GLADE LINK FARMS FAVORITE RECIPES

ASPARAGUS

APRIL 15-MAY 25

APPROXIMATELY

Freezing Asparagus

Wash and cut into spears. Put water into a large covered pan and bring to a boil. Put asparagus into the boiling water for 3 minutes. (Important time the asparagus as soon as you put it in the boiling water don't wait until it boils to start the timer.) Immediately pour off the hot water and place the asparagus in ice to cool. Drain in the colander and then put it in freezer bags.

Here's something quick and easy even children who don't like asparagus will eat. Bake waffles. Then put cooked asparagus spears over top. Cover with creamed chipped beef!

Asparagus Crab Au Gratin

2 ½ cups fresh asparagus cuts, cooked until tender and crisp
1 can (6 oz.) crabmeat, drained, flaked & cartilage removed or 1 c. flaked imitation crabmeat
½ cup shredded cheddar cheese
4 tbsp. butter or margarine, divided
2 tbsp. all-purpose flour
1 tsp. ground mustard
1 cup milk
½ tsp. salt
1/8 tsp. pepper
2 tsp. lemon juice
½ cup soft bread crumbs

Directions

Place asparagus in a greased 1-quart baking dish. Top with crab and sprinkle with cheese; set aside. In a saucepan, melt 2-tbsp. butter. Stir in flour until smooth. Whisk in milk, mustard, salt and pepper. Brig to a boil over medium heat; cook and stir for 2 minutes or until thickened.

Remove from heat; stir in lemon juice. Melt remaining butter; toss with breadcrumbs. Bake uncovered at 350° for 30 minutes or until heated through. Yield: 4 servings

Asparagus Potato Soup

2 cups diced peeled potatoes
2 cups chopped fresh asparagus
½ chopped onion
½ cup celery ribs, chopped
1 tbsp. chicken bouillon granules
4 cups water
¼ cup butter or margarine
½ cup all purpose flour
1 cup whipping cream
½ cup milk
½ tsp. salt
Dash of pepper
12 bacon strips, cooked & crumbled
¾ cup shredded cheddar cheese

Directions

In a large saucepan or soup kettle, combine the potatoes, asparagus, onion, celery, bouillon, & water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until vegetables are tender. Stir in the butter. In a bowl, combine flour, cream, milk, salt & pepper until smooth; add to the vegetable mixture. Bring to a boil; cook & stir for 2 minutes or until thickened. Garnish with bacon and cheese. Yield: **6-7 servings**

Salmon Asparagus Tart

1 pound asparagus, trimmed & cut into 2-inch pieces
¼ cup finely chopped onion
¼ cup chopped sweet red or yellow pepper
2 tablespoons butter or margarine
4 ounces cream cheese softened
½ cup mayonnaise*
2 tablespoons all-purpose flour
2 eggs, lightly beaten
½ cup half-&-half cream
1 teaspoon dill weed
½ teaspoon dried basil
¼ teaspoon pepper
1 can (15 oz.) salmon, drained bones & skins removed
2 cups shredded Swiss cheese
2 tbsp. grated Parmesan cheese

Directions

In a saucepan, bring 1 inch of water to a boil. Place asparagus in a steamer basket over water; cover & steam for 4-5 minutes or until crisp-tender. Drain and set aside. In a skillet, sauté onion and pepper in butter until tender: set aside.

In a mixing bowl, combine the cream cheese, mayonnaise, flour, eggs, cream, dill, pepper, and basil. Fold in the salmon, asparagus, onion mixture, and Swiss cheese. Transfer to a greased 9" pie plate. Sprinkle with Parmesan cheese. Bake at 350° for 35 minutes or until a knife inserted in the center comes out clean. Yield: 6 servings

*Editors Note: Reduced-fat or fat-free mayonnaise may not be substituted for regular mayonnaise.

Asparagus Bread

2 eggs
1 cup sugar
¾ cup salad oil
1 ½ cup sifted flour
¼ teaspoon salt
1 teaspoon soda
¼ teaspoon nutmeg
1 teaspoon cinnamon
1 ½ cup finely diced Mister Spear Asparagus
¾ cup chopped nuts
1 cup raisins

Directions

Beat eggs, sugar, and oil until creamy. Blend in combined dry ingredients. Stir in asparagus, nuts, and raisins. Pour into 9 x 5" bread pan. Bake at 350° for 45 minutes or until cooked. Yield: Depending on how thick or thin of the slices you cut

Asparagus in Vinaigrette

1 lbs. Fresh asparagus, trimmed and cut into 2-in. pieces
1/3 c. olive or vegetable oil
2 tbsp. lemon juice
2 green onions
1 tbsp. diced onion
2 tbsp. diced green pepper
2 tbsp. sweet pickle relish
1 garlic clove
1 tbsp. minced fresh parsley
¾ tsp. salt
¼ tsp. pepper

Directions

Place asparagus in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 6-8 min or until crisp-tender. Rinse with cold water; drain well. Place in a bowl; add the green onions, green pepper, pickle relish, and garlic.
In a small bowl, whisk the oil, lemon juice, onion, parsley, salt and pepper. Pour over asparagus mixture and toss to coat. Cover and refrigerate until chilled. Serve with a slotted spoon.
YIELD: 8 servings

Asparagus Beef Stir-Fry

6 tsp. olive or canola oil, divided
1 tsp. sugar
½ tsp. salt
1 lb. Beef flank steak, thinly sliced
¼ c. chopped green onions
2 tbsp. cornstarch
1 c. beef broth
3 tbsp. soy sauce
1 ½ lbs. Fresh asparagus, trimmed
1 tsp. ground ginger or 3 tsp. minced and cut into 2-in. pieces
1 can (8 oz.) sliced water chestnuts,
Dash of pepper
4 c. hot cooked rice
Fresh gingerroot, divided and drained

Directions

In a shallow glass container, combine 2-tsp. oil, sugar, salt, half of the ginger and pepper. Add beef and turn to coat. Let stand for 15 minutes. In a small bowl, combine the cornstarch, broth, soy sauce, vinegar, and remaining ginger until blended; set aside.
In a large skillet or wok, brown beef in 2 tsp. oil. Remove and keep warm. Add remaining oil; stir fry asparagus for 3-5 minutes or until crisp-tender. Add water chestnuts and onions; stir-fry for 1 minute. Stir cornstarch mixture; add to the skillet. Bring to a boil, stirring constantly; cook and stir for 2 minutes or until thickened. Return beef to the pan; heat through. Serve over rice.
YIELD: 6 servings

Asparagus Supreme

4 c. fresh asparagus or 2 (8 oz. frozen)
½ c herb seasoned stuffing mix
½ c. dairy sour cream
2 tbsp. coarsely shredded carrot
1 tsp. grated onion
1/8 tsp. pepper
1 can cream of shrimp soup or 1 can cream of chicken soup
1 tbsp. butter, melted

Directions

Cook asparagus. Drain well. Combine other ingredients except for stuffing mix and margarine. Fold in asparagus. Pour into baking dish. Combine the stuffing mix and butter. Sprinkle around edge of top. Bake, uncovered, at 350° for 40-45 minutes. Use an 8 x 8-inch casserole. If you use cream of chicken soup instead, also add1½ cups of chopped chicken.

