3 jalapenos, seeded and minced (wear gloves)
- 4 garlic cloves, minced
- 1/2 bunch cilantro, chopped
- 1 yellow onion, minced
- 1 bunch green onions, sliced
- 1 can tomato paste
- 1t salt
- 1/2- 1t pepper
- 2t chili powder
- Juice of 1-2 limes
- 2 T olive oil
- Optional: other peppers, garlic powder or garlic salt

*Salsa*

- **8c chopped tomatoes (blanched and peeled)**
- **2 1/2c white onions**
- **1 1/2 - 2c jalapeños, chopped very fine**
- **6-8 cloves garlic, chopped fine**
- **1c green chilies**
- **1c white vinegar**
- **24oz tomato paste**
- **12oz V-8**
- **1t pepper**
- **3T canning salt**

Makes 7 pints. Lasts fresh for a couple weeks.

Canning: Put 3" water in canner. Cook at 10lbs pressure for 25 minutes. \*Cids

*Smoked Salmon Dip / Ball*

Combine in bowl lined with plastic wrap, chill until firm.

Shape into a ball:

- **8oz light cream cheese**
- **14.74 oz salmon, drained**
- **1 bunch green onions, minced**
- **2T lemon juice**
- **1t liquid smoke**
- **dash Tabasco**

Roll ball in:

- **chopped nuts or parsley**

Serve with crackers or chips.

*Spinach Dip*

Combine all; thaw then squeeze all the water from:

- **1 (10oz) package frozen chopped spinach**
- **1c sour cream**
- **1c mayo**
- **1 (1 5/8oz) package Knorr vegetable soup mix**
- **1 (8oz) can chopped water chestnuts**
- **3 green onions**

Chill 3 hours. Serve in hollowed round sour dough.

*Wendy's Hot Spread*

- **1/2 bunch parsley**
- **3 fresh jalapeno**
- **6 cloves garlic**
- **drizzle lemon juice**
- **drizzle olive oil**
- **sprinkle salt**

Pulse in food processor until chopped but not liquefied.

## DRESSINGS & SAUCES

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#### *Amanda's Favorite dressing*

- 1/3 cup sugar
- 1/4 cup canola oil
- 1/4 cup cider vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce

#### *Asian Salad Dressing*

- 1/3c vegetable oil
- 1/3c sesame oil
- 1/2c seasoned rice vinegar
- 1T soy sauce
- 1/2T toasted sesame seeds
- 1t fresh grated ginger root
- 1/2t sugar
- 1/2t coarse ground pepper

#### *Creamy Caesar*

- 1/2c parmesan cheese
- 4T red wine vinegar
- 1/4c olive oil
- 3/4c yogurt/mayo
- 2t Dijon
- 1t basil
- 2t lemon juice
- 2 cloves garlic
- Salt and pepper

Let stand in refrigerator to blend flavors at least an hour. Mix with Romaine lettuce (torn), add tomatoes, croutons, sprinkle with fresh grated parmesan cheese. Great with the addition of grilled chicken breast pieces or shrimp.

#### *Easy Dressing*

- 1c mayo
- 2-3T balsamic vinegar
- 1/4c sugar
- salt and pepper to taste

#### *Pasta Dressing ~ oil*

- 1/2c olive oil
- 1/4c lemon juice
- 1/4c balsamic vinegar
- 1t salt
- 1/4t pepper
- 1/8t crushed red pepper
- 2 cloves garlic
- 1/2t oregano (or basil)
- (1t Djon)

\*Jen's: 1/2c olive oil, 1/4c lemon juice, 1t salt, 1/4t pepper. 1/8t crushed red pepper.

\*Liz's add to Jen's: 2 clove garlic, 1/2t oregano.

#### *Pasta Dressing ~ paprika*

Combine and let stand 5 minutes:

- 2T minced onion
- 2T vinegar

Add:

- 1c light mayo
- 1 3/4t salt
- 1/4t pepper
- 1t paprika

#### *Pasta Dressing ~ red*

- 1/3c olive oil
- 1/3c brown sugar
- 1/3c catsup
- 1/2c cider or red wine vinegar

#### *Pasta Dressing ~ salsa*

- 1c salsa
- 1/4c peanut butter
- 2T honey
- 2T orange juice concentrate
- 1T soy sauce
- 1T fresh ginger

## DRESSINGS & SAUCES

### *Pesto*

Fits in blender doubled.

If possible soak overnight in 2c measuring cup:

- **1c dry basil**
- **olive oil to cover**

Put in blender and add:

- **1c toasted walnuts**
- **7 cloves garlic**

Stir in:

- **1c fresh grated Romano or Parmesan**

### *Fresh Pesto*

- **2 c basil, packed**
- **1/2c fresh grated Parmesan or Romano cheese**
- **1/2c olive oil**
- **1/3c pine nuts or walnuts**
- **3 cloves garlic, minced**
- **Salt pepper**

### *Sweet and Sour*

- **2T catsup fried in 1T oil until bubbly**
- add:

- **1/4c vinegar**
- **1/4c sugar**
- **1/4t salt**
- **1/2c water**

add and boil until thick:

- **2t corn starch in 1T water**

\*Mom

### *Tartar Sauce*

- **1c mayonnaise**
- **1t mustard**
- **1T chopped parsley**
- **2t onions**
- **1T sweet pickle**
- **salt**
- **pepper**
- **lemon juice (or lime vinegar)**

### *Apple Taffy*

- **8oz cream cheese**
- **3/4c brown sugar**
- **1T vanilla**

Serve with 6 sliced apples. Great for potlucks.

