

# *"The Arthritis Lady's" Favorite Healthy Recipes*

*90 of my favorite healthy & easy recipes*

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Dear Reader,

“The Arthritis Lady’s Favorite Healthy Recipes” is a wonderful cook book filled with tasty, easy to prepare recipes for the whole family.

There are 90 recipes that I recommend as “Arthritis Friendly”.

People who suffer with arthritis should be able to tolerate these without adverse effect.

Be sure to check the ingredients for foods that you may be sensitive to.

Best of Health,

Margie “The Arthritis Lady”  
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## **HOW TO USE THIS COOK BOOK**

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## **CUCUMBER ONION DIP**

3 CUPS

1/2 CUP CHOPPED ONION  
1 CUP SOUR CREAM  
1/4 TSP. SALT (OPTIONAL)  
1/2 CUP SALAD DRESSING DR MAYO  
DASH OF PEPPER  
1½ CUP SHREDDED CUCUMBER, WELL DRAINED

1. COMBINE INGREDIENTS, MIX WELL
2. CHILL & SERVE WITH VEGETABLE DIPPERS

## EGGPLANT DIP

1 MED. ONION, CHOPPED  
3 TBSP, TARRAGON VINEGAR  
1/2 CLOVE GARLIC  
JUICE OF 1/2 LEMON  
2/3 CUP OLIVE OIL  
2 EGGPLANTS, PEELED & CUT INTO 1" CUBES  
3 (3 OZ PKG.) CHIVE - FLAVORED CREAM CHEESE

1. SAUTE EGGPLANT, ONION, & GARLIC IN OIL 12 - 15 MIN. UNTIL LIGHTLY BROWNED
2. PUREE A LITTLE AT A TIME IN BLENDER
3. BLEND CHEESE WITH VINEGAR AND LEMON
4. ADD PUREE AND BEAT UNTIL SMOOTH
5. CHILL AND SERVE WITH SESAME SEED CRACKERS

## **ONION DIP**

1 ¾ CUPS

1- 8 OZ PKG. CREAM CHEESE, SOFTENED  
1/2 CUP MIRACLE WHIP OR MAYONNAISE  
1/4 CUP GREEN ONION SLICES (SUBSTITUTE WITH RED OR WHITE ONION)  
1 TSP. WORCESTERSHIRE SAUCE

1. MIX TOGETHER CREAM CHEESE AND SALAD DRESSING UNTIL WELL BLENDED
2. ADD REMAINING INGREDIENTS, MIX WELL
3. CHILL
4. SERVE WITH CRACKERS OR POTATO CHIPS

## GREEK SALAD DRESSING

1QT. OLIVE OIL  
1/4 CUP WINE VINEGAR  
1/4 TSP. PEPPER  
1 TSP. BASIL  
1 TSP. OREGANO  
1 TSP. DILL WEED  
3/4 TSP. GARLIC POWDER  
1 CUP SALAD DRESSING (MIRACLE WHIP)

1. BLEND INGREDIENTS WITH WIRE WHIP
2. STIR FREQUENTLY WHEN SERVING

## **MAURICE SALAD DRESSING**

1 CUP MAYONAISE  
1 CUP SALAD DRESSING  
1/4 CUP CHOPPED ONIONS  
1 TSP. PARSLEY FLAKES  
BUTTERMILK  
2 HARD BOILED EGGS, CHOPPED & GRATED

BLEND ALL INGREDIENTS TOGETHER ADDING ENOUGH BUTTERMILK TO MAKE DRESSING CREAMIER

## **MICHAEL'S SUPER SALAD DRESSING**

1/4 CUP WINE VINEGAR  
1/2 CUP SALAD OIL  
1 COLVE GARLIC, MINCED  
1 TBSP. DIJON MUSTARD  
1/2 TSP. FRESHLY GROUND PEPPER  
1/2 TBSP. GRANULATED SUGAR  
1 TSP. DILL SEED OR FRESH DILL (1/2 SPRIG)

1. ARRANGE SALAD INGREDIENTS ON PLATE
2. COMBINE DRESSING INGREDIENTS
3. SERVE DRESSING ON SIDE

## **RUSSIAN DRESSING**

3 ROUNDED TBSP. MAYO  
2 TBSP. CHILI SAUCE  
1 TSP. HORSERADISH  
1/4 TSP WCRCESTERSHIRE SAUCE  
2 TBSP. RELISH

BLEND AND CHILL

## **SWEET & SOUR SALAD DRESSING**

MAKES 1 CUP

1/2 CUP VEGETABLE OIL  
1/2 TSP. WORCHESTERSHIRE SAUCE  
1/3 CUP RED WINE VINEGAR  
1/4 TSP. HOT BOTTLED PEPPER SAUCE  
2 TBSP. SUGAR  
1/2 TSP. CELERY SALT  
1 CLOVE GARLIC, MINCED  
1/2 TSP. DRY MUSTARD

1. COMBINE ALL INGREDIENTS IN A JAR WITH SCREW-TOP LID
2. SHAKE WELL, REFRIGERATE

## **THOUSAND ISLAND DRESSING**

1/2 CUP - MAYO  
2 TBSP. - RELISH  
2 TBSP. - CHILI SAUCE OR KETCHUP  
1 - CHOPPED HARD BOILED EGG  
1 TBSP. - CHOPPED GREEN PEPPER

1. BLEND AND CHILL

## **HONEY BUTTER**

1. BLEND 1/2 CUP EACH OF SOFT BUTTER AND HONEY
2. STORE IN REFRIDGERATOR
3. IF A THINNER BUTTER IS DESIRED, USE 3/4 TO 1 CUP HONEY AND 1/2 CUP BUTTER
4. SERVE ON HOT BISCUITS, WFLES, PANCAKES OR CINNAMON TOAST

## **BAKED SEA BASS**

1 SM. TOMATO (OR DRAINED CANNED PEAR - SHAPED TOMATO), PEELED, SEEDED & CHOPPED FINE (1/4 CUP)  
1/8 TSP. SUGAR  
2 LB. SEA BASS, STRIPED BASS OR OTHER LARGE TEXTURED FISH FILLETS - CUT INTO 4 PIECES  
SALT (OPTIONAL) & PEPPER TO TASTE  
1/2 SM. CUCUMBER, PEELED, SEEDED AND CUT IN THIN STRIPS (1/2 C)  
2 TSP. MINCED PARSLEY  
1/4 TSP. CRUMBLED BASIL  
1/4 CUP OIL (PREFERABLY OLIVE)  
2 TBSP. BUTTER

1. SPRINKLE TOMATO WITH SUGAR
2. SET ASIDE
3. SEASON BOTH SIDES OF FILLETS WITH SALT AND VERY LIGHTLY WITH PEPPER
4. ARRANGE FISH CLOSE TOGETHER IN SINGLE LAYER IN A SHALLOW BAKING DISH
5. ARRANGE CUCUMBER AND TOMATO BETWEEN PIECES OF FISH
6. SPRINKLE WITH PARSLEY AND BASIL
7. POUR OIL OVER AND DOT WITH BUTTER
8. BAKE IN PREHEATED 350° OVEN
9. BASTING OCCASIONALLY, ABOUT 15 - 20 MINUTES (DEPENDING ON FISH AND ITS THICKNESS)

## **STUFFED FLOUNDER WITH CRAB**

4 LARGE FLOUNDER FILETS  
SALT (OPTIONAL) AND PEPPER  
1 PKG. (6 OZ.) FROEEN KING CRAB  
1 CUP FROZEN PEAS  
1 CAN (10-3/4 OZ.) CONDENSED CREAM OF MUSHROOM SOUP

1. SPRINKLE 4 LARGE FLOUNDER FILETS WITH SALT AND PEPPER
2. TOP WITH 1 PKG. (6 OZ.) FROEEN KING CRAB, THAWED, DRAINED AND SHREDDED
3. ROLL UP LIKE JELLY ROLL
4. PLACE INTO GREASED 1½ - QUART OBLONG CASSEROLE DISH MIX FROZEN PEAS AND CONDENSED CREAM OF MUSHROOM SOUP
5. POUR OVER FISH ROLLS
6. COVER AND BAKE AT 350° FOR 30 - 40 MINUTES OR UNTIL FISH FLAKES

## **LEMON BROILED FISH**

MAKES 2 SERVINGS

4 TBSP. BUTTER

2 TBSP. OIL

3 TBSP. LEMON JUICE

1 16-OZ. PKG. FROZEN FISH FILLETS COD, HADDOCK, OR OCEAN PERCH -  
UNTHAWED

1. COVER BOTTOM OF BROILER PAN WITH ALUMINUM FOIL
2. GREASE FOIL WITH 1 TBSP. BUTTER
3. IN A SMALL SAUCEPAN MELT REMAINING 3 TBSP. BUTTER OVER MODERATE HEAT
4. REMOVE FROM HEAT AND ADD OIL AND LEMON JUICE
5. PLACE BLOCK OF FROZEN FISH IN PREPARED PAN AND BRUSH WITH BUTTER -  
LEMON MIXTURE
6. BROIL 5 - 7" FROM HEAT FOR 17 -20 MINUTES
7. BASTING TWICE - DO NOT TURN FISH

WHEN DONE, FISH WILL BE WELL BROWNED ON TOP AND NO LONGER  
TRANSLUCENT INSIDE

## **SALMON WITH DILL BUTTER SAUCE**

MAKES 4 SERVINGS

4 SALMON STEAKS, SWORDFISH OR HALIBUT  
1/2 CUP BUTTER, MELTED  
2 TBSP. LEMON JUICE (1/2 LEMON)  
1 TSP. DILL

1. IN A SMALL BOWL COMBINE BUTTER, LEMON JUICE AND DILL
2. BRUSH ONE SIDE OF EACH FISH STEAK LIBERALLY WITH BUTTER MIXTURE
3. BROIL OR GRILL 4 MINUTES ON EACH SIDE
4. BASTING WITH REMAINING SAUCE TER TURNING

## SALMON IN PHYLLO

MAKES ABOUT 8 DOZEN PUFFS

1/2 CUP UNCOOKED LONG GRAIN RICE  
3 HARD BOILED EGGS, CHOPPED  
1/2 LB. MUSHROOMS, THINLY SLICE  
1 TSP. DILLWEED  
1/2 CUP CHOPPED GREEN ONIONS  
1 PKG. (1 LB.) PHYLLO OR STRUDEL PASTRY  
3 TBSP. BUTTER  
1 CUP (2 STICKS) BUTTER MELTED  
3 TBSP. LEMON JUICE  
1 CAN (15½ OZ.) PINK SALMON, DRAINED AND FLAKED

1. COOK RICE FOLLOWING PACKAGE DIRECTIONS
2. SAUTE MUSHROOMS AND GREEN ONIONS IN BUTTER IN A LARGE SKILLET JUST UNTIL LIGHTLY BROWNE
3. ADD LEMON JUICE AND STIR
4. MIX RICE, SALMON, EGGS, DILLWEED AND MUSHROOM MIXTURE IN MED SIZE BOWL
5. PLACE PHYLLO PASTRY ON WORK SURFACE
6. CUT PASTRY INTO 4 EQUAL LENGTHWISE STRIPS
7. WORK WITH 2 STACKS OF STRIPS AT A TIME
8. BRUSH 2 TOP STRIPS WITH MELTED BUTTER
9. PLACE A ROUNDED TEASPOON OF FILLING AT ONE END OF BOTH STRIPS
10. WORKING WITH THE TOP LEAF, FOLD ONE CORNER TO THE OPPOSITE SIDE, FORMING A TRIANGLE
11. CONTINUE FOLDING AS YOU WOULD A FLAG, KEEPING THE TRIANGLE SHAPE, TO THE OTHER END OF THE STRIP
12. REPEAT WITH THE SECOND STRIP, FORMING A SECOND TRIANGLE PUFF REPEAT WITH THE REMAINING BUTTER, FILLING AND PASTRY
13. ARRANGE TRIANGLES ON UNGREASED 15 x 10 x 1" JELLY ROLL PAN
14. BAKE IN PREHEATED HOT OVEN (425°) FOR 15 MINUTES OR UNTIL GOLDEN BROWN

SERVE HOT

## **TUNA STUFFED PEPPERS**

2 CANS (6½ - 7 OZ.) WATER-PACKED  
TUNA, DRAINED AND FLAKED  
1 MED. ONION, FINELY CHOPPED  
1 JAR (4 OZ.) PIMIENTO, DRAINED AND FINELY CHOPPED (1/3 C)  
1/3 CUP FINELY CHOPPED CELERY  
1/3 CUP FINELY CHOPPED DILL PICKLE (1/2 C)  
1/2 CUP MAYONNAISE  
4 GREEN PEPPERS

1. COMBINE TUNA, ONION, PIMIENTO, CELERY AND DILL PICKLE
2. IN A LARGE BOWL FOLD IN MAYONNAISE UNTIL WELL BLENDED
3. CUT 1/2 - INCH SLICE OF STEM END OF PEPPERS
4. REMOVE SEEDS AND MEMBRANES
5. FILL WITH SALAD; GARNISH WITH LEMON WEDGES, IF YOU WISH