Asparagus Swiss Quiche

10 bacon strips
1 unbaked pastry shell (9 inches)
1 lb. Fresh asparagus, trimmed
1 c. shredded Swiss cheese
1 tbsp. all-purpose flour
¼ tsp. salt
1/8 tsp. pepper
½ c. chopped onion
3 eggs
½ c. half and half cream

Directions

In a skillet, cook bacon over medium heat until crisp. Remove with a slotted spook to paper towels; drain, reserving 1 tbsp. drippings. In the drippings sauté onion until browned; drain.
Cut asparagus into 1 in. pieces. In a saucepan, cook all of the asparagus in a small amount of boiling water until crisp and tender.
In a bowl, toss the bacon, onion, asparagus pieces, cheese, flour, salt, and pepper. Pour into pastry shell. In a bowl, beat eggs and cream; pour over bacon mixture. Bake at 400° for 40 min. or until a knife inserted near the center comes out clean and crust is golden brown. Let stand for 10 minutes before cutting.
YIELD: 6-8 servings.

Hearty Cheese 'N Asparagus Soup

¼ cup (1/2 stick) of butter
¼ cup all-purpose flour
1 tablespoon salt
1/8 teaspoon nutmeg
1/8 teaspoon pepper
1 ½ quarts milk
5 cups fresh asparagus, cooked and finely chopped (approx. 1¼ pounds)
3 cups shredded cheddar cheese
Paprika
Shredded cheddar cheese or grated Parmesan cheese

Directions

In saucepan melt butter; blend in flour, salt, nutmeg and pepper. Remove from heat; gradually stir in the milk. Cook over medium heat, stirring constantly, until slightly thickened. Add asparagus with cooking liquid and heat to a simmering point. Remove from heat and stir in Cheddar cheese until melted. If necessary, return to heat to finish melting cheese. (Do not boil.) Garnish each serving with paprika and cheese. Yield: 8 cups

Swiss Asparagus

1 pound fresh asparagus spears
6 tablespoons (3/4 stick) butter
¼ cup chopped onion
1 cup shredded Swiss cheese
½ cup instant nonfat dry milk
3 tablespoons lemon juice
Paprika

Directions

If using fresh asparagus, cook in a small amount of boiling salted water for 5 minutes and then drain. (If using frozen asparagus, follow the package directions except cook only 3-4 minutes.) In large skillet melt butter; sauté onion until lightly browned. Add drained asparagus, cover and cook over low heat for 5-10 minutes; turn into baking dish. Toss together Swiss cheese and nonfat dry milk; sprinkle over asparagus. Drizzle lemon juice over all. Bake 12-15 minutes. Sprinkle with Paprika. Yield: 6 servings.

Asparagus Roll-Ups

16 fresh asparagus spears
16 slices sandwich bread, crusts removed
1 package (8oz) cream cheese, softened
8 bacon strips, cooked and crumbled
2 tbsp. minced fresh or dried chives
¼ cup butter or margarine, melted
3 tbsp. grated Parmesan cheese

Directions

Place asparagus in a skillet with a small amount of water; cook until crisp-tender; about 6-8 minutes. Drain and set aside. Flatten bread with a rolling pin. Combine the cream cheese, bacon and chives; spread 1 tbsp. on each slice of bread. Top with an asparagus spear. Roll up tightly; place seam side down on a greased baking sheet. Brush with butter and sprinkle with Parmesan cheese. Cut roll-ups in ½. Bake at 400° for 10-12 minutes or until lightly browned. YIELD: 32 appetizers

Asparagus Ham Rolls

2 tablespoons butter or margarine
¼ cup all-purpose flour
2 cups milk
½ cup shredded cheddar cheese
¼ teaspoon salt
¼ teaspoon white pepper
24 fresh or frozen asparagus stalks (cooked until crispy and tender)
8 thin slices fully cooked ham (about ½ pound)
¼ cup bread crumbs

Directions

In a saucepan, melt butter: stir in flour and cook until thick. Gradually stir in milk and cook until bubbly and thickened. Stir in cheese, salt and pepper. Remove form heat. Place three asparagus stalks on each ham slice. Roll up; fasten with toothpicks if necessary. Place in a 13-im. X 9-in. x 2-in. baking pan; cover with cheese sauce. Sprinkle with crumbs. Bake at 375° for 20 minutes. Yield: 8 servings

STRAWBERRIES

MAY 20TH

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JUNE 20TH

APPROXIMATELY

No-Cook Freezer Jam & Jelly Directions

1 qt. Strawberries, discard stems and crush strawberries; 2 cups crushed strawberries, 4 cups sugar; 1 box of sure-jell; makes about 5 cups

DIRECTIONS

1. **Wash and rinse plastic containers with tight fitting lids. Use 1 to 2 cup size containers.**
2. **Prepare fruit as directed above. For berries, crush 1 cup at a time, using a potato masher for best results. If using food processor, pulse to very finely chopped. DO NOT PUREE. Jam should have bits of fruit.**
3. **Measure exact amount of prepared fruit into a large bowl.**
4. **Measure exact amount of sugar into separate bowl. (DO NOT REDUCE SUGAR. DO NOT USE SUGAR SUBSTITUES).**
5. **Stir sugar into prepared fruit and mix well. Let stand 10 minutes. Stir occasionally.**
6. **Stir pectin and ¾ cup water in small saucepan. Bring to a boil on high heat, stirring occasionally. Boil 1 minute, stirring constantly. Remove from heat.**
7. **Stir pectin mixture into fruit. Stir constantly until sugar is completely dissolved and no longer grainy, about 3 minutes. (a few crystals may remain).**
8. **Pour into prepared containers, leaving ½ inch space at top for expansion during freezing; cover.**
9. **Let stand at room temperature 24 hours until set. If not set after 24 hours, refrigerate. Refrigerate up to 3 weeks. Otherwise, store in freezer for up to 1 year. Thaw in refrigerator.**

Cool Fruit Salad

1 pint frozen, sweetened strawberries
1 pint frozen, sweetened peaches
1 cup frozen blueberries

Directions

Thaw strawberries and peaches in a container until partially thawed. Mix together and add the frozen blueberries. Serve.

Lo-Fat Strawberry Swirl Cheese Desert

1 (10-oz.) pkg. frozen strawberries, thawed
1 T. cornstarch
1 ¾ c. finely crushed fat free cinnamon graham crackers
3 T. melted oleo or margarine
2 (8-oz.) pkgs. Fat free cream cheese, softened
1 (14-oz.) can fat free sweetened condensed milk
4 egg whites
1 egg
1/3 cup Real lemon juice
1 tsp. vanilla
2 T. flour

Directions

Purée strawberries in a blender until smooth. Combine in a saucepan with cornstarch and cook, stirring, until thickened, about 5 minutes. Cool. Spray 9 x 13-inch pan with nonstick spray. Combine graham cracker crumbs, oleo and 2 tablespoons water; press firmly on bottom of the pan. In large bowl beat cream cheese until fluffy. Beat in condensed milk until smooth. Add egg whites, egg, lemon juice and vanilla extract and mix well. Pour over graham cracker layer. Drop cooled strawberry by spoonfuls on the batter and swirl with a knife or spatula. Bake 25-30 minutes at 350°. Cool then chill. Make 28 servings.

Strawberry Delight

2 boxes of strawberry gelatin
1 large box of frozen strawberries
½ cup drained crushed pineapple
1 8-oz. pkg. cream cheese
1 tsp. vanilla
1 cup chopped nuts
2 cups boiling water
2 bananas, mashed
1 cup powdered sugar
½ pint whipping cream

Directions

Dissolve the gelatin in boiling water; add strawberries and pineapple. Mix well; congeal. Soften cream cheese; add sugar and vanilla. Set aside. Whip cream; slowly add the cream to the cream cheese mixture. Spread on congealed mixture. Sprinkle with nuts.

