

1980

Connie Caregiver's Cook Book

Center for Public Affairs Research (CPAR)
University of Nebraska at Omaha

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**Connie
Caregiver's
Cook Book**

CONNIE CAREGIVER'S COOK BOOK

Compiled by the staff of the Day Care Training Program for Regions I, II, III, and IV
at the University of Nebraska at Omaha

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Beverages

HOT CHOCOLATE MIX

1 (25 oz.) box powdered milk
1 (1 lb.) box of Nestles Quick
1 (6 oz.) jar of CoffeeMate
1 cup sugar

Mix altogether. When ready to use, place 2 tablespoons of mixture in a cup. Add hot water.

COCOA - 9 servings

1/3 cup sugar
1/3 cup cocoa
1/4 teaspoon salt
1 1/2 cups water
4 1/2 cups milk
1/4 teaspoon vanilla

Mix sugar, cocoa, and salt in saucepan. Add water. Heat to boiling, stirring constantly. Boil and stir 2 minutes. Stir in milk. Heat through but do not boil. Add vanilla. Just before serving beat until foamy. Add a marshmallow.

Note: The quickest way to make cocoa is with a microwave if you have one. Pour chocolate milk to within 1/2 inch of the top of a mug or cup. Cook uncovered, one cup at a time, for 1 minute, 30 seconds or until hot. Place a marshmallow on top and sprinkle with a little cinnamon. Cook 20 seconds longer. If you heat more than 1 cup of cocoa, the cooking time will be longer.

BANANA-ORANGE JUNIOR - 3 servings

1/2 cup milk
1/2 cup orange juice
2 cups orange sherbet
1 banana

Pour milk and orange juice into blender container. Scoop in 1 cup of the sherbet. Peel 1 banana and break it into pieces into the container. Cover and blend on high speed 10 seconds. Pour into 3 glasses. Top each with a scoop of sherbet from the remaining 1 cup. Serve right away.

RAINBOW FLOAT - 2 servings

Red fruit punch drink or fruit juice
2/3 cup lemon sherbet
Chilled carbonated lemon-lime soda pop
or club soda

Fill 2 glasses halfway to the top with fruit punch drink. Scoop in sherbet. Fill the glass with soda pop. Serve the float right away.

STRAWBERRY SODA - 3 servings

2 tablespoons strawberry ice-cream topping
2 tablespoons pineapple ice-cream topping
1 1/2 cups vanilla ice cream
Chilled carbonated strawberry soda pop

Mix strawberry topping, pineapple topping and 1/4 cup of the ice cream in a bowl. Stir in 1/4 cup of the soda pop. Divide into 3 glasses. Divide remaining ice cream into the 3 glasses. Fill the glasses with soda pop. Serve right away.

SNOWCAP EGGNOG - 2 servings

2 eggs
1 cup milk
1/4 cup sugar
1/2 teaspoon vanilla
2 tablespoons vanilla ice cream

Beat eggs, milk, sugar, and vanilla in bowl. Pour the eggnog into 2 glasses and top each with a spoonful of ice cream. Serve right away.

ORANGE DELIGHT - 4 servings

1-2 eggs
1/3 cup orange juice concentrate
1/4 cup powdered milk
1/2 banana (or other equivalent fruit)
honey to taste
3/4 cup of water
ice

Mix in blender. The more ice you add the slushier the drink becomes.

FRUIT SHAKE - 6 servings

1 cup powdered non-fat dry milk
3 cups chilled fruit juice
1 tablespoon sugar
ice cubes or cracked ice

Combine ingredients in a blender. Blend until creamy.

ESSIE'S SUPERSHAKE - 3 servings

2 sliced bananas
1 cup milk
1/4 cup wheat germ
1/4 cup broken walnuts
1/4 cup chopped dates
2 ice cubes

Combine all ingredients, except milk, in a blender. Turn on HIGH until ingredients are blended. Add milk and blend once more. Pour into glasses and serve immediately.

HAWAIIAN POPS - 12 servings

1 can (16 ounces) peach slices
about 3 cups red fruit punch drink

Line 12 muffin cups with baking cups. Divide the peach slices and syrup among the paper-lined cups. Freeze 1 hour or until firm enough to hold an ice-cream stick upright. Poke a stick into each pop. Fill each cup to the top with fruit punch drink (about 1/4 cup for each). Freeze about 2 hours or until firm. To loosen, quickly dip each muffin pan almost to the rim in hot water. Loosen the pops with table knife. To serve, peel off the baking cups. (It's a good idea to slide a clean baking cup over each stick to catch drips.)

Variation

Pudding Pops: Follow recipe for Hawaiian Pops except—use only 6 muffin cups. In place of the peach slices and syrup, use 1 can (17.5 ounces) chocolate pudding. Place a banana slice in each muffin cup. Fill each cup to the top with pudding. Poke a stick into each pop and continue as directed.

PURPLE COW SHAKES - 6 servings

1 can (6 ounces) frozen grape juice concentrate
1 cup milk
2 cups vanilla ice cream

Pour the juice concentrate and milk into blender container. Scoop in ice cream. Cover and blend on high speed 30 seconds. Serve right away.

Note: No blender? Scoop the ice cream into a 2-quart jar with remaining ingredients. Cover tightly and shake. Or beat in a large bowl with an egg beater.

MILK EGGNOG - 2 servings

1 cup cold milk
1 egg
1 tablespoon honey
1/4 teaspoon vanilla

Blend all ingredients.

Option: Several tablespoons dry milk; or substitute orange juice for the milk.

BANANA SMOOTHIE - 3 servings

1½ cups milk
1 large banana
1 tablespoon honey
1/4 teaspoon vanilla

Blend.

Serve at once. The banana you use can also be one that has been peeled and frozen, thus giving you a way to use that last ripe banana.

FRUIT NOG - 2 servings

1 egg, beaten
1 cup milk
1 jar strained baby fruit, or your own puree, or 1/2 cup orange juice

Blend

SUNNY SIPPER - 8 servings

1/2 cup honey
1/ cup orange juice
3 tablespoons lemon juice
1 (5.3 oz.) can evaporated milk
1 (12 oz.) can apricot nectar

Blend. Serve chilled.

YOGURT MILK SHAKE - 4 servings

1 cup plain yogurt
1 cup orange juice
1 ripe banana
2 tablespoons honey

Blend.

CIDER DELIGHTER - 4 servings

2 cups cider or apple juice

2 whole cloves or dash of powdered cloves

1 cinnamon stick or 1/2 teaspoon powdered cinnamon

Put ingredients in a sauce pan. Heat, stirring occasionally. Strain into cup.

GRAPPLE - 4 servings

1 cup grape juice

1 cup cider or apple juice

1 teaspoon lemon juice

1/4 teaspoon cinnamon

Blend and serve.

GRAPES IN A BOG - 4 servings

1 cup grape juice

1 cup cranberry juice

Dash each of cinnamon and cloves

Put all the ingredients in a saucepan and stir until well blended. Warm over low to medium heat, stirring occasionally, until liquid is hot but not boiling. Pour into a mug.



Breads and Cereals

PEANUT BUTTER BREAD

2 cups flour (white, whole wheat or a combination)
4 teaspoons baking powder
1 teaspoon salt
1/4 cup sugar or honey
1/4 cup milk
2/3 cup peanut butter

This slices best if baked a day in advance and refrigerated after cooking.

Lightly mix dry ingredients together in a large bowl. If using honey, cream it with the peanut butter in a separate bowl. Heat the milk until lukewarm, then add the peanut butter and blend well. Add the wet and dry ingredients and beat thoroughly. Pour into a greased loaf pan and bake at 350° for 45-50 minutes. When the bread is cold, make thin slices and spread with honey or jam.

WHOLE WHEAT MUFFINS - 12 servings

2 cups whole wheat flour
2 teaspoon baking powder
1/2 teaspoon salt
1 egg, beaten
1/4 cup oil
1/4 - 1/2 cup honey or molasses or brown sugar
1/2 cup milk

Combine all dry ingredients. Combine liquid ingredients. Fold quickly liquid and dry together, just until flour is moistened. Spoon into greased muffin tin. Bake at 400° F. for about 20 minutes.

Variations

1. Substitute 1 cup apple sauce for the milk.
2. Add raisins and/or chopped nuts
3. Add spices such as cinnamon, nutmeg, etc.
4. Combine all or parts of the first three variations

READY BRAN MUFFINS

2 cups boiling water over
2 cups 100% bran cereal
1 cup shortening (butter, Crisco, margarine, etc.) with
2 cups sugar or 1 2/3 cups honey
4 eggs, beaten
1 quart buttermilk
5 cups flour (white or a combination of whole wheat &
5 teaspoons soda white)
1 teaspoon salt
4 cups 100% bran cereal

Pour water over bran cereal and set aside.

Cream shortening with sugar or honey. Add beaten eggs and buttermilk. Add bran and water mixture. Mix well. Fold in dry ingredients.

To bake, preheat oven to 375°, fill greased muffin tins 3/4 full and bake 20-25 minutes.

Optional additions to some or all of the muffins: blueberries, chopped fresh apples, raisins, chopped dates, coconut, nuts, peanuts, a cube of cheese, etc.

For a change, fill a loaf pan half full and bake at 350° until done.

The proportions called for in this recipe make several quart jars full of batter. If it's too much, either cut the recipe in half or give some to a neighbor, unless you have extra room in the freezer.

Store in jars in the refrigerator for as long as six weeks.

BASIC WHEAT MUFFINS - 24 servings

2 beaten eggs
2 cup milk
6 tablespoons oil
6 tablespoons honey
1 teaspoon salt
2 tablespoons baking powder
4 cups sifted whole wheat flour

Combine milk, eggs, oil and honey. Sift salt, baking powder and flour together. Combine all ingredients, stirring only enough to mix.

Fill greased muffin pans 3/4 full. Bake 20 to 30 minutes at 400°

Variations

Omit 1/2 cup flour and substitute 1/2 cup soy flour, coarse bran or wheat germ. Add 1 cup raisins, softened dried fruit, coconut or chopped nuts to basic recipe.

WHOLE WHEAT MUFFINS - 12 servings

1 cup whole wheat flour
3/4 cup white flour
1/4 cup sugar or honey
4 teaspoons baking powder
1/2 teaspoon salt
1 egg
1 cup milk
1/4 cup salad oil

Mix dry ingredients. In a separate small bowl, beat egg slightly and stir in milk and oil. Add wet ingredients to the dry and stir till just moistened. Batter will be lumpy. Bake in greased muffin tins 2/3 full for 20-25 minutes at 400°. Remove muffins from tins immediately after baking.

SCOTTISH SCONES - 8 servings

2 cups whole wheat flour
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon cream of tartar
1/2 teaspoon salt
1/3 cup margarine
1 cup oats
1/3 cup milk

Sift together flour, sugar, baking powder, cream of tartar and salt. Cut in margarine until mixture resembles coarse crumbs. Stir in oats. Add milk; mix until dry ingredients are just dampened. Turn out on floured board or canvas; knead gently a few times. Roll into 8 pie-shaped wedges. Bake on greased cookie sheet in preheated hot oven 425° about 15 minutes or until lightly browned. Makes 8 scones.

GOLDEN PUMPKIN LOAF

1 cup sugar
1 egg
1 can (16 ounces) pumpkin
3 cups biscuit baking mix
1 teaspoon pumpkin pie spice
1/2 teaspoon cloves
1/2 teaspoon nutmeg

Heat oven to 350°. Generously grease loaf pan with shortening, using pastry brush. Beat sugar, egg and the pumpkin in mixer bowl on medium speed 30 seconds. Gradually beat in remaining ingredients on low speed just until smooth. Pour into the greased pan. Bake at 350° 1 hour and 10 minutes or until wooden pick inserted in center comes out clean. Cool the pumpkin loaf 10 minutes on rack, then remove from the pan. Serve warm or cold.

PUMPKIN BREAD

4 cups flour, unsifted
3 cups sugar
2 teaspoon baking soda
1½ teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon cloves
1/4 teaspoon ginger
16-oz. can pumpkin
1 cup oil
4 eggs
2/3 cup water

Preheat oven to 350° F. (moderate). Grease two 9- by 5- by 3-inch loaf pans. Mix dry ingredients thoroughly in a large bowl. Beat pumpkin, oil, eggs, and water together. Add to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix. Pour one-half of the batter into each loaf pan. Bake 1 to 1¼ hours or until toothpick inserted in center of loaf comes out clean. Cool on rack. Remove from pans after 10 minutes.
2 loaves, 16 slices each.