### *Fruit Salad ~ Grandma Sires*

Mix everything the night before except bananas.

- **16oz can chunk pineapple (save juice for making pudding)**
- **16oz mandarin oranges (save juice for pudding if needed)**
- **16oz can chunked mixed fruit**
- **1 jar maraschino cherries**
- **1 box frozen strawberries**
- **1 apple**
- **1 box instant lemon pudding**
- **1T lemon juice**
- **6 bananas**

\*Grandma Marguerite

### *Fruit Dip ~ Becky*

- **2c sour cream or 8oz cream cheese**
- **1 jar marshmallow cream**

Serve with melon, apple, banana, grapes...

### *Fruit Salad ~ Racheal*

Mix:

- **1 banana**
- **2 apples**

(optional: kiwi or oranges)

If using fruit for dressing, mix:

- **1/4c sugar**
- **1 1/2c raspberries or blackberries (thaw in microwave if frozen)**

If not using berries for dressing, add berries to fruit while frozen and add one of the following:

- **Jam**
- **Canned fruit with syrup**

\*Made up by Racheal at age 6.

## *Cooking Whole Grains*

Whole grains are filling and nutritious. Unfortunately, many are not fast cooking. You can buy Brown Minute Rice, Instant Barley or use couscous which is a fast cooking pasta. Try pearled and rolled grains because they will cook faster than whole grains. I think it is best to cook a big batch and incorporate it through several meals. Even better is to cook smaller amounts of a variety of grains. Beware...whole grains grow! One cup of uncooked rice will swell into 2-3 cups of cooked rice.

Grains can be cooked in a pot, pressure cooker or crock pot. The cooking process can be hastened by presoaking overnight or pouring boiling water over the grain and allowing it to sit 30 minutes before cooking.

Use bouillon or stock or a pinch of salt for flavor. Sometimes I will add some hot sesame oil. I also like to toast the grains first. Heat up a cast iron skillet over medium heat and shake grains around until they start to pop and turn brown. Don't use any oil. Watch closely so they don't burn. If they do, start over. After toasting, cook as usual.

The recipes below are a guide only. Check 5 minutes before grain is supposed to be done to avoid scorching. When done cooking, allow to stand 5 minutes then fluff with fork. Experiment with your crock pot. For fastest cooking, pour grain and boiling water in crock and cook on high for 60-90 minutes. For all day cooking use cool tap water and cook on LOW for 6-8 hours. Keep notes and develop your own cooking chart.

Whatever method you use, be sure to cook a lot at a time because grains keep well in the fridge or freezer. They can be used later in the week by reheating in the microwave, stir frying, made into cold salads, incorporated into a casserole...

Note: Millet tends to be mushy. It is GREAT toasted (raw) and used in granola or cookies for crunch. Spelt is a grain I like; it is chewy and squeaks in your teeth. It does take a long time to cook so it is a good one to soak overnight. Most grains and pastas have directions on the packages.

### **Barley**

Barley with Sausage  
Barley Cioppino  
Mushroom Barley Soup

### **Bulgur**

Bulgur and Lamb  
Southwestern Bulgur Pilaf  
Lowfat Crock Pot Veggie Chili

### **Couscous**

Couscous Salad with Fresh Mango  
Aztec Couscous  
Garlic Beef with Spiced Couscous

### **Millet**

Millet and Broccoli with Nuts  
Millet Vegetable Soup  
Magic Beans

### **Oats**

Oat Frittata  
Tomato Oat Basil Soup  
Sausage and Amaranth

### **Orzo**

Orzo Roasted Vegetables  
Herbed Chicken with Orzo and Zucchini  
Orzo and Garbanzo Soup

### **Polenta**

Polenta and Tomatillo Casserole  
Polenta and Garlic Grilled Veggies  
Polenta with Blue Cheese and Beef

### **Quinoa**

Orange Chicken Quinoa  
Quinoa Corn Avocado Soup  
Quinoa Italian Soup

### **Rice**

Spinach, Feta, and Pine Nuts over Rice  
Mediterranean Shrimp with Rice  
Green Bean, Corn and Spelt Salad

### **Spelt**

Farro Minestrone

### **Wild Rice**

Rosemary Chicken with Wild Rice  
Carrot and Wild Rice Soup  
Curried Pecan Rice

**Barley**

1c barley  
3c water  
3 cloves garlic, optional  
Combine and bring to boil. Reduce heat and simmer 40 minutes. Drain any excess water.

**Brown Rice**

1c brown rice  
2 1/2c water  
Bring water to a boil; add rice. Cover and simmer 40 minutes.

