

Part One
Appetizers and Vegetables

Unicoi Springs
Favorite Recipes



Helen, Georgia
Year 2000

**Favorite
Recipes
of
Unicoi Springs
Camp Resort**

2444 Highway 356
Helen, Georgia 30545

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this wonderful cookbook.

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FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Appetizers, Beverages



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	¾ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	½ lb. and 1½ gal. water	½ lb. and 3 gal. water	½ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES



CHRISTMAS PUNCH

Pat Carver

2 c. boiling water
¾ c. sugar
½ tsp. ground cinnamon
1 (46 oz.) can pineapple
juice, chilled

1 (32 oz.) bottle cranberry
juice, chilled
1 (28 oz.) bottle ginger ale,
chilled

Combine water, sugar, and cinnamon in a saucepan. Bring to a boil and stir until sugar dissolves. Chill. Combine sugar, syrup, fruit juices, and ginger ale. Serve over ice. Yield: About ¾ quarts.

SUNSET PUNCH

Dot Jackson

1 qt. cranberry cocktail
1 qt. pink lemonade
1 qt. orange juice
1 qt. pineapple juice

1 qt. ginger ale, chilled
1 qt. raspberry sherbet or
other flavor

Combine first 4 ingredients in large bowl. Chill. Stir in ginger ale. Scoop sherbet into punch. Serve immediately. Yield: 1½ gallons.

QUICK PUNCH

Ethel Foster

(Low sugar)

1 (64 oz.) can pineapple juice

1 (2 liter) diet Sprite

Mix together and add ice.

FROZEN PUNCH

Jane Westmoreland

1 small pkg. jello (any flavor)
1 gal. pineapple juice
2 c. sugar

3 c. boiling water
1 oz. bottle almond flavoring
1 (2 liter) ginger ale

Dissolve jello and sugar in boiling water. Mix all other ingredients, except ginger ale, with water, sugar, and jello mixture, then put in a container in freezer.

Remove and let become slushy. Pour into punch bowl and add 2 liters ginger ale.

BANANA PUNCH

Sylvia Crumbley

6 c. water
3 c. pineapple juice
Juice of 2 lemons

3 or 4 bananas, blended
3 c. sugar
2 c. orange juice

Mix together thoroughly and freeze in gallon freezer bags or large plastic bowls. When ready to serve, remove from freezer and let thaw partially. Place in punch bowl and pour ginger ale over. Mix. Serves 30.

BAW-BAW'S PUNCH

Pat Carver

1/2 gal. ice tea with sugar
1 large can frozen orange juice with water
1 large can frozen lemonade with water

1 large can pineapple juice with water
1 can crushed pineapple
1 can red cherries
2 large ginger ale

Add sugar if needed.

PUNCH

Sylvia Crumbley

2 pkg. Kool-Aid (cherry or strawberry)
1 (64 oz.) can pineapple juice

1 can frozen lemonade
1 (2 liter) ginger ale

Mix Kool-Aid according to package directions. Add pineapple juice and lemonade and stir. Add ginger ale.

HOT PUNCH

Sylvia Crumbley

1 c. Tang
1 small pkg. lemonade mix
1/2 c. instant tea (not sweet)
3/4 c. sugar

1/2 tsp. cinnamon
1/4 tsp. cloves
1 small pkg. pineapple jello

Mix together and keep in closed container. Use 2 teaspoons per cup of hot water.

RUSSIAN TEA

Jeanette Ward

1 (8 oz.) jar orange breakfast drink
3/4 c. instant tea with lemon

1 1/2 c. sugar
2 Tbsp. ground cloves
2 Tbsp. ground cinnamon

Mix all ingredients together and keep in tightly closed pan. Use a couple of tablespoons per cup of boiling water. Good hot or cold.

TEA SYRUP

Wanda Brooks

12 family size tea bags
5 1/2 to 6 c. sugar

3 1/2 qt. water

Bring water to boil. Add tea bags and let set 20 minutes. Remove tea bags. Add sugar. Stir till dissolved. Refrigerate after cooled down and use as needed. Pour 1 cup tea syrup in a pitcher. Add four cups water and mix. Ready to serve.

HELEN'S WATERMELON PUNCH

*Helen Steele
Riverdale, GA*

1 qt. watermelon juice
(freeze in summer when fruit is available)
2 qt. apple juice

1 c. lemon juice
1 c. orange juice
1 qt. pineapple juice
2 c. sugar

Mix thoroughly. Chill. When ready to serve, add ginger ale or Sprite. Serves 25 to 30.

HOT MOCHA MIX

Ethel Foster

2 c. instant nonfat dry milk
1 1/2 c. sugar
4 c. non-dairy coffee creamer

3/4 c. cocoa
3/4 c. instant coffee

Combine all ingredients in mixing bowl. Stir well. Store mix in airtight container. For each serving, place 3 tablespoons in cup. Add one cup boiling water and stir well. Yield: About 75 servings.

PARTY CHEESE BALL

Mardell Puckett

16 oz. cream cheese	2 Tbsp. onions, chopped fine
10 oz. sharp Cheddar cheese, grated	2 Tbsp. Worcestershire
2 Tbsp. pimento, chopped	1 tsp. lemon juice
2 Tbsp. green pepper, chopped	Dash of salt
	Pecans, chopped fine

Combine all ingredients except pecans. Shape in a ball and chill about 20 minutes. Roll to cover in chopped pecans.

CHEESE BALL

Sybil Simpkins

10 oz. grated sharp Cheddar cheese	2 Tbsp. minced green pepper
2 (8 oz.) cream cheese	1 Tbsp. garlic powder
¼ c. green olives, sliced	2 Tbsp. Worcestershire sauce
2 Tbsp. minced green onions	1 tsp. lemon juice
	Chopped walnuts or pecans

Blend ingredients well and roll in chopped nuts. Serve with favorite crackers.

ALMOND CHICKEN BALLS

Shelia Robertson

2 (8 oz.) pkg. cream cheese, softened	¼ c. chopped pimento
1 Tbsp. steak sauce	¼ c. chopped fresh parsley, divided
1½ c. minced, cooked chicken	¼ c. chopped toasted almonds
⅓ c. minced celery	Whole wheat crackers
¼ c. minced green onions	

Combine cream cheese, steak sauce, and chicken; blend well. Add celery, onions, pimento, and 2 tablespoons parsley; mix well. Refrigerate remaining parsley. Shape chicken mixture into 2 balls. Wrap individually; chill 4 hours or overnight. Toss reserved parsley with almonds. Roll each ball in parsley mixture until well covered. Serve with whole wheat crackers.

HOLIDAY CHEESE BALL

Gail Smith

2 (8 oz.) cream cheese	2 Tbsp. bell pepper, chopped fine
1 (8½ oz.) can crushed pineapple, drained	1 Tbsp. seasoned salt
2 Tbsp. onion, chopped fine	2 c. pecans, chopped

Mix all ingredients and roll into ball. Roll cheese ball in ¾ cup chopped pecans. Refrigerate.

SAUSAGE BALLS

Mardell Puckett

10 oz. Cheez Whiz	3 c. Bisquick
1 lb. sausage	

Mix all ingredients with hands. Shape into small balls or patties. Bake at 375° for 12 minutes. Serve hot.

TUNA BALL

Ronnie Brantley

1 small can tuna	1 tsp. lemon juice
8 oz. cream cheese	1 tsp. Worcestershire
1 tsp. mustard	

Drain tuna. Using fork, flake tuna until it is flaky. Soften cheese and mix with tuna. Add next 3 ingredients and mix well. Refrigerate at least 4 hours. Serve with your favorite crackers.

CHEESE BITES

Sherja Mooney

1 stick margarine, softened	¾ c. finely chopped pecans (or Rice Krispies)
1 c. grated cheese (sharp)	Dash of cayenne
1 c. flour	
½ tsp. salt	

Cream margarine and cheese. Add other ingredients. Refrigerate 2 hours. Roll into nickel-size balls. Cook on top rack at 325° until lightly browned.

CHEESE STRAWS

Georgie Anne Shaw

2 c. plain flour
2 sticks butter
1 tsp. salt

2 c. grated sharp cheese
2 c. Rice Krispies

Mix all together. Roll into small balls and put on cookie sheet. Flatten with spoon. Bake at 350° for 10 minutes.

CHEESE STRAWS

Ethel Foster

½ lb. sharp Cheddar cheese,
grated
½ lb. margarine

2½ c. plain flour
1 tsp. salt
1 tsp. cayenne pepper

Mix in blender or use hand mixer. Press through cookie press or roll and cut. Bake until barely browned at 350°.

CHEESE WAFERS

Cecelia Padgett

½ lb. grated sharp cheese
1 stick melted margarine
2 c. flour
1 tsp. sugar

1 tsp. salt
¼ tsp. hot pepper
¼ c. chopped nuts

Mix all together by hand and make into rolls almost the size of a quarter. This makes 3 rolls. Chill thoroughly. Slice ¼ inch thick or less and bake at 400° for 10 to 12 minutes. Wafers will not brown.

CRISPY CHEESE WAFERS

Carolyn Anderegg

1 (8 oz.) sharp cheese
2 sticks butter or margarine
2 c. all-purpose flour

2 c. Rice Krispies
1 tsp. salt
1 tsp. cayenne pepper

Have cheese and butter at room temperature and cream together. Stir in flour, salt, and pepper. Carefully stir in Rice Krispies. Shape by rolling into small balls. Place on cookie sheet. Use wet fork to press each wafer flat, wetting fork after each use. Bake for 12 minutes at 350°. Yields approximately 100.

RICE KRISPIE WAFERS

Mary DeDuck Phillips

1 c. sharp Cheddar cheese
1 stick butter
1 c. flour

1 c. Rice Krispies
Salt and red pepper to taste

Grate cheese. Soften butter and cheese. Mix all ingredients. Roll into small balls and flatten to the size of half dollar. Bake at 375° for 10 minutes.

DIP

Sylvia Crumbley

1 c. mayonnaise
1 (8 oz.) sour cream
1 tsp. minced onions

1 tsp. dill weed
1 tsp. garlic salt
1 tsp. parsley

Mix well and chill.

APPLE DIP

Cecelia Padgett

8 oz. cream cheese (room
temperature)
¾ c. brown sugar

6 oz. almond brickle
½ c. granulated sugar
1 tsp. vanilla

Slice Granny Smith apples and soak in pineapple juice overnight. This will keep the apples from turning brown overnight.

Mix cream cheese, brown sugar, granulated sugar, and vanilla with mixer. Stir in brickle. The cream cheese mixture is the dip for the sliced apples.

ARTICHOKE DIP

Carolyn Anderegg

1 c. mayonnaise
1 c. Parmesan cheese
½ tsp. garlic powder

1 (14 oz.) can or jar
marinated artichoke
hearts, chopped

Spray "Pam" in shallow baking dish. Mix all ingredients. Bake at 350° for 12 to 20 minutes. Serve warm. May be used as a dip or spread.

CRAB DIP

Sybil Simpkins

12 oz. canned white
crabmeat
1 bottle chili sauce

1 bottle cocktail sauce
1 Tbsp. lemon juice
1 Tbsp. Tabasco sauce

Combine ingredients. Serve with tortilla chips.

MEXICAN CROCK POT PARTY DIP

Nina M. Hitchcock

- | | |
|----------------------------------|-----------------------------------------------|
| 1½ lb. ground beef | 1 (16 oz.) bar Velveeta Mexican cheese (mild) |
| 1 lb. sausage (hot) | 1 (8 oz.) bar medium Cheddar cheese |
| 1 small onion, chopped | |
| 1 large jar picante sauce (mild) | |

Brown ground beef, sausage, and onion together. Drain. Combine all ingredients in crock pot on LOW temperature. Chunk cheese up to aid in melting process. Stir occasionally until cheese is melted. Keep warm to serve. Serve with Tostitos.

MEXICAN HOT DIP

Sara S. Owens

- | | |
|------------------------|-----------------------------------------------------------------------------|
| 1 lb. hot sausage | 1 can tomatoes, mashed |
| 1 lb. ground beef | 1 can jalapena relish (or substitute 16 oz. jar Pace salsa - medium or hot) |
| 1 large onion, chopped | |
| 2 lb. Velveeta cheese | |
| 1 lb. sharp cheese | |

Brown sausage, beef, and onion. Drain grease and pour mixture into slow cooker. Add other ingredients. It's ready to serve with cheese melts. Serve with Mexican type chips.

MYSTERY DIP

Sara S. Owens

- | | |
|----------------------------|--------------------------------|
| 1 c. Hellmann's mayonnaise | 1 medium Vidalia onion, grated |
| 1 c. sharp cheese, grated | |

Mix well and heat in 350° oven about 10 minutes (or heat on top of stove on low heat until cheese melts). Serve with crackers, hot or cold.

SAUSAGE CHEESE DIP

Barbara Morris

- | | |
|-----------------------------------------------------|----------------------------------------|
| 1 lb. hot sausage | 1 (10¾ oz.) can cream of mushroom soup |
| 1 lb. ground beef | |
| 1 lb. Velveeta cheese | |
| 1 (10 oz.) can Ro-Tel tomatoes with chopped chilies | |

In skillet, brown meats and drain. Add rest of ingredients and stir until mixed and melted.

1 brown meat and add along with Ro-Tel tomatoes and cream of mushroom soup to the Velveeta cheese I have melted in a crock pot. Heat thoroughly.

SHRIMP DIP

Nina T. Gaddis

- | | |
|-------------------------------|------------------------------|
| 1 small/medium onion | 10 oz. shrimp (medium size) |
| 1 lb. Longhorn Cheddar cheese | ¾ c. mayonnaise |
| | 1 Tbsp. Worcestershire sauce |

Finely chop onion (I prefer the red onion). Grate the cheese. Mix all the above ingredients well and serve cold with crackers.

VEGETABLE DIP

Sylvia Crumbley

- | | |
|---------------------|-----------------------------|
| 8 oz. cream cheese | 3 tsp. chopped green pepper |
| ½ c. cottage cheese | ¼ c. chopped nuts |
| ½ c. grated carrots | ½ tsp. salt |
| ½ tsp. grated onion | ⅛ tsp. celery salt |
| ⅛ tsp. black pepper | |

Mix and chill.

For molding it, add 1 package unflavored gelatin and, after it sets, ice with another package of cream cheese. Serve with Keebler Town House crackers.

VIDALIA ONION DIP

Marnie Braswell

- | | |
|-------------------------------------|---------------|
| 2 onions | Ritz crackers |
| 1 c. mayonnaise | |
| 1 c. Parmesan cheese (grated fresh) | |

Mix all ingredients together except for crackers. Put in baking dish. Crumble crackers on top and bake in 350° oven for 30 minutes.

PARTY MIX

Mary DeDuck Phillips

6 Tbsp. margarine	2 c. Rice Chex
1 tsp. seasoned salt	2 c. Wheat Chex
4 tsp. Worcestershire	¾ c. mixed salted nuts
2 c. Corn Chex	

Heat butter in 13x9x2 inch pan. Remove from oven and stir in salt and Worcestershire sauce. Add cereal and nuts. Stir until all pieces are coated. Bake at 250° for 45 minutes. Stir every 15 minutes. Spread on paper towel to cool.

This may be frozen. Just thaw at room temperature in container.