## **BEEF VEGETABLE CREPES**

SERVES 6

1 ¼ LB. GROUND BEEF  
3 TBSP. OIL  
2 CUPS EGGPLANT, CHOPPED  
2 CUPS ZUCCHINI, CHOPPED  
1 CLOVE GARLIC, MINCED  
1 ¼ TSP. SALT (OPTIONAL)  
1 ¼ TSP. BASIL  
1 TSP. BEEF BOUILLION  
¾ CUP WATER  
1 TBSP. CORNSTARCH  
1 CUP SOUR CREAM  
2 TSP. MILK

CREPES (RECIPE ON NEXT PAGE)

1. PREPARE CREPES, SET ASIDE
2. COOK AND STIR GROUND BEEF IN 10" SKILLET UNTIL BROWN
3. REMOVE BEEF, DRAIN FAT FROM SKILLET
4. HEAT OIL IN SAME SKILLET UNTIL HOT
5. ADD EGGPLANT, ZUCCHINI AND GARLIC; COOK AND STIR UNTIL VEGS. ARE TENDER, ABOUT 5 MINUTES
6. STIR IN BEEF, SALT, BASIL AND BOUILLION
7. BLEND WATER AND CORNSTARCH, STIR INTO BEEF MIXTURE
8. COOK, STIRRING CONSTANTLY UNTIL MIXTURE THICKENS AND BOILS
9. BOIL AND STIR 1 MIN
10. STIR IN TOMATOES
11. SPOON ABOUT 1/3 CUP BEEF MIXTURE ON EACH WARM CREPE
12. FOLD IN HALF
13. HEAT SOUR CREAM AND MILK OVER LOW HEAT, STIRRING CONSTANTLY UNTIL WARM.
14. SPOON OVER CREPES; SPRINKLE WITH PAPRIKA

## **CREPES (12)**

1. LIGHTLY GREASE 6 - 7 INCH SKILLET; HEAT UNTIL HOT
2. BEAT 1 CUP BISQUICK, 2 EGGS AND 3/4 CUP MILK UNTIL SMOOTH
3. FOR EACH CREPE, POUR 2 TBSP. BATTER INTO SKILLET; ROTATE SKILLET UNTIL BATTER COVERS BOTTOM
4. COOK UNTIL GOLDEN BROWN
5. GENTLY LOOSEN EDGE WITH METAL SPATULA; TURN AND COOK OTHER SIDE UNTIL GOLDEN BROWN
6. STACK CREPES, PLACING PAPER TOWEL BETWEEN THEM
7. KEEP CREPES COVERED TO PREVENT THEM FROM DRYING OUT

NOTE: CREPES CAN BE MADE AHEAD OF TIME.

TO REFRIGERATE STACK 6 COOLED CREPES, PLACING PAPER TOWEL BETWEEN THEM. WRAP IN FOIL. REFRIGERATE NO LONGER THAN 2 DAYS. TO FREEZE, WRAP IN FOIL NO LONGER THAN 3 MONTHS.

WHEN READY TO USE, THAW WRAPPED CREPES AT ROOM TEMPERATURE; ABOUT 1 HOUR.

TO REHEAT, PRE-HEAT OVEN TO 350°

HEAT WRAPPED STACKS OF REFRIGERATED CREPES UNTIL HOT, ABOUT 10 MINUTES: WRAPPED STACKS OF FROZEN CREPES ABOUT 15 MINUTES.

## **CHIPPED BEEF & TOMATOES**

SERVES 4

1/4 LB. CHIPPED BEEF (RECIEPE ABOVE)

1 LARGE ONION

1 LB (16 OZ.) CANNED TOMATOES, DRAINED

1. SCALD BEEF; PLACE IN FRYING PAN WITH BUTTER
2. ADD CHOPPED ONION AND COOK FOR 5 MINUTES
3. ADD TOMATOES, COOK SLOWLY TO THE DESIRED THICKNESS
4. SEASON WITH PEPPER

SERVE ON HOT BUTTERED TOAST OR WAFFLES

## ITALIAN KEBOBS

TOMATO SAUCE - (RECIPE ON NEXT PAGE)

3/4 CUP DRY WHITE WINE  
1/2 LB. HOT ITALIAN SAUSAGE  
3/4 C VEGETABLE OIL LINKS  
1 CLOVE GARLIC, FINELY CHOPPED  
1/2 LB. SWEET ITALIAN SAUSAGE LINKS  
1/2 TSP. LE OREGANO  
3 MED. SIZE SWEET GREEN PEPPERS, HALVED, SEEDED AND CUT INTO SQUARES  
1/2 TSP. LE BASIL, CRUMBLED  
1 TSP. SALT (OPTIONAL)  
3 MED. SIZE ZUCCHINI, CUT INTO ½ INCH SLICES  
1/4 TSP. PEPPER  
1 PINT CHERRY TOMATOES OR LARGE TOMATOES QUARTERED CRUMBLED

1. PREPARE TOMATO SAUCE - (RECIPE ON NEXT PAGE)
2. CUT SAUSAGES INTO 1-INCH PIECES
3. THREAD SAUSAGE PIECES ALTERNATELY WITH PEPPER SQUARES, ZUCCHINI SLICES AND CHERRY TOMATOES ON 16 SKEWERS, DIVIDING EVENLY
4. COMBINE WINE, OIL, GARLIC, OREGANO, BASIL, SALT AND PEPPER IN A MEDIUM SIZE BOWL
5. MIX WELL. BROIL OR GRILL SKEWERS 6 INCHES FROM HEAT, BASTING WITH WINE MIXTURE AND TURNING FREQUENTLY, FOR ABOUT 8 MIN. OR UNTIL SAUSAGE IS COOKED AND VEGETABLES ARE TENDER
6. ARRANGE KABOBS ON PLATTER
7. SERVE WITH TOMATO SAUCE

## **TOMATO SAUCE**

MAKES 2½ CUPS

1. SAUTE 1 CLOVE GARLIC, FINELY CHOPPED, IN 2 TBSP
2. VEGETABLE OIL IN MEDIUM SAUCEPAN UNTILTENDER
3. PUREE 1 CAN (14 OZ.) ITALIAN STYLE PLUM TOMATOES IN CONTAINER OF ELECTRIC BLENDER
4. ADD PUREED TOMATOES, 1 CAN (6 OZ.) TOMATO PASTE
5. 1/2 TSP. LE BASIL, CRUMBLED, AND 1 BAY LE TO SAUCE PAN
6. SIMMER UNCOVERED FOR 30 MINUTES
7. REMOVE BAY LE

## **POT ROAST WITH SQUASH**

SERVES 6-8

1 /4 LB. BEEF BOTTOM ROUND ROAST  
4 MED. YELLOW SQUASH, CUT IN CHUNKS  
3 TBSP. OIL  
3 TBSP. ALL PURPOSE FLOUR  
1 TSP. THYME LEAVES  
1/4 TSP. PEPPER  
1 LB. SMALL WHITE ONION

1. ABOUT 5 HOURS BEFORE SERVING... IN DUTCH OVEN OVER MEDIUM-HIGH HEAT, COOK MEAT IN HOT OIL UNTIL WELL BROWNED ON ALL SIDES
2. ADD 2½ CUPS WATER, THYME AND PEPPER; HEAT TO BOILING
3. REDUCE HEAT TO LOW; COVER AND SIMMER 3½ HOURS OR UNTIL MEAT IS ALMOST FORK TENDER
4. ADD ONIONS AND SQUASH; COVER AND COOK 30 MINUTES MORE UNTIL MEAT AND VEGETABLES ARE FORK TENDER
5. PLACE MEAT ON WARM PLATTER. WITH SLOTTED SPOON, REMOVE VEGETABLES FROM LIQUID; ARRANGE AROUND MEAT
6. BLEND FLOUR IN CUP WITH ½ CUP COLD WATER
7. STIR INTO HOT LIQUID IN PAN AND COOK OVER MEDIUM HEAT, STIRRING CONSTANTLY, UNTIL MIXTURE IS THICKENED.
8. POUR SAUCE IN GRAVY BOAT TO SERVE WITH MEAT AND VEGETABLES

NOTE: INSTEAD OF BEEF BOTTOM ROUND ROAST, SELECT BEEF BLADE ROAST, ARM ROAST, CROSS RIB POT ROAST OR BONELESS SHOULDER POT ROAST

## **ROAST BEEF WITH THREE SAUCES**

1 ROLLED EYE-OF-ROUND (ABOUT 5 POUNDS)  
2 TBSP. BLACK PEPPER  
1 TSP. GARLIC POWDER  
SAUCES (RECIPES ON NEXT PAGE)  
SPICY HORSERADISH CAPER SAUCE (RECIPE ON NEXT PAGE)  
CHORON SAUCE (RECIPE ON NEXT PAGE)

1. ABOUT 2 HOURS BEFORE ROASTING, REMOVE ROAST FROM FRIG
2. MIX PEPPER AND GARLIC POWDER ON WAX PAPER. ROLL ROAST IN SEASONINGS TO COAT EVENLY; RUB INTO SURFACE. (DO NOT COAT ENDS)
3. LET ROAST STAND FOR ABOUT 2 HOURS AT ROOM TEMPERATURE
4. PREHEAT OVEN TO 450°
5. PLACE ROAST ON RACK IN ROASTING PAN
6. INSERT MEAT THERMOMETER SO IT REACHES CENTER OF MEAT
7. PLACE ROAST IN PREHEATED OVEN. IMMEDIATELY LOWER OVEN TEMP TO 325°
8. ROAST MEAT 20 TO 23 MINUTES PER POUND FOR MEDIUM-RARE (140° ON THERMOMETER) OR 24 TO 28 MINUTES PER POUND FOR MEDIUM (160° ON THE THERMOMETER)
9. PREPARE THE THREE SAUCES WHILE THE MEAT IS ROASTING
10. REMOVE ROAST TO CUTTING BOARD
11. LET STAND 15 MINUTES BEFORE CARVING
12. SLICE THINLY; ARRANGE ON PLATTER
13. GARNISH WITH PARSLEY, IF YOU WISH.
14. SERVE WITH THE THREE SAUCES (RECIPES ON NEXT PAGE)
15. TO SERVE COLD, REFRIGERATE 15-20 MINUTES

## **SPICY HORSERADISH CAPER SAUCE**

MAKES 1-1/3 CUPS

COMBINE IN A SMALL BOWL; MIX UNTIL WELL BLENDED

1/2 CUP HEAVY CREAM

1/2 CUP MAYONNAISE

2 TBSP. PREPARED HORSERADISH

1/3 CUP DRAINED AND CHOPPED CAPERS

GARNISH WITH CAPERS, IF YOU WISH

## **SPICY SAUCE FOR RICE OR MEAT**

1/4 CUP SALAD OIL

1 TBSP. A1 SAUCE

2 CUPS TOMATO PUREE

1/4 CUP HONEY

1 OR 2 BAY LEAVES

DASH OF HOT SAUCE

1/3 - 3/4 CUP WATER

1 TSP. EACH: GARLIC POWDER, BASIL, OREGANO, DILL

1. BLEND INGREDIENTS IN SAUCEPAN

BRING TO A BOIL, ADDING WATER TO REACH DESIRED CONSISTENCY

## **CHORON SAUCE**

MAKES 1 CUP

4 EGG YOLKS

2 TBSP. LEMON JUICE

1/4 TSP. SALT (OPTIONAL)

2 TO 4 TBSP. TOMATO PASTE

COMBINE IN ELECTRIC BLENDER COVER; WHIRL UNTIL SMOOTH GRADUALLY BLEND IN 1/2 CUP (1 STICK) MELTED BUTTER UNTIL THOROUGHLY BLENDED

## **TERIYAKI BEEF**

SERVES 6-8

2 LBS. ROUND STEAK, 1" THICK  
8 SCALLIONS, CUT IN 1½" LENGTHS  
2 TBSP. OIL  
½ LB. MUSHROOMS, HALVED  
⅓ CUP SOY SAUCE  
2 TSP. SUGAR  
2 TBSP. CORNSTARCH  
1 CLOVE GARLIC, MINCED  
¼ CUP WATER  
3 CARROTS, PEELED  
2 GREEN PEPPERS CUT IN 1" SQUARES  
1 CAN (8 OUNCES) WATER CHESTNUTS, HALVED

CUT STEAK IN STRIPS ⅛ INCH THICK OR THINNER AND 3 TO 4 INCHES LONG.  
(PARTIALLY FROZEN STEAK CAN BE CUT MORE EASILY)