**Brown Rice in Pressure Cooker**

2 1/4c rice  
2T oil  
4c broth  
Toast rice in oil in bottom of pressure cooker until it turns brown and pops. Add broth. Lock on lid and bring to high pressure for 20 minutes. All pressure to release naturally. (This is a kitchen pressure cooker, not a pressure canner.)

**Buckwheat**

1 c whole buckwheat groats  
2 c water  
Combine. Cook 10-12 minutes then let stand 5 minutes.

**Bulgur**

1c bulgur  
2c boiling water  
1/2t salt  
Combine, cover and allow to sit 20 minutes. Bulgur should be tender and liquid should be absorbed. Note: Bulgur has several successful cooking methods. Cooking 1 part grain to 2 parts rice works well for coarser grinds. Drain any excess liquid if necessary.

**Couscous**

1 1/2c couscous  
2 3/4c water  
1/4 t salt  
Bring water to a boil. Add salt and couscous. Remove from heat and allow to sit for 5 minutes. Fluff with fork. All water should be absorbed and couscous should be fluffy. 4 Servings.

**Jasmine Rice**

1c jasmine rice  
1 2/3c water  
Place in pressure cooker and heat to high pressure. When up to pressure, set time for 2 1/2 minutes. Remove from heat, let pressure drop 10 minutes then release pressure. Fluff. Cover and allow to stand 20 minutes.

**Millet**

1 cup millet  
2 1/4 cups water or chicken stock  
1 teaspoon extra virgin olive oil, butter  
1/4 teaspoon sea salt  
Rinse millet and drain in a strainer. Combine and, boil, Reduce heat, cover and simmer for about 20 minutes or until all water has been absorbed. Turn off heat and let stand, covered, for 5 minutes. Fluff millet with a fork and serve. Makes approximately 4 cups.

**More Millet**

When the millet is finished cooking, turn off the heat, crack an egg onto the top, sprinkle with sea salt, pepper and chopped scallions, cover the pot and the egg will "steam-poach" in 5 minutes.

Spoon hot millet into a shallow pan, smooth the top and allow to cool. Slice into wedges and bake or fry as polenta.

As a side dish, serve freshly cooked millet with a condiment, chutney or sauce.

Stir-fry millet with turkey or tofu. Shape millet into a croquette with chopped herbs and, if necessary, an egg to bind it and pan fry or bake. Or form into a casserole, top with tomato sauce and bake.

Heat leftover millet with milk, sweeten with honey and flavor with cinnamon for a comforting hot breakfast cereal.

**Quinoa**

1c quinoa  
2c water  
Bring water to a boil; add quinoa. Simmer 15-20 minutes. Done when slightly transparent (white quinoa) and curlicue shows. You'll know when you see it. (1 grain: 1.75 water. Cook 6 minutes uncovered, stir occasionally then cover and cook 6 minutes more). Add blueberry, pear, and cooked yams.

**Wheat Berries**

1c wheat berries  
2 1/2c water  
Combine water and wheat in saucepan. Bring to a boil, cover, reduce heat and simmer until water is absorbed, 1 hour to 90 minutes. Soak overnight to reduce cooking time.

Crock pot option: Combine wheat and water in crock pot. Cook on low 8-10 hours.

Pressure cooker option: Reduce liquid to 2 cups. Combine in pressure cooker and cook at 15 pounds for 15 minutes.

**Wild Rice**

1c wild rice  
4c water  
Combine and boil 45-60 minutes.

*Baked Rice*

Grease pan, combine and Bake at 200° for 2-3 hours.

- **1/4c soy sauce**
- **5 c hot water**
- **2c rice (brown short ok)**
- **1 onion soup mix.**

*Boiled Rice*

Boil white rice for 30 in lots of water like pasta. Drain and serve.

*Crock Pot Rice*

- **1 cup rice**
- **Salt**
- **2 cups water**
- **Butter**

**Note:** Up to 4 cups raw rice may be prepared in slow cooker making 10 cups cooked. Rub your slow cooker lightly with 1 tablespoon butter or margarine. Pour in rice, water and salt. Cover and cook on High 1 ½ to 2 ½ hours, stirring occasionally.

*Microwave White Rice*

- **6c water**
- **3 1/4c rice**

25 minutes in covered corning ware on high in microwave.

*Oven Rice*

Combine and bake in covered casserole at 350° for 45 minutes.

- **1c rice**
- **1t salt**
- **2c water**
- **1/4c butter**

*Brown Rice*

Rinse three times and drain well one of the following:

- **2 1/3 cups of rice (4 cups of water)**
- **3 1/2 cups of rice (6 cups of water)**

Boil:

- **4 or 6 cups water**

Sauté rinsed rice, stirring constantly, 2 minutes on high:

- **2T oil**

Combine boiling water and rice DO NOT STIR. Bring back to a boil, turn down as low as you can, cover and simmer 45 minutes. DO NOT lift lid. When time is up, remove from heat and let sit with lid on at least 15 minutes.