PARTY MIX

Pat Carver

2 c. Cheerios	2 sticks butter
2 c. Corn Chex	1 tsp. garlic salt
2 c. Rice Chex	1 tsp. onion salt
2 c. Wheat Chex	1 tsp. celery salt
1 bag pretzel sticks	2 Tbsp. Worcestershire sauce
1 bag peanuts	

Mix all Chex, pretzels, and peanuts in large pan. Melt butter in frypan. Add garlic salt, onion salt, celery salt, and Worcestershire sauce to butter and cook about 5 minutes. Pour over Chex mix, a little at a time, and stir. Bake at 250° for 1 hour, stirring every 15 minutes. Spread on paper to cool.

ITALIAN SNACK MIX

Pat Carver

(No fat, no sodium, no sugar)

⅓ c. unsalted butter	3 c. Shredded Wheat (spoon size)
1 tsp. Italian seasoning	1½ c. unsalted peanuts
½ tsp. onion powder	
½ tsp. garlic powder	
⅛ tsp. liquid hot pepper season	

Melt butter. Stir in seasonings. Cook 2 minutes. Pour over mix. Bake at 250° for 1 hour. Stir every 15 minutes.

CHEESE DATE GOODIES

Mildred Talmadge

1 (8 oz.) pkg. dates	1 tsp. soda
½ lb. real butter	1 tsp. salt
1 lb. mild cheese, grated fine	1 tsp. baking powder
4 c. flour (all-purpose)	½ to 1 tsp. red pepper

Let butter and cheese come to room temperature. Cream butter; gradually add grated cheese. Mix all dry ingredients and gradually mix into butter-cheese mixture. Roll out dough to ¼ inch thickness. Cut with small biscuit cutter. Fold over ½ date, pressing sides together. Place on cookie sheet and bake 5 minutes in preheated 400° oven. Reduce heat to 300° and bake until light brown.

HANKY PANKIES APPETIZERS

Dot Jackson

1 lb. sausage (hot or mild)	⅛ tsp. oregano, garlic salt, and thyme
1 lb. ground beef	
1 lb. Velveeta cheese	1 pkg. (small) party rye bread
⅛ tsp. crushed red pepper	

Fry and drain meat. Stir in cheese until melted. Add other ingredients. Spread on party rye bread while hot. Freeze. When ready to use, do not thaw. Put under broiler for approximately 5 minutes until brown. Serve hot. Makes 60.

SAUSAGE PINWHEELS

Jeanne West

1 (8 oz.) tube refrigerated crescent rolls	2 Tbsp. minced fresh chives
½ lb. uncooked bulk pork sausage	

Unroll crescent roll dough on a lightly floured surface; press seams and perforations together. Roll into a 14x10 inch rectangle. Spread sausage to within ½ inch of edge. Sprinkle with chives. Roll carefully from long side. Cut into 12 slices. Place 1 inch apart on ungreased baking pan. Bake at 375° for 12 to 16 minutes or until golden.

SAUSAGE BALLS

Jackie Campbell

3 c. Bisquick	Corn meal (just enough to mix ingredients and cut grease in sausage)
1 lb. hot sausage	
1 lb. sharp Cheddar cheese	

Combine all ingredients. Roll into balls about the size of a walnut. Preheat oven to 350° and bake for 15 to 20 minutes.

SAUSAGE CHEESE BALLS

Mary DeDuck Phillips

1 lb. sharp Cheddar cheese 1 lb. hot sausage
3 c. Bisquick

Grate cheese and combine with sausage and Bisquick. Mix thoroughly. Form into small balls. Will make 50 to 100 balls, depending on size. Place on cookie sheet and bake at 400° for 12 to 15 minutes.

To freeze, bake 6 minutes (just under browning) and reheat about 10 minutes.

SAUSAGE MUFFINS

Jeanette Ward

1 lb. sausage, browned (not too done) ½ can water
1 can Cheddar cheese soup 3 c. Bisquick

Mix well and cook at 400° approximately 12 minutes. Use mini muffin tins.

SPINACH SQUARES

Sybil Simpkins

1 c. plain flour ½ c. chopped onion
1 tsp. salt 1 lb. shredded Cheddar cheese
1 tsp. baking powder
2 eggs, beaten 1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
1 c. milk
¼ c. melted butter

In a large bowl, combine flour, salt, and baking powder. Stir in beaten eggs, milk, and butter. Add remaining ingredients and stir until moistened. Pour into lightly greased 9x13 inch pan. Bake at 350° for 35 minutes. Cut into 1 inch squares.

JALAPENO POPPERS

Yvonne Champion

Jalapeno peppers Cheddar cheese
Onions 2 tsp. Worcestershire sauce
Cream cheese

With rubber gloves on, wash peppers and cut down one side and not all the way through. Remove seeds and wash insides. Mix together the other ingredients and stuff into peppers. Make a mixture of onion ring batter and dip stuffed peppers. Fry in deep fat until golden brown. Dip in Ranch dressing.

VEGETABLE BARS

Ruby Killebrew

2 (8 oz.) cans crescent rolls ½ head cauliflower, chopped
2 (8 oz.) pkg. cream cheese 1 stalk broccoli, chopped
1 c. mayonnaise 2 medium carrots, grated
1 (4 oz.) pkg. Ranch buttermilk salad dressing mix 1½ c. shredded Cheddar cheese

Press crescent roll dough onto bottom and sides of ungreased 15x10x1 inch baking pan. Bake 10 minutes or until golden brown in preheated oven to 350°. Cool. Combine softened cream cheese, mayonnaise, and salad dressing mix. Spread on crust. Stir together vegetables; sprinkle over cream cheese mix and pat lightly. Sprinkle with cheese. Cut into one inch squares. Makes approximately 6 dozen appetizers.

Notes

Soups, Salads



EQUIVALENT CHART

3 tsp.....	1 Tbsp.	¼ lb. crumbled Bleu cheese.....	1 c.
2 Tbsp.....	⅓ c.	1 lemon.....	3 Tbsp. juice
4 Tbsp.....	¼ c.	1 orange.....	⅓ c. juice
8 Tbsp.....	½ c.	1 lb. unshelled walnuts.....	1½ to 1¾ c. shelled
16 Tbsp.....	1 c.	2 c. fat.....	1 lb.
5 Tbsp. + 1 tsp.....	⅓ c.	1 lb. butter.....	2 c. or 4 sticks
12 Tbsp.....	¾ c.	2 c. granulated sugar.....	1 lb.
4 oz.....	½ c.	3½-4 c. unsifted powdered sugar.....	1 lb.
8 oz.....	1 c.	2¼ c. packed brown sugar.....	1 lb.
16 oz.....	1 lb.	4 c. sifted flour.....	1 lb.
1 oz.....	2 Tbsp. fat or liquid	4½ c. cake flour.....	1 lb.
2 c.....	1 pt.	3½ c. unsifted whole wheat flour.....	1 lb.
2 pt.....	1 qt.	4 oz. (1 to 1¼ c.) uncooked macaroni.....	2¼ c. cooked
1 qt.....	4 c.	7 oz. spaghetti.....	4 c. cooked
⅝ c.....	½ c. + 2 Tbsp.	4 oz. (1½ to 2 c.) uncooked noodles.....	2 c. cooked
⅞ c.....	¾ c. + 2 Tbsp.	28 saltine crackers.....	1 c. crumbs
1 jigger.....	1½ fl. oz. (3 Tbsp.)	4 slices bread.....	1 c. crumbs
8 to 10 egg whites.....	1 c.	14 square graham crackers.....	1 c. crumbs
12 to 14 egg yolks.....	1 c.	22 vanilla wafers.....	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped		
1 lb. shredded American cheese.....	4 c.		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
- ¾ cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- ½ teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1½ cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven.....	250° to 300°F.
Slow oven.....	300° to 325°F.
Moderate oven.....	325° to 375°F.
Medium hot oven.....	375° to 400°F.
Hot oven.....	400° to 450°F.
Very hot oven.....	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.....	1 cup
Picnic.....	1¼ cups
No. 300.....	1¾ cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2½ cups
No. 2½.....	3½ cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

SOUPS, SALADS



AMBROSIA CONGEALED SALAD

Ruby Killebrew

- 1 (3 oz.) pkg. orange-pineapple gelatin
- 1 c. fresh peaches
- Juice of 1 lemon
- ¼ c. coconut

- 3 oranges, peeled and sectioned
- 1¼ c. water plus juice from fruit

Mix and chill.

AMBROSIA (IMITATION)

Sylvia Crumbley

- 3 peeled apples, grated coarse
- 1 small can crushed pineapple

- 1 (6 oz.) can concentrate orange juice
- 2½ cans water
- 6 oz. coconut

Mix together and eat.

APPLE SALAD

Doris Killebrew

- 5 large apples
- ¾ c. sugar
- ⅓ c. flour
- 1 large can pineapple (crushed, undrained)

- ½ stick margarine
- Cherries
- Nuts
- Cool Whip

Mix pineapple, sugar, and flour in saucepan. Cook over medium heat until thick. Add margarine and cool. Peel and dice apples. Pour cooked mixture over apples. Cover with Cool Whip. Garnish with cherries and nuts.

FIVE CUP AMBROSIA

Irene Walters

- 1 c. mandarin oranges
- 1 c. coconut, grated
- 1 c. pineapple chunks

- 1 c. miniature marshmallows
- 1 c. sour cream

Combine all ingredients. Refrigerate. Let sit one day before serving. Serves 6.

FIVE (5) CUP SALAD

*Wanda Brooks
Augusta, GA*

2 c. miniature marshmallows
1 c. sour cream
1 large can mandarin oranges, drained

1 c. drained pineapple (crushed or chunks)

Fold together and refrigerate for 8 to 12 hours.

BLUEBERRY OR STRAWBERRY SALAD

Brenda Ramey

2 small pkg. blueberry or strawberry Jell-O
1 can crushed pineapple

1 can blueberry or strawberry pie filling

Topping:

1/2 c. sugar
1 c. sour cream

2 c. Cool Whip
1 c. chopped pecans

Mix Jell-O with 2 cups hot water. Let cool. Blend in pineapple and pie filling. Refrigerate.

Blend sugar, sour cream, and Cool Whip. Top with congealed salad and garnish with chopped pecans.

BLUEBERRY SALAD

Anne Lieving

2 pkg. raspberry jello
2 3/4 c. hot water
1 small can crushed pineapple

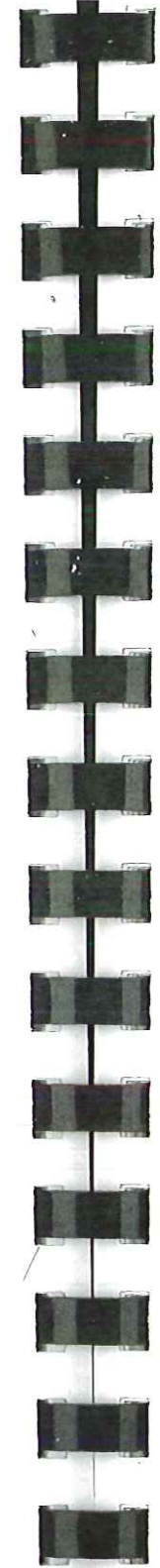
1 large can blueberries

Let set.

8 oz. pkg. cream cheese
6 oz. sour cream

1/2 c. sugar
1 tsp. vanilla

Mix and spread over top.



BUTTERMILK CONGEALED SALAD

Rubye Killebrew

1 large can crushed pineapple
1 large box strawberry jello

2 c. buttermilk
1 (12 oz.) Cool Whip

Heat pineapple and jello to melt jello. Cool thoroughly. Mix with 2 cups buttermilk and Cool Whip. Refrigerate. Cut in squares and serve.

CRANBERRY SALAD

Mary Ann Owen

1 can mandarin oranges
1 (8 oz.) can pineapple tidbits (reserve juice)
1 small pkg. raspberry Jell-O

1 c. boiling water
1/2 c. pineapple juice
1 can whole cranberry sauce
1/4 c. chopped pecans

Drain pineapple and reserve juice. Dissolve jello in one cup boiling water. Stir in pineapple juice. Place in refrigerator and chill about 30 minutes. Stir in other ingredients and return to refrigerator.

CRANBERRY SALAD

Ray Miller

1 can jellied cranberry sauce
1 (3 oz.) pkg. cherry Jell-O

1 can crushed pineapple
1 c. chopped pecans

Dissolve cranberry sauce over medium heat. Fold in Jell-O and water. Bring to rolling boil and reduce heat until begins to thicken. Fold in chopped pecans and pineapple. Pour into mold or Pyrex dish. Cool for 2 to 3 hours prior to serving.

CRANBERRY GELATIN SALAD

Jack C. Booth

1 (6 oz.) pkg. cherry gelatin
1 1/2 c. boiling water
1 (20 oz.) can crushed pineapple (undrained)
1 (16 oz.) can whole berry cranberry sauce

1 1/2 c. seedless red grapes, halved
1/4 c. chopped pecans

In a large bowl, dissolve gelatin in water. Stir in pineapple and cranberry sauce. Refrigerate for 30 minutes. Stir in grapes and pecans. Pour into a 2 quart serving bowl. Refrigerate until firm.

CRANBERRY SALAD MOLD

Janice Englett

- | | |
|----------------------------------|---------------------------------|
| 1 can cranberry sauce | 1 (No. 2) can crushed pineapple |
| 2 (3 oz.) pkg. strawberry Jell-O | 1 c. chopped nuts |
| 2 c. boiling water | |

Dissolve Jell-O in boiling water. Mash cranberry sauce and fold in pineapple. Add nuts. Mix all together and pour into mold. Refrigerate overnight.

CRANBERRY-PINEAPPLE SALAD

Sybil Simpkins

- | | |
|---------------------------------------------|-------------------------------|
| 1 (6 oz.) pkg. any red Jell-O | $\frac{3}{4}$ c. orange juice |
| $1\frac{3}{4}$ c. boiling water | $\frac{1}{2}$ c. nuts |
| 1 can jellied cranberry sauce | |
| 1 (8 oz.) can crushed pineapple (undrained) | |

Dissolve Jell-O in boiling water. Break up cranberry sauce and stir into Jell-O mixture. Add pineapple, orange juice, and nuts. Refrigerate until firm.

CRANBERRY JELLO SALAD

Betty Curry

- | | |
|--------------------------------|-------------------------------------------------------|
| 1 large pkg. strawberry Jell-O | 1 c. chopped pecans |
| 1 pkg. fresh cranberries | $\frac{1}{2}$ to 1 c. sugar |
| 1 can crushed pineapple | $\frac{1}{2}$ to 1 tsp. grated orange peel (optional) |
| 1 c. chopped celery | |

Drain pineapple and save the juice. Squeeze by hand the remaining juice from the pineapple. Place cranberries in blender with water; chop for 10 to 15 seconds. Do not overchop. Drain chopped cranberries and squeeze out excess water. Prepare Jell-O. Dissolve Jell-O in 2 cups of boiling water. Dissolve the sugar in the hot Jell-O water. Mix ice cold water and pineapple juice to make 2 cups; add to Jell-O. Stir all ingredients into the Jell-O mixture until they are evenly mixed. Place in refrigerator until congealed.

FROZEN CRANBERRY SALAD

Missie Surrency

- | | |
|----------------------------------|----------------------------------|
| 1 (16 oz.) whole cranberry sauce | 1 tsp. lemon juice |
| 1 (8 oz.) crushed pineapple | 12 oz. whipped topping |
| 1 (8 oz.) cream cheese, softened | $\frac{1}{2}$ c. pecans, chopped |

Combine cream cheese, lemon juice, and whipped topping; beat until smooth. Add remaining ingredients and stir to combine. Pour into mold and freeze until set. Serves 12.