OATMEAL MUFFINS - 12 servings

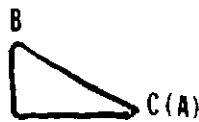
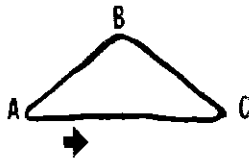
1 cup oatmeal, uncooked
1/2 teaspoon salt
1/2 teaspoon soda
1 cup flour
1 teaspoon baking powder
1 teaspoon vinegar plus milk to equal 1 cup of liquid (let stand 5 min.)
1 egg, beaten
1/3 cup brown sugar
1/3 cup salad oil

Combine the oatmeal, salt, soda; add flour and baking powder. In another bowl, mix the remaining ingredients. Then stir the wet ingredients with the dry till just moistened. Fill greased muffin cups 2/3 full and bake at 400° for 15-20 minutes.

QUICKIE TURNOVERS - 8 servings

1 (8 oz.) can refrigerated crescent rolls
Filling: 1/2 cup honey
1 tablespoon sunflower seeds
1 tablespoon raisins
1/4 cup blueberries

Combine all the ingredients listed for the filling. Unroll the crescent rolls and place a spoonful of the filling mixture in the middle of each triangle of dough. Moisten the edges of the dough and fold point A over to point C on the diagram and press edges firmly together.



Place on a greased cookie sheet and bake at 375° for 10-12 minutes.

Other filling suggestions.

Peanut Butter
Jelly
Powdered Milk
Raisins

or

Jelly or honey
Granola
Apple slices
Cinnamon & nuts

BREAKFAST BANANA NUT BREAD

1/4 cup butter or margarine
1/2 cup brown sugar
1 egg, beaten
1 cup bran cereal or uncooked oatmeal
4-5 mashed ripe bananas (about 1½ cups)
1 tsp. vanilla
1½ cups flour (white, whole wheat or a combination)
2 tsp. baking powder
1/2 tsp. baking soda
1/2 cup chopped nuts

Cream shortening and sugar until light. Add egg and mix well. Then add the cereal, bananas, and vanilla. Stir. Combine the remaining ingredients in a bowl and add to the first mixture, stirring only long enough to moisten the flour. Grease or oil a loaf pan, and then flour; pour in batter. Bake at 350° for an hour or until bread tests as done.

Hint: What to do with that leftover, ripe banana? Mash it, add a bit of lemon juice or Fruit Fresh, and freeze till you plan to make some more banana bread.

If chopped nuts aren't yet appropriate for your children, whirl nuts in a blender before adding to batter.

HIGH-PROTEIN CORNBREAD

1 cup cornmeal
1/3 cup soy flour
1/4 cup whole wheat flour
2 tsp. baking soda
1/2 tsp. salt
1 egg
1 cup liquid milk plus 1/4 cup powdered milk
3 tbsp. honey

Mix dry ingredients together. Beat liquid ingredients together and add to the dry, beating until smooth. (An electric mixer works well here.) Pour into a well greased cake pan and bake approximately 30 minutes at 375°.

If you start to do this about 40 minutes before you want to serve it, it's worth it to serve it hot. Otherwise, bake it for about 25 minutes, cool it, wrap, and freeze it. When you're ready to serve it, bake it at 375° until done. Or you can always just cook it completely the day before, then slice and toast as needed.

Two slices of this bread have approximately the same protein content as that of an egg, that is, about 6 grams of protein per slice.

CRUNCHY CORNBREAD - 20 servings

2 beaten eggs
2 c. buttermilk or sour milk
3 T. melted oleo or oil
1/4 c. wheat germ or bran
2 c. cornmeal
2 t. salt
3 t. baking powder

Grease 9" x 9" x 2" pan.

Beat eggs, add buttermilk. Combine dry ingredients, add to eggs and milk. Stir in melted oleo or oil, stir only until blended.

Pour into pan, bake at 400°, about 30 minutes.

SOFT WHOLE WHEAT PRETZELS

2 (16 oz.) loaves frozen whole wheat bread dough, thawed
1 egg white, slightly beaten
1 tsp. water
Coarse salt (optional)

Thaw bread in the refrigerator overnight. From each loaf shape 12 1½ inch balls. Roll each ball into a rope approximately 14 inches long. Shape into pretzels by forming a knot and looping ends through. Arrange pretzels one inch apart on well-greased baking sheet. Let stand for 20 minutes. Brush combined egg white and water on pretzels, then sprinkle with coarse salt. Place a shallow pan containing one inch of boiling water on a lower rack in the oven. Bake pretzels on a cookie sheet on a rack above the water at 350 degrees for 20 minutes or until golden brown. Makes two dozen pretzels.

Variation 1: Pretzel sticks can be made by beginning with balls rolled into 8 inch sticks. Try pretzel letters, which is something your children will enjoy helping you do.

Variation 2: Roll sticks 4-6 inches long in a mixture of melted butter, cinnamon and sugar before baking.

ORANGE WHOLE WHEAT PANCAKES - 12 servings

2 eggs
1/4 cup oil
2 cups whole wheat flour
1/2 tsp. soda
1/2 tsp. salt
orange juice (about 1½ to 2 cups)

Beat the eggs and the oil together. Sift together the dry ingredients and add them to the eggs. Gradually add orange juice until you have a batter of the consistency you like. You probably will use about 1½ to 2 cups. Fry the pancakes on a medium-hot griddle and serve immediately.

This is a fine, delicately flavored pancake, best served with sour cream or yogurt and honey. For an interesting variation in taste and texture, add a few spoons of ground or chopped walnuts to the batter.

JOHNNYCAKES - 12 servings

1 T. honey
1 beaten egg
3/4 c. milk
2 T. oil
1 c. freshly ground cornmeal
1 t. salt

Mix first four ingredients, stir in cornmeal and salt. Mix well and cook like pancakes on hot, greased griddle. Or heat heavy, greased cookie sheet in the oven, spoon batter onto cookie sheet and return to oven until brown and crusty (375°).

GROUND WHEAT PANCAKES - 12 servings

1 c. whole grain wheat
1 c. water
1/2 c. milk
3 separated eggs
1 t. baking powder
1 T. honey

Soak wheat in water overnight. In the morning, grind wheat three times, using coarse-blade food grinder. Add milk, beaten egg yolks, baking powder and honey to ground wheat. Fold in stiffly beaten egg whites. Cook on lightly greased griddle.

HOT CEREAL

There are quite a few kinds of hot cooked cereals on the market such as Malt-O-Meal, Roman Meal, Cream of Wheat and Rice, Oatmeal (Old-Fashioned, Five Minute Variety), etc. These can be "pepped up" to look and taste better in any of the following ways:

- 1) Mixing in raisins, dates, drained canned fruit, frozen fruit, and especially fresh fruit.
- 2) Using any of the above to create a design on the bowl of cereal, such as a face with raisins for eyes and nose, and peach slices for mouth and ears; or a spiral design of jelly; a lacy design a la Jackson Pollock made by drizzling some molasses from a spoon. Use your imagination.
- 3) Adding wheat germ, cooked soygrits, and/or goodly quantities of powdered milk.

HOME MADE HOT RICE CEREAL

1/2 cup rice powder
2 cups milk
dash of salt

Grind several cups of raw brown rice to a fine powder in a blender. Store it in a tightly covered container. In a small saucepan, bring milk and salt just to the boiling point. Add the rice powder and stir constantly. Lower heat, cover pan and simmer for 8-10 minutes. Serve with butter or margarine, honey, molasses, wheat germ, fruit, etc. It has a nutty taste.

CRISP AND CHEWY DRY CEREAL - 12 half-cup servings

1 c. wheat germ
3 c. rolled oats
1 c. shredded, unsweetened coconut
1 c. sesame seeds
1/4 c. oil
1 t. vanilla
3/4 c. honey
dash of salt

Combine first four ingredients. Stir together oil, vanilla, honey and salt. Mix all ingredients. (The children will enjoy helping you measure and mix.) Spread mixture 1/2-inch deep on cookie sheet. Bake until golden brown at 250°. Stir occasionally; sides brown first. Allow to cool and store in jars. Serve with milk.

GRANOLA - 12 half cup servings

4 cups uncooked oatmeal
1½ cups wheat germ (raw or toasted)
1 cup grated coconut
¼ cup powdered milk
1-2 tbsp. cinnamon
1 tbsp. brown sugar
⅓ cup vegetable oil
½ cup honey
1 tbsp. vanilla
Optionals:
½ cup sesame seeds
½ cup raw nuts, seeds or raisins, etc.

In a large bowl, mix dry ingredients. In a saucepan combine oil, honey, and vanilla and warm. Add these to the dry ingredients and stir till all the particles are coated. (Hand mixing works well here.) Spread this mixture out in a long, low pan or rimmed baking sheets that have been greased, and bake at either:
250° for an hour or
350° for half an hour
depending on your time schedule. Turn this with a spatula from time to time. When finished toasting, add your dried fruits such as raisins and store in an air tight container when cool.

WHEAT GERM

Raw wheat germ has greater nutritional value than the toasted kind, but is less palatable. So it is probably preferable to use it toasted as a breakfast cereal and be assured your kids will like it. There are several brands on the market, some with additions such as honey, cinnamon, raisins, etc. Serve any of these as regular cereal with milk without making a big to-do about it and see what reaction your kids have. Or, if you use raw wheat germ in your cooking, and want to toast your own, here's one way to do it.

4 cups raw wheat germ (always keep in refrigerator)
½ cup honey, approx. (warmed a bit)

Mix thoroughly and spread mixture on a well greased baking sheet and bake at 300° for 10 minutes in bottom third of oven. Cool and put in air tight container and keep refrigerated.

Additional serving ideas:

- 1) Sprinkle on peanut butter sandwiches.
- 2) Mix with other sandwich fillings.
- 3) Add to meat loaf (approx. ¼ cup).
- 4) Toss a little in a green salad.

MUNCHY CRUNCHY GRANOLA - 4 cups granola

½ cup dried apples, apricots or mixed fruit
½ cups oats
1 cup golden raisins
1 package (4 ounces) toasted sunflower nuts
¼ cup brown sugar (packed)
¼ cup salad oil
2 tablespoons vanilla
¼ teaspoon salt

Heat oven to 350°. Cut ½ cup dried apples into small pieces with scissors. Spread the apple pieces and remaining ingredients in ungreased jelly roll pan. Mix well. Bake in 350° oven 10 minutes. Remove from the oven and stir. Return to the oven and bake 10 minutes more. Use the granola as a topping for cereal or ice cream, or serve in bowls for nibbles, or pack in small plastic bags for snacks or lunch box treats. Store any leftover granola tightly covered in refrigerator.

Desserts



NUTRITIOUS BROWNIES - 16 servings

1/4 cup vegetable oil
1 tbsp. molasses
1 cup brown sugar
2 tsp. vanilla
2 eggs
1/2 cup broken pecans or walnuts
1 cup wheat germ
1/8 tsp. salt
2/3 cup powdered milk
1/2 tsp. baking powder
1/4 cup dry cocoa or 2 squares (2 oz.) unsweetened
baking chocolate

Mix together all ingredients except the dry milk, baking powder and dry cocoa. (If using squares of chocolate, melt in a double boiler and add here.) Sift the dry milk, baking powder and cocoa through a sieve into the other ingredients and stir well. Spread in a very heavily greased 8x8" pan and bake for approximately 30 minutes at 350°. Turn out of pan immediately and cut into bars while still warm.

BREAKFAST COOKIES

BACON 'N EGG COOKIES - 24 servings

1/4 cup flour (white or whole wheat)
2/3 cup brown sugar
1/2 cup Grape-Nuts cereal
1/2 lb. bacon, cooked crisp & crumbled or
1/2 cup artificial bacon bits
1/2 cup shortening, melted
1 egg, beaten
2 tbsp. frozen orange juice concentrate, undiluted
1 tbsp. grated orange peel

Although you may not want to make a regular practice of it, nutritious cookies can be a fun and interesting breakfast, as well as good for snacks and desserts.

Mix flour, sugar, Grape-Nuts and bacon. Add remaining ingredients and blend well. Drop by tablespoonfuls onto a sheet (ungreased if real bacon is used, otherwise, grease the cookie sheet) and bake at 350° for 10-12 minutes or until cookies are a light brown.

GRANOLA COOKIES - 48 servings

1 cup butter or margarine
1 1/2 cups brown sugar, packed (or 1/2 brown-1/2 white)
2 eggs, beaten well
1 1/2 tsp. vanilla
1 cup raisins or 1 (6 oz.) pkg. chocolate chips
1 1/2 cups flour (white, whole wheat or a combination)
1 tsp. baking soda
1 cup oatmeal, uncooked
2 cups granola
1/2 cup chopped walnuts (opt.)

Cream shortening till smooth. Add sugar and blend. Add remaining ingredients and mix well. Drop mixture onto a greased cookie sheet and bake at 350° until lightly browned on bottom, 10-12 minutes.