Deluxe Strawberry Salad

1 ½ cup boiling water
2 pkg. strawberry Jell-O
2 (10 oz. pkgs.) frozen strawberries
1 (10-oz.) can crushed pineapple
½ cup chopped pecans
1 cup sour cream

Directions

Add water to Jell-O mix, add frozen strawberries and mix gently. Let stand until partially set. Divide into 2 equal parts; refrigerate one part. Add pineapple and nuts to second half. Add sour cream to the first half with strawberries. Put pineapple mixture on the mold first. Then spread the sour cream mixture. Refrigerate. May be made the night before serving. Serves: 8-10 people

Strawberry Daiquiri

1-can lemonade
½ pint strawberries
If you use a large can of lemonade, add: ½ can water
If you use a small can of lemonade, add: 1 can water
A sprinkle of sugar
1 can of either rum, vodka or gin

Directions

Make in the blender with ice cubes to get the daiquiri consistency. Can be stretched with ginger ale and can be frozen! If frozen, let thaw before stretching with ginger ale.

Strawberry Cheese Pie

1 unbaked pastry shell (9")
2-pkgs. (One 8 oz., one 3 oz.'s) cream cheese, softened
½ cup plus 2 tbsp. sugar, *divided*
½ tsp. vanilla extract
2 eggs
1 cup (8 oz.'s) sour cream
2 pints fresh strawberries, hulled
Confectioners' sugar, optional

Directions

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil and set shell aside. In a mixing bowl, combine cream cheese, ½ cup sugar and vanilla; beat until smooth. Add eggs; mix until combined. Pour into shell. Bake at 350° for 20-25 minutes or until center s almost set. Remove from the oven and let set for 5 minutes. Meanwhile, combine sour cream and sugar in a mixing bowl; mix well. Spread over the filling. Turn oven off. Return pie to the oven for 15 minutes. Remove; cool on a wire rack. Refrigerate for 6 hours or overnight. Before serving top with strawberries. Dust with confectioners' sugar if desired. YIELD: 6-8 servings

Strawberry Custard Torte

1 package (18-1/4 ounces) yellow cake mix
1/3 cup sugar
1 tablespoon cornstarch
1/8 teaspoon salt
1 cup milk
2 egg yolks, lightly beaten
1 tablespoon butter *or* margarine
1 teaspoon vanilla extract
1 carton (8 oz) frozen whipped topping
1 quart frozen sweetened sliced strawberries, thawed and drained
Sliced fresh strawberries and mints leaves, optional

Directions

Prepare and bake cake according to package directions, using two greased and floured 9-in. round baking pans. Cool for 10 minutes; remove from pans to wire racks to cool completely.
In a saucepan, combine the sugar, cornstarch and salt; gradually stir in milk until smooth. Bring to a boil over medium heat; cook and stir 2 minutes or until thickened. Remove from the heat. Stir a small amount of hot filling in to egg yolks; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat. Stir in butter and vanilla. Cover and refrigerate until chilled.

Place half of the whipped topping in a bowl; add strawberries. Split each cake into two horizontal layers; place one layer on a serving plate. Spread with half of the strawberry mixture. Top with a second cake layer; spread with custard. Add third layer; spread with remaining strawberry mixture. Tope with remaining cake and whipped topping. Refrigerate overnight. Garnish with strawberries and mint if desired. YIELD: 12 servings

Strawberry Angel Food Cake

1 box Angel Food cake mix
1 qt. Fresh strawberries, sliced
1 large box strawberry Jell-O
Cool Whip
Whole strawberries for decoration

Directions

Make angel food cake according to the directions on the pkg. and let cool. Cut a ¾ inch slice of the top of the angel food cake and set aside. Cut well in the bottom of the cake and scoop out the cake leaving ½ inch on the bottom and all around. Clean and dice the strawberries. Prepare Jell-O according to the pkg. directions. Chill until partially set. Add strawberries. Fill the well of the cake with strawberries and Jell-O mixture. Put top slice of cake on top and refrigerate until Jell-O is fully set. When ready frost with cool whip and decorate with whole strawberries. *Note cake may also be filled with vanilla or chocolate pudding. Use large boxes and prepare according to the package directions. *

Strawberry Heart Cake

1 pkg. white cake mix
1 pkg. strawberry gelatin
3 tablespoons all-purpose flour
1/3 cup vegetable oil
4 eggs
1 pint frozen, sweetened strawberries, thawed
½ cup cold water
½ cup butter *or* margarine, softened
5 to 5 ½ cups confectioners' sugar
Red-hot candies, optional

Directions

In a mixing bowl combine cake mix, gelatin and flour. Beat in oil and eggs. Drain strawberries reserving ½ cup of syrup for the frosting. Add berries and water to the batter; mix well. Divide the batter between two waxed-paper lined, 8-in. baking pans, one square and one round. Bake at 350° for 30-35 minutes (square) and 35-40 minutes (round) or until cake tests done. Cool for 10 minutes; remove from pans to wire racks to cool completely. In a small mixing bowl, combine butter and reserved syrup. Gradually add sugar; beat until light and fluffy, for about 2 minutes. Place square cake diagonally on a 20 x 15-in. covered board. Cut around cake in half. Frost cut sides; place frosted sides against the top two sides of the square cake, forming a heart. Frost sides and top of the cake. Decorate with red-hots if desired. YIELD: 12-16 servings

Berries with Custard Sauce

½ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
1 ½ cups milk
4 eggs, beaten
½ cup sour cream
1 ½ teaspoons vanilla extract

Directions

In a saucepan, combine sugar, cornstarch and salt. Gradually stir in milk until smooth. Bring to a boil over medium heat, stirring constantly. Add a small amount to eggs; return all to pan, stirring constantly. Cook and stir for 2 ½ minutes or until mixture reaches 160°.
Remove from the heat; stir in sour cream and vanilla. Set saucepan in ice and stir mixture for 5 minutes. Cover and refrigerate until serving. Serve over berries. YIELD: about 2 cups sauce

Aunt Ruby's Old Fashioned Strawberry Short Cake For Use in 9" Pie Plate

Strawberries
2 cups flour
3 tsp. Baking powder
¾ tsp. salt
¼ cup sugar
½ cup shortening
1 egg
1/3 cup plus 1 tbsp. milk

Directions

Sift the flour. Add baking powder, salt, sugar, shortening, egg and milk. Beat all ingredients together and then put into a well-greased pie plate. Bake at 450° for 15 minutes. Cut shortcake in the middle and put strawberries to your liking between the layers with more strawberries for the top. Serve with milk on top if you desire.

Strawberry Satin Pie

1 pastry shell (9 inches), baked
½ cup sliced almonds, toasted
½ cup sugar
3 tablespoons all-purpose flour
3 tablespoons cornstarch
½ teaspoon salt
2 cups milk
1 egg, slightly beaten
1 teaspoon vanilla extract
½ cup whipping cream, whipped

Glaze

3 cups fresh strawberries
1 cup water
1/3 cup sugar
2 tablespoons cornstarch
12 drops red food coloring, optional

Directions

Cover bottom of pie shell with almonds; set aside. In a saucepan, combine the sugar, flour, cornstarch and salt. Stir in milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir a small amount of hot filling into egg. Return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat. Stir in vanilla. Cool to room temperature. Whisk in whipped cream until blended. Pour into pie shell. Cover and refrigerate for at least 2 hours.

Crush 1 cup of strawberries; set remaining berries aside. In a saucepan, bring crushed berries and water to a boil; cook, uncovered for 2 minutes. Strain through cheesecloth; discard fruits and set liquid aside to cool.