*Mexican Rice*

Combine, bring to boil over high heat:

- **14.5oz chicken broth**
- **3/4c salsa**

Stir in, reduce heat to low, cook 5 minutes:

- **3c quick cooking brown rice**

Stir in:

- **6oz green chilies**

Remove from heat, fluff with fork, cover and let stand 5 minutes after sprinkling with

- **1c cheddar**

Serve hot.

Option: Top with crumbled bacon

Five stars

*Sandy's Sweet and Sour Rice*

- **Rice**
- **Jam**
- **Balsamic vinegar**
- **Toasted coconut**

## Lemon Fluff

Chilled evaporated milk in fridge overnight

Dissolve:

- 1 large package lemon Jello
- 2c boiling water

Add:

- 3/4c lemon juice (juice of 2 lemons)
- zest of lemons
- 1/2c sugar

Place in fridge to thicken, when noticeably thick but still able to stir. Whip Jello until fluffy and light, doubles in volume. Put back in fridge. Then whip like whipping cream.

- 1 can evaporated milk, chill overnight

Fold together. Chill a few hours. \*Mom

## Pretzel Jello

Cream:

- 3/8c margarine
- 1/2c sugar

Add:

- 1 1/2c smashed pretzels (roll with rolling pin)

Pat down in 9x13. Bake at 325 for 6 minutes or until firm. Cool. Cream:

- 8oz cream cheese
- 1/4c powdered sugar

Add:

- 8oz cool whip

Spread over crust

Combine:

- 6oz peach jello
- 2 1/2c boiling water
- 8oz crushed pineapple

Put jello in fridge, watch carefully. When it starts to set (thickened but not lumpy when stirred), pour over cream cheese layer. Refrigerate.

## Raspberry Fluff

Chilled evaporated milk in fridge overnight

Dissolve:

- 1 large package raspberry Jello
- 2c boiling water

In blender, pour dissolved raspberry Jello over:

- 2c frozen raspberries

Set berries aside and whip until it forms soft peaks:

- 1 can evaporated milk

Add milk to berries. Chill.

## Raspberry Jello

Combine:

- 2c boiling water
- 1 large package raspberry Jello

Pour over berries in 9x13 pan and chill until firm:

- 3c frozen raspberries

Topping, melt on low:

- 3c small marshmallows
- 6T lemon juice

Add then spoon over top of chilled Jello and chill a few hours:

- 2c sour cream

(Original 1 large package Jello, 1 1/2c water, 2c berries, 1c lmo, 1 1/2c marshmallows, 1T sugar, 3T lemon juice) (Mom)

*Bow Tie Salad*

\*Jenny See Main Dish

*Hors Derve Pizza*

Pat out and cook in jelly roll pan:

- **2-3 tubes crescent rolls**

Combine and spread over cooled crust:

- **8oz cream cheese**
- **1/2c sour cream**
- **1t dill**
- **1t garlic powder**

Finely chop and sprinkle over top:

- **1/2c broccoli**
- **1/3c cucumber**
- **1 tomato**
- **1/4c shredded carrot**

*Greek Pasta Salad*

See Main Dish

*Orzo with Cherry Tomatoes,  
Feta and Dill*

Toss

- **3T olive oil**
- **2c cherry tomatoes, halved**

1/2c dill sprigs, chopped

Cook in boiling salted water until al dente:

- **1 1/4c orzo**

Drain. Stir in tomato mix. Add and toss:

- **1 1/2c feta, crumbled**

*Pasta Salad*

- **Macaroni noodles**
- **Olive slices**
- **Onion**
- **Celery**
- **Cheddar cheese cubed**
- **Dill pickles**
- **Mayo**
- **Roquefort dressing**
- **Salt and pepper**
- **Cayenne**

\*Cid

*Potstickers*

See Main Dish

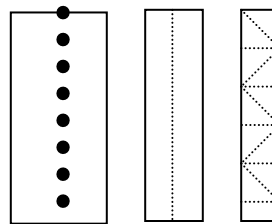
*Shrimp Salad*

See Main Dish Pasta

*Spanakopita*

- **1 box chopped spinach, squeezed dry**
- **4oz feta**
- **1c chopped onion**
- **1T olive oil**
- **1/2t salt**
- **1/4c lemon juice**
- **Filo sheet**

1. Cut single sheet **Filo dough** in half length ways.
2. Fold in half length ways.
3. Place 2T filling 1/2" in from the bottom. Roll in triangular shape to end.



Bake at 400° until golden brown, about 15 minutes.

(Original: use whole sheet. Place 1/4c filling 1/2" from bottom. Fold in thirds lengthwise covering filling. Roll into triangular shape.)

*Tortellini Salad*

See main dish

POTATOES  
*Baked Fries*

- olive oil on jelly roll pan
- sliced potatoes
- salt and pepper
- (taco seasoning)

Bake at 400 15 minutes. Turn potatoes and sprinkle with more seasoning. Bake 10 minutes more until slightly brown on bottom.

*Baked Fries ~ Greek*

Bake as above but sprinkle over top:

- Sautéed garlic
- Oregano
- 2T lemon juice
- 1T fresh parsley

When done sprinkle with:

- Crumbled feta

*Cheesy Potatoes*

Boil with skins on (firm like for potato salad), cool and peel then shred.