WHEELS OF STEEL - 48 servings

1/2 cup butter or margarine
1/2 cup peanut butter
1 cup brown sugar, packed
1 egg, beaten
1 tsp. vanilla
3/4 cup whole wheat flour
1 cup oatmeal, uncooked
1/4 cup wheat germ, raw or toasted
1/2 cup powdered milk
1/2 tsp. salt
1/4 tsp. baking powder and soda each
3 tbsp. liquid milk
1 cup raisins
sesame seeds

Cream shortening till smooth. Add peanut butter, sugar, egg, and vanilla and beat well. In a separate bowl combine flour, wheat germ, dry milk, salt, powder, and soda. Add the dry ingredients to the wet and stir well. Add liquid milk, oats and raisins. Blend. On a greased cookie sheet place a heaping spoonful of dough and spread it into a circle. Leave an inch or more between cookies as they spread. Sprinkle with sesame seeds on top and press into dough. Bake at 375° for 10-12 minutes. Allow cookies to cool before removing as they are very fragile while warm.

ROLLED WHEAT-APPLESAUCE COOKIES

OR

ROLLED OATMEAL-APPLESAUCE COOKIES

1/2 cup applesauce
1/2 cup raisins
1 teaspoon orange rind
1/2 cup sugar, granulated
1/4 cup shortening
1 egg
1/2 cup flour, sifted
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 teaspoon nutmeg
1/2 cup rolled wheat
or
1/2 cup oatmeal
1/2 cup nuts, chopped

Combine applesauce, raisins and rind. Set aside. In mixing bowl combine sugar, shortening and egg. Beat until light and fluffy. Stir in applesauce and raisins. Sift dry ingredients together. Add to first mixture. Mix well. Stir in rolled wheat or oatmeal and nuts. Chill dough. Drop on lightly greased baking sheet. Bake 12 to 15 minutes at 375° F.

BREAKFAST BARS - 48 servings

1 cup margarine or butter
1/2 cup dark molasses or honey
1/2 cup brown sugar, packed
4 eggs, beaten
1 cup oatmeal, uncooked
2 cups flour (white or whole wheat combination)
1 cup wheat germ, raw or toasted
2 tsp. baking powder
1/2 tsp. salt
1 cup each raisins and nuts

Cream shortening. Add molasses or honey, brown sugar, eggs and oatmeal. Combine balance of dry ingredients and add to mixture. Add raisins and nuts. Spread in a greased square pan and bake at 350° for 30 minutes. Cut into 2" bars.

CEREAL BALLS - 2 one half cup servings
1 cup ground-in-a-blender cereal (shredded wheat,
granola, wheat germ, etc.)
1 tbsp. honey
Optional: 1 tbsp. peanut butter
milk - as much as needed

After grinding cereal, add honey, peanut butter,
and blend. Add as much milk as necessary so
that mixture can be rolled into balls. Refrigerate
in a covered container.

Additional variations:

- 1) Roll into logs and roll these in coconut or wheat germ.
- 2) When traveling, add powdered milk and brown sugar (eliminating the peanut butter) instead of the liquid milk and the honey, and store in a plastic bag. When needed, just add water for preparation as a breakfast food or snack.

CREAMY BALLS

Chopped nuts
Cream cheese

Combine and roll into balls and serve.

PEANUT CRUNCH BARS - 16 servings
3 cups crunchy cereal (granola, Rice Krispies)
1 cup salted peanuts (or soy nuts)
1/2 cup sugar
1/2 cup light corn syrup
1/2 cup peanut butter
1/2 tsp. vanilla

Mix peanuts and cereal and set aside. Combine sugar
and corn syrup. Cook and stir constantly until mixture
comes to a boil. Remove from heat and stir in peanut
butter and vanilla. Pour hot syrup over the cereal
mixture and stir gently to coat. Pat evenly into a
greased 8x8" pan. Cut into bars, when cool.

BANANA OATMEAL COOKIES - 48 servings

3/4 cup shortening
1 cup brown sugar
1 egg, beaten
1 1/2 cups flour (white, whole wheat, or a combination)
1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1 cup mashed banana
1 3/4 cups oatmeal, uncooked

Cream shortening with sugar and then add the egg
and mix well. Mix flour, soda, salt, cinnamon and
nutmeg together and add to creamed mixture
and blend till smooth. Add mashed banana and
oatmeal next. Blend. Drop by teaspoonfuls onto
a greased sheet and bake at 400° for 12-15 minutes.

Optional additions: raisins, nuts, wheat germ,
sunflower seeds, grated orange peel, etc.

OATMEAL BARS - 16 servings

2 cups oatmeal, uncooked
3/4 cup brown sugar
1/2 cup (1 stick) butter or margarine
dash of soda

Boil sugar, shortening and soda. Add oatmeal and blend. Spread mixture in a well greased 8" square pan (or equivalent) and bake at 350° for 10 minutes. Cut in bars while warm.

OATMEAL OVERNIGHT COOKIES - 48 servings

In the evening, combine:
4 cups oatmeal, uncooked
2 cups brown sugar
1 cup bland oil

Mix well. Drop by spoonfuls onto a greased cookie sheet and bake at 300° for 12-15 minutes. Watch them carefully. Remove cookies from sheet while still warm or you may never get them off later.

The next morning add:

2 eggs, beaten
1 tsp. salt
1 tsp. flavoring (vanilla or almond)
Optional: 1/4 cup wheat germ

Hint: Many cookie recipes can be thinned with a little milk and baked in a square pan for bars so that you will have two versions of the same recipe.

CARROT COOKIES - 36 servings

1/2 cup butter or margarine
1/3 cup sugar
1 egg
1/2 tsp. grated orange rind
2 cups flour
1/2 cup raisins
1/2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
2 jars strained carrots (baby food) or one large jar

Cream butter; add sugar and egg. Beat until light and fluffy. Blend in orange rind. Sift flour, soda, powder, and salt. Add flour alternately with the carrots to the creamed mixture. Mix thoroughly. Fold in raisins. Drop spoonfuls on a greased cookie sheet and bake at 400° for 10-12 minutes.

BITE OF APPLE COOKIES - 36 servings

1/2 cup margarine
1 cup brown sugar
2 eggs
1½ cups flour
1/2 cup uncooked oatmeal
2 tsp. baking soda
1/2 tsp. cinnamon
3/4 cup wheat germ
1 cup finely chopped, peeled and cored apples

Cream shortening; add sugar and eggs. Mix dry ingredients and combine with creamed mixture. Add apples. Drop spoonfuls on a greased cookie sheet. Bake for 10-15 minutes at 350°.

SUPER COOKIES - 36 servings
1½ cups oatmeal (or Swiss Familia)
1/2 cup non-fat dry milk or Tigers Milk
1/2 cup wheat germ
3/4 cup sugar (or 1/2 cup honey)
1/2 tsp. salt
1 tsp. cinnamon
1/3 tsp. cloves
1/2 cup oil or melted butter
2 eggs, beaten

Mix all dry ingredients. Add melted butter and beaten eggs. Spoon onto greased baking sheet. Bake at 350° for 12-15 minutes.

DO-IT-YOURSELF ICE CREAM SANDWICHES

Spread softened ice cream to the edge of any appropriate cookie (graham crackers are good, but most any will do, even Oreo's). Press on top cookie gently. Wrap or stack in foil or plastic wrap and freeze.

ICES - 6 one half cup servings
2 cups water
2 cups sugar

Orange ice - 2 cups fresh orange juice
1/4 cup lemon juice or juice from 1 lemon

Strawberry - 1½ cups crushed strawberries
1 tbsp. lemon juice

Grape ice - 1½ cups grape juice
2/3 cup orange juice
3 tbsp. lemon juice

Lemon ice - 3/4 cup lemon juice
1 tbsp. grated lemon peel
2 cups water

Combine and cook on a low boil for 10 minutes or till approximately jelly stage on a candy thermometer. Cool. Then add choice of fruit or juice. Pour into trays or a small mixing bowl and put in freezer. Watch for mushy stage (1 hour) then mix in the tray and re-freeze. (Good alone or served by the scoop in a fruit drink.)

RICE PUDDING - 12 servings

2 cups cooked rice (preferably brown rice)
2 cups milk
1/2 cup powdered milk
1/4 cup brown sugar
1 tbsp. butter or margarine, melted
2 eggs, well beaten
1/2 lemon rind, grated
1/2 tsp. vanilla
1/4 cup raisins
bread crumbs or wheat germ

Mix all ingredients together except crumbs or wheat germ. Grease a 1 quart casserole dish (or individual custard cups) and sprinkle with some crumbs or wheat germ on the bottom. Pour in pudding mixture and sprinkle more crumbs on top. Bake at 350° for 20 minutes or until a knife inserted in the center comes out clean.

(For children, this is best prepared in advance and served cold.)

Usually a hearty dessert, rice pudding is a nice change of pace for breakfast and includes milk, egg, and a grain.

VANILLA CREAM PUDDING - 4-6 servings

1/2 cup sugar
2 tbsp. cornstarch
1/2 tsp. salt
2 cups milk
2 egg yolks, slightly beaten
2 tsp. margarine
1 tsp. vanilla

Mix sugar, cornstarch and salt in saucepan. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Remove from heat. Gradually stir at least half of hot mixture into egg yolks. Then blend into hot mixture in saucepan. Boil 1 minute more, stirring constantly. Remove from heat. Blend in margarine and vanilla. Pour into dessert dishes. Serve warm or cool.

FROZEN FRUIT YOGURT - 6 servings

2 cups yogurt
1 small can frozen concentrated fruit
juice (orange or pineapple)
2 teaspoons vanilla

Combine all ingredients, mix well and place in refrigerator tray to freeze.

CARROT CAKE - 24 servings

3/4 cup enriched white flour
3/4 cup whole wheat flour
2 cups infant cereal
1 cup white sugar
1 cup brown sugar
2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
4 eggs
1 cup vegetable oil
3 medium carrots, grated
1 cup fruit (use leftover apple slices, pineapple chunks, raisins, or applesauce)

Preheat oven to 350°. Oil and flour 9" x 12" pan. Combine dry ingredients in large bowl and mix together thoroughly; set aside. Beat eggs lightly in small bowl and add to dry ingredients along with oil. Scrub carrots under running water, then grate into batter. Add fruit and mix together until well blended. Pour into pan and place in oven. Set timer to ring in 35 minutes.

JEWELLED SUNDAES - 8 servings

1 can (8 3/4 ounces) fruit cocktail
1 package (3 ounces) cherry-flavored gelatin
1/2 cup water
1/2 cup chilled whipping cream
4 cups vanilla ice cream

Empty the fruit cocktail into strainer over medium bowl. Empty the gelatin into small bowl. Take out 1 tablespoon of the gelatin and empty it into small mixer bowl (you will use it to sweeten the whipping cream). Refrigerate bowl. Heat water just to boiling in saucepan over medium-high heat. Pour the boiling water over the gelatin in the first bowl. Stir until the gelatin dissolves. Stir in the drained fruit. Pour whipping cream into the chilled mixer bowl with the 1 tablespoon gelatin. Beat until stiff. Scoop ice cream into 8 dessert dishes (1/2 cup in each dish). Spoon a few tablespoons of the warm gelatin mixture over the ice cream in each dish and watch it thicken! Spoon 1 or 2 tablespoons of the whipped cream on top of each sundae. Serve right away.



Meats and Main Dishes

BUMPY MEATBALLS - 8 servings

1½ pounds ground beef
1/2 cup uncooked regular rice
1/4 cup water
1 tablespoon instant minced onion*
1 teaspoon salt
1 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1 can (11 ounces) condensed Cheddar
cheese soup
1/4 cup milk
Paprika

Heat oven to 350°. Mix all ingredients except the soup, milk and paprika in medium bowl with fork. Shape the mixture with your hands into 20 meatballs about the size of golf balls. Brown several meatballs at a time in skillet over medium-high heat. As the meatballs brown, lift them with slotted spoon to ungreased casserole and add more meatballs to the skillet. Mix the soup and 1/4 cup milk in small bowl until smooth. Pour over the browned meatballs in the casserole. Sprinkle with paprika. Bake in 350° oven 1 hour to 1 hour and 15 minutes or until the rice is tender.

*Before adding instant minced onion, soak in an equal amount of water 3 to 4 minutes.

ONE-POT ITALIAN SPAGHETTI - 4 to 6 servings

1 pound ground beef
2 tablespoons instant minced onion or
1/3 cup frozen chopped onion
1 can (8 ounces) tomato sauce
1 can (15 ounces) spaghetti sauce with mushrooms
1½ teaspoons salt
1 teaspoon sugar
2 cups water
1 package (about 7 ounces) long spaghetti
3 tablespoons grated Parmesan cheese (if you like)

Crumble the ground beef into Dutch oven. Cook and stir over medium-high heat until brown on all sides, about 10 minutes. Spoon out any fat and throw it away. Stir 2 tablespoons minced onion, the tomato sauce and spaghetti sauce into the ground beef. Add 1½ teaspoons salt, 1 teaspoon sugar, 2 cups water and the spaghetti (uncooked). Heat to boiling over medium-high heat, stirring occasionally to prevent sticking. Reduce heat. Cover and simmer over low heat about 15 minutes or until the spaghetti is tender. Remove from heat and stir once. Sprinkle with 3 tablespoons grated cheese just before serving.