In another saucepan, combine sugar and cornstarch; gradually stir in berry liquid until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in food coloring id desired. Cool for 20 minutes. Slice the reserved strawberries; arrange over chilled filling. Pour glaze evenly over berries. Refrigerate for at least 1 hour before serving. YIELD: 6-8 servings

Strawberry Pie

1 cup of sugar
3 tablespoons cornstarch
1 cup cold water
1 small box of strawberry Jell-O
1 quart strawberries
9" pie shell

Directions

Cook 1 cup of sugar, 3 tablespoons of cornstarch, and 1-cup cold water until thick. Remove from heat and add 1 small box of strawberry Jell-O. Let cool. Add 1 Quart of strawberries. Put in 9" pie shell. Refrigerate or freeze. 2 batches will make 3 8" pies.

Strawberry Angel Food Desert

1-pint strawberries (use juice as well)
1-3 ounce pkg. Strawberry Jell-O
1 tablespoon sugar
Pinch of salt
½ pint whipping cream
½ of 10 inch angel food cake torn in pieces

Directions

Dissolve Jell-O in 1 ¼ cup boiling water. Stir in the thawed berries, sugar, and salt. Cool until it begins to thicken. Fold in whipped cream. Cover bottom of 8" or 9" square pan with half of the torn cake. Pour half of the strawberry mixture. Make another layer and pour the rest of the strawberry mixture on top. Chill and then serve!

Strawberry Jell-O

2 family-size pkg. Strawberry Jell-O
2 ¾ cup boiling water
1 can crushed pineapple, drained
2 large pkg. Frozen strawberries
3 bananas, cut up
Sour cream

Directions

Pour half into the container and freeze until slightly solid (about ½ hour). Spread the sour cream over top over top of the solid jell about ½ inch to 1 inch thick. Pour remaining Jell-O over top and refrigerate.

Strawberry Delight

1 medium Can crushed pineapple
2 (3 oz.) boxes strawberry Jell-O
1 quart vanilla ice cream
Toppings for serving, if desired
2 pints frozen strawberries

Directions

Drain pineapple; add enough water to juice to make 2 cups of juice. Place in a saucepan with Jell-O. Heat and stir until the Jell-O is dissolved. Add the vanilla ice cream and stir in until melted. Add the pineapple and strawberries. Pour into mold and place in the refrigerator. A small amount of whipped cream or topping may be added when serving, if desired.

Strawberry Smoothies

3 cups crushed ice
1 cup powdered nondairy creamer
¾ cup whipping cream
16 small strawberries, hulled
½ cup sugar
¼ cup milk
¼ cup honey

Directions

Place half of each ingredient in a blender. Cover and process on high until smooth. Pour into a pitcher. Repeat. Refrigerate for 30 minutes. Stir before serving. YIELD: 5 servings.

Pretzel Jell-O Salad

FIRST LAYER:
2 cups pretzels, coarsely chopped
2 tsp. sugar
¾ cup margarine or butter, soft

Mix & press above in a 9 x 13 inch pan. Bake 8 to 10 minutes.

SECOND LAYER:
8-oz. pkg. whipped topping
8-oz. cream cheese, soft
1 cup 10x sugar

Mix well and press over cooled pretzel crust. Refrigerate.

THIRD LAYER:
6 oz. strawberry Jell-O
4 cups strawberries
2 cups boiling water

Mix Jell-O and water together, chill until slightly thickened. Add strawberries. Let set in the refrigerator until slightly thick. Remove and pour over the first 2 layers. Return to the refrigerator until ready to serve.

BLUEBERRIES

JUNE 23

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AUGUST 5

APPROXIMATELY

Blueberry Pie

1 cup sugar
1 tbsp. lemon juice
4 cups blueberries
1/3 cup flour
½ tsp. cinnamon
1 ½ tbsp. butter

Directions

Mix the sugar, flour and cinnamon. Then mix the berries with the sugar mixture. Pour mixture into a pastry- lined pie pan. Dot with butter. Cover with the top crust. Bake at 425° for 35 to 45 minutes.

Blueberry Muffins

1 egg
½ cup milk
¼ cup cooking oil
1 ½ cup flour
½ cup sugar
2 tsp. baking powder
½ tsp. salt
1 cup blueberries

Directions

Beat egg slightly with fork; stir in milk and oil. Sift together and add flour, sugar, baking powder, & salt. Add blueberries. Stir just until flour is moistened. Batter should be lumpy. Fill greased muffin cups. Bake at 400° for 20 minutes.

Blueberry Pancakes

1 egg
1 ¼ cup buttermilk
2 tbsp. Soft shortening
1 ¼ cup sifted flour
1 tsp. sugar
1 tsp. baking powder
½ tsp. soda
½ tsp. salt
½ cups blueberries

Directions

Beat egg well. Beat in milk, shortening, flour, sugar, baking powder, soda, & salt. Beat with rotary beater until smooth. Fold in blueberries carefully.

Kathryn Nicodemus's Blueberry Buckle

2 eggs, fork beaten
1 cup milk
3 ½ cups flour
1 ½ cups sugar
4 tsp. baking powder
1 tsp. salt
½ cup melted butter
3 – 4 cups blueberries

Topping

1 cup sugar
2/3 cups flour
1 teaspoon cinnamon
½ cups soft butter

Crumble the mixture and put it on top. Use a 9 X 13 pan. Bake at 375° 45 – 50 minutes.

Blueberry Cream Cheese Pie

Filling:

1 package (8 oz.) cream cheese
1 can (14 oz.) Sweetened condensed milk
1/3 cup lemon juice
1 teaspoon vanilla extract
2 cups fresh or dry-pack frozen blueberries, rinsed and drained
1 baked 9-inch pie shell

Directions

Let cream cheese soften at room temperature. In a medium bowl, whip cheese until fluffy. Gradually add sweetened condensed milk; continue to beat until blended. Blend in lemon juice and vanilla. Fold in blueberries. Pour into pie shell. Chill 2 to 3 hours.

Glaze:

1 cup sugar
2 tablespoons corn starch
1 cup water
2 cups fresh or dry-pack frozen blueberries, rinsed and drained

Directions

In a small saucepan, combine sugars and cornstarch thoroughly. Gradually stir in water. Measure ½ cup of blueberries; crush. Add crushed berries. Cook over medium heat; stir constantly, until mixture thickens and comes to a boil. Continue to stir and boil until the mixture is clear, about 2 minutes. Strain. Cool. Arrange remaining 1 ½ cup berries over entire top of chilled pie. Pour cooled glaze evenly over the blueberries. Yield: One 9-inch pie.

Blueberry Angel Mold

1 14 ½ ounce package angel food cake mix
2- 3 ounce packages Raspberry gelatin
2 cups boiling water
1 quart fresh or frozen blueberries, rinsed and drained
¼ teaspoon cinnamon

Directions

Prepare and bake angel food cake according to the package directions. Using a sharp serrated knife cut cake into quarters; save ¼ to enjoy with Blueberry Swirl Ice Cream. Dice remaining cake into 1-inch cubes using a sawing motion. Chill cubes. Dissolve raspberry gelatin into boiling water. Add blueberries and cinnamon. Heat stirring regularly, until mixture boils. Cool. Layer ½ of the cake cubes into a 2-quart turban mold. Pour on half of the blueberry sauce. Lightly press cake down; add remaining cake. Pour on the remaining blueberry sauce. Press down cake until it is even with the top of the mold. Chill until firm. To serve, set mold in hot water to loosen, cover with serving plate. Flip to turnout, cut into slices. Yield: 10 slices.