FROZEN CRANBERRY SALAD

Mildred Talmadge

- | | |
|--------------------------------------|---------------------------------|
| 1 (8 oz.) cream cheese, softened | $\frac{1}{2}$ c. chopped pecans |
| 1 (8 oz.) crushed pineapple | 1 tsp. lemon juice |
| 1 (16 oz.) can whole cranberry sauce | 8 oz. Cool Whip |

Combine cream cheese, lemon juice, and Cool Whip. Beat until smooth. Add remaining ingredients; stir to combine well. Pour into mold and freeze.

FRUIT SALAD

Kathy Quandt

- | | |
|------------------------------------|----------------------------------------------------------|
| 1 can peach pie filling | $\frac{1}{2}$ bottle maraschino cherries or strawberries |
| 1 can pineapple tidbits with juice | 2 bananas |
| 2 Tbsp. Tang (dry) | 8 oz. Cool Whip |
| 1 pkg. instant lemon pudding | |

Mix together first 5 ingredients and refrigerate for approximately 10 minutes. Add two sliced bananas and fold in Cool Whip.

HOLIDAY SALAD

Sara Hodnett

- | | |
|-------------------------------|-----------------------------|
| 1 large can crushed pineapple | 1 c. ginger ale |
| 1 large raspberry gelatin | 1 can whole cranberry sauce |

Topping:

8 oz. cream cheese, softened
12 oz. Cool Whip
½ c. chopped pecans,
toasted

1 c. grated cheese
½ c. sugar

Drain pineapple. Save juice and add just enough water to make one cup. Heat to boiling and dissolve jello. Set aside until cool. Stir in ginger ale and chill just until set. Stir in pineapple and cranberry sauce. Pour into dish and chill until firm. Mix together all of topping ingredients except pecans and cheese. Spread over gelatin and sprinkle with toasted pecans and cheese.

LEMON CHEESE SALAD

Ethel Foster

2 small pkg. lemon jello
1 c. mayonnaise
1 c. sharp Cheddar cheese
1 large can crushed
pineapple (undrained)

1 can sweetened condensed
milk
1 c. chopped walnuts

Dissolve jello in 2 cups boiling water. Add mayonnaise and cheese and stir. Add remaining ingredients and stir. Put in dish and chill until firm.

LIME JELLO SALAD

Wanda Brooks
Augusta, GA

1 large pkg. lime Jell-O
1 c. hot water
1 c. evaporated milk
1 large crushed pineapple,
drained

1 c. cottage cheese
½ c. nuts, chopped
½ c. mayonnaise

Mix Jell-O with hot water and cool. Drain pineapple. Add to cool Jell-O mixture and add rest of the ingredients to mixture. Refrigerate.

LIME JELLO FAVORITE

Sheria Mooney

1 small pkg. lime Jell-O
¾ c. boiling water
10 large marshmallows
⅓ c. mayonnaise
½ c. canned milk

1 small pkg. cream cheese
¾ c. chopped pecans
1 small can crushed
pineapple, drained

Combine first 6 ingredients until smooth (I always use blender). Add drained pineapple and nuts. Refrigerate.

LIME CONGEALED SALAD

Maudie Wright

1 can crushed pineapple,
well drained
1 (8 oz.) block cream cheese
2 c. miniature marshmallows

½ c. mayonnaise
1 small box lime Jell-O
½ to 1 c. finely chopped
pecans

Boil 1 cup water; add lime Jell-O, marshmallows, and cream cheese. Dissolve well, then add ½ cup of cold water. Put in refrigerator until begins to gel. When it has begun to gel, blend in mayonnaise, pineapple, and pecans with a slow mixer. Chill until set.

LIME SOUR CREAM MOLD

Sybil Simpkins

2 pkg. lime Jell-O
2 c. boiling water
1 (No. 2) can pineapple,
drained

¾ c. chopped nuts
1 pt. sour cream

May also add celery, cherries, etc.

Dissolve Jell-O in boiling water. When cool and beginning to thicken, add other ingredients. Chill until firm.

PEACH SALAD

Betty Curry

1 large can cling peaches,
sliced and cut into small
pieces
1 (3 oz.) ctn. cottage cheese
(lite)

1 (8 oz.) Cool Whip (lite)
1 (3 oz.) peach jello

Drain peaches and pat dry with paper towel. Put cottage cheese in food processor and mix until creamy. Sprinkle jello over peaches and stir until dissolved. Fold in cottage cheese and Cool Whip; mix well. Chill overnight.

PISTACHIO CONGEALED SALAD

Betty Jane Cass

- | | |
|------------------------------------------|-----------------------------------|
| 1 pkg. instant pistachio pudding mix | 1 large container whipped topping |
| 20 oz. can crushed pineapple (undrained) | ½ c. chopped nuts |
| | 1 c. miniature marshmallows |

In large bowl, mix pudding mix with whipped topping. Add pineapple, nuts, and marshmallows. Chill. Serves 12.

VELVET SALAD

Willene Josey

- | | |
|-------------------------------------|-----------------------------|
| 1 small crushed pineapple and juice | 1 small ctn. Cool Whip |
| 1 pkg. pistachio pudding | ½ c. miniature marshmallows |
| ½ c. chopped pecans | |

Combine pudding mix, pineapple, nuts, and marshmallows. Stir in Cool Whip and mix well. Cover and put in refrigerator.

VEGETABLE SALAD

Missie Surrency

- | | |
|------------------------------|-------------------------------|
| 1 can small peas | 1 large red onion, chopped |
| 1 can French green beans | 1 large green pepper, chopped |
| 1 can mushrooms | 1 c. chopped celery |
| 1 small jar pimento, chopped | |

Marinade:

- | | |
|----------------|---------------------|
| 1 c. vinegar | ½ tsp. paprika |
| 1 c. salad oil | ½ tsp. mustard seed |
| ¾ c. sugar | 1 tsp. celery salt |
| ½ tsp. salt | |

Drain canned vegetables and mix with fresh vegetables. Mix together all ingredients for marinade; heat to boil and let cool. Combine with vegetables and let stand for 24 hours.

WONDERFUL FRUIT SALAD

Jewel Callihan

- | | |
|-----------------------------------------------|---------------------------------|
| 3 cans fruit cocktail, drained (save juice) | 2 to 3 apples |
| 1 can pineapple tidbits, drained (save juice) | 6 bananas |
| ½ jar maraschino cherries | 1 large instant vanilla pudding |
| | 6 Tbsp. Tang |

In a large bowl, mix pudding with fruit juice. Add 6 tablespoons Tang and mix well. Add all fruit and mix well. Store in refrigerator.

This can be made low fat and sugar free by using fruit in its own juice and use fat and sugar free pudding and sugar free Tang. Different fruits work well also.

I made this once using Country Time lemonade mix instead of Tang. It doesn't need the full 6 tablespoons unless you want more tangy taste.

FROZEN FRUIT SALAD

Louise Knight

- | | |
|------------------------------------------|-------------------------------------------|
| 1 (16 oz.) can sliced peaches | 1 (6 oz.) can frozen concentrate lemonade |
| 1 (8½ oz.) can pear halves | 3 c. thawed whipped topping |
| 1 (3 oz.) pkg. strawberry flavor gelatin | |
| 1 c. boiling water | |

Drain and chop fruits. Dissolve gelatin in boiling water. Add concentrate and stir until melted. Chill until slightly thickened. Blend in whipped topping and fold in fruit. Pour into 9x5 inch loaf pan. Freeze until firm, about 4 hours. Remove from mold and slice. Garnish if desired. Makes 12 servings.

FRUIT SALAD PINA COLADA

Carolyn Anderegg

- | | |
|---------------------------|-------------------------------|
| 6 apples (Rome/Delicious) | 1 (No. 2) can chunk pineapple |
| ½ lb. red grapes | ½ can shredded coconut |
| 2 celery stalks | 1 c. chopped pecans |
| 3 bananas | |

Dressing:

- ½ can Bacardi pina colada mix

Wash, core, and chop apples; sprinkle with lemon juice or lemonade mix. Slice grapes in halves; add to apples. Chop celery and add. Slice bananas and add. Next, add drained pineapple and coconut. (If grapes are not available, substitute with raisins). Mix all fruit and add nuts. Thaw frozen pina colada mix. Pour approximately ¼ to ½ can over fruit and toss.

You may use pineapple tidbits in place of chunks.

DUMP SALAD

Ruth C. Johnson

- | | |
|-------------------------------------|--------------------------|
| 1 can Eagle Brand milk | 1 c. nuts |
| 1 (16 oz.) Cool Whip | 1 can cherry pie filling |
| 1 can crushed pineapple,
drained | |

Mix all together and chill.

MILLION DOLLAR SALAD

Dot Jackson

- | | |
|-------------------------------------|------------------------------------------|
| 1 large container Cool Whip | 1 large can fruit cocktail,
drained |
| 1 can Eagle Brand
condensed milk | 1 large can pineapple
chunks, drained |
| 3 Tbsp. lemon juice | |
| 1 large jar maraschino
cherries | |

Mix Cool Whip and Eagle Brand milk together. Add lemon juice and mix. Add drained fruit and mix together. Chill overnight.

Option: Sprinkle nuts on top.

ORANGE CREAM FRUIT SALAD

Jeanette Ward

- | | |
|----------------------------------------------|------------------------------------------------|
| 1 (20 oz.) can pineapple
tidbits, drained | 1 medium chopped apple |
| 1 (16 oz.) can peach slices,
drained | 1 (3 to 4 oz.) pkg. instant
vanilla pudding |
| 1 can mandarin oranges,
drained | 1½ c. milk |
| 2 medium sliced bananas | ⅓ c. frozen orange juice |
| | ¾ c. sour cream |

In large bowl, combine fruits; set aside. In small bowl, beat pudding mix with milk and orange juice 2 minutes. Add sour cream and pour over fruit. Let set 2 hours.

PINK CLOUD

Rubye Killebrew

- | | |
|----------------------------------|-----------------------------|
| 1 can cherry pie filling | 2 c. miniature marshmallows |
| 1 small can crushed
pineapple | 13½ oz. container Cool Whip |
| 1 can Eagle Brand milk | 1 c. chopped nuts |

Fold together and chill.

PRETZEL SALAD

Mattie Phillips

- | | |
|-----------------------------|----------------------------------------|
| 2⅔ c. pretzels, crushed | 1 (6 oz.) pkg. strawberry
Jell-O |
| 3 Tbsp. sugar | 3 c. boiling water |
| 1½ sticks margarine | 1 (10 oz.) pkg. frozen
strawberries |
| 1 (8 oz.) pkg. cream cheese | |
| 1 (8 oz.) tub Cool Whip | |
| 1 c. sugar | |

Bottom: Mix first 3 ingredients. Bake in 9x13 inch pan at 350° for 10 minutes. Cool.

Middle: Mix next 3 ingredients. Spread over crust.

Top: Mix remaining 3 ingredients. When slightly thickened, pour over middle and let set.

PRETZEL SALAD

Nina T. Gaddis

- | | |
|-----------------------------------|-----------------------------------|
| 2 c. crushed buttered
pretzels | 1 (10 oz.) container Cool
Whip |
| ¾ c. margarine, melted | 1 large pkg. strawberry
Jell-O |
| 3 Tbsp. sugar | 1½ c. hot water |
| 1 (8 oz.) pkg. cream cheese | 2 (16 oz.) frozen strawberries |
| 1 c. sugar | |

Preheat oven to 400°. Mix pretzels, butter, and 3 tablespoons of sugar and bake for 8 minutes in a 13x9 inch pan, then remove and pat down. Let it cool. Beat cream cheese and 1 cup sugar; stir in Cool Whip and spread on crust. Dissolve jello in hot water; stir in frozen strawberries. Cool until partially set, then spoon over the cheese mixture. Refrigerate overnight.

PECAN STRAWBERRY SALAD

Rachael B. Payne

- | | |
|--------------------------------|----------------------------|
| 2 c. chopped pecans | 8 oz. cream cheese |
| 1 large pkg. strawberry Jell-O | 20 oz. frozen strawberries |
| 8 oz. Cool Whip | ¾ c. melted butter |
| | 1 c. + 3 Tbsp. sugar |

Mix pecans, 3 tablespoons sugar, and butter; press in glass dish. Bake 8 minutes in 400° oven. Let cool. Mix cream cheese and 1 cup sugar. Stir in Cool Whip. Spread on top of pecan crust. Mix Jell-O in 1½ cups hot water; stir in frozen strawberries. Spread over cream cheese. Chill overnight.

STRAWBERRY SALAD

Marion Reeves

- | | |
|------------------------------------------------|----------------------------------|
| 1 (6 oz.) pkg. strawberry jello | 1 (20 oz.) can crushed pineapple |
| 1 c. boiling water | 1 pt. sour cream |
| 3 medium bananas, mashed | |
| 1 c. chopped pecans | |
| 2 (10 oz.) pkg. frozen strawberries (unthawed) | |

Combine gelatin and boiling water. Stir until jello is completely dissolved. Add frozen strawberries and stir until dissolved. Add rest of ingredients except sour cream. Pour ½ the gelatin mixture into a 12x8 inch pan; refrigerate until set, about 1 hour. Keep remaining jello at room temperature. Spread sour cream evenly over partially set jello. Pour on remaining gelatin, cover, and refrigerate until set. Makes 12 servings.

SOUTHERN BELLE SALAD (COKE)

Betty Jane Cass

- | | |
|-------------------------------------------|-----------------------------|
| 1 (16 oz.) can pitted dark sweet cherries | 2 Tbsp. fresh lemon juice |
| 1 (3 oz.) pkg. cherry jello | 1 (3 oz.) pkg. cream cheese |
| 1 c. Coca-Cola | ½ c. chopped pecans |

Drain cherry juice. Bring ¾ cup of juice to boiling. Add to jello. Stir until dissolved. Stir in Coke and lemon juice. Chill until mounds slightly. Cut cheese into very small pieces. Fold in cheese, nuts, and cherries into jello. Spoon into mold and chill until firm.

3 LAYER CONGEAL SALAD

Ruby Killebrew

First layer:

- 1 (3 oz.) box orange jello

Second layer:

- 1 (3 oz.) box lime jello
1 (15 oz.) can fruit cocktail, drained

Third layer:

- 1 (3 oz.) box cherry jello

Additional ingredients:

Mayo

Pecans

Dissolve each box jello in 1 cup boiling water. Add ¾ cup cold water. Let first layer congeal; spread with mayo and sprinkle with pecans. Add second layer; let congeal. Spread with mayo and sprinkle with pecans. Add third layer. Let congeal and serve.

CRANBERRY FROZEN SALAD

Eleanor Duncan

- | | |
|----------------------------------|------------------------------------------|
| 1 (8 oz.) cream cheese, softened | 1 can whole cranberry sauce |
| 2 Tbsp. sugar | ½ c. pecans |
| 1 (8½ oz.) can crushed pineapple | 2 Tbsp. mayonnaise |
| | 1 large container thawed whipped topping |

Mix in blender first three ingredients; pour in large bowl. Mix in blender next three ingredients; pour into bowl with cream cheese mix. Stir in whipped topping. Pour into greased 12x9 inch glass baking dish or individual paper-lined muffin tins. Freeze. Serve on bed of shredded lettuce with a small amount of mayonnaise.