FAR OUT BEEF-RICE CASSEROLE - 6-8 servings

1 lb. ground beef
1 medium onion, chopped
1 tbsp. margarine
1 tsp. salt
1/2 cup brown or white rice
1/4 tsp. pepper, thyme, marjoram
1/2 cup black olives, pitted and chopped
1/2 cup raisins
1-3/4 cups tomato juice

Brown first two ingredients in margarine. Add remaining ingredients and mix. Pour into casserole; cover and bake at 350° for 30-40 minutes or until all liquid is absorbed.

LOAFERS LOAF - 6-8 servings

1 lb. ground beef
1¼ cups oatmeal, uncooked
2 tsp. salt
1/4 tsp. pepper
1/2 tsp. celery salt
1 cup milk
2/3 cup chopped tomatoes
1/4 cup minced onion
1 egg, beaten
1/4 cup grated American cheese

Combine all ingredients. Pack into a greased loaf pan. Bake at 350° for 1 hour and 10 minutes.

MEATBALL CASSEROLE - 8-10 servings

1½ lbs. ground beef
1 cup condensed tomato soup
1 tbsp. flour
1/4 tsp. pepper
2 tsp. salt
2 tbsp. margarine
1 large onion, chopped
2 cups diced celery
4 medium potatoes, peeled and diced

Mix first four ingredients, and 1 tsp. salt. Shape into 1½" balls and brown in margarine. Put into casserole. Mix remaining ingredients, including salt. Arrange on top of meatballs. Cover and bake at 350° for 50 minutes. (May be frozen.)

NO-CRUST WIDE-EYED PIZZAS - 4 pizzas

1 can (8 ounces) tomato sauce
1 pound ground beef
1/2 cup packaged dry bread crumbs
1/2 teaspoon salt
1/2 teaspoon oregano
2 pimiento-stuffed or pitted black olives
1/2 cup shredded mozzarella cheese (about 2 ounces)
1/2 cup shredded Cheddar cheese (about 2 ounces)
4 slices canned pimiento

Heat oven to 425°. Measure out 1/2 cup of the tomato sauce. (You'll also use the sauce remaining in the can, so keep it handy.) Mix the ground beef, 1/2 cup bread crumbs, the 1/2 cup tomato sauce, 1/2 teaspoon salt and 1/2 teaspoon oregano in bowl with fork. Divide the ground beef mixture into 4 equal parts. Place the parts several inches apart in ungreased jelly roll pan. Pat each into a 4½ inch circle about 1/2 inch thick. Pinch the edge of each circle to make a little stand-up rim. Pour about 2 tablespoons of the remaining tomato sauce into the center of each circle and spread it to the edge with rubber scraper. Bake in 425° oven 15 to 20 minutes. While the pizzas are baking, cut 2 olives crosswise into 4 slices each on cutting board. Remove the pan from oven and turn off oven. Sprinkle each pizza with about 2 tablespoons shredded mozzarella cheese for a face and about 2 tablespoons shredded Cheddar cheese around the edge for hair. Use the olive and pimiento slices to make the eyes and mouth. Return the pizzas to warm oven and heat about 5 minutes or until the cheese melts.

POLKA DOT PIZZAS - 3 pizzas

2 cans (8 ounces each) tomato sauce
3 tablespoons instant minced onion or
1/2 cup frozen chopped onion
2 teaspoons oregano leaves
1/4 teaspoon pepper
2 1/2 cups biscuit baking mix
1 package active dry yeast
2/3 cup hot water
2 cups shredded Cheddar or mozzarella cheese
(about 8 ounces)
6 skinless frankfurters

Heat oven to 425°. Rub some flour into breadboard to cover about a 10-inch area. Mix the tomato sauce, 3 tablespoons minced onion, 2 teaspoons oregano and 1/4 teaspoon pepper in medium bowl with fork. (You'll use this later for a topping.) Mix 2 1/2 cups baking mix and the yeast in large bowl with another fork. Stir in 2/3 cup hot water and beat vigorously until the dough cleans the side of the bowl. Gently smooth the dough into a ball on the floured board. Knead 20 times. Allow the dough to rest a few minutes, then divide the dough into 3 equal parts. Shape 1 part into a ball and place it in the center of ungreased cookie sheet. Rub a little flour on rolling pin and roll the ball into an oval 1/4 inch thick. Pinch the edge to make a little stand-up rim. Dip out 1/3 of the tomato sauce mixture (about 2/3 cup) and pour onto the oval. Spread the sauce mixture almost to the edge of the dough with rubber scraper. Sprinkle with 1/3 of the shredded cheese (about 2/3 cup). Cut 2 of the frankfurters crosswise into penny slices on cutting board. Arrange the slices on the pizza. Bake in 425° oven 15 to 20 minutes or until the crust is golden brown. Repeat steps 5 through 8 with 2 remaining parts of dough and remaining sauce, cheese and frankfurters to make 2 more pizzas.

Note: You may want to gobble up the pizzas as they come out of the oven. If not, this is a good bake-ahead recipe. When you're ready to eat, heat the pizzas, 2 at a time, on an ungreased cookie sheet in a 300° oven about 5 minutes or until hot. The third pizza will be ready by the time you've finished eating the first 2.

PORCUPINE BALLS - 8 servings

1 1/2 pounds ground beef
1/2 cup cooked rice,
1 teaspoon salt
1/2 teaspoon pepper
1 10-ounce can condensed tomato soup
1/2 cup water

Mix beef, rice, salt, and pepper together and roll into balls. Heat soup and water in sauce pan, stirring until smooth. Simmer meat in sauce for 30 minutes.

BASIC MEAT LOAF - 16 servings

1 egg
1/2 cup milk
3/4 cup quick-cooking oats
3 teaspoons salt
1 teaspoon instant beef bouillon
3 tablespoons instant minced onion* or
1/2 cup frozen chopped onion
2 teaspoons horseradish
2 1/2 pounds lean ground beef

Heat oven to 350°. Mix all ingredients in bowl with fork. (This will take some mixing! Cutting through several times with knife will help.) Place the ground beef mixture in ungreased baking pan. Shape with your hands into a loaf about 9 inches long, 5 inches wide and 3 inches thick. Bake in 350° oven uncovered 1 hour and 30 minutes or until crusty and brown.

*Before adding instant minced onion, soak in an equal amount of water 3 to 4 minutes.

Variations

Barbecue Meat Loaf: Follow recipe for Basic Meat Loaf except—before baking, spread 1/4 cup barbecue sauce over the top of the loaf.

(continued)

Cheesy Meat Loaf: Follow recipe for Basic Meat Loaf except—after baking, overlap three 4-inch-square cheese slices on the top of the loaf. The heat from the loaf will melt the cheese.

Flowerpot Meat Loaf: Follow recipe for Basic Meat Loaf except—after baking, make a flower design, using a ring of sliced pimiento-stuffed olives for the flower petals; a cherry tomato for the center of the flower; green pepper strips for the stem, leaves and flowerpot and celery leaves for grass.

Football Meat Loaf: Follow recipe for Basic Meat Loaf except—before baking, shape the meat mixture into an oval that looks like a football, about 8 inches long and 5 inches wide at the middle. After baking, arrange strips of canned sliced pimiento (drained) on top to look like the lacings of a football. If you like, serve on a bed of spinach: Cook three 10-ounce packages frozen spinach as directed on packages. Drain spinach and arrange around football. (You don't like spinach? Try it—you might be surprised!)

BOLOGNA DAISIES AND MACARONI - 8 servings

6 cups water
3/4 pound ring bologna
2 teaspoons shortening
1 package (7.25 ounces) macaroni and cheese
1 tablespoon butter or margarine
1 1/2 cups hot water

Heat 6 cups water to boiling in saucepan (to use to prepare the macaroni and cheese). Peel casing off the bologna. Cut the bologna into 1/4-inch slices on cutting board. Make cuts about 1/4 inch deep at 1/2-inch intervals around the edges of the slices so they look like daisies. Melt 2 teaspoons shortening in skillet over low heat. Cook the bologna slices in the shortening until they are brown on one side. Turn with pancake turner and brown them on the other side. While the bologna slices are browning, prepare the macaroni and cheese as directed on package. (If the bologna slices finish browning before the macaroni and cheese is ready, keep them warm over very low heat.) Serve the macaroni and cheese on platter, with the bologna daisies arranged in a ring around it.

TUNA PATTIES - 12 servings

2/3 cup Grape-Nuts
1/2 cup milk
1 cup finely chopped onion
1 tbsp. shortening
2 cans (7 oz. each) tuna, drained
2 eggs, slightly beaten
1/2 tsp. salt
pepper
1 tsp. lemon juice
1 tbsp. shortening

Add cereal to milk; set aside. Saute onions in 1 tbsp. shortening until tender but not browned. Add to cereal mixture the tuna, eggs, salt, pepper, and lemon juice. Blend thoroughly. Form 12 patties. Brown on both sides in 1 tbsp. shortening.

CHICKEN OUICHE - 8 servings

1 unbaked 9" pie shell
1/2 cup diced chicken
1 1/2 cups shredded Swiss cheese
3 eggs, slightly beaten
1 1/2 cups milk
1/2 tsp. salt
1/4 tsp. mace
dash of pepper
2 tbsp. Parmesan cheese, grated

Place chicken in pie shell and add Swiss cheese. Combine eggs, milk, salt, mace, and pepper. Pour over cheese. Sprinkle on Parmesan cheese. Bake at 375° for 30-35 minutes or until a knife inserted comes out clean. Allow to stand 10 minutes before serving.

ORANGE CHICKEN - 4 servings

2 chicken legs and thighs
1/4 tsp. salt
2 tbsp. melted butter
1/2 cup orange juice
Poultry seasoning

Place chicken in small baking dish and season with salt. Mix melted butter with orange juice. Pour over chicken. Sprinkle with poultry seasoning. Bake 15 minutes at 350°. Turn and baste with juice mixture. Broil for 15 minutes or until chicken is crisp and tender.

TUNA AND CHEESE BISCUIT ROLL - 12 servings

2 cans (6 1/2 or 7 oz. each) tuna
2 tbsp. chopped onion
2 tbsp. margarine, melted
2 tbsp. flour, enriched
1/2 cup milk
3/4 cup grated cheese
2 cups biscuit recipe

Drain tuna and flake. Cook onion in margarine until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna. Prepare biscuit recipe as directed. Roll into a rectangle about 12 x 8 x 1/8 inch. Spread with tuna mixture. Roll like a jelly roll and seal ends and edge. Cut top in three places to let steam escape. Place on a well greased cooky sheet, 15 1/2 x 12 inches. Bake in hot oven 400° F., for 20 to 25 minutes or until brown.

TUNA AND CORN CASSEROLE - 12 servings

2 cans (6 1/2 or 7 oz. each) tuna
1/2 cup chopped onion
1/4 cup chopped green pepper
1/4 cup margarine, melted
1 pkg. (8 oz.) macaroni, enriched
1 can (1 lb. 4 oz.) cream-style corn
3/4 cup milk
3/4 tsp. salt
dash pepper
paprika

Drain tuna; break into large pieces. Cook onion and green pepper in margarine until tender. Cook macaroni as directed on package; drain. Combine all ingredients except paprika. Place in a well greased, 2-quart casserole. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 50 minutes.

TUNA AND RICE CROQUETTES - 6-8 servings

- 1 cup cooked rice, enriched
- 1 can (6 1/2 oz.) tuna, flaked
- 1 egg, separated
- 2 tbsp. minced onion
- 1 tsp. lemon juice
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 3/4 cup bread crumbs

Combine slightly beaten egg yolk with flaked tuna. Add rice and seasonings; chill. Just before shaping, fold in stiffly beaten egg white. Shape into 8 patties or cones. Roll in bread crumbs. Bake in oven 350° F. for 30 minutes.