- 6 medium potatoes

In 9x13 put:

- 1/4c melted butter
- 2t onion salt
- 1c sour cream
- chopped onion
- 1 can cream of chicken or mushroom
- 1c shredded cheddar cheese

Add potatoes, sprinkle with

- buttered bread crumbs or cornflakes
- 1/2c shredded cheddar cheese

Bake at 350 or 375 until heated through, about 30 minutes.

*Hashbrown Casserole*

Combine, place in greased 9x13 baking dish

- 6 eggs
- 12oz evaporated milk
- 1t salt
- 1/2t pepper
- 30oz frozen, shredded potatoes
- 8oz shredded cheddar cheese
- 1 onion, diced
- 1c diced ham

Spread over top:

- 1/4c melted margarine
- 2c corn flakes

Bake at 350 for an hour.

*Scalloped Potatoes*

In 9x13 pan: layer

- Potatoes, peeled and sliced
- Salt
- Pepper
- Meat (ham or sausage)
- Onion

Sprinkle on each layer:

- Wondra flour

Add to cover:

- Milk

Cover with foil and bake at 350° for 30 minutes.

Uncover and bake 30-45 minutes more. \*Grama Gabelein and Grandma Marguerite)

Variation: skip Wondra layering and use a medium white sauce instead.

*Apple Coleslaw*

Combine shredded:

- **apple (about 1/3 quantity of cabbage)**
- **cabbage**

Dressing:

- **2/3c mayo**
- **1/3c yogurt**
- **2t sugar**
- **salt and pepper**

\*Grama Gabelein

*Avocado Salad~ Lori's*

Arrange on plate:

- **avocado, sliced**
- **hard boiled eggs, halved**
- **tomatoes, wedges**

Drizzle with:

- **balsamic vinegar**
- **olive oil**
- **salt and pepper**

*Bean Salad*

Rinse and drain beans then combine:

- **16oz great northern beans,**
- **15oz kidney beans**
- **3 tomatoes, chopped**
- **1 cucumber, peeled, chopped**
- **1/4c onion**

Combine and mix well then pour over beans. :

- **2T parsley**
- **2T white wine vinegar,**
- **1T olive oil**
- **Salt and pepper**

Chill, covered, serve. Options. use 1/4c fresh parsley OR 1/2t fresh rosemary. Five stars.

*Bread Salad*

- **1/2lb day old bread chunks**
- **3c tomatoes**
- **3/4c red onion rings, sliced in half**
- **3/4c Italian dressing**
- **1/2 parmesan cheese**
- **1/3c olives**

Toss just before serving.

*Broccoli/Bacon/Raisin Salad*

- **2 bunches broccoli**
- **1c red onion**
- **2c celery**

Add last minute or on side:

- **2lb bacon, crumbled**
- **1/2c-1c sunflower seeds**
- **1/2c -1c raisins**

Dressing:

Add to salad if it will be eaten in one sitting or serve on the side:

- **1 1/8c mayo**
- **3/8c sugar**
- **3T balsamic vinegar**

\*Mom

*Caesar*

- **8c Romaine**
- **1c croutons**
- **1/2c Parmesan**

Dressing serve on salad or on side:

- **1/4c olive oil**
- **1 clove garlic**
- **4t lemon juice**
- **1/2t Worcestershire**
- **1/4t pepper**

*Carrots & Cucumbers*

- **1lb carrot, shredded**
- **3/4c rice vinegar**
- **3T water**
- **3 cucumbers, seeded, sliced**
- **1/4t red pepper flakes**

Combine carrots, vinegar and water in sauce pan. Bring to a boil; remove from heat. Halve, seed, and slice cucumbers, leaving peel on. Combine all ingredients and chill 1 hour or more.

## VEGETABLES COLD

### *Celery Olive Salad*

- **2c celery, chopped leaves included**
- **1/2c green olives, chopped**
- **2T olive oil**
- **2T wine vinegar**
- **1t oregano**
- **1t garlic powder**
- **1/2t salt**
- **1/4t pepper**

Best if allowed to sit 4 hours to overnight.

### *Chinese Cucumbers*

Slice thin:

- **cucumbers**
- **onions**

Add:

- **vinegar**
- **soy sauce**
- **sesame oil**
- **sugar**
- **ginger powder**

\*Liz

### *Carrot, Feta and Olives*

Toss:

- **5 large carrots, grated**
- **1/2c cilantro leaves**
- **1c feta, crumbled**
- **3/4c black olives (regular or kalamata)**

Drizzle oil into juice slowly while whisking. Then add to vegetables:

- **1/4c lemon juice**
- **1/3c olive oil**

Sprinkle with:

- **2t toasted cumin seeds (or stir in cumin pdr)**

### *Corn salsa/salad*

Toss:

- **2 cans corn**
- **1 can black beans**
- **4 oz green chilies**
- **1 red pepper**
- **4 sliced green onions**
- **1/2 c cilantro**
- **3 cloves minced garlic**
- **juice of one lime**
- **salt and pepper to taste**