Blueberry Buckle

¾ cup granulated sugar
¼ cup butter
2 eggs
1 teaspoon vanilla
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¼ teaspoon ground cinnamon
½ cup buttermilk
2 ½ cups fresh or frozen blueberries.

Directions Streusel topping (recipe follows)Preheat the oven to 375°F. Grease 9-inch square baking pan; set aside. Beat sugar and butter in a large bowl with electric mixer at medium speed until well blended. Beat in the eggs and the vanilla. Combine flour, baking powder, salt and cinnamon. Stir flour mixture and buttermilk alternately into the sugar mixture until well blended. Stir in blueberries. Spoon batter into the already prepared pan.
Prepare Streusel topping; sprinkle evenly over the batter. Bake 25 to 30 minutes or until toothpick inserted comes out clean.

Streusel Topping

Combine ¼ cup all-purpose flour, ¼ cup granulated sugar, ¼ cup packed brown sugar and ½ teaspoon ground cinnamon until well blended. Cut in ¼ cup butter or margarine with pastry blender or 2 knives until mixture resembles coarse crumbs.

Baked Blueberry French Toast

8 slices bread
2 eggs well beaten
1 cup milk
2 cups fresh or frozen blueberries, rinsed and drained
1-cup zwieback crumbs
2 tablespoons flour
2 tablespoons sugar
½ teaspoon ground cinnamon
¼ cup chopped nuts
¼ cup butter or margarine

Directions

Dip slices of bread into eggs with milk. Put slices on a heavily buttered cookie sheet. Bake in preheated hot oven (400°F.) for 15 to 20 minutes or until richly browned. Remove from oven and top with blueberries. Combine remaining ingredients to make topping. Sprinkle crumbs over blueberries. Continue baking for 10 to 15 minutes or until lightly browned. Serves 8.

Blueberry Sour Cream Cake

1 stick (1/2 cup) butter or margarine
1 cup sugar
3 eggs
1 cup sour cream
2 cups sifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon vanilla
2 cups fresh or frozen blueberries, rinsed, drained, and floured
½ cup firmly packed brown sugar
½ cup chopped nuts
½ teaspoon cinnamon

Directions

In a bowl, cream butter until light and fluffy. Beat in sugar. Beat in eggs, one at a time, beating until smooth after each addition. Stir in sour cream. Stir in flour, baking soda, salt and vanilla. Beat until smooth and well blended. Fold in blueberries. Spread half of the butter into a 9 x 13 x 2-inch baking pan. In a bowl mix brown sugar, nuts and cinnamon. Sprinkle mixture evenly over top of the batter in the baking pan. Spread remaining batter over top. Bake in preheated oven (350°F.) for 40 to 45 minutes. Cool in the pan and then cut into squares to serve. Serve sprinkled with confectioner's sugar. Yield: 1- 9 x 13 x 2-inch cake.

Blueberry Baked Alaska

1 envelope unflavored gelatin
1 cup sugar
1 cup water
4 cups fresh or frozen blueberries, rinsed and drained
2 cups heavy cream, whipped
4 egg whites
½ cup sugar
1 8-inch layer cake

Directions

Combine gelatin, sugar and water; add blueberries and cook at a boil for 10 minutes. Cool and freeze until mushy. Beat until smooth and fold in cream. Freeze in a covered 1-½ quart bowl until hard. When ready to serve Baked Alaska, beat egg whites until stiff. Beat in sugar, 1 tablespoon at a time until stiff and glossy. Unmold sherbet on top of cake layer, which has been placed on a cookie sheet. Spread cake and sherbet with meringue, peaking meringue. Bake in preheated hot oven (425°F.) for 5 to 8 minutes or until meringue are lightly browned. Remove from oven and cut into wedges. Yield: 1-½ quarts.

Blueberries Romanoff

2 cups fresh or frozen blueberries, rinsed and drained
1/3 cup sugar
1 cup heavy cream, whipped
1 pint vanilla ice cream, softened
¼ cup port wine

Directions

Pour blueberries into a bowl and sprinkle with sugar. Let stand for 10 minutes. In another bowl mix whipped cream with softened ice cream. Stir in port wine. Drain blueberries and fold blueberries into cream mixture. Place bowl into freezer and freeze for 1 hour. Spoon mixture into parfait glasses and serve garnished with additional blueberries. Can also be spooned over squares of yellow cake or over slices of pound cake. Can also be spooned into cantaloupe halves. Serve at once. Yield 6 to 8 servings.

RED RASPBERRIES

&

BLACKBERRIES

AUGUST 15

-

SEPTEMBER 15

APPROXIMATELY

Freezing Raspberries

To freeze berries, lightly rinse them under a fine mist in a colander, then spread them on a baking sheet in a single layer. Freeze until solid, then store in airtight containers.

Red Raspberry Sauce

1 cup water
1 cup sugar
1 tbsp corn starch
2 to 3 cups red raspberries

Directions

Cook until thick.
**Very good served over vanilla ice cream or sliced peaches with raspberry sauce.

Raspberry Crisp

4 cups fresh raspberries, divided
¾ cup sugar
2 tbsp cornstarch
1 ¾ cups quick cooking oats
1 cup all purpose flour
1 cup packed brown sugar
½ teaspoon baking soda
½ cup cold butter or margarine
Whipped cream

Directions

Crush 1-cup raspberries; add enough water to measure 1 cup. In a saucepan, combine sugar and cornstarch; stir in raspberry mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in remaining raspberries. Cool. In a bowl, combine oats, flour, brown sugar, and baking soda. Cut in butter until mixture resembles coarse crumbs. Press half of the crumbs into a greased 9-inch square-baking dish. Spread with cooled berry mixture. Sprinkle with remaining crumbs. Bake at 350° for 25-30 minutes or until lightly browned. Serve warm with whipped cream. YIELD: 8 servings

Raspberry Crumb Cake

2/3 cup sugar
¼ cup cornstarch
¾ cup water
2 cups fresh or frozen raspberries
1 tablespoon lemon juice

Crust:
3 cups all-purpose flour
1 cup sugar
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground mace
1 cup cold butter or margarine
2 eggs
1 cup milk
1 teaspoon vanilla extract

Topping:
½ cup all purpose flour
½ cup sugar
¼ cup cold butter or margarine
¼ cup sliced almonds

Directions

In a saucepan, combine sugar, cornstarch, water and raspberries. Bring to a boil over medium heat; boil for 5 minutes or until thickened, stirring constantly. Remove from the heat; stir in lemon juice. Cool. Meanwhile, in a bowl, combine the first six crust ingredients. Cut in butter until mixture resembles coarse crumbs. Beat eggs, milk and vanilla; add to crumb mixture and mix well. Spread 2/3 of the mixture into a greased 9 X 13 pan. Spoon raspberry filling over crust to within 1 inch of the edges. Top with remaining crust mixture. For topping, combine flour and sugar; cut in butter until crumbly. Stir in almonds. Sprinkle over the top. Bake at 350° for 50-55 minutes or until lightly browned. Yield: 12-16 servings.