TUNA CHOW MEIN - 12-14 servings

- 1 can (8 ounces) water chestnuts
- 1 can (16 ounces) Chinese vegetables
- 1 jar (2 ounces) sliced pimiento
- 3 celery stalks
- 6 cups chow mein noodles (about 12 ounces)
- 1 can (13 3/4 ounces) condensed chicken broth
- 3 tablespoons instant minced onion or
1/2 cup frozen chopped onion
- 3 tablespoons soy sauce
- 2 cans (6 1/2 ounces each) tuna
- 3 tablespoons cornstarch
- 1/4 cup water
- 1 can (11 ounces) mandarin orange segments

Heat oven to 150°. Drain the cans of water chestnuts and Chinese vegetables and the jar of pimiento. Wash 3 celery stalks and pinch off leaves. (Feed them to the hamsters or add to a soup for extra flavor.) Chop the celery into 1/2-inch pieces and cut the water chestnuts into 1/4-inch slices on cutting board. Spread 6 cups chow mein noodles in ungreased jelly roll pan. Heat in 150° oven while you prepare the chow mein. Stir together the Chinese vegetables, pimiento, celery, water chestnuts, broth, 3 tablespoons minced onion and 3 tablespoons soy sauce in saucepan. Heat to boiling over medium heat, stirring occasionally. Reduce heat and simmer uncovered over low heat 1 minute. Empty the tuna into colander to drain. Break the tuna into chunks with fork. Mix in bowl with fork 3 tablespoons cornstarch and 1/4 cup water until smooth. Stir into the chow mein mixture. Cook until mixture thickens and boils, stirring constantly. Stir in the tuna chunks. Boil and stir 1 minute. Place about 1 cup of the hot chow mein noodles on each dinner plate. Top with the chow mein. Drain the can of orange segments. Garnish each plate of chow mein with a few segments.

TUNA CASSEROLE - 8 servings

- 1 package (about 7 ounces) macaroni shells
- 3 tablespoons instant minced onion or
1/2 cup frozen chopped onion
- 1 celery stalk
- 1 package (8 ounces) pasteurized process cheese spread (loaf shape)
- 2 cans (6 1/2 ounces each) tuna
- 1 can (10 3/4 ounces) condensed cream of chicken soup
Milk
- 1 jar (2 ounces) sliced pimiento
- 1 teaspoon bottled lemon juice

Heat oven to 375°. Grease casserole with shortening. Cook the macaroni shells as directed on package. Pour them into the greased casserole. Sprinkle with 3 tablespoons minced onion. Wash 1 celery stalk and pinch off leaves. Chop the celery into 1/2-inch pieces on cutting board. (If you like more crunch, cut up another celery stalk.) Add the cut-up celery to the macaroni shells and onion. Cut about four 1/2-inch slices from the cheese loaf. Cut each slice into 1/2-inch squares until you have enough to measure 1 cup. Empty into the casserole. (Don't put the cheese away—you'll need it later.) Empty the tuna into the colander to drain. Break the tuna into

Note: In place of the cream of chicken soup, you can use 1 can (10-3/4 ounces) condensed cream of shrimp soup.

chunks with fork. Add to the casserole and stir. Pour the soup into the casserole. Fill the soup can half full with milk and stir with fork to get all the soup out. Pour the milk into the casserole. Drain the jar of pimiento. Empty the pimiento into the casserole. Sprinkle with 1 teaspoon lemon juice and stir lightly until all ingredients are mixed. Slice thin slices from remaining cheese loaf (enough to cover the top of the casserole). Place the slices on top of the casserole. Cover the casserole. Bake in 375° oven 30 minutes. Uncover and bake 5 minutes.

PORK-APPLE CASSEROLE WITH MASHED SWEET POTATO TOPPING - 12-16 servings

4 ounces shortening
2-1/2 pounds pork cubes (approximately 40 per pound)
1 small onion, chopped
Hot water
1 tablespoon salt
1 teaspoon dry mustard
1/4 teaspoon black pepper
1/2 teaspoon monosodium glutamate
1/2 teaspoon liquid gravy browning
3/4 cup cold water
1/2 cup flour
No. 2 1/2 can sliced apples, canned, halved
3 1/2 pounds sweet potatoes

Preheat oven to 450° F. Brown pork cubes in shortening. Add onions. Add hot water. Cover, Simmer 20 minutes. Add seasonings. Cover, simmer 10 to 15 minutes more or until meat is tender. Make paste of flour and water. (Strain if lumpy.) Add to meat mixture, cooking and stirring gently 5 to 7 minutes until thickened and cooked. Add halved apple slices; stir. Place pork/apple mixture in lightly buttered baking pan. Top with mashed sweet potato topping. Sprinkle with margarine and brown sugar. Bake at 450° F. until hot.

Sweet Potato Topping

Pare and parboil sweet potatoes and mash, or use Instant Mashed Sweet Potato Flakes

ENCHILADA PIE - 12 servings

2 pounds ground beef
1/4 cup onion, chopped
2 teaspoons salt
1 tablespoon chili powder
2 8 ounce cans tomato sauce
12 tortillas, soft
1/4 cup margarine
1 4-1/4 ounce can chopped olives
1 quart or 1 pound cheddar cheese, grated
2 cups water

Preheat oven to 400° F. Brown ground beef and onion. Add seasonings and tomato sauce. Butter tortillas and cut in quarters. In a greased baking pan, alternate layers of buttered tortillas, meat sauce, olives, and cheese. Add water and cover and bake at 400° F. for 20 minutes. Cut in wedges with sharp knife and serve.

MACARONI AND CHEESE w/TVP - 20 servings

- 8 cups water 1 tsp. salt
- 1 tsp. salt
- 1 tsp. vegetable oil
- 1 20-oz. pkg. macaroni
- 2 11-oz. cans cheddar cheese soup
- 1 cup water or vegetable juice
- Hydrated TVP*

Measure water, salt, and oil into a large Dutch oven. Cover pan and bring to boil over high heat. When water boils, add macaroni, stir once and cover pan. Reduce heat to low and set timer for 10 minutes. Stir occasionally. When macaroni is done, drain, rinse, and return to pan, stir in cheese soup, water or vegetable juice, and TVP. Mix thoroughly.

*TVP is Textured Vegetable Protein, a soy product often sold as a meat extender or meat substitute. It is available by mail from Letoba Farms, Rout No. 3, Box 180, Lyons, Kansas 67554, or inquire at your local health food store. It is an excellent source of protein. Before using TVP in a recipe it must be hydrated or recombined with liquid. Simply mix equal parts of TVP and hot liquid—meat flavored bouillon or leftover vegetable juices are best. Dry, it may be stored at room temperature, but hydrated TVP must be refrigerated.

PEA-RICE CASSEROLE - 12 servings

- 3 3/4 cups water
- 1/2 tsp. salt
- 1 tsp. vegetable oil
- 1 1/2 cups enriched white rice
- 2 11-oz. cans cheddar cheese soup
- 3/4 cup water or vegetable juice
- 1 cup milk powder
- 1 17-oz. can peas, drained

Measure water, salt, and oil into a large Dutch oven. Cover pan and bring to boil over high heat. When water boils, add rice, stir once, and cover pan. Reduce heat to low and set timer for 20 minutes. When timer rings for rice, remove rice from heat and let cool a few minutes. Add cheese soup, water or vegetable juice, milk powder, and peas. Mix thoroughly. Serve.

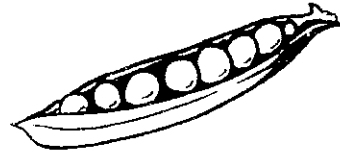
LIVERLOAF - 20 servings

- 1 1/3 lb. cooked pork or other liver
- Hydrated TVP
- 1 cup quick-cooking oatmeal
- 1/2 cup dry minced onion
- 2/3 cup milk
- 3 eggs
- 1/2 cup catsup
- 20 paper muffin cups

Preheat oven to 400°. Grind liver using meat grinder. In large bowl combine ground liver, hydrated TVP, and remaining ingredients. Mix thoroughly. Set paper muffin cups in muffin tins and pack liver mixture in cups so loaves hold together. Place filled muffin tins in oven and set timer for 15 minutes.



Fruits and Vegetables



APPLE SALAD - 6 servings

1 cup diced apples
1 cup diced celery
1/2 cup broken walnuts
1/2 cup raisins
1/2 cup mayonnaise
2 tablespoons milk

Mix apples, celery, walnuts, and raisins together. Combine mayonnaise and milk. Add to apple mixture. Stir it up.

FIRECRACKER SALADS - 6 salads

1 package (10 ounces) frozen sliced strawberries
1 celery stalk
1 cup water
1 package (3 ounces) strawberry-flavored gelatin
1/2 cup frozen whipped topping, thawed
1/2 cup miniature marshmallows
1/2 cup blueberries

Remove the strawberries from freezer. Let stand at room temperature about 10 minutes so they thaw slightly. Wash 1 celery stalk and pinch off leaves. Cut the celery into thin strips about 2 inches long and 1/4 inch wide on cutting board. Keep 6 strips for your salads. (Refrigerate the rest for nibbles.) Heat 1 cup water just to boiling in saucepan over medium-high heat. Empty the gelatin into bowl. Pour the boiling water over the gelatin. Stir until the gelatin dissolves. Stir in the slightly thawed strawberries. Break apart the clumps of strawberries with fork. Pour the gelatin-strawberry mixture into 6 glasses, filling each glass about 1/3 of the way to the top. Refrigerate at least 2 hours or until the gelatin is firm. Just before serving, empty 1/2 cup whipped topping into another bowl. Fold in 1/2 cup miniature marshmallows. Spoon about 2 tablespoons of the topping mixture onto the gelatin in each glass. Top with about 1 tablespoon blueberries. Poke 1 celery strip into the top of each salad to make the firecracker's fuse.

EASY APPLESAUCE

Take advantage of the fall harvest for making some fresh applesauce. Peel, core and slice several apples. In a blender place 1/4 cup water or apple juice and add apples one at a time. Blend until smooth. Pour into a saucepan and cook on low heat 5 to 10 minutes. Add cinnamon and sweetener (honey or light corn syrup, or etc.) to taste. A dash of lemon or Fruit Fresh will retard its "darkening" action.

WATERMELON STAR SALAD - 1 salad

Lettuce leaf
1/2 slice medium watermelon (1 inch thick)
1/2 cup creamed cottage cheese
1 tablespoon blueberries

Wash lettuce leaf and pat dry with paper towel. Place on salad plate. Cut the watermelon slice into 5 wedges on cutting board. Cut the red melon away from the white part and green rind. Arrange the melon wedges on the lettuce leaf in a circle with the points outward to make a star. Spoon cottage cheese into the center of the watermelon star. Sprinkle the cottage cheese with blueberries.

FRUIT SALAD FAVORITES*

Cut up orange sections or mandarin oranges and diced apple or banana slices, garnished with plain or toasted coconut.

Banana slices, rolled in chopped peanuts, and pineapple spears.

Long slices of banana and cubes of jellied cranberry sauce; or slices of pineapple topped with round slices of jellied cranberry.

Honeydew melon slices with balls of cantaloupe and watermelon.

Cut-up apples, oranges, bananas, grapes, marshmallows and nuts blended with mayonnaise and whipped cream.

Pineapple slices or peach or pear halves topped with cottage or cream cheese.

Fresh or canned pineapple spears, strawberries and halves of blue plums.

Cantaloupe balls, Bing cherries, halved sweet green or Tokay grapes, seeded.

Pineapple chunks, Bing cherries and pecans.

Minted pineapple chunks, green grapes or halved Tokay grapes and cooked diced celery root, garnished with toasted slivered almonds.

Orange and grapefruit sections and avocado slices or slices of unpared red apples, garnished with pomegranate seeds or sliced strawberries.

Apricot, peach or pear half or pineapple slice topped with tiny cream cheese balls rolled in chopped nuts: pistachios are especially attractive.

Prunes or apricots stuffed with cream cheese, cottage cheese or peanut butter.

Sliced fresh pears and halved Tokay grapes, seeded.

Halved sweet green grapes or cherries in hollow of pear or peach halves.

Pear or peach halves with mayonnaise in hollow, topped with grated Cheddar cheese.

Fresh peach slices, small green grapes and peanuts.

Diced fresh pineapple, strawberries and a sprinkling of finely chopped mint.

*Serve above salad combinations on salad greens with Sweet French Dressing.

SWEET FRENCH DRESSING

1 cup corn oil

1/4 cup vinegar

1/4 cup lemon juice

1 teaspoon salt

1/2 teaspoon dry mustard

1/2 teaspoon paprika

6 tablespoons confectioners sugar or honey

Beat all ingredients together with rotary beater or shake well in tightly covered jar. Keep in covered jar in refrigerator. Shake again to mix before using as it separates on standing. Makes 1 1/2 cups.

CARROT-COCONUT SALAD - 12 servings

1 cup flaked coconut
6 raw carrots
1/2 cup raisins
2 tablespoons lemon juice
1/4 cup mayonnaise

Scrub carrots with vegetable brush and grate into a bowl.
Stir in coconut and raisins. Add mayonnaise and mix well.
Chill before serving.

VEGETABLE SALAD VARIETY*

Cooked green peas, cooked French-style green beans, chopped green pepper, onion and celery, marinated in oil-vinegar dressing overnight and garnished with pimiento.

Grated raw carrots and drained crushed pineapple or diced celery mixed with raisins.