Optional spices:

- **1t chili powder**
- **1/2t cumin**
- **1/2t oregano**

Optional dressing:

- **3T cider vinegar**
- **2T corn syrup**
- **2T coarse grained mustard**
- **1T olive oil**

### *Crab Salad*

Chop fine:

- **cauliflower**
- **broccoli**
- **celery**
- **onion**

Add:

- **1/2c peas**
- **imitation crab, shred**

Dressing:

- **1/2c mayo**
- **1/2c sour cream**

\*Tops

## VEGETABLES COLD

### *Cucumber Radish Salad*

Slice thin:

- **2 cucumbers**
- **1c radishes**

Slice thin:

- **cucumbers**
- **onions**

Add:

- **2T minced onion**
- **3T cider vinegar**
- **2T olive oil**
- **1t sugar**
- **Salt and pepper**

### *Fava Garbanzo Salad*

- **1 can fava**
- **1c drained Garbanzo**
- **chopped garlic, generous amount**
- **2 chopped Roma tomatoes**
- **a small handful parsley chopped fine**
- **2T olive oil**
- **2T lemon juice**
- **salt**
- **jalapeno**

Mix all but last two ingredients. Mash to course texture or leave whole. Serve as salad (whole) or salsa (slightly mashed). Sprinkle fresh chopped jalapeno and salt.

### *Garbanzo Salad*

- **2-14oz cans garbanzo beans, rinsed and drained**
- **1/3c lemon juice**
- **1t garlic, minced**
- **1/2c parsley, chopped**
- **2T olive oil**
- **1/3c parmesan cheese, shredded**
- **Salt and pepper**
- **6c spinach OR arugula OR other greens.**

Toss everything except greens and allow to sit 30 minutes. Serve over greens. \*A graduation

### *Greek Salad*

Dressing 1; Whisk together, toss and serve:

- **1/4c olive oil**
- **1T Dijon**
- **1/4c red wine vinegar**

Dressing 2; Combine in blender:

- **2T red wine vinegar or lemon juice**
- **2t dry oregano**
- **1 clove garlic**
- **1/4c olive oil**

Combine

- **1 head romaine**
- **2 tomatoes, wedges**
- **2 cucumbers**
- **6 green onions or 1/4c red onion**
- **1/2c feta**
- **1/3c Kalamata olives**
- **1/4c parsley, fresh**
- **salt and pepper to taste**

Toss and serve.

Option: make without lettuce.

### *Greek Tomato Salad*

Combine

- **1/4c red wine or cider vinegar**
- **2T olive oil**
- **1 clove minced garlic**
- **1/2t dry oregano**
- **1/4t dry basil**
- **1/8t sugar**
- **1/8t salt**
- **1/8t pepper**

Add:

- **1c thinly sliced red onion rings**
- **1/2c chopped red pepper**

Stir in:

- **4 medium tomatoes cut into wedges**
- **6 olives halved**
- **3T feta cheese**

Refrigerate 1 hour. Serve with slotted spoon.

## VEGETABLES COLD

### *Green Bean and Tomato Salad*

Make ahead:

- 3T vinegar
- 3T oil
- 1/2t salt
- 1/4t pepper
- 1/8t sugar
- 1 onion
- 16oz beans
- 2 tomatoes, cut in wedges

\*Mom

### *Giuseppe's Tomato Mozzarella Basil*

Arrange in a circle on plate:

- fresh mozzarella, sliced in rounds
- tomato slices
- julienned basil
- Greek olives
- roasted red pepper
- roasted green pepper

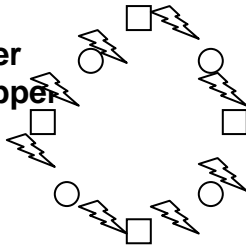
Drizzle with:

- olive oil
- balsamic vinegar

Sprinkle with:

- red pepper flakes

- mozzarella
- red peppers
- ⚡ olives



### *Marinated Tomatoes*

Arrange in shallow dish:

- 3 large, sliced tomatoes

Combine in a jar, cover and shake well. Pour over slices:

- 1/3c olive oil
- 1/4c red wine vinegar
- 1t salt
- 1/4t pepper
- 1/2clove garlic minced
- 2T chopped onion
- 1T chopped fresh parsley
- 1t dry basil (or 1T fresh)

Cover and refrigerate several hours. \*Racheal

### *Mom's Marinated Tomatoes*

- 6 large ripe red tomatoes
- 1 clove garlic
- 1/2t thyme
- 1/4c green onions, sliced thin
- 1/4c minced parsley
- 1t salt
- 1/4t cracked pepper
- 1/4c red or white vinegar
- 4t oil

### *Mexican Dip/Salad*

- 3 large tomatoes, diced
- 1 bunch green onions, chopped
- 1 small can chopped olives
- 1 small can diced green chilies
- 1T olive oil
- salt and pepper

\*Liz Leese, called Marge Knutson's Mexican Dip.