Creamy Raspberry Dessert

1 cup graham cracker crumbs
3 tablespoons sugar
¼ cup butter or margarine, melted
FILLING:
1 package (10 oz) frozen raspberries, thawed
¼ cup cold water
1 envelope unflavored gelatin
1 package cream cheese, softened
½ cup sugar
1 cup whipping cream, whipped
Fresh raspberries and whipped cream for garnish

Directions

Combine crumbs, 3 tablespoons sugar and butter. Press onto the bottom of an 8 or 9 inch spring form pan. Bake at 350° for 10 minutes. Cool. Meanwhile, for filling, drain raspberries and reserve juice. Set berries aside. In a small saucepan, combine juice, cold water and gelatin. Let stand for 5 minutes. Cook and stir over low heat until gelatin dissolves. Remove from the heat; cool for 10 minutes. In mixing bowl, beat cream cheese and sugar until blended. Add berries and gelatin mixture; beat on low until thoroughly blended. Chill until partially set. Watch carefully, as mixture will set up quickly. By hand, gently fold in whipped cream. Spoon into crust. Chill for 6 hours or overnight. Just before serving, run knife around the edge of the pan to loosen. Remove sides of pan. Top with fresh raspberries and whipped cream. Yield: 10 servings

Raspberry Cheesecake Trifle

1 package (9 oz) white cake mix
1 package (8 oz) cream cheese
¼ cup confectioners sugar
1 ½ cups whipping cream, whipped
3 cups fresh raspberries
2 squares (1 oz each) semisweet chocolate, coarsely grated or shaved

Directions

Prepare and bake cake mix according to package directions. Cool; cut into 1-in. cubes. In a small mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped cream. In a trifle bowl, layer half of the cake cubes, 1 cup of raspberries, half of the cream cheese mixture and half of the chocolate. Repeat layers. Top with the remaining raspberries. Refrigerate for 4 hours or overnight. YIELD: 12-14 servings.

Raspberry Lemonade

2 cans (12 oz each) frozen lemonade concentrate, thawed
1 packages (10 oz each) frozen sweetened raspberries, partially thawed
2 to 4 tablespoons sugar
2 liters club soda, chilled
Ice cubes

Directions

In a blender, combine lemonade concentrate, raspberries and sugar. Cover and process until blended. Strain to remove seeds. In a 4 ½ quart container, combine raspberry mixture and club soda and ice cubes; mix well. Serve immediately. Yield: 3 ½ quarts

Blackberry Apple Pie

Pastry for double crust 9" pie
3 cups fresh blackberries
1 cup peeled & thinly sliced apples
1 cup sugar
3 tbsp quick cooking tapioca
½ teaspoon ground cinnamon
2 tbsp butter or margarine

Directions

Put bottom crust in pie plate. Combine blackberries & apples & place in pie shell. Combine sugar, tapioca, & cinnamon. Stir well. Sprinkle sugar mixture over fruit & dot with butter. Put on top crust. Slit to let steam escape. Bake at 350° for 1 hour or until golden brown.

Gwen's Creeping Crust Blackberry Cobbler

½ cup butter
1 cup flour
1 cup sugar
1 teaspoon baking powder
½ cup milk
2 cups blackberries
1 cup sugar

Directions

Melt butter in 10" baking pan. Mix flour, sugar, baking powder. Add milk to flour mixture then spoon over melted butter. Heat fresh fruit with 1-cup sugar. Pour over dough. Bake at 350° about 30 minutes or until crust is golden brown.

Blackberry Custard Torte

1 cup all purpose flour
½ cup sugar
1-½ teaspoons baking powder
½ cup cold butter or margarine
1 egg

FILLING:
3 egg yolks
2 cups (16 oz) sour cream
½ cup sugar
¼ teaspoon vanilla extract
4 cups fresh or frozen blackberries, drained, divided
Whipped cream

Directions

In a bowl, combine the flour, sugar, and baking powder. Cut in butter until mixture resembles coarse crumbs. Stir in egg until dough forms a ball. Press onto the bottom and 2 inches up the sides of an ungreased 9-inch spring form pan. For filling, in a bowl, beat the egg yolks, sour cream, sugar and vanilla just until combined. Sprinkle 2 cups blackberries over crust. Carefully pour sour cream mixture over berries. Bake at 325° for 1-½ hours or until center is almost set. Cool on a wire rack (center will fall). Remove sides of pan. Top with whipped cream and remaining blackberries. This dessert is best eaten the same day it is prepared. Refrigerate any leftovers. Yield: 12-14 servings

FALL CROPS

MID-SEPTEMBER THRU EARLY/MID NOVEMBER

LIMA BEANS, GREEN BEANS, CABBAGE, BROCCOLI, CAULIFLOWER, TURNIPS, KALE, COLLARDS, PUMPKINS & SQUASH

FREEZING INSTRUCTIONS FOR GREEN BEANS, LIMA BEANS, BROCCOLI, CAULIFLOWER, KALE AND COLLARDS:

WASH & PREPARE. DROP INTO BOILING WATER FOR 3 MINUTES. TIME AS SOON AS YOU DROP IT IN, DON'T WAIT UNTIL IT BOILS AGAIN. COOL IN ICE WATER. DRAIN AND PUT INTO BAGS.

Green Beans Amandine

1 lb. fresh or frozen green beans
½ cup water
¼ cup slivered almonds
2 tbsp. butter or margarine
1 tsp. lemon juice
¼ tsp. seasoned salt, optional

Directions

In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 10-15 minutes or until the beans are crisp-tender; drain and set aside. In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and seasoned salt if desired. Add beans and heat through.

Stir Fry Beef and Beans

¼ cup cornstarch
½ cup soy sauce
2 tablespoons water
1 teaspoon ground ginger or 4 teaspoons minced fresh gingerroot
4 garlic cloves, minced
4 tablespoons vegetable oil, divided
1 lb. Boneless beef sirloin steak, cut into ¼ inch strips
½ lb. Fresh green beans, cut in ½ lengthwise
1 teaspoon sugar
½ teaspoon salt
Hot cooked rice

Directions

In a bowl, combine the cornstarch, soy sauce, water, ginger, garlic and 2 tablespoons oil until smooth. Set aside ½ cup. Pour the remaining marinade into a large reseal able bag; add the beef. Seal bag and turn to coat; refrigerate for 25-30 minutes. Drain and discard marinade from beef. In a wok or skillet, stir-fry beef in remaining oil for 4-6 minutes or until no longer pink. Remove and keep warm. In the same skillet, stir-fry the beans, sugar and salt for 15 minutes or until crisp-tender. Stir in the beef and reserved marinade. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice.
YIELD: 4 servings

Green Bean Quiche

1 package (10 oz) frozen cut green beans
½ cup water
½ cup chopped onion
2 tablespoons butter or margarine
½ cup sliced fresh mushrooms
¼ cup diced green pepper
½ cup mayonnaise (*do not use reduced-fat or fat free mayonnaise with this recipe)*
¼ cup sour cream
¼ teaspoon salt
¼ cup crushed saltines (about 8 crackers)
6 eggs, beaten
1 medium tomato, seeded and chopped
¾ cup shredded sharp cheddar cheese

Directions

Place beans in a saucepan and cover with water; bring to a boil. Reduce heat. Cover and simmer for 6-8 minutes or until crisp-tender. Drain and set aside. In a small skillet, sauté onion in butter until tender. Add mushrooms and green pepper; sauté until tender.
In a large bowl, combine the mayonnaise, sour cream and salt; stir in the beans, mushroom mixture and cracker crumbs. Gradually stir in eggs. Pour into a greased deep-dish 9-inch pie plate. Sprinkle with tomato and cheese. Bake at 350° for 25-40 minutes or until a knife inserted near the center comes out clean.
YIELD: 6 servings

Hamburger Pie

1 lb. Ground beef
1 chopped onion
½ chopped red or green pepper
1 cup cream of tomato soup
4 cups cooked green beans or 1 qt of canned beans, drained
2 cups shredded cheese
3 cups mashed potatoes or instant potatoes (with milk and butter)

Directions

In skillet, brown ground beef, onion & pepper. Drain. In 2 qt. Casserole, add drained beans, tomato soup, cheese & beef mixture. Stir. Put mashed potatoes on top. You can use more or less potatoes according to your taste. Bake at 375° for 30 minutes or until potato mixture lightly browns on edges.