Sliced zucchini, raw cauliflowerets or thinly sliced radishes with tossed greens.

Tomato sections, cucumber slices and cauliflowerets marinated in French dressing, each in its own little lettuce cup.

Cooked baby lima beans, sliced mushrooms and sliced green onions, seasoned with oregano.

Grated raw carrot, chopped sweet onion, chopped pepper, chopped celery, grated rind and sections of one orange and lettuce. Or grated raw parsnips, chopped sweet onion, celery and pimiento-stuffed olives tossed with greens.

Small tomatoes stuffed with cottage cheese sprinkled with minced chives, parsley or toasted almonds; or stuffed with cabbage salad.

Mound of cottage cheese with diced green or red pepper, cucumber and onions.

Asparagus tips on thick tomato slices, sprinkled with grated cheese.

Grated raw carrots and diced celery, mixed with raisins or nuts.

Halves of peeled, chilled tomatoes sprinkled with minced parsley, mint or chives. After dressing is added, sprinkle with grated sharp cheese.

Red cherry tomatoes, yellow plum tomatoes with unpared cucumber slices and sliced spring onions.

Overlapping slices of tomato, unpared cucumber slices and onion rings or slices.

*Serve above salad combinations on salad greens with Piquant Dressing.

PIQUANT DRESSING

1 cup corn oil
1/4 cup vinegar
1/4 cup lemon juice
1 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon paprika
2 tablespoons sugar
1 teaspoon celery seed
1 teaspoon grated onion

Beat all ingredients together with rotary beater or shake well in tightly covered jar. Keep in a covered jar in refrigerator. Shake again before using as it separates on standing. Makes 1 1/2 cups.

HONEYED CARROTS - 8 half cup servings

3 tbsp. butter
4 cups sliced carrots
3 tbsp. orange juice
1 1/2 tsp. salt
1/4 tsp. ginger
4 tbsp. honey

Combine all ingredients in a saucepan and cover and cook over a low heat for 30 minutes or until tender. Stir occasionally. Leftovers may be frozen.

BAKED BEETS IN ORANGE CUP - 1 serving

1/2 cup sliced beets
1/2 orange
1 tbsp. butter

Wash orange well and cut in half. Use only one-half per person. Squeeze all juice from orange and pour over beets. Scrape the membranes from the inside of the orange shell. Place butter in the shell and spread over entire surface. Add beets and orange juice. Place a square of aluminum foil over the top of the shell to prevent burning and bake at 350° for 10-15 minutes or until juice begins to bubble.

GREEN BEAN BAKE - 12 servings

2 pkg. frozen whole green beans
1 garlic clove, sliced (optional)
1 cup sour cream
1/4 tsp. pepper
2 tbsp. butter
1 cup soft bread crumbs

Cook green beans with garlic following label directions. Drain. Place in baking dish. Stir pepper into sour cream and spoon over beans. Melt butter in small saucepan. Add bread crumbs and toss. Sprinkle over sour cream. Bake at 350° for 20 minutes.

SPINACH WITH RAISINS - 6 servings

1 pkg. frozen chopped spinach
1/4 cup raisins
1 tsp. salt
dash of pepper
dash of nutmeg
2 tbsp. butter
1 medium onion, chopped

Cook spinach following label directions. Drain. Stir in raisins, dash of pepper and nutmeg. Saute onion in butter until tender and pour into spinach mixture. Stir to mix well.

LIMA BEANS IN TOMATO SAUCE - 12 servings

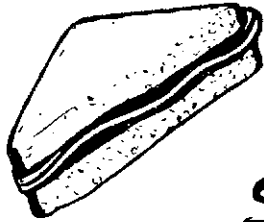
3 tablespoons vegetable oil
4 cups dry baby lima beans, cooked, salted, drained
(about 2 cups uncooked)
2 cups tomatoes, cooked or canned
1/4 cup onion, chopped
1/4 cup brown sugar, packed
1/4 teaspoon chili powder
1 tablespoon vinegar

Brown onions in vegetable oil. Add remaining ingredients; mix. Simmer for 25 minutes or until thickened.

BAKED CORN - 12 servings

2 cups cream style corn
2 cups milk
3 slightly beaten eggs
2 teaspoons sugar
1 tablespoon butter
1 teaspoon salt
1 tablespoon finely chopped onion or
1 teaspoon dried onion flakes

Combine all ingredients. Bake 325 degrees about 40 minutes or until firm to touch.



Soups and Sandwiches

BEAN CHOWDER - 10-12 servings

3/4 cup dry navy (pea) beans
4 cups water
1 1/2 teaspoons salt
3/4 cup potatoes, diced
1/2 cup onion, chopped
1 1/2 teaspoon flour, enriched
1 tablespoon margarine
3/4 cup tomatoes, canned
Green pepper, finely chopped
1 1/2 cups milk

Soak beans in water. Add salt. Boil covered until almost done, about 1 hour. Add potato and onion; cook 30 minutes more. Mix flour with the margarine. Stir into bean mixture. Add tomatoes and green pepper. Cook over low heat 10 minutes, stirring constantly until thickened, then occasionally to avoid scorching. Stir in the milk. Heat to serving temperature.

CHEESE SOUP - 12 servings

2 cups milk
2 tablespoons cornstarch
4 cups chicken stock
1 cup cubed Monterey Jack cheese
3 hard cooked eggs, finely minced
1/4 cup minced parsley
2 tablespoon margarine bits
black pepper

Dissolve cornstarch in milk in saucepan. Add chicken stock and bring to boil. Add cheese and cook, stirring until cheese is just melted. Sprinkle with eggs, parsley, margarine and pepper.

CORN CHOWDER - 8-10 servings

2 tablespoons margarine
1/2 small onion
1 large potato
1 cup water
1 can cream-style corn (1-pound can)
3 cups milk
1/2 teaspoon salt

Saute onion in margarine in large saucepan; cook until tender. Cut potato finely. Add potato and water and cook 10 minutes. Add corn and cook 10 minutes longer. Stir in milk and salt. Heat.

CREAM OF TOMATO SOUP - 8-10 servings

1 teaspoon finely chopped onion
2 tablespoon margarine
3 tablespoons flour, enriched
2 teaspoon sugar
1 teaspoon salt
1/8 teaspoon pepper
2 cups tomato juice
2 cups cold milk

Saute onion in margarine. Stir in flour, sugar, salt, and pepper. Cook until smooth and bubbly, stirring constantly. Remove from heat. Gradually stir in tomato juice. Bring to boil, stirring constantly; boil one minute. Stir hot tomato mixture gradually into cold milk. Heat rapidly to serving temperature. Serve immediately.

CREAM SOUP BASE - 8-10 servings

3 cups water or other liquid
1 cup instant nonfat dry milk
3 tablespoons flour, enriched
1 teaspoon salt
1 1/2 - 2 cups cooked vegetable, meat or fish
1/4 cup margarine

Place liquid in saucepan. Combine nonfat dry milk, flour and salt and sprinkle over water. Stir or beat until smooth. Cook over low heat, stirring constantly until mixture thickens. Add margarine and cooked vegetable (or meat). Heat thoroughly and serve.

Note: The liquid from the vegetables or meat stock may be substituted for part or all of the water for making the soup base. Reduce flour to 2 tablespoons in this recipe when making potato, corn, or bean soup. These vegetables will thicken the soup.

FISH CHOWDER - 8-10 servings

1 pound cleaned fish
1/2 large onion
2 medium potatoes
1 tablespoon salad oil
2 cups water
1 teaspoon salt
pepper to taste
2 cups milk

Bone and skin fish and cut into small pieces. Chop onion and potatoes. Saute onion in oil and cook until tender. Add water, potatoes, salt, pepper and fish. Cover and cook over low heat 15 minutes or until potatoes are tender. Add milk. Heat.

FRENCH COUNTRY SOUP - 24 servings

3 tablespoons margarine
2 medium carrots, grated
3 leeks or 1 small onion
2 cups shredded cabbage
2 stalks celery, chopped
3 cubes beef bouillon
2 medium potatoes, grated
1 teaspoon salt
1/2 teaspoon sugar
1 quart water
1 1/2 cups cooked white beans
grated Swiss cheese

Melt margarine and saute carrots, leeks, celery and cabbage. Cover and simmer about 20 minutes. Add salt, sugar, water and bouillon. Bring to a boil and add beans and potatoes. Cover and simmer for 45 minutes. Serve sprinkled with grated cheese and French bread.

JUICY HAMBURGERS - 6 hamburgers

- 1 1/2 pounds ground beef
- 1/4 cup water
- 3 to 4 teaspoons instant minced onion* or
1/4 cup frozen chopped onion
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper

Mix all ingredients in bowl with fork. Shape the mixture with your hands into 6 patties about 3/4 inch thick.

Cook in one of the following ways:

To panfry: Fry the patties in skillet over medium heat 5 minutes on each side.

To oven-bake: Heat oven to 350°. Place the patties on rack in baking pan. Bake in 350° oven 20 minutes.

*Before adding instant minced onion, soak in an equal amount of water 3 to 4 minutes.

SLOPPY JOES - 6 to 8 sandwiches

- 1 celery stalk
- 1 pound ground beef
- 3 tablespoons instant minced onion
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 jar (about 16 ounces) spaghetti sauce
- 6 to 8 hamburger buns

Wash celery and pinch off leaves. Chop the celery into 1/2-inch pieces on cutting board. Crumble the ground beef into skillet. Cook and stir over medium-high heat until brown on all sides, about 10 minutes. Spoon out any fat and throw it away. Stir the celery, minced onion, salt, pepper and the spaghetti sauce into the ground beef. Heat to boiling, stirring constantly. Reduce heat. Simmer uncovered over low heat 10 minutes, stirring occasionally. Cut 6 to 8 hamburger buns crosswise in half and place cut sides up on ungreased cookie sheet. Adjust broiler rack so the tops of the buns will be 4 to 5 inches from heat. Set oven control at broil and/or 550°. Toast the buns until light brown. Watch carefully—it will take just 1 or 2 minutes. Lift the buns to platter with pancake turner. Spoon the ground beef mixture onto bottom half of each bun and cover with top half.

HOT TUNA AND CHEESE SANDWICHES - 6 sandwiches

- 1 can (6 1/2 or 7 oz.) tuna
- 1/4 cup margarine
- 1 teaspoon prepared mustard
- 6 slices bread
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 1 tablespoon chopped sweet pickle or sweet
pickle relish
- 1/4 cup mayonnaise or salad dressing
- 6 slices cheese
- paprika
- parsley sprigs

Drain tuna; flake. Cream margarine and blend in mustard. Spread bread with mustard-margarine. Combine onion, celery, pickle, mayonnaise, and tuna. Spread bread with tuna mixture and cover with cheese. Sprinkle with paprika. Place sandwiches on a cookie sheet, 15-1/2 x 12 inches. Bake in a very hot oven, 450° F., for 10 to 12 minutes or until cheese melts and bread toasts. Garnish with parsley.

TUNA BURGERS - 6 sandwiches

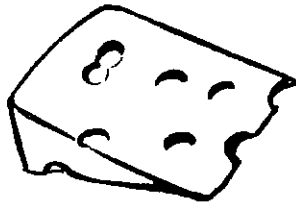
1 can (6-1/2 oz.) tuna
1 cup chopped celery
1/2 cup cut-up celery
1 small onion, chopped finely
1/4 cup mayonnaise
salt and pepper to taste
6 hamburger buns, split
margarine

Spread hamburger buns with soft margarine. Mix tuna, celery, cheese, onion, mayonnaise, salt and pepper together in a bowl. Fill buns with tuna mixture. Wrap burgers in aluminum foil and place on baking sheet. Bake in oven at 350° for 15 minutes. Makes 6 sandwiches.

HOT HAM SALAD SANDWICH MIXTURE - 6-8 sandwiches

2 cups chopped ham (approx. 6 cups)
2 hard boiled eggs chopped
1/4 cup pickle relish
1/4 cup finely chopped cabbage
1/2 cup salad dressing or enough to moisten well

Mix all ingredients together. Slice hamburger buns in half or use a slice of whole wheat toast. Place 3 tablespoons filling on each bun half. Place buns in 2 inch deep baking pan slightly greased. Cover with aluminum foil tightly. Heat through in 400 degree oven. (About 30 min.)



Snacks and Finger Foods

SNACKS

Snacks are a way of life in most American households. It need not be a dirty word—nor need it be JUNK! Fruits and vegetables are the most obvious snack foods. Snacks, junky ones, push the nutritious foods out of our diet, contribute to tooth decay, and add on pounds.

Do include peanuts as a snack for your “beyond toddlerhood” children if you feel they know how to chew them well.

Raisins (and other dried fruits) have recently fallen from favor in the dental community as they consist of sugars, albeit natural, that stick between teeth and promote tooth decay. Why not consider moving dried fruits into the main mealtime, rather than just as a snack?