1. BROWN MEAT STRIPS IN HOT OIL
2. POUR DRIPPINGS INTO MEASURING CUP AND ADD WATER TO MAKE 1 CUP
3. ADD SOY SAUCE, SUGAR, AND GARLIC
4. ADD TO MEAT. COVER AND COOK SLOWLY 40 MIN.
5. MEANWHILE, CUT CARROTS LENGTHWISE INTO THIN STRIPS AND CUT STRIPS IN HALF
6. ADD CARROTS, SCALLIONS, MUSHROOMS AND WATER CHESTNUTS TO MEAT. COVER AND CONTINUE COOKING 15 MINUTES
7. COMBINE CORNSTARCH AND WATER AND USE TO THICKEN COOKING LIQUID FOR SAUCE

## **BAKED THIGHS WITH ZUCCHINI**

SERVES 4

3 TBSP. BUTTER  
1½ LB. CHICKEN THIGHS  
2 MED. ZUCCHINI, SLICED  
1 SM. ONION, SLICED THIN  
1 TSP. THYME  
1/2 TSP. PEPPER  
1 CAN (16 OZ.) SLICED  
CARROTS, DRAINED

1. MELT BUTTER IN 13X9X2 INCH BAKING PAN IN OVEN WHILE PREHEATING TO 425°
2. REMOVE PAN FROM OVEN
3. TURN THIGHS IN BUTTER TO COAT COMPLETELY
4. PLACE THIGHS IN SINGLE LAYER IN MIDDLE OF PAN SURROUND WITH ZUCCHINI AND ONION
5. SPRINKLE CHICKEN AND VEGS WITH SALT, THYME AND PEPPER
6. STIR VEGS. BAKE ON TOP RACK OF OVEN 20 MINUTES, STIRRING VEGS OCCASIONALLY
7. STIR CARROTS INTO ZUCCHINI - ONION MIXTURE
8. BAKE 15 MINUTES OR UNTIL CHICKEN IS GOLDEN (FORK TENDER) AND ZUCCHINI IS CRISP TENDER

## **CHICKEN BROCCOLI CREPES**

MAKES 6 SERVINGS

1/4 CUP BUTTER  
1/4 CUP BISQUICK  
1/2 TSP. SALT (OPTIONAL)  
1/4 TSP. PEPPER  
2 CUPS MILK  
2 CUPS CUT UP COOKED CHICKEN  
1 JAR (2 OZ.) DICED PIMIENTO, DRAINED  
1 TBSP. SNIPPED CHIVES  
1 LB. BROCCOLI, COOKED & DRAINED

1. PREPARE CREPES ( RECIPE ON PAGE 99)
2. HEAT BUTTER IN 2 - QUART SAUCEPAN OVER MEDIUM TO HIGH HEAT UNTIL MELTED
3. STIR IN BKSQUICK, SALT AND PEPPER
4. COOK OVER LOW HEAT, STIRRING CONSTANTLY
5. BOIL AND STIR 1 MIN.
6. STIR IN CHICKEN, PIMIENTO AND CHIVES - HEAT UNTIL HOT
7. PLACE 1 STALK BROCCOLI ON EACH WARM CREPE AND ROLL UP
8. PLACE 2 CREPES SEAM SIDES DOWN ON EACH PLATE, TOP WITH ABOUT 1/2 CUP CHICKEN MIXTURE

## **CHICKEN CACCIATORE**

MAKES 4 SERVINGS

1 TBSP. OIL  
3 - 3½LB. CHICKEN, CUT UP  
1 16-OZ. CAN TOMATOES  
1/2 CUP DRY RED WINE  
2 TSP. GARLIC POWDER  
3/4 TSP. BASIL  
1/4 TSP. PEPPER  
12 SM. WHITE ONIONS, PEELED  
2 LARGE GREEN PEPPERS, SLICED  
1 TBSP. CORNSTARCH  
1 TBSP. WATER

1. ABOUT 1 HOUR BEFORE SERVING... IN 12 INCH SKILLET OVER MED-HIGH HEAT IN HOT OIL COOK CHICKEN PIECES UNTIL BROWNED ON ALL SIDES
2. STIR IN TOMATOES WITH THEIR LIQUID, WINE, GARLIC POWDER, BASIL AND PEPPER - HEAT TO BOILING
3. REDUCE HEAT TO LOW, COVER AND SIMMER 15 MINUTES
4. ADD ONIONS AND GREEN PEPPER - COVER AND SIMMER 15MINUTES LONGER OR UNTIL VEGS ARE TENDER
5. IN CUP STIR CORNSTARCH AND WATER UNTIL SMOOTH, GRADUALLY STIR INTO CHICKEN MIXTURE AND COOK, STIRRING UNTIL BOILING AND THICKENED

## **CHICKEN SQUASH FRICASSEE**

2½ TO 3 LB. BROILER - FRYER CHICKEN - CUT UP  
2 TBSP. VEGETABLE OIL  
1½ CUPS WATER  
2 TSP. INSTANT CHICKEN BOUILLON  
1/2 TSP. DRIED BASIL LEAVES  
1 BAY LE  
1 TSP. SALT (OPTIONAL)  
1 LB. SOFT-SHELLED SUMMER SQUASH (CROGKNECK, ZUCCHINI OR SCALLOPED)  
1/2 LB. FRESH GREEN BEANS, CUT LENGTHWISE INTO STRIPS  
2 MED. ONIONS, CUT INTO 1/2 - INCH SLICES  
1 TBSP. CORNSTARCH  
2 TBSP. COLD WATER

**1 PCK (9 OZ.) FROZEN GREEN BEANS, THAWED,  
CAN BE SUBSTITUTED FOR THE FRESH BEANS**

1. BROWN CHICKEN PIECES IN OIL IN 12 - INCH SKILLET OR DUTCH OVEN; DRAIN
2. ADD 1½ CUPS WATER, THE INSTANT BOUILLON, BASIL AND BAY LE HEAT TO BOILING; REDUCE HEAT
3. COVER AND SIMMER 30 MINUTES
4. REMOVE STEM AND BLOSSOM ENDS FROM SQUASH, BUT DO NOT PARE
5. CUT CROOKNECK AND ZUCCHINI LENGTHWISE IN HALF;
6. CUT SCALLOPED CROSSWISE IN HALF
7. PLACE SQUASH, BEANS AND ONIONS ON CHICKEN
8. SPRINKLE WITH SALT- HEAT TO BOILING; REDUCE HEAT
9. COVER AND SIMMER UNTIL CHICKEN IS DONE AND VEGETABLES ARE TENDER, 20 - 25 MINUTES
10. REMOVE CHICKEN AND VEGETABLES TO SERVING PLATTER
11. MIX CORNSTARCH AND 2 TBSP. WATER; STIR INTO LIQUID IN SKILLET
12. COOK OVER MED. HEAT, STIRRING CONSTANTLY, UNTIL MIXTURE THICKENS AND BOILS
13. BOIL AND STIR 1 MIN. SERVE OVER CHICKEN AND VEGIES

## **CREAMY CHICKEN ROLLS**

MAKES 6 SERVINGS

3 LARGE CHICKEN BREASTS, BONED AND SPLIT  
8 OZ. WHIPPED CREAM CHEESE

WITH CHIVES, DIVIDED  
1 TBSP. BUTTER, DIVIDED  
6 SLICES BACON

1. PLACE SPLIT BREASTS BETWEEN WAXED PAPER; POUND TO 1/2" THICKNESS
2. SPREAD EACH WITH ABOUT 3 TBSP. CHEESE MIXTURE; DOT WITH 1/2 TSP. BUTTER
3. FOLD ENDS OVER FILLING (SOME WILL OOZE OUT DURING BAKING)
4. WRAP 1 SLICE BACON AROUND EACH ROLL
5. PLACE, SEAM SIDE DOWN, IN SHALLOW BAKING PAN
6. BAKE ON TOP RACK IN 400° OVEN 40 MINUTES OR UNTIL CHICKEN IS TENDER AND JUICES RUN CLEAR WHEN MEAT IS PIERCED
7. BROIL ABOUT 5 MINUTES OR UNTIL BACON IS CRISP AND GOLDEN

## **GOLDEN CHICKEN & VEGIES**

MAKES 8 SERVINGS

1 BROILER-FRYER (3 LB.), CUT IN 8 PIECES  
1/2 CUP ALL-PURPOSE FLOUR  
1 TSP. SALT (OPTIONAL)  
1/4 TSP. PEPPER  
1/4 CUP VEGETABLE OIL  
3 CLOVES GARLIC, FINELY CHOPPED  
1/2 CUP CHICKEN BROTH  
1 LB. ASPARAGUS SPEARS OR  
10 OZ. FROZEN ASPARAGUS SPEARS  
2 MED - SIZE ZUCCHINI (ABOUT 3/4 LB.)  
2 YELLOW SQUASH (ABOUT 3/4 LB.)  
2 MED-SIZE SWEET RED PEPPERS  
1/2 LB. FRESH MUSHROOMS, SLICED  
1/4 CUP SOY SAUCE  
3 TBSP. DRY SHERRY (OPTIONAL)  
1/2 TSP. GROUND GINGER

1. SHAKE CHICKEN IN PLASTIC BAG WITH FLOUR, SALT AND PEPPER UNTIL COVERED
2. FRY CHICKEN IN OIL IN LARGE SKILLET, TURNING FREQUENTLY, ABOUT 5 MINUTES OR UNTIL GOLDEN BROWN
3. ADD GARLIC AND CHICKEN BROTH TO SKILLET - COVER; SIMMER 15 MINUTES
4. MEANWHILE, TRIM, PEEL AND CUT ASPARAGUS INTO 1 - INCH PIECES (IF USING FROZEN, JUST CUT INTO 1 - INCH PIECES)
5. CUT ZUCCHINI AND YELLOW SQUASH INTO 1 - INCH CHUNKS
6. HALVE AND SEED PEPPERS; CUT INTO 1 - INCH PIECES
7. ADD ASPARAGUS, ZUCCHINI, SQUASH, RED PEPPER AND MUSHROOMS TO SKILLET
8. ADD SOY SAUCE, SHERRY AND GINGER. STIR GENTLY TO MIX
9. COVER; SIMMER 15 MINUTES OR UNTIL VEGETABLES ARE CRISP / TENDER  
CHICKEN RICE BAKE

## **LEMON BUTTER CHICKEN**

2½ - 3 LB. CHICKEN, HALVED OR QUARTERED  
1/4 CUP LEMON JUICE  
3/4 CUP CREAM BUTTER  
2 TSP. SALT (OPTIONAL)  
1 – 2 TSP. SUMMER SAVORY  
1 TSP. PAPRIKA  
½ - 1 TSP. DRY MUSTARD  
2 TSP. SUGAR, IF DESIRED

1. BRUSH CHICKEN PIECES ON ALL SIDES WITH LEMON JUICE
2. PLACE IN COVERED DISH - REFRIGERATE AT LEAST 3 HR. OR OVERNIGHT
3. PREHEAT BROILER. IN 1 - QT. SAUCEPAN MELT BUTTER; STIR IN REMAINING SEASONINGS EXCEPT SUGAR
4. PLACE CHICKEN SKIN SIDE DOWN ON BROILER PAN
5. BASTE WITH BUTTER MIXTURE OCCASIONALLY THROUGHOUT BROILING
6. BROIL 6 - 8" FROM HEAT 20 - 25 MIN. TURN; BROIL 15-20 MIN. MORE, UNTIL TENDER
7. IF DESIRED, SPRINKLE SUGAR OVER CHICKEN PIECES AND BROIL 3 MIN.
8. TO GRILL: PLACE CHICKEN SKIN SIDES UP ON GRILL 5" TO 7" FROM HOT COALS. TURN PIECES EVERY 10 MIN., BRUSHING WITH BUTTER MIXTURE
9. GRILL 40 - 45 MIN. OR UNTIL CHICKEN IS DEEP GOLDEN BROWN AND FORK TENDER

## **CHICKEN MARSALA**

MAKES 6 SERVINGS

3 WHOLE CHICKEN BREASTS (1/4 OZ. EACH), SPLIT, SKINNED AND BONED  
1 EGG, BEATEN  
1/4 CUP MILK  
1/2 CUP FLOUR  
1½ TSP. SALT (OPTIONAL)  
1/4 TSP. PEPPER  
3 TBSP. OLIVE OIL  
3 TBSP. BUTTER  
1 SM. GREEN PEPPER, CUT INTO STRIPS  
1 SM. ONION, CHOPPED (1/4 C)  
1/2 LB. SM. MUSHROOMS, CLEANED AND SLICED  
1 CLOVE GARLIC, MINCED  
1 CUP MARSALA WINE  
1 ENVELOPE INSTANT CHICKEN BROTH  
1 LEMON, CUT INTO 6 THIN SLICES