BROCCOLI SALAD

Annie Ruth Seagraves

- | | |
|------------------------|---------------------|
| 1 bunch broccoli, cut | 2 Tbsp. lemon juice |
| ½ c. olives, chopped | ½ onion, cut fine |
| 3 boiled eggs, chopped | ¼ tsp. sugar |

Mix ingredients well with mayonnaise.

BROCCOLI SALAD

Barbara Morris

1 bunch broccoli
½ c. red onion, chopped
1 c. celery, chopped
1 lb. bacon, fried crisp,
drained, and crumbled

½ c. shelled sunflower seeds
Raisins (optional)

Dressing:

¾ c. mayonnaise
¼ c. sugar

2 Tbsp. tarragon or wine
vinegar

Mix all ingredients and pour dressing over. Refrigerate overnight. Serves 6 to 8.

BROCCOLI SALAD

Mattie Phillips

2 heads broccoli, cut up
1 lb. bacon, fried crisp,
drained, and crumbled
1 c. raisins (dark or light)
1 c. nuts (pecans or
walnuts), chopped

¼ c. onion, chopped (purple
or red)
1 carrot, shredded
1 c. light mayonnaise
½ c. white sugar
¼ c. vinegar

Mix broccoli, raisins, nuts, and onion. Let set overnight. Add carrot. Blend together mayonnaise, sugar, and vinegar. Add to broccoli mixture. Add bacon just before serving.

BROCCOLI SALAD

Barbara Kern

1 bunch broccoli, chopped
5 green onions
1 lb. bacon, fried and
crumbled

¼ c. raisins
½ c. sugar or 5 packs Equal
1 c. mayo

Mix mayo and sugar. Blend into remaining ingredients. Let stand one (1) hour.

BROCCOLI SALAD

Marion Reeves

1 large bunch broccoli
1 c. grated cheese
1 medium onion, chopped

10 to 12 slices bacon, fried
and crumbled

Dressing:

½ c. plus 2 Tbsp. Miracle
Whip

1 Tbsp. vinegar
¼ c. sugar

Cut broccoli flowerets into small pieces. Add other ingredients and mix well. Mix dressing and let set until sugar is dissolved. Pour over broccoli mixture just before serving.

COLORFUL VEGETABLE SALAD

Annie Ruth Seagraves

6 c. broccoli florets
6 c. cauliflowerets
2 c. cherry tomatoes, halved
1 large red onion, sliced
1 (6 oz.) can pitted ripe
olives, drained and sliced

1 env. Ranch dressing mix
⅔ c. vegetable oil
¼ c. vinegar

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

BROCCOLI SUPREME

Betty Britt

1 large bunch broccoli
½ lb. bacon, fried crisp and
crumbled
½ medium red onion,
chopped
1 c. sunflower kernels

½ c. raisins
½ c. sliced fresh mushrooms
1 c. Hellmann's mayonnaise
¼ c. sugar
2 Tbsp. cider vinegar

Cut broccoli into bite-size pieces. Peel stalk and cut into pieces. Place broccoli, bacon, onions, nuts, raisins, and mushrooms in a large bowl. Mix together mayonnaise, sugar, and vinegar. Pour over broccoli mixture and toss. Chill 2 to 4 hours before serving.

BROCCOLI SLAW

Sylvia Crumbley

1 (16 oz.) pkg. broccoli slaw
2 (3 oz.) pkg. chicken
noodles (oriental Ramen
noodle soup)

1 small bunch green onions,
chopped
⅔ c. sunflower seeds (that
have shells off)

Dressing:

- 1/2 c. vegetable oil
- 1/2 c. sugar
- 1/2 c. white vinegar

2 seasoning packs of chicken
(that comes from noodles)

Mix broccoli, onions, noodles (break into small pieces - do not cook), and sunflower seeds. Pour dressing over vegetables.

BROCCOLI SLAW

Sybil Simpkins

- 1 lb. broccoli slaw
- 1 c. oil
- 1/2 c. sugar
- 1/2 c. vinegar
- 2 pkg. chicken flavor Ramen noodles
- 1 c. celery, chopped
- 1 medium red onion, chopped
- 1 (3 oz.) pkg. slivered almonds
- Sunflower seeds, toasted

Mix sugar, oil, vinegar, and season packets from noodles. Mix in remaining ingredients. Let set overnight.

L.A. SLAW

Marion Reeves

- 1 medium head cabbage or 1 1/2 bags Fresh Express
- 6 to 8 sliced green onions (mostly green part)
- 1/4 c. toasted sesame seeds
- 1/4 c. sunflower seeds, toasted
- 1/4 c. toasted, sliced almonds

Chop cabbage. Combine with onions. Add toasted nuts. At last minute, combine Ramen noodles over top. Toss with the following dressing.

Dressing:

- 1 c. Crisco canola oil
- 6 Tbsp. rice wine vinegar
- 1/4 c. sugar
- 1 tsp. black pepper
- 3/4 tsp. salt

CHINESE COLE SLAW

Ann Goodson

- 1 large pkg. cole slaw
- 2 pkg. Ramen noodles (chicken)
- 1/2 c. sunflower nuts
- 3/4 c. oil
- 1/2 c. sugar
- 1/2 c. white wine vinegar
- 1 small bag slivered almonds, toasted

Mix oil, sugar, vinegar, and soup mix together. Add noodles, nuts, almonds, and slaw.

HOT BACON-MUSTARD DRESSING

Bessie Bryant

- 4 bacon strips, diced
- 2 c. honey Dijon mustard
- 1/2 c. sugar
- 1/3 c. orange juice
- 1 Tbsp. cider or red wine vinegar
- 1/4 tsp. ground mustard
- 1/4 c. honey
- Torn salad greens or fresh spinach

Cook bacon until crisp. Reserve 3 tablespoons drippings and add Dijon mustard, sugar, orange juice, vinegar, and ground mustard. Bring to a boil. Stir in honey and bacon. Serve warm over salad greens or spinach.

GREEN SALAD

Betty Curry

- 1 c. grated (fine) cabbage
- 1 c. mayo
- 1 c. grated sharp cheese
- 1 c. nuts
- 1 (3 oz.) pkg. lime Jell-O

Mix Jell-O with 1 cup hot water (soft congealed). Add remaining ingredients. Refrigerate for Jell-O to congeal. Great with ham or turkey.

GARDEN BEAN SALAD

Kim Warlick

- | | |
|---------------------------------------------|--------------------------------------------|
| 2 cans (16 oz.) kidney beans | $\frac{2}{3}$ c. olive or vegetable oil |
| 2 cans (15 oz.) garbanzo beans | $\frac{1}{3}$ c. cider or red wine vinegar |
| 2 medium carrots, grated | 1 tsp. Italian seasoning |
| 1 small cucumber, peeled, seeded, and diced | $\frac{1}{2}$ tsp. salt |
| 1 small zucchini, diced | $\frac{1}{2}$ tsp. garlic powder |
| 5 medium radishes, sliced | $\frac{1}{2}$ tsp. onion powder |
| | $\frac{1}{2}$ c. shredded Swiss cheese |

In large bowl, combine the first six ingredients, after first draining and rinsing beans. In a small bowl, combine oil, vinegar, Italian seasoning, salt, garlic powder, and onion powder. Mix well. Pour over vegetable mixture and toss to coat. Cover and refrigerate for at least two hours. Top with cheese. Serve with a slotted spoon.

COLD DILL PEA SALAD

Mary DeDuck Phillips

- | | |
|------------------------------|--------------------------------------------------|
| $\frac{1}{2}$ c. mayonnaise | $\frac{1}{2}$ tsp. Beau Monde |
| $\frac{1}{3}$ c. sour cream | 2 pkg. frozen petite peas, defrosted and drained |
| 2 Tbsp. snipped fresh chives | $\frac{1}{3}$ c. celery, sliced diagonally |
| 1 Tbsp. dried dill weed | $\frac{1}{4}$ c. onion, chopped |
| 2 tsp. sugar | $\frac{1}{4}$ c. red bell pepper, chopped |
| 1 tsp. Worcestershire | |
| $\frac{1}{4}$ tsp. salt | |

In large mixing bowl, combine mayonnaise, sour cream, chives, dill weed, sugar, Worcestershire, salt, and Beau Monde. Mix well. Add peas, celery, and onions. Stir to coat vegetables evenly. Cover and chill for at least two hours.

Note: Can substitute dill pickles for the dill weed.

CORN SALAD

Sybil Simpkins

- | | |
|-------------------------------|--------------------------------|
| 2 (16 oz.) cans shoe peg corn | 4 Tbsp. mayonnaise |
| 1 large cucumber, chopped | 1 tsp. apple cider vinegar |
| 1 medium onion, chopped | 1 tsp. prepared mustard |
| 2 red tomatoes, chopped | $\frac{1}{2}$ tsp. celery seed |
| 1 (8 oz.) sour cream | $\frac{1}{2}$ tsp. salt |

Combine all ingredients in large bowl. Cover and refrigerate overnight to blend flavors.

CORN CHIP SALAD

Jane Westmoreland

- | | |
|---------------------------|----------------------------------------|
| 1 (10 oz.) bag corn chips | 1 can kidney beans, drained |
| 1 bell pepper, chopped | 1 large bottle Catalina salad dressing |
| 1 small onion, chopped | |
| 1 c. cheese, shredded | |

Mix all together. Do not add corn chips until just before serving. They will become soggy.

CORNY VEGETABLE SALAD

Laurie Spiess

- | | |
|-------------------------------------------------------|---------------------------------|
| 1 (10 oz.) pkg. frozen corn | 6 green onions, sliced |
| 2 lb. fresh broccoli, broken into florets (8 c.) | 1 env. Ranch salad dressing mix |
| 1 medium head cauliflower, broken into florets (6 c.) | 1 c. (8 oz.) sour cream |

Cook corn according to package directions. Drain and cool. In a large bowl, combine corn, broccoli, cauliflower, and onions. In a small bowl, combine dressing mix and sour cream. Pour over vegetables and toss to coat. Cover and refrigerate for at least 2 hours.

CORNBREAD SALAD

Brenda Ramey

- | | |
|---------------------------|-----------------------------|
| 1 box Jiffy cornbread mix | 9 slices bacon, fried crisp |
| 1 c. onion | 3 medium tomatoes |
| 1 c. bell pepper | 1 c. Hellmann's mayonnaise |
| 1 c. sweet relish | |

Mix cornbread as directed on box. Cool and crumble. Crumble bacon and mix with remaining ingredients.

GARDEN MACARONI SALAD

Sybil Simpkins

- | | |
|------------------------------------------------------|--------------------------------------|
| 1 c. mayonnaise | 8 oz. cooked elbow macaroni |
| 2 Tbsp. cider vinegar | 1 c. chopped, seeded cucumber |
| 1 to 2 Tbsp. chopped fresh dill or 1 tsp. dried dill | 1 c. cherry tomatoes, quartered |
| 1 tsp. salt | $\frac{1}{4}$ c. sliced green onions |
| $\frac{1}{8}$ tsp. pepper | |

In large bowl, combine mayonnaise, vinegar, dill, salt, and pepper. Add elbow macaroni, cucumber, tomatoes, and onions. Toss to coat well. Cover and chill.

MOSTACCIOLI SALAD

Jeanette Ward

16 oz. mostaccioli	2 tsp. salt
1 cucumber, chopped fine	2 Tbsp. parsley flakes
1 onion, chopped fine	1 small jar pimentos
1½ Tbsp. tarragon vinegar	Pepper
1 tsp. garlic powder	1 c. sugar

Cook mostaccioli; drain. Toss with a little salad oil so the noodles will not stick. Mix with other ingredients. Let set for two days in refrigerator.

PASTA SALAD

Lorraine Trefethen

1 pkg. 3 colored pasta	1 small onion, chopped
1 pkg. DeSol frozen vegetables, chopped (broccoli)	3 oz. sliced black olives
1 jar marinated artichoke hearts with juice	3 oz. sliced green olives
	½ c. Caesar dressing
	½ c. Ranch dressing

Cook pasta until tender. Drain. Cook broccoli about 6 minutes in microwave. Cool. Mix remaining ingredients. Toss with dressing mixture. Sprinkle with crumbled Feta cheese. Great with garlic bread.

GREEN JACKET SALAD

Linda Lack

2 tsp. Lawry's seasoned salt	1 large pita bread, toasted
2 tsp. Accent	1 chopped tomato
2 tsp. oregano	⅔ head lettuce
2 tsp. parsley	5 Tbsp. green scallions
2 Tbsp. tarragon vinegar	Parmesan cheese (to taste)
4 Tbsp. Wesson oil	

Mix first 6 ingredients in a shaker bottle with lid. Chop lettuce and scallions. Add chopped tomato, crushed pita bread, and grated Parmesan cheese. Top salad with dressing and toss.

MARINATED VEGETABLE SALAD

*Helen Steele
Riverdale, GA*

8 oz. rainbow salad twirls	1 large carrot, thinly sliced
2 c. broccoli flowerets	½ c. chopped onion (or green onions may be used)
1 green pepper, cut in thin slivers	⅔ c. Italian dressing

Cook salad twirls according to package directions; drain. Rinse with cold water; drain thoroughly again. Combine salad twirls with remaining ingredients. Pour dressing over all and toss gently. Refrigerate several hours before serving. Toss again before serving. Yield: 10 to 12 servings.

SCANDINAVIAN SALAD

Mary E. Galloway

2 cans French style green beans, drained	4 stalks celery, diced
1 can green peas, drained	1 onion, diced (red)
	½ c. pimientos, diced

Dressing:

1½ c. sugar	1 c. vinegar
½ c. salad oil	1 Tbsp. water

Mix and pour over vegetables. Let stand 24 hours.

MARINATED VEGETABLE SALAD

Joyce Andrews

1 (17 oz.) can English peas (small), drained	½ to 1 c. chopped onion
1 (17 oz.) can white shoe peg corn, drained	½ c. chopped green pepper
1 (15½ oz.) can French style green beans, drained	1 c. sugar
½ c. diced celery	½ c. vegetable oil
	½ tsp. pepper
	¾ c. vinegar
	1 tsp. salt

Combine vegetables, tossing lightly. Combine remaining ingredients in a medium saucepan; bring to a boil over low heat, stirring gently to blend well. Pour over vegetables. Cover and chill for 24 hours.

OVERNIGHT VEGETABLE SALAD

Synthia Loner

- | | |
|-----------------------------------------|-----------------------------------|
| 1 large can French style beans, drained | 1/2 c. green peppers, diced |
| 1 large can whole kernel corn, drained | 1 small can English peas, drained |
| 1 c. diced celery | 1 can water chestnuts, sliced |

Mix:

- | | |
|------------------|------------------|
| 1 c. sugar | 2 Tbsp. water |
| 1 c. vinegar | 1/2 tsp. paprika |
| 1/2 c. salad oil | Salt to taste |

Pour over vegetables and let set overnight.

VEGETABLE SALAD

Maxine Hornick

- | | |
|------------------------------------|-------------------------------|
| 1 large can Veg-All | 4 eggs, boiled and diced |
| 1 small can lima beans | 1 c. fresh parsley |
| 1 apple, diced | 1 Tbsp. lemon pepper |
| 4 whole garlic dill pickles, diced | Bunch of spring onions |
| 4 Irish potatoes, cooked and diced | <i>mayonaisse, as desired</i> |

Mix and refrigerate overnight.