MAGIC FINGER JELLO - 16 servings

2 pkg. unflavored gelatin
1 (6 oz.) pkg. Jell-O or 2 (3 oz.) pkgs.
2 1/2 cups water
1/4 cup or less sugar or artificial sweetner

Dissolve unflavored gelatin in one cup of cold water. Set aside. In a saucepan, bring 1 cup of water to a boil and add Jell-O and sugar. Bring to a boil and remove from heat. Add gelatin mixture. Stir and add 1/2 cup cold water. Pour into a greased pan and set in the refrigerator until solid (about 2 hours). Cut into squares (or use a cookie cutter) and store in an airtight container in the refrigerator.

CHEESY PRETZELS - 16 pretzels

1 1/2 cups all-purpose flour*
2/3 cup milk
1/2 cup shredded Cheddar cheese (about 2 ounces)
2 tablespoons butter or margarine, softened
2 teaspoons baking powder
1 teaspoon sugar
1 teaspoon salt
1 egg
coarse salt

Heat oven to 400°. Grease cookie sheet with shortening. Cover breadboard with pastry cloth, tucking ends underneath. Cover rolling pin with stockinet cover. Sprinkle the covered board and rolling pin lightly with flour and rub it in until it disappears. Mix flour, milk, shredded cheese, butter, baking powder, sugar, and salt to a soft dough in medium bowl with fork. Gently smooth the dough into a ball on the covered board. Knead 10 times. Divide the dough in half. Roll one half of the dough into a rectangle, 12 inches long and 8 inches wide. Mark and cut the rectangle lengthwise into eight 1-inch strips. Make each strip narrower by folding it lengthwise in half. Pinch the edges to seal. Twist each strip into a pretzel shape and place seam side down on the greased cookie sheet. Beat egg in small bowl with the fork until the white and yellow are mixed. Brush the pretzels with the beaten egg, then sprinkle lightly with coarse salt. Bake in 400° oven 20 to 25 minutes or until golden brown. Lift with pancake turner to rack. Repeat with remaining half of the dough.

*If using self-rising flour, omit the baking powder and salt.

Note: In place of the coarse salt, you can use onion salt or garlic salt or grated American cheese food.

Variation

Peanutty Pretzels: Follow recipe for Cheesy Pretzels except—in place of the butter, use 2 tablespoons crunchy peanut butter. Omit the shredded cheese. In place of the coarse salt, use 2 tablespoons chopped salted peanuts.

FUDGESICLES - 8 servings

1 (4 oz.) pkg. regular chocolate pudding mix
(or dietetic choc. mix)
3 1/2 cups milk (skim)

Prepare as for pudding. Sweeten to taste. (An egg may be added for additional nutritional value.) Freeze in molds or paper cups and insert "handles."

ICE POPS - 18 servings

1 pkg. Jell-O (any flavor)
1 cup (or less) sugar or artificial sweetener equivalent
1 small pkg. Kool Aid (any flavor)
4 cups water

Dissolve first 3 ingredients in 2 cups hot water. Add 2 cups cold water. Mix well and freeze in molds. Less drip per lick. Yields 18 popsicles so you may want to halve the recipe.

QUICKIE POPS

In a mold or paper cup, mix juice (apple, pineapple, orange, grape, etc.) with 1 teaspoon melted vanilla ice cream. Mix well and put in freezer. Add handle when partially frozen. This has the advantage of being able to make just one or two rather than a whole batch. Also a good way of helping down some orange juice if you're meeting with resistance when it's served in a glass, or just using up some orange juice left from breakfast.

Variation:

Mash pitted watermelon cubes (or blend) and pour into a mold to make a popsicle.

YOGURT CREAM CHEESE

Take about a half yard of clean cheesecloth and tie up the four corners to make a bag with an open top. Pour homemade yogurt into the bag, tie a string around the top, and tie the string to the kitchen faucet. Let the liquid drain out of the yogurt into the sink for several hours or, in cool weather, overnight. Take the cheese out of the bag and season it with salt, finely chopped chives, and other herbs such as garlic, tarragon, parsley, and so forth. You can turn it into a dessert spread instead by using a little bit of salt, honey, and chopped nuts to taste.

CEREAL STICKS - 16 servings

1/2 cup butter or margarine
1 cup sugar
2 eggs
1 teaspoon vanilla
2 1/2 cups flour
1/8 teaspoon salt
1/4 teaspoon baking soda
1/2 cup plus of cereal

Blend all the ingredients plus 1/4 cup of the cereal together. The cereal can be Grape Nuts, granola, or wheat germ, etc. If the dough is too soft, add more flour. Take a small piece of dough and roll into a stick (snake) and then roll the stick in the extra cereal to coat. Place on a lightly greased cookie sheet and bake at 400° for 8 minutes or till slightly browned.

APPLE-CHEESE SNACK - 1 snack

1 red or yellow apple
Small chunk of your favorite cheese (Cheddar,
American, Swiss)

Wash and core apple. Cut into quarters on cutting board, then cut each quarter into 4 or 5 slices. Arrange in circle on plate. Cut the cheese into wedges and put them in the center of the plate. Munch and crunch!

APPLES IN HAND

Peel (optional) and core a whole apple. Mix peanut butter with one of the following : raisins, wheat germ, or granola. Stuff this into the hole from the cored apple. This may be sliced in half for table serving.

SESAME SEED SQUARES - 16 servings

1/2 cup honey
1/2 cup peanut butter
1 cup powdered milk
1/2 cup shredded coconut (unsweetened)
1 cup sesame seed

Heat honey and peanut butter in a sauce pan. Add powdered milk, coconut, and sesame seed. Mix and pat into a square pan. Refrigerate to set. Cut into cubes.

SOYBEAN SNACKS

Put a cupful of rinsed soybeans into a bowl, cover them with water, and soak them in the refrigerator overnight. In the morning, drain the beans well and spread them out on a cookie sheet. Bake them in a 200° F. oven for 2 1/2 hours. Drizzle a teaspoonful of olive oil over the beans and stir them with a spoon until every bean looks oiled. Put them back into the oven for another half hour. As soon as you take them out, sprinkle them lightly with salt. When the beans are thoroughly cool, store them in a covered jar. Serve as you would salted nuts.

TUNA PINEAPPLE DIP - 1 pint

1 can (6 1/2 or 7 oz.) tuna
1 can (9 oz.) crushed pineapple
1 pkg. (8 oz.) cream cheese
3 tablespoon pineapple juice
dash salt
dash nutmeg
whole wheat crackers

Drain tuna and flake. Drain pineapple and save liquid. Soften cheese at room temperature. Combine all ingredients except whole wheat crackers; blend into a paste. Chill. Serve in a bowl surrounded by whole wheat crackers. Makes about 1 pint of dip.

PEANUT BUTTER CEREAL BARS - 24 servings

1/2 cup margarine
1 cup peanut butter
1 cup honey
4 cups infant cereal
1 cup Total, Product 19, or Special K cereal

Melt margarine, peanut butter, and honey in large pan over low heat. Remove from heat, fold in cereals, and mix thoroughly. Spread evenly into 9" x 12" pan. Cover and refrigerate until next day. Cut into bars.

PEANUT BUTTER BALLS - 4 servings

1/2 cup peanut butter
3 1/2 tablespoons non-fat powdered dry milk
A bit of honey

Combine ingredients, roll into balls and store in refrigerator.
Optional additions: raisins, nuts, coconut, wheat germ, sunflower seeds, brown sugar for rolling.

GOODIE BALLS - 12 servings

Combine:
1/2 cup peanut butter
1/2 cup honey
1/2 cup instant cocoa or carob powder
1 cup toasted wheat germ
1 cup peanuts or soy nuts
1/2 cup sunflower seeds

Roll into balls and roll in coconut. Refrigerate if using a refrigerated brand of peanut butter, which would be preferable.

CHOCOLATE-PEANUT BUTTER STICKS - 16 servings

8 oz. semi-sweet chocolate
6 tablespoons peanut butter
1 teaspoon vanilla
1 cup toasted wheat germ

Melt chocolate and blend with peanut butter and vanilla. Stir in wheat germ. Press into a buttered 8" square pan and chill till firm. Cut into bars and store in a container in the refrigerator.

GRINDER SNACKS

Grind figs, dates and raisins in equal amounts. (Nutmeats optional.) Add a small amount of lemon juice to a cup of graham crumbs. Make small balls out of your ground mixture and roll in crumbs for coating.

RAW VEGETABLE SNACKS

Prepare any of the snacks below, then keep them fresh and crisp in a bowl of ice water in the refrigerator. Nibble anytime! Raw vegetables often meet with less resistance than those that are cooked. Serve by themselves or with a dip with a yogurt, sour cream, or cottage cheese based dip.

Carrot Curls: Wash and pare some carrots. Make long paper-thin curls by slicing the length of each carrot with a vegetable parer. Roll each slice around your finger, then poke a wooden pick through the carrot curl. Place in ice water in the refrigerator about 1 hour so the curls will hold their shape, then remove the wooden picks.

Celery Curls: Wash some celery stalks and pinch off the leaves. Cut several stalks at a time into 2- or 3-inch lengths on a cutting board. Cut the ends of each length into narrow strips (like fringe). Place in ice water in the refrigerator about 1 hour so the ends will curl.

Radish Fans: Wash and trim some radishes. Make thin parallel cuts in one side of each radish to about 1/4 inch from the other side. Place in ice water in the refrigerator about 1 hour so the cuts will open to make a pretty fan.

Zucchini Sticks: Wash a zucchini and cut into short narrow sticks.

Cucumber Sticks: Wash and pare a cucumber and cut into short narrow sticks.

Cauliflowereets: Wash a head of cauliflower under running cold water, then break or cut into bite-size pieces.

Broccoli Buds: Wash some broccoli, then break or cut the buds into bite-size pieces.

BUNNY FOOD

Combine grated carrots with raisins. Blend together with some mayonnaise, or a bit of honey and lemon juice.

STUFFED CELERY

Remove the strands from celery and stuff with cream cheese or peanut butter. Raisins may be added on the top of the spread.

BOLOGNA WRAP-UPS

Wrap a 4-inch slice of bologna around a pickle or a strip of cheese. Wrap the bologna with a tender cabbage leaf. Fasten with a wooden pick.

MINI-KABOBS

Make mini-kabobs on wooden picks. Here's a suggestion: cubes of cheese with drained pineapple chunks or maraschino cherries, or cubes of bologna with stuffed olives and pickle slices.

FRUITS ON SKEWERS

Place a pineapple chunk, a mandarin orange segment, a watermelon pickle and a maraschino cherry or a grape on a skewer. If there is room, repeat the fruits. Leave a little space on each end of the skewer. Repeat until you've filled as many skewers as you want with fruit. Cut a thin slice from the stem end of an orange (so it won't roll around) and place the orange cut side down on a small plate. Poke the skewers into the orange. To eat the fruit, push it off the skewer with a fork.

PEANUT BUTTER FONDUE

2 cups chunky peanut butter
1 5 1/3 ounce can evaporated milk
1 cup light brown sugar
1/4 cup margarine
1/8 teaspoon salt

Mix all ingredients together in a heavy sauce pan over low heat until well blended and hot. Stir occasionally. Keep fondue warm while you dunk apple wedges, marshmallows, bananas, and pieces of graham crackers. Use fondue forks or wooden toothpicks for dunking.

NUTTY BANANAS

2 bananas
1/2 cup orange juice
chopped peanuts
toothpicks

Slice bananas. Dip in orange juice and roll in chopped peanuts. Enjoy.

OATMEAL CRACKERS

3/4 cup enriched flour, sifted
3/4 teaspoon salt
1/4 cup shortening
3 ounces Cheddar cheese, grated
3/4 cup oatmeal, quick cooking
6 tablespoons cold water
paprika

Preheat oven to 425° F. Sift flour and salt together. Cut in shortening until mixture resembles fine crumbs. Stir in cheese and oatmeal. Sprinkle water by tablespoon over mixture, stirring with fork after each addition. Form into ball; flatten and shape into a square. Roll out on lightly floured board to 1/8-inch thick. With sharp knife, cut into 2-inch squares. Place on ungreased cookie sheet 1 inch apart. Bake at 425° F. for 12 to 15 minutes until browned. Sprinkle with paprika. Crackers should be crisp.