Green Bean Casserole

1 can cream of mushroom soup
½ cup of milk
dash of pepper
4 cups cooked green beans
1 1/3 cup French Fried onions

Directions

In 1 ½ quart casserole, mix soup, milk, pepper & beans. Bake at 350° for 25 minutes. Stir. Sprinkle remaining 2/3-cup onions over bean mixture. Bake 5 minutes or until onions are golden.

Lima Bean Soup

1 lb. Dry lima beans
1 large meaty ham bone or 2 ham hocks
2 ½ quarts of water
5 celery ribs, cut into chunks
5 medium carrots, cut into chunks
1 garlic clove, minced
2 tablespoons butter or margarine
2 tablespoons all purpose flour
2 teaspoons salt
½ teaspoon pepper
Pinch paprika
1 cup cold water
1 can (14-½ oz) stewed tomatoes

Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 inches. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid; return beans to pan. Add ham bone and the 2-½ quarts of water; bring to a boil. Reduce heat; cover and simmer for 1-½ hours. Debone ham and cut into chunks; return to pan. Add celery and carrots. Cover and simmer for 1 hour or until beans are tender. In a skillet, sauté garlic in butter for 1 minute. Stir in flour, salt, pepper, and paprika. Add cold water; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened. Add to the soup with tomatoes; simmer for 10 minutes.

YIELD: 14 servings (3 ½ quarts)

Mushroom Green Bean Casserole

1 lb. Fresh mushrooms
1 large onion
½ cup butter or margarine
¼ cup all purpose flour
1 cup half and half cream
1 jar (16oz) process cheese sauce
2 teaspoons soy sauce
½ teaspoon pepper
1/8 teaspoon hot pepper sauce
1 can (8 oz) sliced water chestnuts, drained
2 packages (16 oz each) French-style green beans, thawed and well drained
Slivered almonds

Directions

In a skillet, sauté mushrooms and onion in butter. Stir in flour until blended. Gradually stir in cream. Bring to a boil; cook and stir for 2 minutes. Stir in the cheese sauce, soy sauce, pepper and hot pepper sauce until cheese is melted. Remove from the heat; stir in water chestnuts. Place beans in an ungreased 3 quart baking dish. Pour the cheese mixture over top. Sprinkle with slivered almonds. Bake, uncovered, at 375° for 25-30 minutes or until bubbly.
Yield: 14-16 servings

Pepper Parmesan Beans

1 large sweet red pepper, diced
1 small green pepper, diced
¼ cup chopped onion
1 garlic clove, minced
¼ cup olive or vegetable oil
1-½ pounds fresh green beans cut into 2-inch pieces
1 tablespoon minced fresh basil or 1 teaspoon dried basil
1 teaspoon salt
1/3 to ½ cup shredded Parmesan cheese

Directions

In a large skillet, sauté peppers, onion and garlic in oil until the vegetables are tender, about 3 minutes. Add beans, basil and salt; toss to coat. Cover and cook over medium-low heat for 7-8 minutes or until beans are crisp-tender. Stir in cheese; serve immediately.
Yield: 6-8 servings

Monterey Green Beans

½ cup chopped green onions
3 tablespoons butter
1 package (9 oz) frozen cut green beans or 2 cups fresh green beans
1 can (4 oz) mushroom stems and pieces, drained
½ teaspoon lemon-pepper seasoning
¼ teaspoon salt
½ cup shredded Monterey jack cheese

Directions

In a saucepan, sauté onions in butter until tender. Add beans, mushrooms, lemon-pepper and salt. Cover and cook over medium heat for 5 minutes or until beans are tender. Sprinkle with cheese; cover and let stand for 1 minute or until cheese is melted.
YIELD: 6 servings

String Bean Chicken Skillet

½ lb. Fresh green beans, cut into 2-in. pieces
½ lb. Fresh wax beans, cut into 2-in. pieces
3 boneless skinless chicken breast halves
2 tablespoons vegetable oil
2 tablespoons plus 1 ½ teaspoons cornstarch
3 tablespoons soy sauce
1 can (8 oz) pineapple chunks
1 medium sweet red pepper, julienned
1 small onion, thinly sliced
¼ teaspoon salt
¼ teaspoon ground ginger
Hot cooked rice

Directions

Place beans in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 3 minutes; drain and set aside. Flatten chicken to ¼ inch thickness; cut into ½ inch strips. In a large skillet, stir-fry chicken in oil for 2-4 minutes or until no longer pink. Remove with a slotted spoon.
In a small bowl, combine cornstarch and soy sauce until smooth. Drain the pineapple, reserving juice; set pineapple aside. Stir the juice into the soy sauce mixture and set aside.
In the skillet, stir-fry red pepper and onion for 5 minutes. Add the chicken, beans, pineapple, salt and ginger. Gradually stir in the soy sauce mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice.
YIELD: 6 servings

Sweet-Sour Red Cabbage

1 medium head of red cabbage, shredded (1 ½ pound)
4 slices bacon
¼ cup brown sugar
2 tablespoons flour
¼ cup vinegar
1/8 teaspoon pepper
½ cup water
1 teaspoon salt
1 small onion

Directions

Prepare 5 cups of shredded cabbage as follows. Use ½ teaspoon salt to every 1-cup of water. Add 2 tablespoons of vinegar or lemon juice to the boiling water. Add red cabbage. Cover and heat, boiling for about 10 minutes and drain. Fry bacon until crisp; remove and drain. Pour off all of it except the bacon drippings. Stir in brown sugar and flour into the bacon drippings. Add water, vinegar, salt, pepper and onion. Cook, stirring frequently for about 5 minutes or until mixture thickens. Add bacon and sauce mixture to the hot cabbage; stir together gently and heat thoroughly. If desired garnish with more crispy fried bacon. (You may double and freeze half.)

Classic Chicken Divan

1 ½ pound broccoli, cut in pieces and cooked
¼ cup butter
6 tablespoon flour
2 cups chicken broth
½ cup whipping cream
6 pieces boneless, skinless chicken breast, cooked and cut up into pieces
1 cup Parmesan cheese (fresh grated)

Directions

Cook broccoli and drain. Melt butter, blend in flour, salt (1/2 teaspoon) and a dash of pepper. Add chicken broth and cook. Stir until the mixture thickens and bubbles, stir in cream. Place in 13' x 9-inch baking dish. Pour half of the sauce over top of the broccoli. Top with chicken. Add ½ cup of Parmesan cheese to the remaining sauce. Pour over the chicken. Sprinkle with remaining cheese. Bake at 350 degrees for 20 minutes or until heated thoroughly and is bubbly.

Kale Soup

A customer with no exact measurements gave this recipe to us. It is wonderful. It is better each day you reheat it.

Directions

Take a large soup pan and fill it half full of water. Add 1 pound of pepperoni, chopped into chunks and about ½ pound Kielbasa, chopped up any way that you like. Cook for about 1 hour. Add all the kale you can stuff in the pan and simmer for several hours. At the end add about 3 potatoes chopped and add 1 can of kidney beans that have been drained. Cook until potatoes are tender and serve.