1. FLATTEN CHICKEN PIECES BETWEEN SHEETS OF WAX PAPER WITH ROLLING PIN OR WOODEN MALLET (PIECES SHOULD ¼ - INCH THICK)
2. COMBINE EGG AND MILK IN A SHALLOW DISH
3. COMBINE FLOUR, SALT AND PEPPER ON WAX PAPER
4. DIP CHICKEN PIECES INTO EGG MIXTURE - THEN INTO FLOUR MIXTURE, TO COAT ALL SIDE
5. REPEAT TO USE ALL THE EGG AND FLOUR MIXTURES
6. REGRIGERATE 2 HOURS
7. HEAT OIL AND BUTTER IN LARGE SKILLET - BROWN CHICKEN PIECES ON BOTH SIDES
8. REMOVE TO PLATTER
9. SAUTE GREEN PEPPER, GNION, MUSHROOMS AND GARLIC IN SKILLET UNTIL BARELY TENDER
10. REMOVE TO PLATTER
11. ADD WINE AND CHICKEN BROTH TO PAN; BOIL, UNCOVERED, 10 MINUTES TO REDUCE LIQUID
12. RETURN CHICKEN AND VEGETABLES TO PAN - HEAT THOROUGHLY
13. ARRANGE ON SERVING PLATTER

## **STUFFED ROAST CHICKEN**

2 WHOLE BROILER - FRYERS  
(3½ LBS EACH)  
2 TBSP. LE ROSEMARY, CRUMBLED  
2 TBSP. LE TARRAGON, CRUMBLED  
1/3 CUP DRY WHITE WINE OR CHICKEN BROTH  
1/2 CUP (1 STICK) BUTTER  
1 TSP. SALT (OPTIONAL)  
1/2 TSP. FRESHLY GROUND PEPPER  
1 PKG. (6 OZ.) WILD RICE MIX, COOKED  
1 FRESH PEAR, CORED AND CHOPPED

1. COMBINE ROSEMARY AND TARRAGON WITH WINE IN A SMALL BOWL
2. LET STAND 1 HOUR
3. STRAIN; RESERVE LIQUID
4. BLEND BUTTER INTO HERBS
5. SPRINKLE CAVITY OF EACH CHICKEN WITH PART OF THE SALT AND PEPPER
6. ADD 1 TBSP. HERB BUTTER
7. LOOSEN SKIN OVER BREAST; PRESS IN ABOUT 2 TBSP OF THE HERB BUTTER
8. SAUTE CHOPPED PEAR IN HALF OF REMAINING HERB BUTTER
9. BLEND WITH COOKED WILD RICE
10. STUFF CHICKENS WITH WILD RICE; TRUSS
11. MELT REMAINING HERB BUTTER; BRUSH OVER BIRDS
12. SPRINKLE WITH REMAINING SALT AND PEPPER
13. COMBINE THE REMAINING HERB BUTTER WITH AN EQUAL AMOUNT OF WINE OR BROTH
14. ROAST IN MODERATE OVER (350°) FOR 1 3/4 TO 2 HOURS OR UNTIL LEG MOVES EASILY, BASTING FREQUENTLY WITH HERB - WINE MIXTURE
15. SERVE WITH SAUTEED ZUCCHINI, BROCCOLI, YELLOW SQUASH AND CARROTS

## **BAKED WHOLE HAM WITH SAUCES**

1. PLACE ONE 10 - 14 LB. SMOKED WHOLE HAM ON RACK IN ROASTING PAN
2. BAKE IN 325° OVEN 2½ - 4½ HOURS (18 - 20 MIN. PER POUND FOR A COOK-BEFORE-EATING HAM, 10 – 18 MIN. FOR A FULLY COOKED HAM) OR UNTIL MEAT THERMOMETER INSERTED IN THICKEST PART REGISTERS 160° FOR COOK-BEFORE-EATING, 140° FOR FULLY COOKED
3. LET STAND 5 - 10 MIN. BEFORE CARVING
4. SERVE SLICED THIN WITH APPLE-MINT SAUCE (RECIPE FOLLOWS) OR APRICOT SAUCE (RECIPE ALSO FOLLOWS)

### **APPLE MINT SAUCE**

MAKES ABOUT 1 CUP

1 CUP UNSWEETENED APPLESAUCE  
3 TBSP. MINT JELLY

MIX INGREDIENTS WELL

### **APRICOT SAUCE**

MAKES 1 CUP

1 CUP APRICOT PRESERVES (12 OUNCES)  
1 TBSP. WORCESTERSHIRE

1. MIX INGREDIENTS WELL

## **ROAST LEG OF LAMB**

1 LEG OP LAMB (6 LB), AT ROOM TEMPERATURE  
1 TBSP. ROSEMARY, LIGHTLY CRUSHED  
1 -3 LARGE CLOVES GARLIC SLIVERED  
I TSP. SALT (OPTIONAL) AND FRESH GROUND PEPPER TO TASTE

1. TRIM OFF MOST OF LAMB'S SURFACE FAT; DISCARD

(FOR A MILD GARLIC FLAVOR, INSERT 1 SLIVERED CLOVE GARLIC IN SLIT CUT IN SHANK END - FOR STRONGER GARLIC FLAVOR, INSERT GARLIC SLIVERS IN SLITS ALL OVER MEAT)

2. PLACE LAMB ON RACK IN SHALLOW ROASTING PAN  
3. SPRINKLE WITH ROSEMARY AND SALT. ROAST ON MIDDLE SHELF IN 350° OVEN  
1TO 2 HOURS OR UNTIL DONE AS DESIRED

## **PORK CHOPS WITH SPINACH DUMPLINGS**

MAKES 6 SERVINGS

6 PORK CHOPS (ABOUT 2 LB.)  
SALT (OPTIONAL) AND PEPPER  
1/2 CUP CHOPPED ONION  
1 CLOVE GARLIC, MINCED  
2 CUPS TOMATO JUICE  
1- 4 OZ. CAN MUSHROOM STEMS AND PIECES DRAINED  
1 TSP. SUGAR  
DASH PEPPER  
1/4 TSP. DRIED THYME, CRUSHED  
1/4 TSP. DRIED MARJORAM, CRUSHED  
1/4 TSP. DRIED ROSEMARY, CRUSHED  
1 BEATEN EGG  
1 10 - OZ. PKG. FROZEN CHOPPED SPINACH, THAWED & WELL DRAINED  
1/3 CUP FINE DRY BREAD CRUMBS  
1/4 CUP GRATED PARMESAN CHEESE  
1 TBSP. BUTTER, MELTED  
2 TBSP. ALL - PURPOSE FLOUR

1. TRIM EXCESS FAT FROM CHOPS. IN SKILLET, COOK FAT TRIMMINGS TILL 2 TBSP. DRIPPINGS ACCUMULATE DISCARD FAT
2. SEASON CHOPS WITH SALT AND PEPPER; BROWN IN HOT DRIPPINGS. REMOVE CHOPS SET ASIDE
3. IN SAME SKILLET, COOK ONION AND GARLIC TILL ONION IS TENDER BUT NOT BROWN
4. ADD 1-3/4 CUPS OF THE TOMATO JUICE, THE MUSHROOMS, SUGAR, SALT, PEPPER, THYME, MARJORAM, AND ROSEMARY
5. RETURN CHOPS TO SKILLET. SIMMER, COVERED, 25 MIN.
6. MEANWHILE, COMBINE EGG, SPINACH, BREAD CRUMBS, PARMESAN, AND BUTTER
7. PLACE 2 TBSP. OF THE SPINACH MIXTURE ATOP EACH CHOP TO FORM DUMPLINGS
8. SIMMER, COVERED, TILL DUMPLINGS ARE HEATED THROUGH, 10 - 15 MIN
9. REMOVE CHOPS AND DUMPLINGS TO PLATTER
10. BLEND FLOUR WITH THE REMAINING 1/4 CUP TOMATO JUICE
11. STIR INTO PAN JUICES
12. COOK AND STIR TILL THICKENED AND BUBBLY
13. SERVE OVER CHOPS

## **SKILLET PORK CHOPS**

SERVES 4

4 CHOPS, ABOUT 3/4 IN. THICK  
3/4 TSP. SALT (OPTIONAL)  
1/2 TSP. PEPPER  
1 - 8¼ OZ. CAN PINAPPLE SLICES  
WATER  
6 WHOLE CLOVES  
2 TSP. CORNSTARCH  
PARSLEY SPRIGS FOR GARNISH

1. ABOUT 1 HOUR BEFORE SERVING
2. TRIM FAT FROM CHOPS IN 12" SKILLET OVER MED/HIGH HEAT - HEAT UNTIL LIGHTLY BROWNED; USING SPOON PRESS FAT AND RUB OVER BOTTOM OF SKILLET TO GREASE IT WELL
3. DISCARD FAT. ADD CHOPS AND COOK UNTIL BROWNED ON BOTH SIDES
4. SPRINKLE WITH SALT AND PEPPER
5. INTO MEASURING CUP, DRAIN PINEAPPLE JUICE AND ADD ENOUGH WATER TO MAKE 1 CUP. RESERVE PINEAPPLE SLICES
6. ADD PINEAPPLE JUICE MIXTURE AND CLOVES TO MEAT HEAT TO BOIL
7. REDUCE HEAT TO LOW, COVER AND SIMMER 45 MIN. OR UNTIL MEAT IS FORK TENDER
8. ADD PINEAPPLE AND HEAT THROUGH
9. ARRANGE ON PLATTER, DISCARD CLOVES
10. SKIM FAT FROM PAN LIQUID
11. IN SMALL CUP MIX WELL CORNSTARCH WITH 1 TBSP. WATER, STIR INTO PAN LIQUID AND COOK STIRRING CONSTANTLY UNTIL SLIGHTLY THICKENED
12. SPOON PAN LIQUID OVER CHOPS, GARNISH WITH PARSLEY SPRIGS

## **ANCHOVY CAPER SAUCE**

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 1/2 CUP SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

1/3 CUP OLIVE OR SALAD OIL

1 SMALL GARLIC CLOVE, HALVED

1 TBSP. CAPERS

1 TSP. LEMON JUICE

2 TBSP. MINCED PARSLEY

1 2-OZ. CAN ANCHOVY FILLETS, DRAINED AND CHOPPED

1. IN SMALL SKILLET OR SAUCEPAN OVER MEDIUM HEAT, IN HOT OLIVE OIL, COOK GARLIC UNTIL GOLDEN
2. REMOVE SKILLET FROM HEAT
3. DISCARD GARLIC
4. STIR IN ANCHOVY, CAPERS AND LEMON JUICE UNTIL WELL MIXED
5. THEN STIR IN PARSLEY

## **BROCCOLI SAUCE**

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 2½ CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

4 TBSP. BUTTER  
1 MED. ONION, CHOPPED  
3 TBSP. ALL-PURPOSE FLOUR  
2 CUPS MILK  
1 10-OZ. PKG. FROZEN CHOPPED BROCCOLI

1. IN 2-QT. SAUCEPAN OVER MED. HEAT, COOK BUTTER AND ONION UNTIL ONION IS TENDER, STIRRING OCCASIONALLY
2. STIR IN FLOUR UNTIL BLENDED
3. GRADUALLY STIR IN MILK
4. COOK, STIRRING CONSTANTLY, UNTIL THICKENED AND SMOOTH
5. STIR IN FROZEN BROCCOLI, SEPARATING BROCCOLI WITH FORK
6. HEAT TO BOILING. OVER LOW HEAT
7. COOK BROCCOLI 2-3 MIN. UNTIL BROCCOLI IS TENDER

## **RED CLAM SAUCE**

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 6 CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 16-OZ. PKG. SPAGHETTI OR 1 LB. HOME-MADE NOODLES

2 10-OZ. CANS WHOLE BABY CLAMS  
2 TBSP. OLIVE OR SALAD OIL  
2 SMALL GARLIC CLOVES, MINCED  
1 28 OZ. CAN TOMATOES  
1 6-OZ. CAN TOMATO PASTE  
2 TBSP. MINCED PARSLEY  
1/8 TSP. CRUSHED RED PEPPER

1. DRAIN CLAMS, RESERVING LIQUID. IN 3-QT. SAUCEPAN OVER MEDIUM HEAT, IN HOT OLIVE OR SALAD OIL, COOK GARLIC UNTIL LIGHTLY BROWNED
2. ADD CLAM LIQUID, TOMATOES WITH THEIR LIQUID, TOMATO PASTE, PARSLEY AND CRUSHED RED PEPPER, STIRRING TO MIX WELL AND BREAK UP TOMATOES; OVER HIGH HEAT
3. HEAT TO BOILING
4. REDUCE HEAT TO LOW; COVER AND SIMMER 20 MIN. TO BLEND FLAVORS, STIRRING OCCASIONALLY
5. STIR IN CLAMS; HEAT THROUGH

## WHITE CLAM SAUCE

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 6 CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 16-OZ. PKG. SPAGHETTI OR 1 LB. HOME-MADE NOODLES

2 10-OZ, CANS WHOLE BABY CLAMS  
1/4 CUP OLIVE OR SALAD OIL  
4 TBSP. BUTTER  
2 SMALL GARLIC CLOVES, MINCED  
1/2 CUP MINCED PARSLEY

1. DRAIN CLAMS, RESERVING LIQUID. IN 2-QT. SAUCEPAN OVER MED. HEAT, IN HOT OLIVE OIL AND BUTTER, COOK GARLIC UNTIL LIGHTLY BROWNED
2. ADD CLAM LIQUID AND PARSLEY; HEAT TO BOILING. REDUCE HEAT TO LOW COVER AND SIMMER 10 MIN. TO BLEND FLAVORS
3. ADD CLAMS AND COOK UNTIL CLAMS ARE HEATED THROUGH, STIRRING OCCASIONALLY