CHEESE CRISPIES - 6 servings

1/4 cup whole-wheat flour
1/2 teaspoon baking powder
2 pinches of paprika
2 pinches of salt
6 tablespoons grated Cheddar or Swiss cheese
1 tablespoon beaten egg
1 tablespoon milk
Sesame seeds, optional

Preheat oven to 350°. Blend whole-wheat flour, baking powder, paprika and salt in a bowl. Add grated cheese, beaten egg and milk. Mix the ingredients together until the dough forms a ball. If the dough seems too dry, add a bit more of the beaten egg. If possible, refrigerate the dough for at least an hour to make it easier to roll. Sprinkle a little flour on the dough and on a bread board or clean countertop roll the dough until it is very thin, so that the cookies will become crisp when baked. Cut into fanciful shapes with cutters, or slice into thin strips. Sprinkle an ungreased cookie sheet with sesame seeds, or leave plain, and place the crispies on top. Sprinkle lightly with salt. Bake at 350° for 15 minutes or until crispies are lightly browned. Store in a tin or airtight container. Do not refrigerate or crispies will become soggy.

SNACK TREAT MIX

1/2 cup black raisins
1/2 cup pepita (hulled, unsalted pumpkin seeds)
1/2 cup unsalted, chopped cashews
1/2 cup carob dots (see note)
1 cup unsalted, roasted soybeans
1/2 cup raw, unsalted sunflower seeds

Mix all the ingredients together in a bowl. Store in a sealed container in the refrigerator.

Note: Chopped dates or additional raisins may be substituted for the carob dots.

KID-SIZE CARROT CUPCAKES - 12 servings

3/4 cup safflower oil
3/4 cup brown sugar
2 eggs
3/4 cup whole-wheat flour
1/4 cup unbleached white flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon grated orange peel, optional
1 1/2 cups grated carrots
6 tablespoons raisins and or chopped nuts.

Preheat oven to 350°. Grease small-size muffin tins or cupcake tins, or line the tins with papers. Cream oil and brown sugar together until well mixed. Add eggs, one at a time. Beat well after each addition. Mix together flours, baking powder and soda and salt. Add flour mixture to the blend of oil, egg and sugar, and beat until well mixed. Add grated orange peel, if included, and grated carrots; mix well. Add raisins or nuts and spoon batter into the tins. Bake for about 40 minutes. Test for doneness by inserting a toothpick into a cupcake; when the toothpick comes out clean, the cakes are done. If desired the cake tops may be sprinkled lightly with powdered sugar. Refrigerate any leftover cakes; they are even better the second day.

FINGER FOODS FOR BABIES 6 TO 8 MONTHS OLD

Mashed bananas or small slices
Applesauce
Cooked cereals
Cherrios
Toast, lightly buttered
Graham cracker
Arrowroot cookies
Mashed potato
Soft cooked vegetables, mashed
Cottage cheese
Yogurt
Pudding
Vanilla ice cream
Chicken liver and other tender meat, mashed or chopped
Ground meat (may be accepted, may not)

FINGER FOODS FOR BABIES 9 MONTHS TO A YEAR

Offer foods that the child may pick up.
Texture becomes of great interest at this point.

Apple, peeled and cut into eighths
Orange sections, peeled and loose membrane removed
Peaches, ripe and peeled
Egg, boiled, scrambled or poached
Cheeses, soft
Soft custards
Carrots and other vegetables, cooked soft
Macaroni pasta
Egg noodles
Rice
Toast
Bagel
Tender meats; lamb, veal and some beef
Braunschwieger, cut in cubes
Spaghetti with meat sauce
Fish, without bones (also Gefilte Fish)
Tiny meatballs

Most babies with 2 to 4 teeth are more receptive to lumpier foods. Regardless of age babies do not need teeth to chew, gums do an adequate job on soft foods. More chewy fruits and vegetables should be added as more teeth erupt. It is easy to drift into the habit of serving only soft fruits and vegetables and to perpetuate such practices as peeling apples, but it is wise to gradually increase the chewy foods as the chewing ability increases.

FINGER FOODS FOR BABIES ONE YEAR AND OLDER

Vegetables:

Carrot sticks (large)
Cauliflower
Cherry tomatoes, halved
Tomatoes, peeled
Mushrooms
Lettuce, cut up
Avocado, ripe
Asparagus tips
Broccoli tips
Green beans
Cooked sweet potato
Mashed potatoes
French fries
Peas (uncooked, frozen ones too!)
Celery, with all strands removed
Pickle spears

Dairy:

Small squares of soft cheese, American, Gouda, etc.
Deviled eggs made with mayonnaise
Hard boiled eggs
Cottage cheese (add fruit, fresh or canned, for interest)
Yogurt (may be served semi-frozen)

Fruits:

Apples, peeled
Pears, peeled
Peaches, peeled
Navel oranges, peeled and sectioned
Mandarin oranges, canned
Fresh berries
 Strawberries, halved
 Grapes, halved for young toddlers
 Sweet cherries, pitted
 Blueberries
Watermelon, pitted and cut into bite sized pieces
Cantaloupe, cut into bite sized pieces
Banana, whole or cut into thirds

Meats:

Crisp bacon*
Fresh frankfurters* (rather than baby food brands)
Small meatballs
Spareribs, well cooked
Ham, cut into bite sized pieces*
Luncheon meats*
Braunschweiger, cut into bite sized pieces*
Sausage*
Spam, cut into bite sized pieces*
Chicken or beef liver

Chicken or turkey, diced
Lamb chops (but with a bone with no sharp points)
Veal
Tender roasts (may grind)
Tuna fish
Hamburger (try it in different shapes, such as sticks)
Ground turkey cooked like hamburger
Corn dogs*
Beef jerky*

*These meats contain nitrites (which act as a preservative and coloring agent) and they should be served in moderation as some experts question the safety of nitrites.

Breads, Cereals, etc.:

Lightly buttered toast, cut into fourths
Arrowroot cookies
Zwieback
Saltines
Triscuits
Pretzel rods
Potato chips made from dried potato granules
Oyster crackers
Graham crackers
Bagel and cream cheese
Cold cereals** (dry or with milk)
Hot cereals (regular or instant)
Cooked macaroni (a variety of shapes)
Cooked spaghetti
Spinach noodles (those green ones)

**Avoid those that are sugar-frosted, honey-coated or chocolate-flavored.

Children Can Cook



RECIPES THAT DON'T USE HEAT

Children can easily take part in many fundamental cooking experiences. Such activities do not all involve the application of heat. They do not even necessarily involve food. After all, children discover the fun of cooking on their own when they mix water and dirt to create their first mud pies!

Many preschool programs stress manipulative, tactile experiences with materials of such varied textures as Play-Doh, bread dough, cloud dough, sand, dirt, clay, sawdust, oatmeal, cornmeal, and finger paint. How many teachers realize that in such basic nursery-school experiences children are actually using techniques that would apply to cooking?

Children who sift sand are using the technique for sifting flour. Children who knead Play-Doh can easily knead bread dough. Children who make mud pies are learning to mix ingredients. When children are allowed to pour juice or milk (or when they playfully pour water on the floor), they are learning the control they need to master measuring. Teachers can enhance these common experiences by planning further, similar ones that stress the techniques used in cooking.

SMOOTHIE Peel and cut up 1/2 cup ripe fruit. Blend with an equal amount of any fruit juice. Add 1/4 cup crushed ice, and blend again to mix thoroughly. Sweeten if necessary. Yield: 12 ounces. Some delicious combinations are: bananas, dates, and orange juice; strawberries, raspberries, and pineapple juice; pineapple, apples, and tangerine juice; and apples, pears, and apricot juice. You name it!

FRUIT JUICE Select ripe oranges, lemons, or grapefruit (1 orange or 1/2 lemon or 1/2 grapefruit per child). Cut the fruit in half, and squeeze in a hand juicer or an electric juicer. Let the children pour and serve. Orange and grapefruit juice can be drunk as is. With lemon juice, first let the children taste the plain juice and discuss sour and tart. Then add water, ice cubes, and sugar (to taste) to make lemonade. Compare these fresh juices with a variety of frozen or canned fruit juices.

FRUIT POPS Use either fresh, frozen, or canned juice or fruit puree, 1/2 cup for each child. Pour into divided ice-cube trays or 4-ounce paper cups, and insert a popsicle stick or a wooden ice cream spoon in each portion when they are partially frozen (about 1 hour), and serve them after another hour, when they are fully frozen. This is a good way to add an extra fruit to a child's diet.

FRUIT ON A STICK Cut any ripe or canned fruit into large chunks (bananas and pineapple are favorites). Use 1/4 cup for each child, and allow enough extra for seconds. Spear each chunk with a toothpick or a bamboo skewer, and serve.

Variation

If you wish to use heat, melt a package of chocolate chips in a double boiler with 1 tablespoon cooking oil, stirring. (The oil keeps it from separating and makes it easier to spread.) Have the children dip the fruit into the melted chocolate, and put the fruit on wax paper on a paper plate, and freeze or refrigerate it until the chocolate is set.

FRUIT SHAKES Use any very ripe fruit, peeling it if necessary. Blend in the blender with an equal amount of milk, adding honey or sugar (to taste), crushed ice, and vanilla or almond extract (to taste). When you use 1/2 cup fruit, 1/2 cup milk, and 2 ice cubes, the yield is 12 ounces. A child's serving is 3 or 4 ounces.

SATELLITE BALLS Select a red apple or an orange. Stick toothpicks with the following tidbits all around the apple or orange: pineapple, grapes, cheese cubes, 1" stalks of stuffed celery, or prunes stuffed with peanut butter or cream cheese.

CHEESE BALLS Soften cream cheese or cheddar cheese with a little salad dressing, form into small balls, roll in chopped parsley or chopped peanuts.

STUFFED PRUNES Pit prunes, stuff with peanut butter or cream cheese.

STUFFED CELERY One inch long celery ribs stuffed with cream cheese or peanut butter.

FRUIT KABOBS Put variety of small pieces of fruit on toothpick. These could be apple wedges, raisins, orange sections, pineapple, grapes, melon balls, prunes.

VEGETABLE KABOBS Same as fruit, only use a variety of vegetables such as cherry tomatoes, parsley, carrot circles, pepper squares, turnip triangles.

APPLE Cut apple into small wedges, place on toothpicks with raisins.

DEVEILED EGGS Remove the yolk from hard cooked eggs. Mix with salad dressing. Stuff yolk mixture into the whites, garnish with parsley or paprika.

FUNNY FACES Cut bread in circles with a cookie cutter. Spread with cheese or peanut butter, decorate with dots of fruit, vegetables, nuts, seeds, (pumpkin, poppy, sunflower, caraway), slices of hard cooked eggs, or tiny shapes of cheese cut from cheese slices.

VEGETABLE FLOWERS Cut a peeled turnip into thin slices. With a scalloped-shaped cookie cutter, cut shapes from the slices. Slice a peeled carrot to make carrot circles. Put turnip, then carrot on a toothpick. Use parsley or watercress with carrot-turnip flowers.

CHEESE PUMPKINS Soften cheese, moisten with salad dressing, shape into tiny balls. Roll in paprika. Score with a toothpick at 1/4" intervals, flatten at top and bottom. Stick a raisin in the top and bottom. Stick a raisin in the top for a pumpkin stem.

ONE CUP SALAD Measure 1 cup diced bananas, 1 cup fruit cocktail, 1 cup tiny marshmallows, 1 cup crushed pineapple, and 1 cup sour cream. Mix and chill.

FRUIT TREE SALAD Put 1 lettuce leaf on a plate. Put 1 slice pineapple in center. Put 1/2 peeled banana in the hole of the pineapple slice. Drain 1 small can fruit cocktail. Put toothpicks through fruit. Put fruit on banana.

HAM ROLL-UPS WITH CANTALOUPE WEDGES Roll up slices of ham or bologna as tightly as you can. Fasten with wooden picks. Cut a cantaloupe into 4 wedges. Scoop out the seeds. Serve a ham roll with each melon wedge.

CELERY AND PINEAPPLE STICKS Cut 6 stalks celery in half. Mash one 8-ounce package cream cheese. Drain 1 can crushed pineapple. Mix pineapple and cream cheese. Put mixture in celery. Put celery on tray.

CARROT AND APPLE SALAD Peel 1 carrot and 2 apples. Grate carrot and apples in bowl. Add 1/2 cup raisins, 1/3 cup mayonnaise, and 1 teaspoon lemon juice. Mix gently.

BANANA SANDWICHES Slice bananas. Spread one piece with peanut butter and top with other banana piece.

PEANUT BUTTER BALLS Measure 1 cup peanut butter and 1 cup honey. Mix in bowl. Add 1 1/2 cups powdered milk. Stir. Roll into little balls.

SHAKE-A-PUDDIN' Put 1 small package instant pudding in a shaker. Add 2 cups milk. Put top on tightly. Shake 20 times. Pour into dishes. Count slowly to 20. Then eat!

FULL O'BALONEY ANIMALS Butter 2 slices bread. Add 1 slice baloney. Use cookie cutter. Press hard. Put animal on plate. Serve with apple and milk.

BANANA POPS Peel banana. Insert a popsicle stick. Dip banana in chocolate syrup. Roll in walnut bits. Freeze for 1 or 2 hours.

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