WINTER VEGETABLE SALAD

Dot Jackson

- | | |
|------------------------------------------------------------|-----------------------------------------------------------------------|
| 1 (1 oz.) packet Hidden Valley Original Ranch dressing mix | 1/4 c. olive oil |
| 1/2 c. cider vinegar | 2 tsp. sugar |
| 1/3 c. water | 7 c. assorted vegetables (such as broccoli, cauliflower, and carrots) |

Combine dressing with vinegar, water, oil, and sugar; set aside. Place vegetables in large resealable plastic bag or bowl. Pour dressing mixture over vegetables and shake well. Marinate in refrigerator 4 hours or overnight. Makes about 6 cups.

SEVEN LAYERED SALAD

Linda Lack

- | | |
|-------------------------------------------|-----------------------------------------|
| 1 head lettuce, broken | 2 Tbsp. sugar |
| 1/2 c. green pepper, chopped | 1 (4 oz.) pkg. Cheddar cheese, grated |
| 1 onion, diced | 6 to 8 strips bacon, fried and crumbled |
| 1/2 c. celery, diced | Parmesan cheese (optional) |
| 1 (10 oz.) pkg. frozen green peas, thawed | Salt to taste |
| 2 c. mayonnaise | |

In a bowl, layer first 8 ingredients in order given. Chill for 24 hours. When ready to serve, salt to taste and toss. Top with Parmesan cheese (grated). Must be made a day ahead. Serves 8 to 10.

7-LAYER MEXICAN SALAD

Irene Walters

- | | |
|------------------------------------------------------|-------------------------------------------|
| 4 c. chopped lettuce | 1 c. (4 oz.) shredded mild Cheddar cheese |
| 1 c. chopped tomato | 1 c. Kraft salsa Ranch dressing |
| 1/2 c. chopped green onions | Crushed tortilla chips (optional) |
| 1 (4 1/2 oz.) can sliced pitted ripe olives, drained | |
| 1 (15 1/2 oz.) can dark red kidney beans, drained | |

Layer lettuce, tomato, onions, olives, beans, cheese, and dressing in 3 quart glass bowl. Refrigerate. Top with crushed chips and toss lightly just before serving.

NAPA SALAD

Carolyn Anderegg

- | | |
|-------------------------|-------------------------------|
| 1 head Napa cabbage | 1/2 c. sliced almonds |
| 1 bunch green onions | 1/2 c. peanuts (dry roasted) |
| 1 can chow mein noodles | 1/4 c. sunflower kernel seeds |
| 1/4 c. sesame seeds | |

Dressing:

- | | |
|----------------------|-------------------|
| 1/4 c. cider vinegar | 1/2 c. oil |
| 1/2 c. sugar | 2 Tbsp. soy sauce |

Cut thin or shred Napa cabbage (optional savory cabbage or iceberg lettuce). Combine with chopped green onions. Place in plastic bag and refrigerate. Make dressing and refrigerate. In another plastic bag, mix chow mein noodles, toasted sesame seeds, toasted almonds, peanuts, and sunflower seeds. When ready to serve, mix all ingredients and toss with dressing.

Optional: Grilled, sliced chicken breasts may be added to salad.

Note: Make dressing first to heat and melt sugar.

NAPA SALAD

Reba Gilbreath

1 head Napa cabbage	2 Tbsp. soy sauce
2 small bunches green onions	1 grilled chicken breast
½ c. vinegar (apple cider)	½ c. toasted sesame seed
½ c. sugar	½ c. chopped almonds or sunflower seeds, toasted
½ c. oil	1 c. Chinese noodles

Chop cabbage and green onions. In a saucepan, bring vinegar, sugar, oil, and soy sauce to a boil. Add sesame seeds, almonds, and sunflower seeds to the cabbage; add dressing and toss. Top with Chinese noodles and chicken breast.

ORANGE AND ONION SALAD

*Lecia Sellers
Daughter of Doris Simpkins*

1 head Boston lettuce	Slivered toasted almonds
1 medium red onion	
1 (11 oz.) can mandarin oranges, drained	

Dressing:

½ c. vegetable oil	½ tsp. salt
¼ c. red wine vinegar	¼ tsp. pepper
¼ c. sugar	½ tsp. hot sauce

Tear lettuce into large pieces. Thinly slice onion and separate into rings. Combine all ingredients for dressing in a jar and shake well. Serve over salad. Will keep in refrigerator for several days.

RAMEN NOODLE SALAD

Kathy Rice

I:

1 (16 oz.) pkg. cole slaw	½ c. toasted almonds, sliced
1 bunch green onions, sliced thin	2 pkg. Ramen oriental noodles, broken up
½ to 1 c. sunflower seeds, salted	

II - Dressing:

½ c. canola oil	⅛ tsp. pepper
½ c. sugar	¼ tsp. salt
⅓ c. white vinegar	2 packets Ramen seasoning

I: Mix all together.

II: Mix ingredients for dressing and pour over ingredients in Step I. Let stand for 24 hours in jar with lid and mix or shake two or three times. Serves 8 to 10.

MARINATED SWEET POTATO SALAD

Carolyn Anderegg

8 medium sweet potatoes (3½ lb.)	¼ tsp. pepper
1 c. cider vinegar	¼ tsp. oregano, dried
½ c. vegetable oil	¼ tsp. thyme, dried
1 Tbsp. honey	1 medium onion, halved and sliced thin
2 cloves garlic, minced	1 medium green pepper, julienned
2 bay leaves	
½ tsp. salt	

In a large saucepan, cook potatoes in boiling salted water until tender, approximately 20 minutes. Cool completely. In a small bowl, combine the next 9 ingredients and set aside. Next, peel potatoes and cut in halves lengthwise, then into ¼ inch slices. In a large bowl, combine sweet potatoes, onions, and green pepper; add dressing and gently toss to coat. Cover and refrigerate 2 to 4 hours. Discard bay leaves and serve. Serves 12 to 16.

CHICKEN PASTA SALAD

Sybil Simpkins

2 c. shell macaroni	3 c. chicken, cooked and cubed
¼ c. finely chopped onions	1 can mandarin oranges
¾ c. slivered almonds	½ c. seedless grapes
¼ c. diced celery	
1 c. mayonnaise	

Cook macaroni according to package instructions. Drain and rinse in cold water. In large bowl, combine pasta and remaining ingredients. Cover and refrigerate 3 to 4 hours to blend flavors. Serve on bed of lettuce leaves.

GOOD-GOOD CHICKEN SALAD

Thelma Bossinger

- | | |
|--------------------------------------------|-----------------------|
| 2 c. boiled chicken | 1 c. mandarin oranges |
| 1 Tbsp. chopped onions | 1/2 c. sliced almonds |
| 1 tsp. salt | 1 c. cooked macaroni |
| 1 c. green grapes (seedless),
quartered | 1 c. real mayonnaise |
| 1 c. chopped celery | 1 c. Cool Whip |

Mix together and chill overnight or several hours.

PINEAPPLE CHICKEN SALAD

Dot Jackson

- | | |
|----------------------------------------------------------------|-----------------------------------------------------------------|
| 1 (1 oz.) pkg. Hidden Valley
Original Ranch dressing
mix | 1 c. chopped celery (or less) |
| 1/2 to 1 c. mayonnaise | 1 (20 oz.) can pineapple
chunks (reserve juice for
above) |
| 1/4 c. pineapple juice | |
| 2 c. 1 inch cubed, cooked
chicken | |

Combine dressing mix with mayonnaise and pineapple juice. Add chicken, celery, and pineapple to mixture and toss well to coat. Chill. Serves 4 to 6.

ORIENTAL PASTA SALAD

Kim Warlick

- | | |
|--------------------------------------------|-------------------------------------|
| 2 c. uncooked elbow
macaroni | 1 c. snow peas, halved |
| 2 large carrots, cut into 1
inch strips | 2 green onions with tops,
sliced |
| | 1/2 c. sweet red pepper, sliced |

Dressing:

- | | |
|--------------------------------------|------------------------|
| 1/2 c. mayonnaise | 1 Tbsp. soy sauce |
| 1/2 c. sour cream | 1/2 tsp. ground ginger |
| 1 Tbsp. cider or red wine
vinegar | 1/4 tsp. pepper |

Cook macaroni according to package directions; drain and rinse in cold water. Place in a large bowl; add carrots, peas, onions, and red pepper. In a small bowl, whisk dressing ingredients until smooth. Pour over salad and toss to coat. Cover and refrigerate 1 to 2 hours.

NEW ORLEANS SHRIMP SALAD

Sylvia Crumbley

- | | |
|------------------------------------------------------|-----------------------------|
| 1 c. cooked rice | 1/4 c. chopped green pepper |
| 1 c. peeled shrimp or 4 1/2 oz.
can frozen shrimp | 4 stuffed olives, sliced |
| 1/2 c. diced raw cauliflower or
broccoli | 1/4 c. mayonnaise |
| 1/4 c. minced onion | 1/2 tsp. salt |
| | 1 Tbsp. lemon juice |

Optional:

- | | |
|-----------------------|------------------------|
| 1/4 c. chopped celery | 1/4 c. French dressing |
|-----------------------|------------------------|

Combine all ingredients; toss lightly. Chill thoroughly.

MEXICAN SALAD

Ruth West

- | | |
|----------------------------------------------|------------------------------------------------------------------------------------|
| 1 lb. ground beef, browned
and drained | 1 head lettuce |
| 1 lb. sharp cheese, grated | 1 small bottle Catalina salad
dressing |
| 1 (15 oz.) can Ranch Style
beans, drained | 1 regular size pkg. crushed
Fritos (helpful hint - crush
before opening bag) |
| 2 to 3 tomatoes, cut up | |
| 1 onion, chopped | |

Mix the first 5 ingredients and chill, then just before serving, add the remaining ingredients.

COTTAGE CHEESE SPINACH SALAD

Faye Bryant

- | | |
|----------------------------------------------|-----------------------------|
| 1 (10 oz.) pkg. fresh spinach,
torn | 1/2 c. sugar |
| 1 (12 oz.) ctn. small curd
cottage cheese | 3 Tbsp. vinegar |
| 1/2 c. chopped pecans,
toasted | 2 tsp. prepared horseradish |
| | 1/2 tsp. salt |
| | 1/2 tsp. ground mustard |

In a large serving bowl, layer half the spinach, cottage cheese, and pecans. Repeat layers. In small bowl, combine the remaining ingredients. Drizzle over salad and toss to coat. Serve immediately.

TACO SALAD

Sylvia Crumbley

- | | |
|----------------------------------|------------------------------------|
| 1 lb. ground beef | 8 oz. sharp Cheddar cheese, grated |
| 1 (15 oz.) kidney beans, drained | 1 pkg. taco seasoning mix |
| 1 head lettuce | 1 small bottle taco sauce |
| 1 to 2 tomatoes, chopped | 1 pkg. Doritos, crushed |
| 1 onion, chopped | |

Brown ground beef and add package of taco seasoning mix with a little water. Drain and put in bowl. Add all other ingredients except Doritos. Sprinkle Doritos on top just before serving.

TACO SALAD

Bill and Barbara Morris

- | | |
|-------------------------------------|---------------------------------------------------|
| 1½ lb. browned ground beef, drained | 1 head lettuce, torn in small pieces |
| Garlic powder | 3 c. medium Cheddar cheese, shredded |
| Chili powder | 1 large bottle Catalina dressing |
| Tabasco sauce | 1 large bag corn tortilla chips, crushed a little |
| Regular crushed red pepper | |
| 3 medium tomatoes, diced | |
| 1 medium onion, diced | |

Mix all ingredients in large bowl. Add chips just before serving.

CREAMY BROCCOLI SOUP

Betty Curry

- | | |
|-----------------------------|--------------------------|
| 2 c. chopped fresh broccoli | 2 Tbsp. minced onion |
| 2 c. thinly sliced carrots | 3 Tbsp. butter |
| 3 c. milk | 3 Tbsp. flour |
| 3 c. chicken broth | Salt and pepper to taste |

Saute onion in butter until tender. Stir in flour, salt, and pepper. Gradually add milk, stirring constantly; bring to a boil. Add broth, broccoli, and carrots. Simmer about 25 minutes, stirring occasionally. Be careful not to boil mixture.

COUNTRY COTTAGE CABBAGE CHOWDER

Roger and Mary Elsberry

- | | |
|--------------------------------|---------------------|
| 3 small Irish potatoes | 5 c. whole milk |
| ½ medium cabbage | 6 oz. Swiss cheese |
| 1 small onion | 3 Tbsp. corn starch |
| 2 (14½ oz.) cans chicken broth | 1 tsp. salt |

Peel potatoes and slice thin. Chop cabbage and onions. Cook potatoes, cabbage, and onions in broth until done. Add milk (mixed with corn starch), cheese, and salt. Bring to boil until slightly thick.

CORN CHOWDER

Mildred Lacy

- | | |
|--------------------------|----------------|
| 2 cans chicken broth | ¼ c. flour |
| 3 medium potatoes, diced | 1 c. milk |
| 1 c. diced ham | ¼ c. margarine |
| 1 can whole kernel corn | |

Combine first four ingredients. Cover and cook 20 minutes. Combine milk and flour and add to potato mixture. Stir in margarine and simmer for 2 to 3 minutes. Makes 5 cups.

CORN CHOWDER

Sybil Simpkins

- | | |
|-----------------------------------|------------------------------------------------------------------------|
| 3 carrots, chopped | 2 (16 oz.) cans cream style corn |
| ⅔ c. onions, chopped | 2 c. cooked rice |
| 2 ribs celery, chopped | 5 c. milk |
| 2 c. chicken stock | Salt and pepper to taste |
| 2 cans cream of chicken soup | A few dashes of herbs of choice (basil, thyme, paprika, cayenne, etc.) |
| 1 to 2 c. cooked chicken, chopped | |

Cook carrots, celery, and onion in chicken stock until tender. Stir in soup and heat, stirring constantly. Add chicken, rice, corn, milk, and seasonings. Heat thoroughly.

CHICKEN SOUP

Sybil Simpkins

3 c. cooked chicken beasts
1 medium onion, chopped
½ stick butter
Salt and pepper to taste

1 heaping Tbsp. flour
1 qt. milk (approx.)
2 to 3 drops of Tabasco
(optional)

Debone chicken. Pull apart in small strips. Pour off chicken broth, reserving one cup in pot. Add chopped onions and cook until translucent, stirring constantly. Add flour, salt, pepper, and butter, stirring, for about 4 to 5 minutes. Add milk and bring to boiling point, but do not boil. Add chicken and Tabasco; remove from heat and serve immediately with saltines.

CHICKEN SOUP

Clinelle Moody

1 chicken
1 pkg. frozen mixed vegetables
1 pkg. linguine noodles

1 small onion, chopped
Salt and pepper to taste
Garlic (if desired)

Cook chicken in large pot of water. Chop chicken into small pieces and put back in pot of water. Add mixed vegetables; add noodles (cooked slightly and drained). Add chopped onion and seasonings. Simmer until vegetables are done.

FRENCH ONION SOUP

Ethel Foster

1 large onion
2 cans beef broth
1 Tbsp. cooking oil
1 Tbsp. flour

Salt and pepper to taste
French bread, sliced
Finely grated Mexican blend cheese

Slice onions into thin strips. Saute onions in oil until translucent. Add flour and stir. Add beef broth and simmer 30 minutes. Serve hot with bread and cheese on top of soup.