## **EGGPLANT AND TOMATO SAUCE**

SERVES 2 - 3

PREPARE ABOUT 30 MIN. BEFORE SERVING MAKES ABOUT 4½ CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

1/4 CUP OLIVE OIL OR SALAD OIL  
1 SMALL GARLIC CLOVE, MINCED  
1 28 - OZ. CAN TOMATOES  
2 TSP. SUGAR  
1 TSP. ITALIAN SEASONING  
1 MED. EGGPLANT (1 LB.), CUT INTO 3/4-IN. CUBES

1. IN 3-QT. SAUCEPAN OVER MEDIUM HEAT, IN HOT OLIVE OIL, COOK EGGPLANT AND GARLIC UNTIL LIGHTLY BROWNED
2. ADD TOMATOES WITH THEIR LIQUID AND REMAINING INGREDIENTS
3. STIRRING TO MIX WELL AND BREAK UP TOMATOES; OVER HIGH HEAT, HEAT TO BOILING
4. REDUCE HEAT TO LOW; COVER AND SIMMER ABOUT 20 MIN. OR UNTIL EGGPLANT IS VERY TENDER
5. STIRRING OCCASIONALLY

## **MARINARA SAUCE**

SERVINGS 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 2½ CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

2 TBSP. OLIVE OR SALAD OIL  
1 SMALL ONION, CHOPPED  
1 LARGE GARLIC CLOVE, MINCED  
1 TBSP. SUGAR  
2 TSP. BASIL LEAVES  
1 16-OZ. CAN TOMATOES  
1 6-OZ. CAN TOMATO PASTE

1. IN 2-QT. SAUCEPAN OVER MEDIUM-LOW HEAT, IN HOT OLIVE OIL
2. COOK ONION AND GARLIC UNTIL TENDER, STIRRING OCCASIONALLY
3. STIR IN SUGAR, BASIL, AND TOMATOES WITH THEIR LIQUID AND TOMATO PASTE
4. HEAT MIXTURE TO BOILING, STIRRING TO BREAK UP TOMATOES
5. REDUCE HEAT TO LOW; COVER SAUCEPAN AND SIMMER 20 MIN. TO BLEND
6. FLAVORS, STIRRING OCCASIONALLY

## **BRAISED SWEET-PEPPER SAUCE**

SERVES 2 - 3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 5 CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 8 - OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

3 TBSP. SALAD OIL  
1/2 TSP. MARJORAM LEAVES  
2 MED. ONIONS, SLICED  
1 16 - OZ. CAN TOMATOES  
1 TSP. SUGAR  
6 MED. GREEN PEPPERS, CUT INTO 3/4-IN. WIDE STRIPS

1. IN 4-QT. SAUCEPAN OVER MEDIUM-HIGH HEAT, IN HOT SALAD OIL, COOK GREEN PEPPERS AND ONIONS UNTIL TENDER, STIRRING FREQUENTLY
2. ADD TOMATOES WITH THEIR LIQUID AND REMAINING INGREDIENTS, STIRRING TO MIX WELL AND BREAK UP TOMATOES OVER HIGH HEAT, HEAT TO BOILING
3. REDUCE HEAT TO MEDIUM; COOK 5 MIN. TO BLEND FLAVORS, STIRRING OCCASIONALLY

## CREAMY TOMATO SAUCE

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 2½ CUPS SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

1 LARGE GREEN PEPPER, CHOPPED  
1 MED. ONION, CHOPPED  
1 SMALL GARLIC CLOVE, MINCED  
2 TBSP, OLIVE OR SALAD OIL  
1TBSP. ALL-PURPOSE FLOUR  
1 16-OZ. CAN TOMATOES  
1½ TSP. SUGAR  
1/8 TSP. CRUSHED RED PEPPER  
1/4 CUP HEAVY DR WHIPPING CREAM

1. IN 3-QT. SAUCEPAN OVER MEDIUM-LOW HEAT, COOK PEPPER, ONION, GARLIC AND OLIVE OIL UNTIL VEGETABLES ARE TENDER, STIRRING OCCASIONALLY
2. STIR IN FLOUR UNTIL WELL BLENDED
3. ADD TOMATOES WITH THEIR LIQUID AND REMAINING INGREDIENTS EXCEPT CREAM
4. STIRRING TO BREAK UP TOMATOES; OVER HIGH HEAT
5. HEAT TO BOILING
6. REDUCE HEAT TO LOW; COVER AND SIMMER 15 MIN. TO BLEND FLAVORS
7. STIR IN CREAM; HEAT THROUGH (DO NOT BOIL OR MIXTURE MAY CURDLE)

## CREAMY CAULIFLOWER SALAD

SERVES 8

1 CUP MAYO  
1/2 TSP. PEPPER  
1 SMALL ONION  
1 MED. HEAD CAULIFLOWER  
3 - 4 TBSP. MILK  
3 RIBS CELERY, SLICED THIN  
1 - 1½ TSP. SALT (OPTIONAL)  
1 (10 OZ) FROZ. PEAS, COOKED

1. MIX MAYO, ONION, MILK, SALT AND PEPPER UNTIL SMOOTH
2. BREAK CAULIFLOWER IN SMALL FLORETS
3. ADD WITH CELERY AND PEAS TO MAYO MIXTURE
4. TOSS LIGHTLY AND CHILL

## **LAYERED POTATO SALAD WITH DILL SAUCE**

SERVES 10 - 12

1 QT. CHOPPED COOKED POTATO  
3 CUPS SHREDDED LETTUCE  
2 CUPS COOKED PEAS  
2 CUPS CHOPPED TOMATO  
2 - 6½ OZ. CANS TUNA, DRAINED, FLAKED  
2 CUPS CHOPPED CUCUMBER  
1/2 TSP. DILLWEED  
DILL SAUCE (RECIPE FOLLOWS)

1. COMBINE POTATO AND PEAS
2. TOSS TUNA WITH DILLWEED
3. LAYER LETTUCE, POTATO MIXTURE, TOMATO, TUNA MIXTURE AND CUCUMBER IN 3½ QT. SALAD BOWL
4. TOP WITH 1½ CUPS DILL SAUCE
5. COVER AND CHILL
6. SERVE WITH REMAINING DILL SAUCE

### **DILL SAUCE**

1 CUP SALAD DRESSING OR MAYO  
1 CUP SOUR CREAM  
1/2 CUP MILK  
1/4 CUP CHOPPED DILL PICKLE  
1/4 CUP GREEN ONION, SLICES  
1/2 TSP. DRY MUSTARD

1. COMBINE INGREDIENTS AND MIX WELL

## **MARINATED MUSHROOM SPINACH SALAD**

SERVES 6

1/2 CUP OIL  
1/2 TSP. BASIL  
1/4 CUP WHITE WINE VINEGAR  
1/2 LB MUSHROOMS, SLICED THIN  
1 SMALL ONION, SLICED  
1 LB SPINACH, TORN IN BITE-SIZE PIECES

1. COMBINE OIL, VINEGAR, ONION, BASIL IN MED. BOWL
2. ADD MUSHROOMS AND LET STAND AT ROOM TEMPERATURE 2 HOURS OR REFRIGERATE OVERNIGHT, STIRRING OCCASIONALLY
3. PLACE SPINACH IN SALAD BOWL
4. ADD MUSHROOM OIL MIXTURE
5. TOSS WELL, SERVE AT ONCE

## **SPINACH AND CARROT SALAD**

2 LB. FRESH SPINACH  
1/3 CUP TARRAGON VINEGAR  
2 HEADS ENDIVE  
2 TBSP. SUGAR  
2-3 TSP. DRY MUSTARD  
1/3 CUP OLIVE OIL  
1 CUP DAIRY SOUR CREAM  
2 LARGE CARROTS, PARED AND SLICED

1. WASH SPINACH; REMOVE AND DISCARD STEMS
2. DRY THOROUGHLY AND BREAK INTO BITE SIZE PIECES INTO A SALAD BOWL
3. RESERVE AND REFRIGERATE 8 ENDIVE LEAVES FOR GARNISH
4. CUT REMAINING ENDIVE INTO ½" SLICES
5. COMBINE SPINACH, ENDIVE AND CARROT SLICES IN THE SALAD BOWL
6. TOSS LIGHTLY TO MIX. REFRIGERATE
7. COMBINE OIL, VINEGAR, SUGAR, DRY MUSTARD, IN A SCREW-TOP JAR
8. COVER; SHAKE WELL
9. GRADUALLY STIR IN SOUR CREAM UNTIL WELL BLENDED
10. POUR DRESSING OVER SALAD
11. TOSS GENTLY TO MIX
12. GARNISH WITH THE RESERVED ENDIVE LEAVES

## **CREAMY SAUCE FOR VEGIES**

USE OVER VEGIES OR IN A CASSEROLE

1 LARGE ONION, CHOPPED (1 CUP)  
1/2 CUP BUTTER (1 STICK)  
1/2 CUP FLOUR  
2 ENVELOPES OR TSP. INSTANT CHICKEN BROTH  
4 CUPS MILK

1. SAUTE ONION IN BUTTER TIL THE ONION IS CLEAR, NOT BROWN
2. STIR IN FLOUR AND CHICKEN BROTH. COOK STIRRING SO IT WON'T STICK. WHEN IT STARTS BUBBLING

## **EGG SAUCE**

USE THIS SAUCE TO TOP FISH, CROQUETTES OR VEGETABLES.

STIR 1 OR 2 CHOPPED HARD-COOKED EGGS AND 2 TEASPOONS CHOPPED PARSLEY INTO A MEDIUM WHITE SAUCE (RECIPE ON PAGE 244)

## **BLENDER HOLLANDAISE**

MAKES 3/4 CUP

3 EGG YOLKS  
2 TBSP. LEMON JUICE  
1/2 CUP BUTTER  
DASH OF CAYENNE

1. PUT EGG YOLKS, LEMON JUICE AND CAYENNE IN BLENDER JAR
2. HEAT BUTTER IN SMALL SAUCEPAN UNTIL BUBBLY
3. COVER BLENDER AND WHIRL AT HIGH SPEED FOR 2 TO 3 SECONDS
4. UNCOVER BLENDER JAR OR REMOVE CENTER SECTION OF COVER
5. AT HIGH SPEED, POUR IN HOT BUTTER IN A THIN, STEADY STREAM
6. IT WILL TAKE ABOUT 30 SECONDS

## CLASSIC HOLLANDAISE SAUCE

MAKES ABOUT 2 CUPS

3 - EGG YOLKS  
1 TBSP. - COLD WATER  
1½ CUPS - MELTED BUTTER  
1 TBSP. - LEMON JUICE  
WHITE PEPPER OR CAYENNE

1. PLACE EGG YOLKS IN STAINLESS STEEL SAUCEPAN OR IN TOP OF DOUBLE BOILER
2. ADD WATER
3. PLACE PAN OVER HOT, NOT BOILING, WATER OR OVER VERY LOW HEAT
4. STIR YOLKS RAPIDLY WITH WIRE WHISK UNTIL THEY ARE THE CONSISTENCY OF CREAM SAUCE
5. REMOVE FROM HEAT
6. CONTINUE TO BEAT FOR 1 MINUTE. HAVE THE EGG YOLK MIXTURE AND
7. MELTED BUTTER AT THE SAME TEMPERATURE
8. **DO NOT POUR IN WHITE, MILKY RESIDUE AT THE BOTTOM OF THE BUTTER**
9. THIS IS ESSENTIAL TO A SMOOTH SAUCE. POUR MELTED BUTTER SLOWLY INTO THE EGG YOLK MIXTURE, BEATING CONSTANTLY
10. BE SURE EACH ADDITION HAS BEEN COMPLETELY INCORPORATED BEFORE ADDING THE NEXT ONE
11. STIR IN LEMON JUICE
12. TASTE THE HOLLANDAISE AND CORRECT THE SEASONING

## **EASY HOLLANDAISE**

MAKES ABOUT 2/3 CUP

2 - EGG YOLKS  
3 TBSP. - LEMON JUICE  
1/2 CUP – BUTTER  
DASH CAYENNE

1. PUT EGG YOLKS AND LEMON JUICE IN A SAUCEPAN
2. BEAT UNTIL WELL BLENDED
3. DIVIDE THE BUTTER IN HALF ADD ONE HALF (1/4CUP) TO THE EGG YOLK MIXTURE
4. PLACE OVER LOW HEAT
5. STIR BRISKLY WITH WIRE WHISK UNTIL BUTTER IS MELTED
6. ADD REMAINING BUTTER AND CAYENNE
7. STIR BRISKLY UNTIL BUTTER IS MELTED AND SAUCE IS THICK