### *Marinated Mushrooms*

- 1lb fresh mushrooms
- 1/3c red wine vinegar
- 1/3c cider vinegar
- 1/3c salad oil
- 1 clove garlic, crushed
- 1 medium onion, diced
- 1T sugar
- 2T water
- 1 1/2t salt dash pepper
- dash Tabasco

Mix all ingredients together and mushrooms. Let marinate at least overnight for best flavor. \*Mom

*Orange Red Onion Olive*

- 4 oranges
- romaine
- red onion
- black olives
- salt and pepper
- oil and vinegar

*Pea Salad*

- 4 slices bacon, cooked crisp
- 16 oz frozen peas, boiled 1 min
- 1/3c chopped onion
- 1/2c Ranch dressing
- 1/2c shredded cheddar

Run cold water over peas after cooking. Toss, chill 30 minutes and serve.

*Rice Italian Salad*

From low fat cookbook \*Mom

- Rice
- Radish
- Shredded carrot
- Tomato
- Cucumber
- Red onion
- Newman's Own dressing

*Seven Layer Pea Salad*

Layer in order in glass bowl:

- 1 medium head lettuce
- 1 bunch green onion
- 1c chopped celery
- 10oz frozen peas
- 1/2lb sliced fresh mushrooms

Spread over top sealing edges

- 1c mayonnaise

Sprinkle with

- 1/2c shredded cheddar cheese
- 2T sugar
- 1t seasoning salt
- 1/4t garlic powder

Refrigerate covered overnight. Add:

- 4 hard boiled eggs
- 8 slices diced bacon

May also add green pepper, cucumber, radishes.

\*Mom

*Spinach Orange Avocado*

- 2 bunches of fresh spinach
- 2 cans mandarin oranges, drained
- 2 avocados sliced
- 4 green onions chopped
- 2 kiwi (optional)

Caramelize over low heat:

- 1T butter
- 2T sugar
- 2 -1/4 T slivered almonds

Dressing:

- 2T vinegar
- 2T sugar
- dash pepper
- 1/4 cup oil
- 1/2t salt

Serves 6-8. \*Lori Gabelein

*Spinach Kiwi-Strawberry*

Combine

- 12 cups torn fresh spinach
- 2 pints fresh strawberries, halved
- 4 kiwis, peeled and cut into 1/4 inch slices
- In a blender combine
- 1/3 cup sugar
- 1/4 cup canola oil
- 1/4 cup raspberry vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce

Stir into dressing, Pour over salad. Serve immediately

- 2 green onions, chopped
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon poppy seeds

\*Mom

*Wilted Lettuce*

- 2 large bunches leaf lettuce
- Salt
- Pepper
- 2t sugar
- 2 green onions
- Bacon, 4 slices crumbled

Heat to boiling and pour over salad immediately, stirring until wilted::

- 1/4c vinegar
- 2T bacon grease or sesame oil

\*Mom

*Vanilla Pear Salad*

Combine:

- **1c sliced red onion**
- **20 ounces salad greens**
- **1/4c toasted chopped walnuts**

Dressing: Puree in blender and then pour 2/3c over salad:

- **15 ounces pear halves**
- **1/3c juice from pears**
- **1/3c rice wine vinegar**
- **1/4t vanilla extract**
- **salt**
- **pepper**
- **chili peppers**

VEGETABLES HOT

## Vegetables...hot or cold

These dressings can be used on hot or cold vegetables. If you want to combine several vegetables, see cooking time table below.

### Hot or Cold Vegetables

1 lb vegetables sauteed or raw  
2T broth

### Mediterranean Dressing

3T olive oil  
1t lemon juice  
1 clove garlic  
Sea salt

Coarse ground pepper

### Dijon Sauce (add to above)

1T Dijon mustard  
1T basil - fresh

### Your choice of one of the following combos

soy sauce and sesame seeds  
balsamic vinegar, kalamata olives, and crumbled cheese  
red onions and olives

### Cooking times

Heat broth in skillet over med-high heat.  
When it steams, add veggies and cover.  
3 min: peas, summer squash, tomatoes  
5 min: cauliflower, red cabbage, bok choy, asparagus  
5 min: broccoli, kale, collard greens, Brussels sprouts, carrots  
7 min: Peppers, onions, leeks, mushrooms  
7 min: potatoes, sweet potatoes, winter squash

## Acorn Squash

Microwave: cut in half and remove seeds. Turn upside down on plate. Cook on high about 6-8 minutes. Let stand 5 minutes.

Oven: Cut, clean, place upside down in pan with 1" water. Bake 30 minutes at 350 degrees. Pour off water., turn over and bake 30 minutes more.

## Blue Sweet Potatoes

Toss:

- 1 1/2lb sweet potatoes, cut into wedges
- 1/3c onion, chopped
- 2T olive oil
- 1/2t salt
- 1/4t pepper

Spread on rimmed baking dish and bake at 375 degrees for 30 minutes, stirring once.