GOLDEN ONION SOUP

Faye Bryant

2 c. quartered, thinly sliced onions
½ c. butter or margarine
¼ c. plain flour

2 c. chicken broth
2 c. milk
2 c. (8 oz.) shredded Mozzarella cheese

In saucepan over medium-low heat, cook onions in butter until tender, about 10 minutes. Stir in flour until blended. Gradually add broth and milk. Bring to a boil and cook one minute, stirring constantly. Reduce heat and add cheese. Heat just until cheese is melted. (Do not boil.)

HEARTY POTATO SOUP

Cecelia Padgett

6 c. peeled, cubed potatoes
¾ c. chopped celery
½ c. chopped onion
2 Tbsp. diced pimiento
2 Tbsp. margarine
2 tsp. parsley flakes

1 tsp. salt
¼ tsp. pepper
2 chicken bouillon cubes
2 c. hot water
¼ c. all-purpose flour
3 c. milk, divided

Combine first eight ingredients. Dissolve bouillon cubes in hot water; add to potato mixture. Bring to a boil over medium heat; cover, reduce heat, and simmer 8 minutes or until vegetables are tender. Dissolve flour in ¼ cup of milk; stir into soup. Add remaining milk. Cook over medium heat until thickened, about 25 minutes. Makes 10 servings.

POTATO SOUP

Carolyn Haile

4 to 6 medium potatoes
1 medium onion
½ stick margarine
1 c. chicken stock (can use chicken bouillon cubes)

2 cans cream of celery soup
11 oz. sour cream
1 can milk
½ c. Cheddar cheese

Cook cubed potatoes in chicken stock; add enough water to cover potatoes. Cook until tender. Add 3 tablespoons fresh chopped parsley. Add 2 cans cream of celery soup and 1 can milk. Chop onions and saute in margarine until glossy. Add to soup mixture. Bring to boil, stirring constantly. Remove from heat and add sour cream.

Can be made a day ahead. Reheat and add 4 to 6 slices of crisp bacon, chopped. Add ½ cup Cheddar cheese.

POTATO SOUP

Iris Norton

- | | |
|--------------------------------------------------|-----------------------------|
| 1/2 stick butter | 1 can cream of chicken soup |
| 6 or 8 large baking potatoes,
baked and cubed | + 1 can water |
| 1/2 c. chopped celery | 1 can evaporated milk |
| 1 large onion, chopped | 1/4 tsp. garlic salt |
| 1 carrot, grated | Salt and pepper to taste |
| | 2 c. grated sharp cheese |

Microwave carrots, celery, and onion till tender. In large pot, add potatoes, butter, cream of chicken soup, water, salt, garlic salt, pepper, and cooked carrots, celery, and onion. Cook over low heat until about 30 minutes before serving, then add evaporated milk. Add cheese last and serve.

UNICOI POTATO SOUP

Ethel Foster

- | | |
|----------------------------------------------------|---------------------------|
| 1 qt. chopped potatoes,
cooked in 1/2 qt. water | 1/2 medium onion, chopped |
| 1 can cream of chicken soup | Salt and pepper to taste |
| 1 can milk (2%) | 1/8 tsp. dill |
| 1 Tbsp. corn starch | 1/4 c. Parmesan cheese |

Boil potatoes in water. Add soup, milk, onion, corn starch, salt, and pepper. Boil until thick. Add dill and cheese.

SPICY POTATO SOUP

Lorraine Trefethen

- | | |
|-----------------------------|-------------------------|
| 1 lb. ground beef | 4 c. water |
| 4 c. cubed, peeled potatoes | 1 1/2 tsp. pepper |
| 1 small onion, chopped | 2 tsp. salt |
| 3 (8 oz.) cans tomato sauce | 1 tsp. hot pepper sauce |

In large kettle, brown beef. Drain. Add potatoes, onion, and tomato sauce. Stir in water, salt, pepper, and hot sauce. Bring to boil. Reduce heat and simmer 1 hour until potatoes are tender. Serve with cornbread.

SAUSAGE STEW

Peggy Brown

- | | |
|---------------------------------------------|----------------------------------------------------|
| 1 lb. sausage (hot) | 1 (15 oz.) can beans (navy),
rinsed and drained |
| 1 c. onion, chopped | 1/4 c. water |
| 1 (28 oz.) can tomatoes, cut
into pieces | 1/4 tsp. pepper |
| 1 (14 3/4 oz.) can corn (cream
style) | Dash of hot pepper sauce |

Crumble sausage in large saucepan; add onion. Cook and stir over medium heat till meat is browned and onion is tender. Drain excess fat. Stir in undrained tomatoes, corn, beans, water, and pepper sauce. Bring to a boil. Reduce heat and simmer, uncovered, for 15 minutes. Makes 5 servings.

SPLIT PEA SOUP

Zora Turner

- | | |
|--------------------------------------|---------------------------------------|
| 1 c. dried split peas | 1 potato, grated |
| 1 ham bone or pieces of
cubed ham | 1/4 c. diced celery |
| 1 carrot, grated | 1/4 c. finely chopped green
pepper |
| 2 medium onions, minced | Salt and pepper to taste |

Cover split peas with 6 cups boiling water; let soak for 1 hour. Add ham bone, carrot, onion, potatoes, celery, and green pepper. Season with salt and pepper. Simmer until peas are tender. Add water if needed. Serve in soup bowls and garnish with diced ham.

SPICY CHEESEBURGER SOUP

Sybil Simpkins

- | | |
|------------------------------------------|-------------------------------------------|
| 1 1/2 c. water | 1 lb. ground beef, browned
and drained |
| 2 c. cubed potatoes | 2 1/2 c. milk, divided |
| 2 carrots, grated | 3 Tbsp. plain flour |
| 1 onion, chopped | 8 oz. American cheese,
cubed |
| 1/4 c. green pepper, chopped | 1/4 to 1 tsp. cayenne
(optional) |
| 1 jalapeno pepper, seeded
and chopped | 1/2 lb. bacon, cooked and
crumbled |
| 1 garlic clove, minced | |
| 1 Tbsp. beef bouillon
granules | |
| 1/2 tsp. salt | |

In a large saucepan, combine the first nine ingredients and bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until tender. Stir in beef and two cups milk; heat thoroughly. Combine flour and remaining milk until smooth.

Gradually stir into soup. Bring to a boil; cook and stir for two minutes or until thick and bubbly. Reduce heat; stir in cheese until melted. Add cayenne if desired. Top with bacon just before serving.

TACO SOUP

- | | |
|------------------------------------------|-----------------------------------------------|
| 1 onion, chopped | 1 (12 oz.) can beer |
| 1 lb. ground beef | 1 (10 oz.) can diced tomato and green chilies |
| 1 (15.5 oz.) can pinto beans | 1 (.25 oz.) pkg. taco seasoning mix |
| 1 (15.5 oz.) can whole kernel corn | 1 (1 oz.) pkg. Ranch dressing mix |
| 1 (15.5 oz.) can green beans | 5 (6 inch) tortilla shells |
| 1 (15.5 oz.) can Ranch beans (undrained) | Salt |
| 1 (14.5 oz.) can stewed tomatoes | |

Brown the beef and onion and drain. Add meat to boiler and add drained pinto beans, corn, and green beans. Stir in undrained Ranch beans and the next 5 ingredients. Bring to a boil, then reduce heat and simmer for 30 minutes. Cut tortilla shells in quarter inch strips. Coat cookie sheet with cooking spray; add strips and sprinkle with salt. Bake at 400° for 5 to 8 minutes. Ladle soup in bowls and top with taco strips. Makes about 10 cups.

You can try the soup with saltine crackers in place of the taco strips. It is very good that way also. Just leave out the part about tortilla shells and strips.

If you don't want green beans in your soup, you can replace them with navy beans or Northern beans.

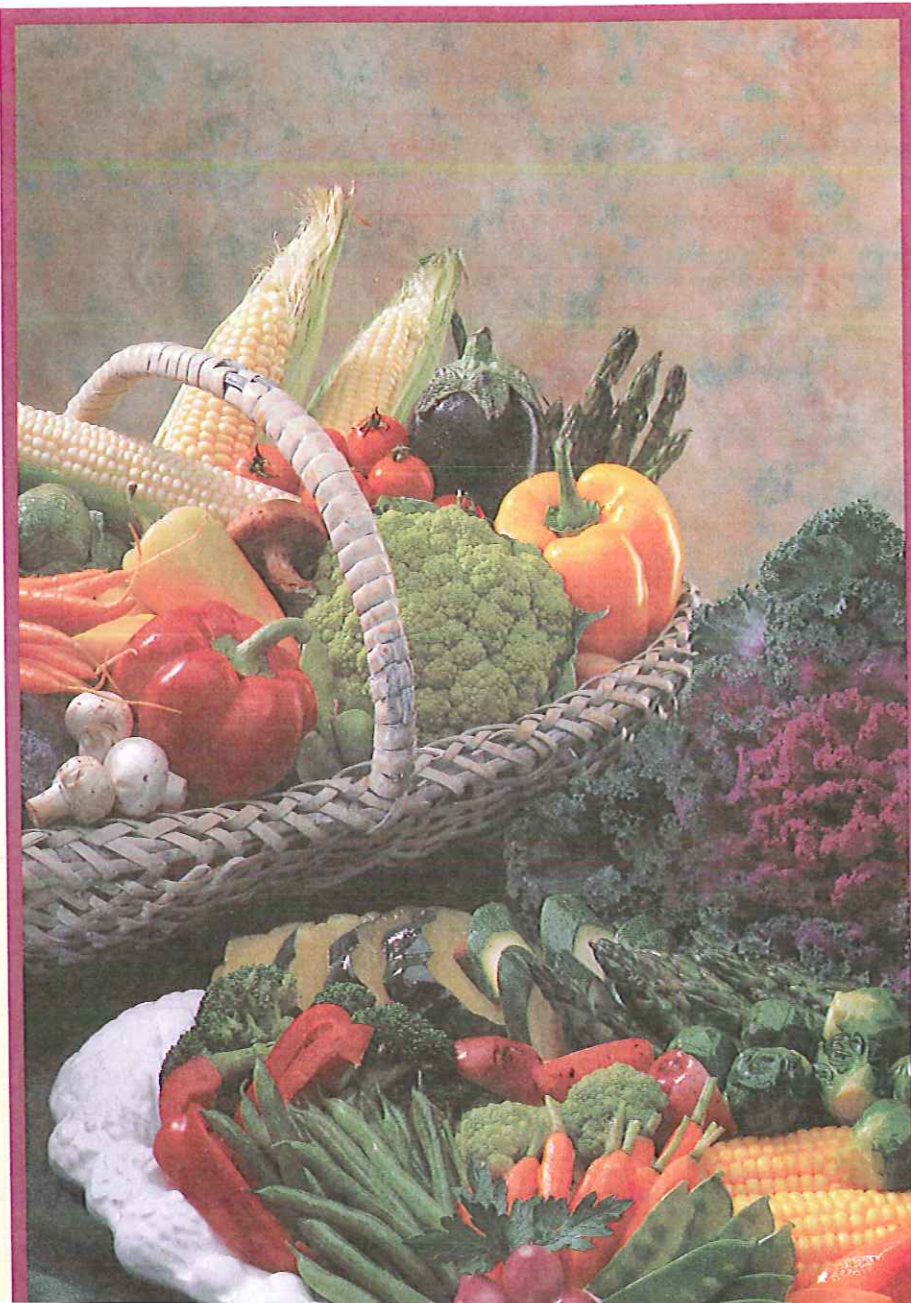
ZUKE STEW

Annette Howe

- | | |
|----------------------------------|--------------------------|
| 3 medium zucchini | 2 cans evaporated milk |
| 1 large onion | ½ stick margarine |
| 3 medium potatoes | Salt and pepper to taste |
| 1 can clam chowder with potatoes | |

Cook squash (zucchini), onion, and potatoes until done. Mash gently to break up large pieces. Add milk, margarine, clam chowder, salt, and pepper. Let simmer approximately 30 minutes.

Vegetables



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

VEGETABLES



ASPARAGUS-CHEESE CASSEROLE

Thelma Bossinger

2 large cans asparagus
spears
1 c. chopped nuts
1 stick margarine

1 stack Ritz crackers
1½ c. Velveeta (small box)
2 Tbsp. flour

Heat liquid from cans of asparagus. Add margarine. Mix 1 cup cold water and flour. Stir well. Pour into boiling liquid slowly, stirring. Add cheese and melt. Place 3 layers of asparagus, crushed crackers, and nuts. Pour cheese sauce over all. Sprinkle crackers and nuts on top. Bake at 450° to 475° to brown on top and heat casserole, about 5 to 10 minutes.

ASPARAGUS CASSEROLE

Aileen Wade

2 small cans asparagus tips

1 small can LeSueur peas

White Cream Sauce:

½ stick butter
3 Tbsp. plain flour

1½ c. milk
1 tsp. salt

Heat asparagus and peas until cooked; set aside. Make white sauce by melting butter in saucepan and add flour. Blend and stir. Add ¼ cup milk at a time, stirring constantly, until all milk is used up and sauce is thickened. Place asparagus in serving dish and a layer of peas. Add ½ sauce and add another layer of asparagus and peas and sauce. Dot with butter and top with buttered crumbs. Bake 25 to 30 minutes at 350°.

BAKED BEANS

Mardell Puckett

1 (31 oz.) can pork and
beans
1 c. dark brown sugar
½ c. catsup
1 Tbsp. mustard

1 Tbsp. Worcestershire
½ medium onion, chopped
2 Tbsp. vinegar
4 slices bacon, cooked and
crumbled

Mix all ingredients and put in casserole dish. Bake at 350° for 1 hour.

TEXAS BEANS

Zora Turner

5 strips bacon (in pieces)	2 Tbsp. Worcestershire sauce
1 onion, diced	1 Tbsp. 57 Sauce
½ c. brown sugar	3 c. pork and beans
Ketchup to taste	1 c. whole kernel corn
2 Tbsp. mustard	1 c. large lima beans
2 Tbsp. bar-b-que sauce	

Brown bacon and drain. Put back in pot. Add all sauces and simmer. Add all beans and corn. Simmer on top of stove.

MARMALADE BEETS

Missie Surrency

1 can sliced beets	½ tsp. marjoram
½ c. orange marmalade	1 Tbsp. butter
¼ c. orange juice	1 Tbsp. cornstarch

Drain liquid from beets. Combine orange marmalade, orange juice, and butter. Combine cornstarch with small amount of liquid to make a smooth paste. Add cornstarch "paste" and marjoram to orange mixture. Heat, stirring constantly, until mixture thickens. Pour over sliced beets and serve. Makes 4 servings.

HARVARD BEETS

Zora Turner

1 can sliced beets	⅓ c. sugar
⅓ c. vinegar	1 tsp. corn starch

Drain beets and save half of juice. Mix vinegar, sugar, corn starch, and beet juice. Bring to boil and add beets.

BROCCOLI CASSEROLE

Alma Wright

2 pkg. frozen broccoli	Salt and pepper to taste
1 can cream of mushroom soup	1 stick margarine, melted
1 can cream of chicken soup	1 c. bread crumbs, finely ground, or Ritz crackers, crushed
1 c. mayonnaise	
2 c. sharp cheese, grated and divided	

Cook and drain broccoli. Mix soups, mayonnaise, and one cup grated cheese in medium bowl. Mix with cooked broccoli. Place in 2 quart casserole dish.