## **MARINADE FOR MEAT**

2 CUPS SALAD OIL  
2 TBSP. PAPRIKA  
1 TSP. EA GARLIC POWDER, BASIL, OREGANO & DILL  
1/2 TSP. PEPPER  
1 LEMON QUARTERED

BLEND ALL INGREDIENTS SQUEEZING IN JUICE FROM LEMON. MARINADE MEAT A  
COUPLE OF HOURS OR OVERNIGHT

## **MUSHROOM SAUCE**

SERVES 2-3

PREPARE ABOUT 30 MIN. BEFORE SERVING

MAKES ABOUT 1 CUP SAUCE OR ENOUGH TO SERVE OVER ONE 8-OZ. PKG. SPAGHETTI OR 1/2 LB. HOME-MADE NOODLES

1/4 CUP OLIVE OR SALAD OIL  
1/2 LB. MUSHROOMS, THINLY SLICED  
2 TBSP. SOY SAUCE  
1 TBSP. WATER

1. IN 1-QT. SAUCEPAN OVER MEDIUM-HIGH HEAT, IN HOT OLIVE OIL, COOK MUSHROOMS UNTIL TENDER, ABOUT 5 MIN.
2. STIRRING FREQUENTLY
3. ADD SOY SAUCE AND WATER
4. COOK 5 MINS. STIRRING OCCASIONALLY

## **ZESTY PEPPER SAUCE**

3 ½ CUPS

1. IN SKILLET SAUTE UNTIL TENDER; 1/2 CUP EACH CELERY & CHOPPED PEPPER
2. STIR IN 1 MED, CHOPPED ONION AND 1 SMALL CLOVE GARLIC, MINCED
3. ADD ONE LB. CAN CHOPPED TOMATOES, 2 TBSP. OIL, 1 - 8 OZ. CAN TOMATO SAUCE
4. 1/2 TSP. DRY MUSTARD, BRING TO BOIL
5. REDUCE HEAT AND SIMMER 10 MINUTES. STIR OCCASIONALLY

**GOOD WITH ZUCCHINI, YELLOW SQUASH, ETC.**

## **SAUCE TO FREEZE**

MAKES 2 CUPS

1/2 CUP BUTTER  
1/2 CUP FLOUR  
1/2 CUP NONFAT DRY MILK POWDER  
2 TBSP. ONION POWDER  
2 TSP. SALT (OPTIONAL)  
1/4 TSP. PEPPER

1. IN A MEDIUM SIZE BOWL WITH A PASTRY BLENDER, BLEND UNTIL MIXTURE IS VERY CRUMELY
2. SPOON INTO A 2 CUP FREEZER CONTAINER

## **SEA FOOD SAUCE**

3 TBSP. - KETCHUP OR HOT SAUCE  
1 TBSP. - HORSERADISH  
2 TBSP. - RELISH

BLEND AND CHILL

## **SOUR CREAM SAUCE**

2 CUPS SOUR CREAM

1/8 - 1/4 CUP BUTTERMILK, (DEPENDING ON HOW THIN YOU WANT THE SAUCE)

PINCH OF PEPPER

PINCH OF GARLIC POWDER

MIX ALL TOGETHER AND SERVE

## **TARTER SAUCE**

2 - HEAPING TBSP. MAYO  
1 - EGG, CHOPPED  
2 TBSP. - RELISH

1. BLEND RELISH & MAYO TOGETHER
2. ADD HARD BOILED EGG FOR EXTRA RICH SAUCE

## **THICKENING GRAVY**

EITHER ONE OF THE FOLLOWING METHODS WILL GIVE EXCELLENT RESULTS

### **FOR EACH CUP OF GRAVY**

1. REMOVE ALL BUT 1 TABLESPOON DRIPPINGS AND BROWN BITS FROM THE ROASTING PAN
2. ADD 1 CUP LIQUID (MEAT JUICE PLUS WATER TO FILL CUP, OR BOUILLON) AND COOK OVER MEDIUM HEAT - STIRRING TO LOOSEN BROWN BITS
3. REMOVE FROM HEAT
4. IN CUP, STIR 1 TABLESPOON CORNSTARCH WITH 2 TABLESPOONS COLD WATER
5. STIR INTO PAN AND COOK, STIRRING CONSTANTLY, UNTIL MIXTURE THICKENS AND BOILS
6. BOIL 1 MINUTE - SEASON TO TASTE

- OR -

### **FOR EACH CUP GRAVY**

1. LEAVE 1 TABLESPOON DRIPPINGS AND BROWN BITS IN PAN
2. SPRINKLE 1 TABLESPOON CORNSTARCH INTO PAN AND COOK OVER MEDIUM HEAT - STIRRING - UNTIL SMOOTH
3. REMOVE FROM HEAT
4. GRADUALLY STIR IN 1 CUP LIQUID AND COOK
5. STIRRING UNTIL MIXTURE IS THICKENED AND BOILS
6. BOIL 1 MINUTE
7. SEASON TO TASTE

COOL CORNSTARCH MIXTURES AT ROOM TEMPERATURE, THEN REFRIGERATE TO KEEP SKIN FROM FORMING ON TOP - PRESS PLASTIC WRAP RIGHT DOWN ON SURFACE

**TO MAKE WHITE (CREAM) SAUCE**  
FOR EACH CUP SAUCE

1. MELT 2 TABLESPOONS FAT IN A SAUCEPAN AND STIR IN 1 TABLESPOON CORNSTARCH, 1/2 TEASPOON SALT AND DASH PEPPER UNTIL SMOOTH
2. REMOVE THE PAN FROM THE HEAT AND GRADUALLY
3. STIR IN 1 CUP MILK UNTIL SMOOTH
4. RETURN PAN TO MEDIUM HEAT AND HEAT TO BOILING - STIRRING THE MIXURE CONSTANTLY
5. BOIL 1 MINUTE AND REMOVE FROM HEAT

THE FOLLOWING THREE SAUCES ALL HAVE THE SAME PROCEDURE, BUT DIFFERENT AMOUNTS OF INGREDIENTS... **MIXING DIRECTIONS FOLLOW ON NEXT PAGE**

THIN WHITE SAUCE  
MEDIUM WHITE SAUCE  
THICK WHITE SAUCE

**THIN WHITE SAUCE**  
MAKES 1 CUP

USE FOR VEGETABLES OR TO MAKE CREAM SOUP...

1 TBSP. - BUTTER  
1 TBSP. - FLOUR  
1/4 TSP. - SALT (OPTIONAL)  
1/8 TSP. - PEPPER  
1 CUP - MILK

**MEDIUM WHITE SAUCE**  
MAKES 1 CUP

BEST FOR SCALLOPED AND CREAMED DISHES...

2 TBSP. - BUTTER  
2 TBSP. - FLOUR  
1/8 TSP. - PEPPER  
1 CUP - MILK  
1/4 TSP. - SALT

**THICK WHITE SAUCE**  
MAKES 1 CUP

THIS SAUCE IS THE ONE TO USE WHEN MAKING SOUFFLES AND CROQUETTES...

1/4 CUP (4 TBSP.) - BUTTER  
1/4 CUP (4 TBSP.) - FLOUR  
1/4 TSP. - SALT (OPTIONAL)  
1/8 TSP. - PEPPER  
1 CUP - MILK

## MIXING DIRECTIONS FOR THE ABOVE SAUCES

1. PUT BUTTER IN A MEDIUM SIZE SAUCEPAN. PLACE OVER LOW HEAT UNTIL MELTED
2. REMOVE FROM HEAT
3. ADD FLOUR, SALT AND PEPPER
4. STIR UNTIL THE MIXTURE IS COMPLETELY SMOOTH
5. RETURN TO LOW HEAT AND COOK, STIRRING CONSTANTLY, UNTIL THE MIXTURE BUBBLES FOR ABOUT 3 MINUTES
6. IT WILL BE SLIGHTLY GOLDEN, AND YOU SHOULD NOT ALLOW IT TO BECOME BROWN
7. THIS MIXTURE OF FAT AND FLOUR IS KNOWN AS A ROUX
8. REMOVE PAN FROM HEAT
9. POUR IN MILK GRADUALLY, STIRRING CONSTANTLY TO KEEP THE MIXTURE SMOOTH AND LUMP FREE
10. TURN HEAT TO MEDIUM AND RETURN PAN TO RANGE
11. COOK, STIRRING CONSTANTLY
12. UNTIL SAUCE COMES TO BOILING
13. BOIL 1 MINUTE
14. REMOVE FROM HEAT

## CAULIFLOWER SOUP

SERVES 6 – 8

1 MED. HEAD CAULIFLOWER  
2 MED. ONIONS, PEELED & QUARTERED  
4 RIBS CELERY, CUT INTO 3" PIECES  
3 CUPS - WATER  
4 TBSP. BUTTER  
3 TBSP. FLOUR  
1/4 TSP. MACE  
3 CUPS - MILK  
3 CUBES CHICKEN BOUILLON  
2 TBSP. CHOPPED FRESH PARSLEY

1. WASH CAULIFLOWER
2. BREAK INTO SMALL PIECES AND PLACE IN LARGE SAUCE PAN. ADD ONION, CELERY AND WATER
3. SIMMER 20 MINUTES, OR UNTIL VEGETABLES ARE TENDER
4. REMOVE VEGETABLES FROM WATER WITH SLOTTED SPOON
5. SET WATER ASIDE
6. PLACE VEGETABLES, NOT MORE THAN 2 CUPS AT A TIME, IN FOOD PROCESSOR, ELECTRIC BLENDER OR FOOD MILL AND PROCESS UNTIL SMOOTH
7. IN LARGE SAUCEPAN, MELT BUTTER OVER MEDIUM HEAT; STIR IN FLOUR AND SEASONINGS
8. COOK 1 MINUTE. BLEND IN RESERVED COOKING WATER AND MILK
9. ADD BOUILLON CUBES
10. COOK, STIRRING CONSTANTLY, UNTIL MIXTURE THICKENS AND COMES TO A BOIL
11. ADD PUREED VEGETABLES AND HEAT THROUGH
12. TO SERVE, SPRINKLE SOUP WITH PARSLEY

## CREAM OF BROCCOLI SOUP

SERVES 8 - 10

1½ LB. - FRESH BROCCOLI  
5 CUPS CHICKEN STOCK  
¼ CUP BUTTER  
2 TBSP. DICED ONION  
2 RIBS CELERY, CHOPPED  
¼ CUP FLOUR  
2 CUPS HALF AND HALF, SCALDED  
½ TSP. NUTMEG  
PARMESAN CHEESE  
PAPRIKA TO TASTE

1. CUT OFF BROCCOLI FLOWERLETS - SET ASIDE
2. PEEL THE STEMS AND CUT COARSELY
3. IN LARGE SAUCEPAN PLACE CHOPPED STEMS AND COVER WITH CHICKEN STOCK
4. SIMMER FOR ½ HOUR. DRAIN AND RESERVE STOCK
5. PUT BROCCOLI STEMS THROUGH THE BLENDER WITH 1 CUP OF STOCK (SET THE PUREE ASIDE)
6. PUT FLOWERLETS IN THE STOCK AND BRING TO A BOIL
7. REDUCE HEAT - SIMMER 5-7 MINUTES
8. MELT BUTTER IN ANOTHER SAUCEPAN AND SAUTE ONION AND CELERY FOR 5 MINUTES
9. STIR IN FLOUR AND COOK 3 - 4 MINUTES.
10. SLOWLY STIR IN STOCK WITH THE FLOWERLETS AND BRING TO BOILING POINT
11. ADD THE PUREE AND SCALDED HALF AND HALF
12. BRING TO BOIL, ADD NUTMEG, SALT AND PAPRIKA TO TASTE
13. REMOVE FROM HEAT
14. SERVE WITH A DUSTING OF PARMESAN CHEESE ON TOP

## CREAM OF MUSHROOM SOUP

SERVES 8

3/4 LB. FRESH MUSHROOMS  
1/2 STICK BUTTER  
3 TBSP. FLOUR  
3 CANS (13-3/4 OZ. EA.) CHICKEN BROTH

1. SLICE MUSHROOMS
2. HEAT BUTTER IN 3-QT. SAUCEPAN
3. SAUTE MUSHROOMS ABOUT 5 MINUTES
4. SPRINKLE WITH FLOUR TO COAT
5. ADD CHICKEN BROTH GRADUALLY, STIRRING CONSTANTLY
6. BRING TO A BOIL
7. REMOVE FROM HEAT
8. SLOWLY STIR IN CREAM
9. MIX IN BLENDER; REHEAT (DON'T BOIL)

## CREAM OF POTATO SOUP

6 - 7 LARGE POTATOES, DICED  
1 MED. ONION, CHOPPED  
1/2 TSP. GARLIC  
1/2 TSP. PEPPER  
SMALL DASH CUMIN  
1 TBSP. PARSLEY  
1 STALK CELERY  
1 STICK BUTTER  
2/3 CUP FLOUR  
1 CUP MILK  
3 CHICKEN BULLION CUBES