Cook 3 minutes, then cool on foil:

- 1T butter, melted
- 1/3c pecan pieces
- 1/4t salt
- 1T brown sugar

Whisk together:

- 4t cider vinegar
- 1 1/2t honey
- 1t garlic, minced
- 1/4t pepper

Stir into dressing:

- 2T olive oil
- 1T blue cheese, crumbled

When potatoes are done, transfer to serving plate and drizzle with dressing. Sprinkle with nuts and

- 1T blue cheese, crumbled

## Corn on the Cob

### Boiled Corn

Boil water. Grandpa Lester's way was to add a teaspoon of sugar and a splash of lemon juice. Add corn. Return to boil. Turn off heat, cover, and allow to sit 7 minutes. Serve immediately.

### Grilled Corn

If you are grilling corn, soak it in the husk for at least 5 minutes, longer is ok. Then just put the whole thing on the grill. Rotate every 5 minutes and cook a total of 15 minutes.

Branch out from butter and salt and pepper. Serve corn with spiced butters like lime zest and chili powder butter or butter mixed with chipotle sauce.

### *Roasted Grapes Fennel and Chickpeas*

- **2 garlic cloves**
- **1 head fennel**
- **1 red bell pepper**
- **1 yellow bell pepper**
- **1 pound seedless large red grapes**
- **1 14-oz. can chickpeas**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon chopped fresh oregano**
- **Kosher salt**
- **Freshly ground black pepper**

Preheat oven to 450 degrees. Thinly slice garlic. Halve and thinly slice fennel, leaving the core intact. Stem and seed bell peppers, and cut into 1/2-inch slices.

Divide vegetables, grapes, and chickpeas, rinsed and drained, between two rimmed baking sheets. Drizzle each sheet with oil and toss with oregano, salt, and pepper, to taste.

Place in oven and roast, rotating sheets once, until vegetables are golden brown and grapes are beginning to burst, about 25 to 30 minutes.

Remove vegetables and any pan juices; transfer to a serving platter. Serve warm.

### *Sesame Peas*

Toast in large skillet over medium heat, stirring frequently until lightly browned, about 3 minutes:

- **2T sesame seeds**

Whisk together

- **1T lemon juice**
- **1t Dijon**
- **1/2t minced garlic**
- **Salt and pepper**

Stir in:

- **1T red wine vinegar**

Whisk together then add to other ingredients:

- **1/4c olive oil**
- **3/4t sesame oil**

Pour dressing over

- **20 oz sugar snap peas (frozen, thawed and drained)**

Sprinkle with sesame seeds. Serve hot or at room temperature. Optional: add squash, green beans.

### *Sweet Potato Apple Bake*

Peel then boil until semi soft (cut into cubes before or after boiling):

- **6 medium sweet potatoes**

Peel and cube, then add to cooked potatoes:

- **3 apples**

Combine, then stir into above mixture (may want to double):

- **1/4c margarine**
- **1/3c brown sugar**
- **1T flour**
- **1t salt**
- **2T orange juice concentrate**

Bake at 350° 1 hour.

\*From Amish and Mennonite Kitchens page 124

### *Sweet Potato Fries*

- **1 1/4lb sweet potatoes, sliced like fries**
- **1/4c olive oil**
- **1/4t salt**
- **1/2t paprika**
- **1/4t cinnamon.**

Toss in ziplock. Line sheet with foil. Cook at 425 degrees for 30 minutes, turning every 10 minutes.

### *Roasted Vegetable Gratin*

Peel and cut into 1" pieces. Toss together. Bake in roasting pan for at 375 degrees 45 minutes, stirring twice:

- **2.5lb butternut squash**
- **1 lb parsnips**
- **1 sweet red pepper, cubes**
- **1 red onion, wedges**
- **salt and pepper to taste**

Grease 9 x 13 pan. Slice polenta into 1/2" slices; arrange in pan. Arrange vegetables over polenta.

- **18oz tube prepared polenta**

Drizzle with:

- **1/4c half and half**
- **1/2c parmesan cheese - shredded**
- **1T thyme**

Bake 20 minutes more.

### *Roasted Vegetable Gratin Variation*

- **1 beet**
- **1 turnip**
- **1 rutabaga**
- **1 red onion**
- **1 red pepper**
- **salt and pepper to taste**
- **1/2 and 1/2**
- **Parmesan cheese**
- **Thyme**

Olive oil to grease 9x13 pan. Cook at 350 degrees roasted.

### *Roasted Beets*

- **1 1/2 lb baby beets, cut into wedges**

Combine and toss with beets:

- **3T olive oil**
- **1/4t salt**
- **1/4t pepper**

Bake 40 minutes on foil lined pan.

### *Roasted Onions*

- **onion wedges**
- **rosemary/thyme**
- **chicken broth**
- **balsamic vinegar**

Cover 40 minutes with foil 325. Remove foil increase temp to 375 and cook 30 minutes or more.

### *Roasted Tomatoes*

- **7 medium tomatoes, quartered**
- **1 onion, cut into wedges**
- **3 cloves garlic, minced**
- **1/2t salt**
- **1/4t pepper**

Line rimmed pan with foil. Toss everything together. Cook 25-40 minutes at 375, stirring after 20 minutes.