Cabbage Casserole

1 pound ground beef
1 medium head of cabbage
3 or 4 medium carrots
½ teaspoon salt
1-10 ½ can of beef consommé
1 can of water
1 to 1 ½ cups uncooked rice

Directions

Brown the ground beef. In a 9 x 13-inch pan, pour uncooked rice over the bottom of the pan. Set aside. Dice cabbage into bite size pieces and "penny" carrots. In a bowl mix cabbage, carrots browned ground beef and salt. Pour mixture ground beef, cabbage and carrots on top of the uncooked rice. Pour can of beef consommé over top of the entire dish plus 1 can of water. Cover with foil and bake at 350° for 1 hour.

Shirley's Vegetable Salad

6 cups broccoli florets
6 cups cauliflower
2 cups cherry tomatoes, halved
1 large red onion, sliced
1 can (6 ounces) pitted ripe olives, drained and sliced
1 envelope ranch salad dressing mix
2/3 cup vegetable oil
¼ cup vinegar

Directions

In a large bowl, toss the broccoli, cauliflower, tomatoes, onion, and olives. In a jar with a tight fighting lid, combine dressing mix, oil and vinegar; shake well. Pour over salad and toss. Refrigerate for at least 3 hours.
Yield: 20 servings

Cheese Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon pepper
1 cup milk
¼ teaspoon salt
1/8 teaspoon pepper
1 cup milk
1 cup shredded sharp cheese

Directions

Melt butter over low heat. Blend in flour, salt and pepper. Cook over low heat, stirring until the mixture is smooth and bubbly. Remove from heat and stir in the milk. Bring to a boil stirring constantly. Boil for 1 minute. Add cheese and stir until melted. Put over broccoli and or cauliflower.

Broccoli and Shrimp Casserole

1 pound shrimp, shelled
1medium onion, chopped
1 bell pepper, chopped
2 stalks celery, chopped
1 quart frozen broccoli, thawed
8 ounces shredded cheese (mild or hot)
2 cups cooked rice
1 can cream of mushroom soup
1 ½ cup milk

Directions

Sauté onions, celery and pepper in butter until tender. Add soup, cheese, broccoli, rice, milk, and shrimp. Pour into a 3-quart microwavable casserole dish. Cover and cook on High in the microwave for 25 minutes, stirring every 10 minutes or until shrimp are pink and done.

Cream of Broccoli Soup

1 bunch broccoli
¼ cup butter
1 cup onion
2 cups chopped celery
1 clove garlic, chopped
½ cup flour
4 cups milk
4 cups chicken broth
½ teaspoon thyme
½ teaspoon marjoram
Salt and Pepper to taste

Directions

Trim broccoli and cut into1/2 inch thick slices. Steam in salted water until tender. In a large saucepan, melt butter and sauté onions, celery and garlic until brown. Stir in flour gradually. Add milk, chicken broth and herbs. Stir over low heat until soup thickens and boils. Add broccoli, salt and pepper. Serve hot.

Shirley's Cheesy Potato & Cauliflower Chowder

1 cup chopped onion
2 tablespoons butter
4 cups chicken broth
2 cups white potatoes
2 ½ cauliflower florets
1 cup half and half
2 tablespoons flour
2 ½ cups shredded Monterey jack cheese
Salt and pepper to taste

Directions

In a large saucepan or Dutch oven cook onion until tender. Carefully and the chicken broth and the potatoes. Bring to a boil and reduce the heat. Cover and simmer for 6 minutes. Add cauliflower and return to boiling. Reduce heat and simmer for 4 to 6 minutes or until the vegetables are tender. In a bowl whisk the half- &-half into flour until it is smooth. Add to the soup mixture. Cook and stir until the mixture is bubbly. Reduce heat to low. Stir in cheese until melted. Serve.

Broccoli Salad

6 cups Broccoli, chopped
½ of a Red Onion, chopped
½ cup raisins
1 cup sharp cheddar cheese, grated
8 slices of cooked bacon, crumbled

Dressing:

1 cup mayonnaise
2 tablespoons vinegar
2 tablespoons sugar

Directions

Mix broccoli, onion, raisins and cheese in a bowl. Combine mayonnaise, vinegar and sugar. Mix together and chill. Just before serving mix in crumbled bacon.

Pumpkin Pie

1 ¾ cup cooked pumpkin
½ teaspoon salt
1 ¾ cup milk
3 eggs
2/3 cup packed brown sugar
2 tablespoon granulated sugar
1 ¼ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cloves

Directions

Beat together all ingredients. Pour into pastry lined pie pan. Bake at 425° for 45 to 55 minutes. Bake until a knife inserted into the filling comes out clean. Makes one 9-inch pie.

Pumpkin Cookies

2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon nutmeg
1 cup sugar
1 cup shortening
1 egg
1 cup pumpkin
1 teaspoon vanilla
1 cup nuts or raisins

Directions

Sift together the first 6 ingredients; the flour, baking powder, baking soda, cinnamon, salt and nutmeg. Cream together the remaining ingredients. Bake at 350° for 12-14 minutes. Spread with a can of lemon icing that you added red food coloring to make it orange. Top with candy corns.

Pumpkin Swirl Bread

8 ounce cream cheese, softened
¼ cup sugar
1 egg, beaten
1 ¾ cup flour
1 ½ cup sugar
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
¼ teaspoon nutmeg
1 cup cooked, mashed pumpkin
½ cup margarine melted
1 egg, beaten
1/3 cup water

Directions

Combine cream cheese, ¼ cup sugar, and egg. Mix until well blended. Set aside. Combine dry ingredients. Add combined pumpkin, margarine, egg and water just until moistened. Reserve 2 cups of the pumpkin batter; pour remaining batter into 9' x 5-inch loaf pan. Pour cream cheese mixture over pumpkin batter; top with reserved pumpkin batter. Cut through the batters with a knife to get the swirl affect. Bake at 350° for 1 hour and 10 minutes or until toothpick inserted in the center comes out clean. Cool 5 minutes; remove from pan. Yield: 1 loaf

Maple Glazed Squash

2 medium acorn squash
Salt and pepper to taste
1 cup maple syrup
1 medium tart apple, peeled and chopped
2 tablespoons, raisins, optional
1 teaspoon ground cinnamon

Directions

Cut squash into 1-inch rings and remove the seeds. Place squash in a greased 13' x 9' x 2-inch baking dish. Sprinkle with salt and pepper. In a bowl combine, remaining ingredients; pour over the squash. Cover and bake at 350° for 50 to 60 minutes or until tender. Yield:6 servings

Baked Acorn Squash

4 medium acorn squash
4 tablespoon margarine or butter
8 tablespoons brown sugar
4 tablespoons Dark Karo Syrup, optional

Directions

Cut acorns in half. Remove seeds from each piece. Place in shallow pan, cut side up. Spread 1 heaping tablespoon margarine or butter in each half. Add 2 heaping tablespoons of brown sugar to each half. Add 1-tablespoon dark Karo syrup, if desired for more sweetness, to each half. Cake in a 350-degree oven for 1 hour. Serves 4.

Recipes were found in the following

- Taste of Home (Magazine)
- Quick Cooking (Magazine)
- Modern approach to everyday Cooking (cookbook)
- All-American Cook Book
- Thank Heaven for Home Made Cooks (cookbook)
- Sherry Waltz
- Farmers Supply Company
- Aunt Ruby Harbaugh
- Burnt Offerings
- Lewistown United Methodist Women (cookbook)
- Homemade with Love (cookbook)
- Betty Bures
- Kathryn Nicodemus
- The Wisner Family
- Favorite Brand Name Bake Sale Cookbook
- Better Homes & Gardens (cookbook)
- A Collection of the Finest Recipes ever assembled into one cookbook