1. BOIL POTATOES, ONIONS AND SPICES, STIRRING TO PREVENT STICKING (ABOUT 20 MIN.S)
2. MELT BUTTER IN HEAVY PAN ADD FLOUR AND STIR UNTIL LIGHTLY BROWNEED
3. STIR IN MILK WITH WIRE WISK - STIR MIXTURE UNTIL LIGHT AND AIRY
4. THEN STIR INTO SOUP - SOUP MUST BE BOILING COOK UNTIL THICKENED

## **NEW ENGLAND CLAM CHOWDER**

MAKES ABOUT 2½ QUARTS

2 CANS (10 ½ OZ. EACH) MINCED CLAMS, DRAINED (RESERVE LIQUID)  
WATER  
1 (1 C) LARGE ONION, CHOPPED  
3 LARGE POTATOES  
¼ TSP. WHITE PEPPER  
2 CUPS MILK  
¼ CUP BUTTER  
2 TBSP. CHOPPED PARSLEY

1. ADD ENOUGH WATER TO CLAM LIQUID TO MAKE 2 CUPS – SET ASIDE
2. FRY PORK IN LARGE POT OVER MEDIUM HEAT UNTIL CRISP AND GOLDEN
3. REMOVE WITH SLOTTED SPOON AND SET ASIDE. DRAIN OFF ALL BUT 2 TBSP. FAT AND SAUTE ONION UNTIL TENDER. ABOUT 5 MINUTES
4. ADD POTATOES AND CLAM LIQUID
5. BRING TO BOIL, COVER AND SIMMER UNTIL POTATOES ARE TENDER. ABOUT 20 MINUTES
6. ADD CLAMS, MILK AND BUTTER; REHEAT BUT DO NOT BOIL
7. SPRINKLE WITH PORK AND PARSLEY

## **OVEN EASY BEEF STEW**

SERVES 6

1½-2 LB. STEW MEAT, CUBED  
3 TBSP. QUICK COOKING TAPIOCA  
1 MED. ONION, SLICED  
6 STALKS CELERY, 1" PIECES  
3 MED. POTATOES, CUT INTO CHUNKS  
1½ CUPS TOMATO JUICE  
6 CARROTS, CUT IN 1" PIECES  
1 TBSP. SUGAR  
1 TSP. ACCENT  
ADDITIONAL SEASONINGS AS DESIRED

1. MIX BEEF AND VEGETABLES IN 13x9x2 INCH BAKING PAN
2. BLEND SUGAR, ACCENT, TAPIOCA AND ANY OTHER "ADDITIONAL SEASONINGS AS DESIRED
3. STIR IN TOMATO JUICE AND POUR OVER BEEF
4. COVER TIGHTLY AND BAKE AT 250° FOR 4 HOURS OR UNTIL TENDER

## **VEGETABLE BROTH**

MAKES 8 TO 10 CUPS

4 ONIONS, CHOPPED  
4 CARROTS, DICED  
4 RIBS CELERY W/ LEAVES, CHOPPED COURSE  
4 PARSNIPS, DICED  
VEGETABLE BROTH  
4 TBSP. OIL OR BUTTER  
1/3 CUP PARSLEY  
2 TSP. PEPPER  
2 BAY LEAVES  
1/2 TSP. EACH BASIL & THYME  
3 QUARTS WATER

1. IN LARGE PUT SLOWLY SAUTE IN OIL ONIONS, CARROTS, CELERY, PARSNIPS AND TURNIPS FOR 15 MINUTES OR UNTIL ALMOST TENDER
2. ADD PARSLEY, PEPPER, BAY LEAVES, BASIL AND THYME
3. ADD TO POT WITH WATER
4. BRING TO BOIL, COVER, THEN SIMMER 3 HOURS
5. STRAIN BROTH IF DESIRED, BUT REMOVE BAY LEAVES
6. USE AS BASE FOR SAUCES AND SOUPS OR FOR COOKING GRAINS

GOOD AS FIRST COURSE OR AS MEAL WITH BREAD AND CHEESE

- NOTE: IF DESIRED, VEGETABLES MAY BE PUREED THEN ADDED TO BROTH

## VINAIGRETTE ARTICHOKE W/ HERBS

MAKES 4 SERVINGS

WATER

4 MED. ARTICHOKE

1/3 CUP VINEGAR

1/2 TSP. BASIL AND TARRAGON

2/3 CUP OIL

1/4 CUP CHOPPED PARSLEY

1 TSP. BASIL AND TARRAGON

1. IN LARGE SAUCEPAN BRING 2 - 3 INCHES WATER TO BOIL
2. MEANWHILE CUT OFF ARTICHOKE STEMS; REMOVE SMALL OUTER LEAVES AROUND BOTTOM
3. WITH KITCHEN SHEARS TRIM SPINY TIPS FROM REMAINING LEAVES
4. IF DESIRED, CUT OFF 1 INCH FROM TOPS OF ARTICHOKE
5. ADD ARTICHOKE TO BOILING WATER. COVER AND SIMMER 20-30 MIN. OR UNTIL AN OUTER LEAF CAN BE EASILY REMOVED AND BASE IS TENDER WHEN PIERCED
6. REMOVE; DRAIN UPSIDE DOWN
7. WHEN COOL ENOUGH TO HANDLE, REMOVE FUZZY CHOKES FROM CENTERS WITH SPOON
8. CHILL
9. MEANWHILE MIX WELL VINEGAR, MUSTARD, BEAT IN OIL, PARSLEY, BASIL AND TARRAGON
10. SERVE ARTICHOKE WITH DRESSING AS DIPPING SAUCE

## **ASPARAGUS ROMANEO**

MAKES 6 SERVINGS

2 LB. FRESH ASPARAGUS  
BOILING WATER  
1/4 CUP BUTTER  
1/4 CUP GRATED PARMESAN CHEESE

1. PREHEAT OVEN TO 350°, BUTTER A 1 QT. SHALLOW OVAL BAKING DISH
2. BREAK OR CUT OFF TOUGH ENDS OF ASPARAGUS STALKS
3. WASH ASPARAGUS TIPS WELL WITH COLD WATER
4. WITH A VEGETABLE PEELER, SCRAPE SKIN AND SCALES FROM THE LOWER PART OF STALK ONLY
5. IN LARGE SKILLET, BRING 1/2 INCH WATER TO BOIL
6. ADD ASPARAGUS SPEARS
7. COVER; BOIL VIGOROUSLY 8 -10 MIN., OR JUST UNTIL TENDER
8. DRAIN
9. LAYER HALF OF THE ASPARAGUS IN PREPARED BAKING DISH; DOT WITH HALF OF THE BUTTER
10. REPEAT WITH REST OF ASPARAGUS
11. SPRINKLE PARMESAN CHEESE OVER TOP
12. BAKE 5 MIN., OR UNTIL HOT

## **BAKED POTATO TOPPINGS**

4 SERVINGS

1/2 CUP SOFTENED BUTTER ADD THE FOLLOWING INGREDIENTS; BLEND WELL.  
GOOD FOR DIPS TOO...

### **CHEDDAR-DILL TOPPING**

1/2 TO 3/4 CUP SHREDDED CHEDDAR CHEESE, 1/2 TO 1 TSP, DILL WEED, 1 TSP.  
CHOPPED GREEN ONION

### **SWISS STYLE TOPPING**

1/4 CUP DICED SWISS CHEESE, 1 TSP. DRIED CHIVES, 1/2 TSP. PREPARED MUSTARD

### **BLUE CHEESE TOPPING**

1/4 TO 1/3 CRUMBLED BLUE CHEESE, 1 TSP, CHOPPED GREEN ONION AND 1/4 TSP.  
PREPARED HORSERADISH

### **CHEDDAR CHEESE**

TOPPING: 1/4 TO 1/3 CUP SHREDDED CHEDDAR CHEESE, 1 TO 3 TSP. CHOPPED  
CHIVES AND 1/8 TSP. GARLIC POWDER

### **BACON TOPPING**

1/4 TO 1/2 CUP CRISPLY FRIED AND CRUMBLED BACON,  
1 TSP. EACH PREPARED MUSTARD, PREPARED HORSERADISH AND PARSLEY,  
CHOPPED CR FLAKES

### **ITALIAN TOPPING**

2 TBSP. FINELY CHOPPED  
PEPPERONI OR SALAMI  
1½ TSP, ITALIAN HERB SEASONING (OR 1/4 TSP. EACH OREGANO LEAVES,  
MARJORAM LEAVES, SWEET BASIL LEAVES AND 1/8 TSP. SAGE)

## **BARLEY AND MUSHROOMS**

MAKES 8-12 SERVINGS

4 TBSP. BUTTER  
1 LARGE ONION  
1/4 LB. MUSHROOMS, SLICED  
1 CUP BARLEY  
4 CHICKEN BOUILLION CUBES  
1 TSP. SALT (OPTIONAL)

### **ABOUT 1 HOUR BEFORE SERVING:**

1. IN 12-INCH SKILLET OVER MED. HEAT IN 2 TBSP. HOT BUTTER, COOK ONION AND MUSHROOMS, STIRRING OCCASIONALLY, UNTIL TENDER ABOUT 5 MIN
2. REMOVE FROM SKILLET
3. IN SAME SKILLET IN REMAINING BUTTER, LIGHTLY BROWN BARLEY, STIRRING CONSTANTLY
4. STIR IN BOUILLION, RESERVED ONION AND MUSHROOMS, SALT TO 3 CUPS OF WATER
5. HEAT TO BOILING
6. REDUCE HEAT TO LOW, COVER AND SIMMER 30-35 MIN. UNTIL TENDER, STIRRING OCCASIONALLY UNTIL BARLEY IS TENDER AND ALL LIQUID ABSORBED

## **GREEN ONIONS WITH LEMON-DILL BUTTER**

SERVES 4

WATER

1½ TSP, CHOPPED DILL OR 1/2 TSP. DILWEED

1 TBSP. BUTTER

1 TBSP. LEMON JUICE (OR TO TASTE)

12 LARGE GREEN ONIONS, TRIMMED TO 8"

LEMON SLICES AND DILL SPRIGS FOR GARNISH (OPTIONAL)

1. IN LARGE SKILLET BRING 1/2 INCH WATER TO BOIL
2. ADD GREEN ONIONS; COVER AND COOK OVER MEDIUM-LOW HEAT 3 MIN. OR UNTIL CRISP-TENDER
3. DRAIN WELL; ARRANGE IN WARM SERVING DISH
4. DRY SKILLET; ADD BUTTER, MELT
5. STIR IN LEMON JUICE AND DILL
6. POUR OVER ONIONS
7. GARNISH WITH LEMON SLICES AND DILL SPRIGS

## **THE FRENCH TOUCH FOR GREEN PEAS**

SERVES 4

ALLOW 1/2 CUP SHELLED PEAS PER SERVING

1. LINE A MEDIUM SIZE SAUCEPAN WITH 3 - 4 LETTUCE LEAVES
2. ADD 2 CUPS OF PEAS, 1/4 CUP OF WATER, 4 TBSP. BUTTER, 1 TSP. SUGAR
3. COVER PEAS WITH ANOTHER 2-3 LETTUCE LEAVES
4. ADD A FEW PODS. COVER SAUCEPAN
5. COOK OVER MEDIUM HEAT 12 MINUTES; CHECK FOR TENDERNESS

## **BAKED STUFFED ONIONS**

SERVES 8

1. CUT A SLICE FROM THE TOPS OF 8 PEELED LARGE SWEET SPANISH ONIONS
2. PAR-BOIL ONIONS IN A KETTLE FOR 15 MINUTES, OR UNTIL BARELY TENDER
3. DRAIN; SCOOP OUT ENOUGH OF THE CENTER LAYERS TO LEAVE A CAVITY 1½ INCHES DEEP
4. CHOP ENOUGH OF THE CENTERS TO MAKE 1/2 C.
5. COMBINE ONION, 3 TBSP. OF MELTED BUTTER, 1 CUP SOFT BREAD CRUMBS, 2 TBSP. CHOPPED PARSLEY AND A 16 OZ. CAN OF DRAINED WHOLE KERNEL CORN IN A MEDIUM-SIZE BOWL; BLEND
6. FILL ONIONS WITH MIXTURE, AND ARRANGE IN A SHALLOW BAKING DISH BRUSH OUTSIDES WITH 1 TBSP. MELTED BETTER
7. COVER TOPS LOOSELY WITH FOIL
8. BAKE AT 400° FOR 20 MIN.
9. UNCOVER; BAKE 5 MINUTES

## CREAMED ONIONS

2 JARS BOILED ONIONS  
2 TBSP. BUTTER, MELTED  
2 TBSP. FLOUR

1. IN FRYING PAN MAKE A PASTE-WITH BUTTER AND FLOUR. MAKE IT THICKER THAN YOU WANT
2. ADD 1 LIGHT DASH GARLIC POWDER, SALT, PEPPER, JUICE AND ONIONS
3. BUBBLE AND SIMMER 5 MINUTES
4. MAKE A DAY AHEAD OF TIME OR BAKE AS CASSEROLE WITH BUTTERED CROUTONS ON TOP