Sprinkle remaining cheese on top. Toss crumbs with margarine and sprinkle on top of casserole. Bake at 350° for 45 minutes.

BROCCOLI CASSEROLE

Irene Walters

2 (10 oz.) pkg. frozen chopped broccoli	2 Tbsp. onion, grated
1 (10¾ oz.) can condensed cream of mushroom soup	1 c. sharp cheese, grated
1 c. mayonnaise	2 eggs, beaten
	Cheese cracker crumbs

Cook broccoli for 5 minutes. Drain. Steam in colander 10 minutes. Combine soup, mayonnaise, onion, cheese, and eggs. Add broccoli. Pour in greased 1½ quart casserole. Top with crumbs. Bake at 400° for 30 minutes. Serves 6 to 8.

Better if made a day ahead but baked just before serving. Do not add crumbs until ready to bake.

BROCCOLI CASSEROLE

Sharon and Jesse Ferguson

2 pkg. chopped broccoli	1 small jar Cheez Whiz
2 c. cooked rice	1 can water chestnuts, sliced and drained
1 can cream of chicken soup	

Mix all ingredients and sprinkle with bread crumbs. Bake at 350° for 30 minutes.

BROCCOLI AND CAULIFLOWER CASSEROLE

Dot Winstead

2 boxes broccoli	½ c. water
2 boxes cauliflower	1 (8 oz.) pkg. Mozzarella cheese, grated
1 can cream of celery soup	1 (8 oz.) pkg. Cheddar cheese, grated
1 can cream of onion soup	
1 (8 oz.) sour cream	

Cook vegetables as directed. Drain and mix soups, sour cream, and water; layer broccoli. Add ½ of soup mixture. Sprinkle with Mozzarella over soup mixture. Next, layer add cauliflower and remaining soup mixture. Top with Cheddar cheese. Bake at 325° for 30 minutes.

BROCCOLI AND RICE CASSEROLE

Jane Westmoreland

1 c. rice	1 can cream of chicken soup
2 c. water	1 stalk celery
1 pkg. frozen broccoli	1 large onion, cut up
1 can cream of mushroom soup	Grated cheese

Cook rice in water until there is no more water, then mix all ingredients. In baking dish, put a layer of rice and broccoli mixture, then a layer of grated cheese. Repeat this until all used. Be sure cheese is on top. Bake at 350° for 1 hour.

RED CABBAGE - ROTKOHL

Irene Walters

1 large red cabbage	Dash of salt
2 Tbsp. bacon drippings (or oil)	A few cloves
4 chopped apples	1 or 2 small bay leaves
1 chopped onion	1 wine glass of red wine (or water)*
1 Tbsp. sugar (or more for own taste)	

Melt drippings in thick-bottomed saucepan. Add onions. (Glaze onions, do not brown.) Add finely shredded cabbage, salt, sugar, and chopped apples. Pour wine (or water with vinegar) over cabbage. Add cloves and bay leaves. Simmer for two hours.

Note: Liquid (wine or water with vinegar) should just cover cabbage to keep from burning. Add more as needed during cooking time. When cabbage is done and you still see some liquid, add just a little flour.

* If water is used, add 2 tablespoons of vinegar.

CABBAGE CASSEROLE

Mary Ellen Seay

½ lb. ground beef	1 can tomato soup
1 medium onion, chopped	½ can water
6 c. shredded cabbage	Salt and pepper to taste

Slightly brown ground beef and onion. Drain well. Spread 3 cups cabbage in bottom of an ungreased 2 quart dish. Spread meat on top of cabbage. Top with remaining cabbage. Combine soup and water. Spoon over casserole. Add salt and pepper to taste. Bake at 350° for one hour.

CABBAGE CASSEROLE

Sybil Simpkins

1 medium head cabbage	1 soup can water
1 lb. ground beef	1 small can tomato sauce
1 onion, chopped	1 small can water
¾ c. uncooked rice	1 Tbsp. Worcestershire sauce
1 can tomato soup	

Brown ground beef and onion; drain. Chop cabbage and mix together with all other ingredients. Place in large casserole dish. Cover and bake at 350° for 1 hour and 15 minutes.

CABBAGE CASSEROLE

Thelma Vickery

1 medium cabbage	1 c. bread crumbs
1 can cream of chicken soup	½ stick butter
1 c. grated Cheddar cheese	

Into a greased casserole dish, put a layer of undiluted cream of chicken soup and a layer of grated cheese. Alternate with cabbage, soup, and cheese. Top with bread crumbs and dot with butter. Bake 25 minutes at 350°.

CABBAGE CASSEROLE

Nina T. Gaddis

½ head cabbage	1 c. mayonnaise
1 onion	1 bag shredded cheese
¼ tsp. salt and pepper	1 stack Ritz crackers
1 stick margarine	½ stick melted margarine
1 can cream of chicken soup	

Chop cabbage into 9x13 inch dish. Chop onion on top of cabbage, then the salt and pepper. Melt the margarine (1 stick) and pour over this. Mix the soup and mayonnaise together. Spread over the above ingredients. Layer shredded Cheddar cheese next. Mix together 1 stack of Ritz crackers, crushed, with ½ stick of melted margarine on top. Bake at 350° for about 35 to 45 minutes until it is bubbling.

CARROT COIN CASSEROLE

Barbara Schuman

12 medium carrots, sliced	1 tsp. salt
1 large onion, sliced	1/4 tsp. pepper
2 c. frozen peas	1/4 tsp. ground nutmeg
1 1/2 c. (6 oz.) shredded Cheddar cheese	2 1/2 c. milk
4 Tbsp. margarine, divided	1 c. crushed butter flavored crackers (about 25)
2 Tbsp. plain flour	

Cook carrots in small amount of water until tender crisp (about 6 minutes). Add onion and cook until tender. Drain; add peas and toss. Place about half of mixture in a greased shallow baking dish; sprinkle with cheese. Top with remaining vegetables. In a saucepan over medium heat, melt one tablespoon margarine; stir in flour, salt, pepper, and nutmeg. Gradually add milk; stirring constantly. Bring to a boil and boil for 2 minutes, stirring constantly. Pour over the vegetables. Combine the cracker crumbs with one tablespoon margarine; sprinkle over casserole and bake, uncovered, at 350° for 30 to 40 minutes.

SCALLOPED CARROTS

Sybil Simpkins

4 c. sliced carrots	1/8 tsp. pepper
3 Tbsp. butter	1/2 c. shredded cheese
1 medium onion, chopped	2 c. herb-seasoned stuffing mix
1 can cream of celery soup	1/3 c. butter, melted
1/2 tsp. salt	

Cook carrots in small amount of water until tender; drain. Melt 3 tablespoons butter in skillet over medium heat and cook onion until tender, stirring constantly. Stir in soup and next 3 ingredients. Spoon into lightly greased 2 quart baking dish. Combine stuffing mix and 1/3 cup melted butter. Spoon evenly over carrot mixture. Bake at 350° for 20 minutes or until thoroughly heated.

CARROT SOUFFLE

Helen Steele
Riverdale, GA

1 1/2 lb. carrots, sliced	1 1/2 tsp. baking powder
3/4 c. (1 1/2 sticks) margarine	1 1/2 c. granulated sugar
3 large eggs	1/4 tsp. ground cinnamon
1/4 c. all-purpose flour	

Preheat oven to 350°. Lightly grease a 1 1/2 quart souffle dish; set aside. Cook carrots in boiling water to cover for 15 minutes or until tender; drain. In a work bowl, mash the carrots; add other ingredients, stopping once to scrape down

the sides. Spoon into prepared dish. Bake about one hour or until set and lightly browned. Serve immediately.

CARROT SOUFFLE

Dot Winstead

2 lb. carrots	2 eggs
1 c. sugar	1/2 tsp. cinnamon
1/4 c. flour	1/2 tsp. nutmeg

Grind carrots in food processor until chopped fine. Add all ingredients and mix until grainy. Pour in buttered casserole and bake for 35 to 45 minutes at 325°.

CARROT SOUFFLE

Betty Jane Cass

1 lb. carrots, cooked	Dash of nutmeg
3 eggs	Dash of ground cinnamon
1/3 c. granulated sugar	1/4 c. crushed corn flakes
2 Tbsp. all-purpose flour	3 Tbsp. light brown sugar
1 tsp. baking powder	2 Tbsp. butter
1 tsp. vanilla extract	1/4 c. chopped nuts
1/2 c. butter, melted	

Puree cooked carrots in blender or food processor. Add eggs; blend well. Add sugar, flour, baking powder, vanilla, butter, nutmeg, and cinnamon. Puree until smooth. Pour into a greased 1 1/2 quart souffle dish. In bowl, using your fingers, combine corn flakes, brown sugar, butter, and nuts. Sprinkle over casserole. Bake at 350° for 1 hour or until knife inserted in center comes out clean.

PICCADILLY CARROT SOUFFLE

Sybil Simpkins

2 lb. carrots	1 1/2 tsp. vanilla
3/4 c. sugar	3 large eggs
2 Tbsp. flour	1/4 c. butter, softened
1 1/2 tsp. baking powder	

Peel carrots and cut in halves. Cover with water and cook for 30 minutes or until very tender; drain. Puree carrots with sugar, flour, and vanilla in food processor. Add eggs, one at a time, pulsing after each addition. Add butter and blend. Lightly grease 1 1/2 quart souffle dish. Coat bottom and sides with 1 1/2 tablespoons sugar. Add carrot mixture and bake in preheated oven at 350° for 45 minutes until souffle is set in center when tested with fingertip. Serve immediately with whipped cream (if desired).

COOL CARROTS

Ruby London

2 lb. carrots	½ c. white vinegar
1 c. finely chopped onions	½ c. salad oil
1 c. chopped bell pepper	1 Tbsp. prepared mustard
1 can tomato soup	Salt and pepper to taste
1 c. sugar	

Cut and boil carrots until tender; drain. Cool carrots. Combine tomato soup, vinegar, oil, mustard, sugar, salt, and pepper. Set aside. Add onions and bell pepper to cool carrots. Pour soup mixture over carrots. Refrigerate at least 24 hours. Will keep indefinitely.

CAULIFLOWER CASSEROLE

Laurie Spiess

1 medium head cauliflower, broken into florets	¼ c. green pepper, chopped
1 c. (8 oz.) sour cream	¼ c. sweet red pepper, chopped
1 c. (4 oz.) shredded Cheddar cheese	1 tsp. salt
½ c. corn flakes, crushed	¼ c. grated Parmesan cheese
	Paprika

Place cauliflower in small amount of water and cook until tender crisp. Drain. Combine cauliflower, sour cream, Cheddar cheese, corn flakes, peppers, and salt. Transfer to 2 quart baking dish. Sprinkle with Parmesan cheese and paprika. Bake at 325° for 30 to 35 minutes, uncovered.

CORN CASSEROLE

Betty Curry

⅓ c. bell pepper, chopped	1 can cream corn
½ c. onion, chopped	2 c. bread crumbs
1½ c. milk	2 eggs
1 can whole kernel corn, drained	1 c. shredded cheese
	1 tsp. margarine

Grease 2 quart baking dish with butter. Mix eggs and milk in bowl; mix dry ingredients in dish, adding ½ cup of cheese. Mix both cans of corn in the dish. Add eggs and milk to mixture. Stir thoroughly. Bake at 350° for 30 to 40 minutes.

CORN CASSEROLE

Annette Howe

1 box Jiffy corn muffin mix	1 can creamed corn
2 eggs, beaten	8 oz. sour cream
1 stick margarine, melted	
1 can whole kernel corn, drained	

Mix all ingredients together. Pour in 2 quart greased casserole dish. Bake at 350° for 45 minutes to 1 hour, depending on oven. Casserole is done when toothpick inserted in middle comes out clean.

CORN CASSEROLE

Laurie C. Spiess

1 can cream style corn	1 small onion, grated
⅓ c. melted oleo	1 tsp. salt
2 eggs, beaten	3 Tbsp. flour
1 c. milk	8x8 inch Pyrex dish, buttered

Beat eggs; add corn, melted oleo, milk, onion, salt, and flour. Pour into baking dish. Bake at 350° for 55 minutes or until set and browned.

SHOE PEG CORN CASSEROLE

Rachael B. Payne

½ c. chopped onion	1 can French style green beans, drained
½ c. chopped bell pepper	8 oz. sour cream
½ c. chopped celery	1 stack Ritz crackers
½ c. grated cheese	1 stick margarine
1 can shoe peg corn	Salt and pepper to taste
1 can cream of celery soup	

Mix first 8 ingredients together with salt and pepper. Put in greased 9x13 inch dish. Melt margarine and mix with crushed Ritz crackers. Spread on top of casserole. Bake at 325° for 1 hour.

CORN FRITTERS

Mable League

2 c. finely cut corn (or 1 can)	1 tsp. salt
1 c. cracker crumbs	1 tsp. sugar
2 tsp. baking powder	2 eggs, separated
½ tsp. paprika	Hot pepper (if desired)

Separate eggs; beat yolks well and mix with corn. Beat whites until stiff and add to mixture. Add seasoning and enough cracker crumbs to make stiff enough to shape. Put in heavy frying pan with enough grease for shallow frying. Cook until brown and long enough for corn to cook. A little flour may be added, if necessary, to hold together.

CORN PUDDING

Jack and Aileen Wade

1 can cream corn	1 medium onion, chopped
3/4 stick margarine	2 to 3 Tbsp. flour
1 egg, beaten	

Mix all together and pour into casserole dish. Bake 45 minutes at 350°.

CORN PUDDING

Barbara Morris

4 eggs	1 pt. (2 c.) milk
4 Tbsp. flour	2 cans cream style corn (4 c.)
2/3 c. sugar	1/2 tsp. salt
3/4 stick butter, melted	

Mix flour and sugar. Add eggs and beat well. Add melted butter and mix. Add milk, corn, and salt; stir well. Pour into baking dish or pan and bake at 400° until firm (about 1 hour).

CORN PUDDING

Vicki Smith

1/4 c. butter	1 3/4 c. milk
1/4 c. flour	3 c. frozen shoe peg corn*
1/4 tsp. salt	3 eggs, beaten
2 Tbsp. sugar	

Melt butter. Stir in flour, salt, and sugar. Cook until bubbly. Add milk and cook until thick. Stir in corn and eggs that have been beaten until fluffy. Pour into buttered 2 quart casserole and put casserole in pan with water. Bake at 350° for 45 minutes.

* If you use canned corn, use 2 teaspoons sugar.

HOT CORN

Ethel Foster

2 cans cream corn	1/3 c. butter
1 can whole kernel corn	1 1/2 jalapeno peppers,
1/4 c. cheese (Cheddar)	chopped
1 Tbsp. flour	

Mix together and bake at 350° for 30 to 45 minutes.

CRANBERRY-APPLE CASSEROLE

Thelma Vickery

3 c. chopped Granny Smith apples	1/3 c. white sugar
2 c. fresh cranberries or 1 can whole cranberry sauce	1/3 c. brown sugar

Mix together and put in casserole dish.

Topping:

1 c. oatmeal	1/3 c. brown sugar
1 stick melted margarine	1/2 c. chopped pecans
1/3 c. flour	

Mix and crumble over top of apples. Bake at 350° for 45 minutes.