## **POTATO PUFF**

SERVES 4

1/2 CUP MILK OR LIGHT CREAM  
1 TSP. SALT (OPTIONAL)  
3 EGGS  
1/4 TSP. PEPPER  
1/2 TSP. PARSLEY FLAKES OR 1 SPRIG  
1/3 CUP BUTTER, MELTED  
1 SMALL ONION, QUARTERED  
1 CUP DICED CHEDDAR CHEESE  
1/2 GREEN PEPPER, SLICED & SEEDED  
3 MED. POTATOES, PEELED, DICED, & DRIED

1. PUT ALL INGREDIENTS EXCEPT POTATOES INTO BLENDER, BLEND FOR 5
2. SECONDS
3. REMOVE CENTER SECTION OF COVER AND ADD POTATOES
4. BLEND FOR 10 SECONDS
5. POUR MIXTURE INTO BUTTERED (1½ QT.) CASSEROLE DISH
6. BAKE AT 350° FOR 55 MINUTES

## **MASHED POTATOES AND RUTABAGA**

SERVES 8

CHOPPED PARSLEY (OPTIONAL)

BOILING WATER

6 MEDIUM POTATOES (2 LBS.), PEELED AND QUARTERED

1 LB. RUTABAGA, PEELED AND CUT IN ½ INCH DICE (3 CUPS)

6 TBSP. BUTTER, AT ROOM TEMPERATURE

1. IN 3-QT. COVERED SAUCEPAN OVER MEDIUM HEAT BOIL POTATOES AND RUTABAGA ABOUT 20 MIN. OR UNTIL TENDER
2. DRAIN & RETURN TO PAN
3. SHAKE PAN OVER LOW HEAT A FEW MINUTES TO DRY VEGETABLES AND MASH
4. ADD BUTTER, SALT AND PEPPER
5. BEAT WITH FORK OR WHISK UNTIL BLENDED AND FLUFFY
6. GARNISH WITH PARSLEY

## **CREAMY SPINACH**

SERVES 8

2 (10 OZ.) PKG. FROZEN CHOPPED SPINACH  
3 TBSP. SWEET CREAM BUTTER  
2 TBSP. DRIED ONION SOUP MIX  
1 CUP SOUR CREAM, AT ROOM TEMPERATURE

1. IN HEAVY 2 QT. SAUCEPAN COOK SPINACH ACCORDING TO PACKAGE
2. DIRECTIONS
3. DRAIN WELL
4. ADD REMAINING INGREDIENTS
5. COOK UNCOVERED OVER MED. HEAT UNTIL BUTTER IS MELTED AND SPINACH IS HEATED THROUGH (5 MIN,)

## **SWEET AND SOUR ESCAROLE**

SERVES 4

2 SLICES BACON, CUT UP  
1 SMALL ONION, CHOPPED  
2 TBSP. VINEGAR  
1 TBSP. SUGAR  
1TSP. CORNSTARCH MIXED WITH 1 TBSP. WATER  
1HEAD ESCAROLE OR ROMAINE (ABOUT 1 POUND), WASHED, LIGHTLY DRAINED, CUT  
ACROSS HEAD IN 2" PIECES

1. IN LARGE SKILLET COOK BACON UNTIL LIGHTLY BROWNED
2. ADD ONION; COOK UNTIL BACON IS WELL BROWNED AND ONION LIGHTLY BROWNED
3. STIR IN VINEGAR AND SUGAR
4. ADD ESCAROLE. COVER AND STEAM 3 - 4 MINUTES OR UNTIL GREENS ARE LIMP BUT STILL CRISP
5. STIR IN CORNSTARCH MIXTURE, COOK, STIRRING CONSTANTLY, UNTIL THICKENED
6. SERVE IMMEDIATELY

**STUFFED ACORN SQUASH**  
MAKES 4 SERVINGS

2 ACORN SQUASH (1½ LB. EA.)  
1 MED. ONION, FINELY CHOPPED (ABOUT 1/2 CUP)  
2 TSP. OIL  
1 EGG  
2 CUPS PACKED SHREDDED CARROTS (3 MED.)  
2 TSP. DIJON TYPE MUSTARD  
2 TBSP. BUTTER  
1/4 TSP. PEPPER  
1/2 TSP. GROUND NUTMEG  
1/2 LB. GROUND PORK

1. PREHEAT OVEN TO MODERATE (375°)
2. HALVE SQUASH LENGTHWISE; SCOOP OUT SEEDS AND FIBER FROM CENTERS
3. RUB CUT SURFACES WITH OIL. PLACE SQUASH, CUT SIDE DOWN, IN SHALLOW BAKING PAN
4. BAKE IN PREHEATED MODERATE OVEN (375°) FOR 30 MINUTES
5. REMOVE FROM OVEN; LEAVE OVEN ON
6. MEANWHILE, SAUTE CARROTS IN BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT, STIRRING OFTEN, UNTIL TENDER AND GOLDEN BROWN AROUND THE EDGES, 5-7 MINUTES. REMOVE FROM HEAT; STIR IN 1/4 TSP. OF THE NUTMEG
7. MIX CARROTS, PORK, ONION, EGG, MUSTARD AND PEPPER IN A BOWL UNTIL WELL BLENDED
8. SHAPE MIXTURE INTO 4 EQUAL BALLS. PLACE 1 BALL IN CENTER CAVITY OF EACH SQUASH HALF. SPRINKLE WITH REMAINING NUTMEG
9. RETURN TO OVEN; BAKE FOR 40 MINUTES. LET SQUASH STAND 10 MIN.
10. ARRANGE ON PLATTER. SERVE WITH SOUR CREAM OR PLAIN YOGURT, IF YOU WISH

## **STEAMED SHREDDED SQUASH OR PUMPKIN**

SERVES 4

1/2 CUP WATER

2TBSP. BUTTER OR BUTTTER

1/4 TSP. GINGER OR NUTMEG

PEPPER TO TASTE

2 LB. BUTTERNUT, HUBBARD, PUMPKIN CR OTHER WINTER SQUASH, PEELED AND SHREDDED COARSE (ABOUT 4 CUPS PACKED; SEE NOTE)

1. 1.IN HEAVY SAUCEPAN BRING TO BOIL WATER AND BUTTER
2. ADD SQUASH, COVER AND SIMMER 4 – 5 MIN. OR UNTIL TENDER AND LIQUID IS ABSORBED
3. SEASON WITH GINGER

**NOTE:** FOR EASIER PEELING, CUT SQUASH IN LARGE CHUNKS; DISCARD SEEDS AND STRINGY INSIDES, THEN PEEL WITH PARING KNIFE.

**STEAMED SPAGHETTI SQUASH**  
**PLAIN, SAVORY OR SWEET**

SERVES 4

1 SPAGHETTI SQUASH (ABOUT 3 LB)  
1/4 CUP BUTTER, MELTED  
FRESH GROUND PEPPER

**SAVORY HAM-NUT TOPPING** (RECIPE FOLLOWS)  
**SWEET CREAM FLAVORING** (RECIPE FOLLOWS)

1. IN LARGE POT, COVER SQUASH WITH WATER AND COOK 10 MIN., TURNING ONCE
2. HALVE SQUASH LENGTHWISE; DISCARD SEEDS AND STRINGY INSIDE
3. PLACE CUT SIDE DOWN IN POT WITH 2 INCHES BOILING WATER
4. COVER & SIMMER 15 MIN. OR UNTIL TENDER. (DO NOT OVERCOOK; SQUASH WILL LOSE DESIRED SLIGHTLY CRISP TEXTURE.)
5. FLUFF PULP WITH FORK, TOSSING LIGHTLY TO SEPARATE SPAGHETTI-LIKE STRANDS. DRIZZLE WITH BUTTER
6. SEASON WITH SALT AND PEPPER TO TASTE. OR OMIT BUTTER AND SEASONINGS AND SERVE WITH SAVORY HAM-NUT TOPPING OR SWEET CREAM FLAVORING
7. SERVE FROM SHELLS

**SAVORY HAM-NUT TOPPING**

1 LARGE CLOVE GARLIC, MINCED  
1/4 CUP CHOPPED WALNUTS  
2 TBSP, OIL  
1 TBSP. MINCED PARSLEY  
1 CUP MINCED COOKED HAM (14 OZ.)

1. IN HEAVY SAUCEPAN; SAUTE GARLIC IN OIL, STIRRING, UNTIL GOLDEN
2. STIR IN REMAINING INGREDIENTS AND COOK AND STIR 2 MINUTES
3. SPOON OVER FLUFFED-UP SQUASH

**SWEET CREAM FLAVORING**

1. IN SAUCEPAN HEAT 1/4 CUP EACH MAPLE SYRUP AND HEAVY CREAM
2. DRIZZLE OVER FLUFFED-UP SQUASH
3. SEASON WITH SALT AND PEPPER TO TASTE

## **BAKED STUFFED TOMATOES**

SERVES 8

1. COOK 1 PKG. (20 OZ) FROZEN PEAS AND 1 SMALL CHOPPED ONION IN BOILING WATER JUST UNTIL TENDER; DRAIN
2. COMBINE WITH 1/4 CUP HEAVY CREAM, 1/2 TSP. CRUMBLED LE MARJORAM
3. MIX IN BLENDER UNTIL SMOOTH
4. CUT A 1/2-INCH SLICE FROM TOPS OF 8 LARGE TOMATOES
5. HOLLOW OUT TOMATOES; TURN UPSIDE DOWN ON PAPER TOWELING TO DRAIN
6. SPOON 1 TBSP. PACKAGED HERB-FLAVORED CROUTONS INTO EACH TOMATO
7. FILL WITH PEA PUREE
8. PLACE TOMATOES IN A SHALLOW BAKING PAN
9. BAKE AT 400° FOR 20 MINUTES

## **EASY MADE PICKLED VEGIES**

2 CUPS EACH OF FOUR VEGETABLES: CELERY, CARROTS, GREEN PAPPERS, RED PEPPERS, CUT INTO 1½” STICKS (OR SUBSTITUTE ZUCCHINI OR UN-WAXED CUCUMBERS IN 1/2” THICK SLICES)  
2 CUPS PEELED PEARL ONIONS OR SLICED ONIONS  
2 CUPS CAULIFLOWER FLORETTES  
4 CUPS WHITE VINEGAR  
1 CUP SUGAR  
2 TSP. TURMERIC  
1 TBSP. CELERY SEED  
2 CLOVES GARLIC, MINCED  
2 TSP. DRY MUSTARD  
1 SMALL BAY LE

1. IN A LARGE SAUCEPAN, BOIL EACH VARIETY OF VEGETABLE INDIVIDUALLY FOR 2 MIN. (EXCEPT SLICED ONIONS, ZUCCHINI OR CUCUMBERS)
2. REMOVE WITH SLOTTED SPOON AND COOL UNDER COLD WATER
3. DRAIN
4. LAYER VEGETABLES DECORATIVELY IN 2½ QT GLASS CONTAINER
5. IN SEPARATE SAUCEPAN; COMBINE VINEGAR, SUGAR, SALT AND SPICES
6. BRING TO A BOIL
7. POUR OVER VEGETABLES
8. LET COOL
9. COVER AND REFRIGERATE AT LEAST 10 DAYS BEFORE SERVING

## **SOUR CREAM VEGETABLE TOPPER**

1½ PINTS SOUR CREAM  
JUICE FROM 1 SMALL ONION  
2 LEVEL TSP. DRIED, CHOPPED CHIVES  
8 STRIPS OF BACON, FRIED AND CRUMBLED

## **WINTER VEGETABLE BAKE**

SERVES 8

6 CARROTS, PARED AND THINLY SLICED  
1 LARGE POTATO, PEELED & THINLY SLICED  
4 PARSNIPS, PARED & THINLY SLICED  
1 CAN (13-3/4 OZ) CHICKEN BROTH  
4 TURNIPS, PARED & THINLY SLICED  
2 YELLOW ONIONS, PEELED & SLICED  
2 GARLIC CLOVES, MINCED  
2 MED. ZUCCHINI, SLICED  
1 TSP. DRIED LE BASIL  
1 TSP. DRIED LE THYME  
1/2 HEAD CABBAGE, CORED & SHREDDED

1. COMBINE INGREDIENTS IN A BUTTERED 4 QT CASSEROLE. COVER
2. BAKE AT 475° FOR 40 MIN., UNTIL VEGETABLES ARE TENDER
3. SERVE HOT

## **My Bragging Corner**

### **Cooking With Michael Cookbook...**

What a treasure trove.

I am not just saying this because Michael is my son... It is a truly fantastic cookbook. Everyone will love it.

It has over 200 recipes for Regular Eaters, and a huge Helpful Hints section. Plus, bonus gifts worth over \$89.00.

It also includes the "The Arthritis Lady's Favorite Recipes", marked with an AF symbol that I recommend as Arthritis Friendly,

**[Check it out here](#)**

Best of Health,

Margie "The Arthritis Lady"