EGGPLANT CASSEROLE

Mary DeDuck Phillips

1 medium eggplant	2 tsp. mustard
1/2 c. grated cheese	2 tsp. Worcestershire
1/2 can mushroom soup (undiluted)	1/2 to 1 c. bread crumbs
	1/2 stick margarine

Peel and slice eggplant. Place in 2 quart saucepan. Add 1/4 cup water and 1/2 teaspoon salt. Cover and cook about 20 minutes or until tender. Place eggplant in casserole dish and add other ingredients. Mix bread crumbs and margarine and sprinkle on top. Bake at 375° for 1 hour.

SPANISH EGGPLANT CASSEROLE

Ann Goodson

- | | |
|----------------------------------------------------------|---------------------------|
| 1 medium eggplant | 2 Tbsp. margarine, melted |
| 1 egg, beaten | 1 small onion, chopped |
| 1½ c. canned tomatoes (I use tomatoes with green chilis) | 1 c. dry bread crumbs |
| | Grated cheese |

Pare eggplant and cut into one inch cubes. Cook in boiling water 8 minutes; drain. Add egg, tomatoes, butter, onion, and bread crumbs. Place in greased 1 quart baking dish. Top with grated cheese. Bake at 350° for 30 minutes.

EGGPLANT AND TOMATO AU GRATIN

Mary DeDuck Phillips

- | | |
|-------------------------|--------------------------|
| 1½ to 2 lb. eggplant | 2 c. onions, sliced |
| 6 c. water | 1 tsp. salt, separated |
| 1 tsp. salt | ½ tsp. lemon pepper |
| 4 tomatoes | ½ tsp. dry minced garlic |
| 6 oz. Swiss cheese | ½ tsp. thyme, Italian |
| 3 oz. butter, separated | seasoning, or oregano |
| 4 Tbsp. oil, separated | |

Peel eggplant and cut into chunks. Put into a bowl and pack ice cubes on top, then add water and salt. Soak for 20 minutes. Slice tomatoes and cut Swiss cheese into small cubes. Set aside. Heat one ounce butter and two tablespoons oil; saute onions until transparent. Remove from heat and add ½ teaspoon salt and lemon pepper. Drain eggplant and dry with paper towel. In a separate pot, heat one ounce butter and 2 tablespoons oil. Add eggplant and saute 2 to 3 minutes. Add remaining ingredients.

Spray 1½ quart casserole with Pam. Place half of eggplant in casserole, then layer of tomatoes, a layer of Swiss cheese, and a layer of onions. Repeat, ending with onions on top. Sprinkle with ½ cup Parmesan cheese, ¼ cup bread crumbs, and 1 ounce butter. Bake at 425° for 30 minutes or until golden brown.

ENGLISH PEA CASSEROLE

Sybil Simpkins

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|------------------------------|------------------------------|
| 1 can English peas, drained | ¼ c. evaporated milk |
| ½ c. chopped onion | 1 can water chestnuts |
| ½ c. chopped celery | ¼ c. pimento |
| ½ c. chopped bell pepper | 1 c. crushed cheese crackers |
| 1 can cream of mushroom soup | Grated cheese |

Saute onion, celery, and bell pepper in butter. Mix with English peas, mushroom soup, evaporated milk, water chestnuts, and pimento. Pour into baking dish. Top with grated cheese. Bake until bubbly at 350°. Add cup of crushed cheese crackers and brown.

HOT FRUIT

Sybil Simpkins

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|-------------------------------------|-------------------------|
| 3 oranges or 1 can mandarin oranges | 1 can pineapple tidbits |
| 1 large can pears | 1 large can peaches |
| 1 jar maraschino cherries | ⅓ c. flour |
| 1 stick margarine | ⅓ c. evaporated milk |

Drain all fruits. Cut pears and peaches into bite-size pieces. Place all fruits in large casserole dish. Cover with sauce made by recipe below and bake at 375° for 20 minutes. Good for breakfast over pancakes, waffles, or alone. Also, good over pound cake or ice cream.

Sauce:

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|---------------------------|----------------------|
| 1 stick margarine, melted | ⅓ c. flour |
| ⅔ c. sugar | ⅓ c. evaporated milk |

Combine all ingredients in saucepan. Heat and stir occasionally.

HOT FRUIT CASSEROLE

Dot Jackson

- | | |
|------------------------------|---------------------|
| 1 large can peaches, sliced | 1 c. pitted prunes |
| 1 large can apricots | ½ c. brown sugar |
| 1 large can chunk pineapple | ½ c. red wine |
| 1 large can mandarin oranges | 2 Tbsp. lemon juice |
| 1 can cherry pie filling | Coconut |

Mix all ingredients, except coconut, and pour into 3 quart baking dish. Sprinkle coconut on top and bake at 350° for 30 minutes. Yields 16 servings.

GREEN BEAN CASSEROLE

Ruby London

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|----------------------------------|-------------------------------|
| 1 large can green beans | 1 onion, sliced |
| 1 (12 oz.) can whole kernel corn | 1 c. water chestnuts, sliced |
| 1 can cream of celery soup | 1 c. grated cheese |
| 1 (8 oz.) ctn. sour cream | 1 pkg. Ritz crackers, crushed |
| | 1 stick margarine, melted |

Combine first 7 ingredients in bowl; mix well. Spoon into an 8x12 inch baking dish. Mix cracker crumbs with margarine; sprinkle over vegetables. Bake at 300° for 30 to 35 minutes until bubbly.

GREEN BEAN CASSEROLE

Marion Reeves

2 cans French style green beans	1 can French fried onion rings
1 can chow mein vegetables	Almonds
1 can cream of chicken soup	Chestnuts
1 can cream of mushroom soup	Salt and pepper to taste

Drain beans and chow mein vegetables; mix together. Combine soups and add salt and pepper. Put layer of vegetables, almonds, and chestnuts, then layer of soup mixture. Continue layers until all is gone. Place onion rings on top. Bake at 325° for approximately 20 to 25 minutes.

SOUTHERN GRITS SOUFFLE

Sybil Simpkins

1 c. regular grits (not instant)	1 (12 oz.) jar Cheez Whiz
4 c. water	4 large eggs
1 stick butter	
1 tsp. salt (garlic salt is good)	

Cook first four ingredients according to directions on grits package. Beat cheese and eggs for ten minutes with electric mixer. Thoroughly mix grits into cheese and egg mixture. Pour into large oblong casserole and place in water bath (dish placed in larger pan of water). Cook in 350° oven for one hour. Serve with eggs or as an accompaniment to dinner entree.

CHILI PEPPER HOMINY DISH

*Mary C. Anderson
Cleveland, GA*

2 large cans hominy	Butter
2 small cans medium chiles, chopped	1 c. heavy cream
1 (16 oz.) sour cream	Salt and pepper
	Parmesan cheese

Drain hominy. Layer hominy with chopped chiles and juice from chiles and butter. Mix sour cream with heavy cream and pour over hominy. Sprinkle salt and pepper over each layer as you go. Cover with grated Parmesan cheese to your liking. Bake at 350° to 375° for 30 minutes.

BAKED MACARONI AND CHEESE

Alma Wright

1 (8 oz.) box elbow macaroni	1 tsp. pepper
¼ c. margarine	2½ c. milk
¼ c. flour	3 c. grated sharp Cheddar cheese, divided
1 tsp. salt	

Melt margarine in medium saucepan. Stir in flour, salt, and pepper until smooth. Gradually stir in milk, stirring constantly. Bring to a boil. Reduce heat. Simmer one minute. Stir two cups cheese into the mixture. Add cooked macaroni and stir well. Pour into 2 quart shallow baking dish. Sprinkle remaining cheese over top. Bake at 370° for 15 to 20 minutes or until cheese is melted and mixture is bubbly.

MACARONI AND CHEESE WITH RO-TEL TOMATOES

Jeanette Ward

1 pkg. macaroni and cheese dinner	1 can Ro-Tel tomatoes
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Cook 1 box macaroni and cheese by package instructions, then add a can of Ro-Tel tomatoes. Stir. Can use hot or mild.

CROCK POT MACARONI AND CHEESE

Nettie Mae Lyle

8 oz. cooked macaroni	3 c. grated sharp Cheddar cheese
1 (12 oz.) can evaporated milk	2 eggs, beaten
1½ c. regular milk	1 stick margarine
1 tsp. salt	

Mix all together and pour in crock pot. Save ½ cup cheese to sprinkle on top. Cook on LOW 3 to 3½ hours.

CROCK POT MACARONI AND CHEESE

Ruby London

1 (8 oz.) box macaroni	2 c. sharp Cheddar cheese, grated
1 tall can evaporated milk	1 c. medium Cheddar cheese, grated
1½ c. sweet milk	Black pepper to taste
1 tsp. salt	
¼ c. butter, melted	
1 egg, beaten	

Cook macaroni and drain. Mix all other ingredients and place in crock pot, which has been greased with 2 tablespoons butter. Place several thin slices of cheese over mixture. Sprinkle with paprika if desired. Cook on LOW for 3 hours and 15 minutes.

MACARONI AND CHEESE CASSEROLE

Mary DeDuck Phillips

8 oz. macaroni	¼ c. pimento
1 can mushroom soup	¼ c. onions
1 small jar mushrooms	1 lb. cheese
1 c. mayonnaise	3 Tbsp. butter
¼ c. bell pepper, chopped	Cheese crackers, crushed

Cook macaroni until tender. Mix soup, mushrooms, mayonnaise, bell pepper, pimento, and onion thoroughly. Pour over macaroni and mix well. Grate cheese and stir into macaroni mixture. Place in baking dish. Sprinkle with cheese crackers and dot with butter. Bake at 375° for 20 to 30 minutes.

HERBED ONION POTATOES

Bessie Bryant

½ c. olive or vegetable oil	1 tsp. dried marjoram
¼ c. butter or margarine	¼ tsp. pepper
1 env. onion soup mix	2 lb. red potatoes, quartered
1 tsp. dried thyme	Minced fresh parsley

In a shallow bowl, combine the first six ingredients. Add potatoes, a few at a time. Toss to coat. Place in a single layer in a greased 15x10x1 inch baking dish. Drizzle with remaining oil mixture. Bake, uncovered, at 450° for 50 to 55 minutes or until tender, stirring occasionally. Sprinkle with parsley.

ONION PIE

Peggy Aderhold

3 large Vidalia or Texas Sweet onions	2 Tbsp. flour
1 Tbsp. olive oil	1 tsp. salt
3 Tbsp. butter	⅛ tsp. pepper
2 eggs	Pinch of nutmeg
1 c. half & half	2 oz. Swiss cheese, grated
	Chopped parsley

Prepare or buy 9 inch deep dish pie crust. Partially bake crust. Saute onions in oil and butter over low heat until golden yellow. Beat together eggs, half & half, flour, salt, pepper, and nutmeg, then add onions and half of cheese. Pour into crust. Sprinkle remaining cheese on top. Bake at 375° for 25 to 30 minutes or until golden brown. Garnish with parsley.

UNICOI SPRINGS ONION CASSEROLE

Marion Reeves

½ c. melted butter or margarine	2 eggs, well beaten
4 large onions, chopped	¾ c. canned corn <i>Cream</i>
1 sleeve soda crackers, crushed	1 c. grated sharp cheese
1 can cream of mushroom soup	Salt and pepper to taste

Chop onions in bite-size pieces and saute in butter or margarine. Place into layers in 2 quart baking dish with soda crackers. Mix eggs and soup together well, then add cream and salt and pepper. Pour over layered onions and crackers. Sprinkle cheese on top. Bake at 350° for 30 to 45 minutes.

VIDALIA ONION CASSEROLE

Wanda Brooks

5 large onions, sliced up	25 Ritz crackers, crushed
½ c. oleo	½ c. Parmesan cheese

Saute onions and oleo about 10 minutes. Layer onions, crackers, and cheese. Repeat with other half onions, crackers, and cheese to casserole dish. Bake at 325° approximately 30 minutes. May need to add ⅛ to ½ cup of milk.

VIDALIA ONION CASSEROLE

Mary DeDuck Phillips

3 to 4 medium onions
1/2 stick margarine

1 pkg. Ritz crackers
Parmesan cheese

Slice onions into rings and saute in margarine until clear. Place one half of onions in casserole dish. Cover with Ritz crackers and sprinkle with Parmesan cheese. Repeat with another layer. Cook for 20 minutes until bubbling.

LIP-SMACKING VIDALIA SWEET ONION CASSEROLE

Wylene Denney

5 c. sliced Vidalia sweet onions
6 Tbsp. butter or margarine
1/2 c. self-rising flour
1/4 tsp. black pepper

1/2 tsp. salt
1 tsp. ground cumin
3 c. grated sharp Cheddar cheese, divided

Parboil onions in a little water or soften in microwave. Drain well. Melt butter or margarine over onions. Sprinkle flour, pepper, salt, and cumin over mixture and stir to mix well. Stir in 1/2 to 1 cup cheese. Spray 8x12 inch pan with cooking spray. Spread onion mixture evenly. Sprinkle remaining cheese over top. Bake, uncovered, at 350° for 30 minutes.

ONION PIE

Anne Lieving

1 c. crushed Ritz crackers

1/2 stick melted butter

Make shell.

2 c. finely sliced onion
2 Tbsp. butter
2 eggs

3/4 c. milk
3/4 tsp. salt and pepper
1/4 c. grated sharp cheese

Saute onions in butter until clear, not browned. Spoon into crust. Beat eggs with milk, salt, and pepper. Pour over onions. Sprinkle with cheese and paprika. Bake at 350° for 30 minutes. Test with knife.

DILLY ONION RINGS

Sybil Simpkins

1 large sweet onion
1/3 c. sugar
1/2 c. white vinegar

2 tsp. salt
1 tsp. dried dill weed
1/4 c. water

Cut onion in thin slices and separate into rings. Mix together the other ingredients and pour over onion. Refrigerate at least 5 hours.

PINEAPPLE CASSEROLE

Janice Englett

2 (20 oz.) cans chunk pineapple
1 c. sugar
6 Tbsp. flour

2 c. grated cheese
1/2 c. melted butter
1 c. Cheez-its crackers, crushed

Drain pineapple, reserving 6 tablespoons juice. Combine flour, sugar, and 6 tablespoons juice. Mix well. Add pineapple and cheese. Stir well and pour into casserole dish. Mix Cheez-its cracker crumbs with melted butter and spoon over top. Bake at 350° for 30 minutes.

A sweet side dish that goes well with baked ham, baked chicken, or turkey.

HASH BROWN-CHEESE BAKE

Bill and Barbara Morris

1 (20 oz.) pkg. refrigerated shredded hash browns
1 can cream of celery soup or fat free celery soup
1 (8 oz.) sour cream

1 (2 oz.) diced pimento
1/2 c. (2 oz.) shredded Parmesan cheese
1 c. (4 oz.) shredded sharp Cheddar cheese, divided

Combine first five ingredients and 1/2 cup Cheddar cheese. Spoon mixture into lightly greased 13x9 inch baking dish. Bake at 350° for 40 minutes. Sprinkle with remaining 1/2 cup cheese and bake 5 minutes more. Yield: 6 to 8 servings.

For hash brown-ham bake, stir in 2 cups chopped cooked ham.

HASH BROWN POTATO CASSEROLE

Wylene Denney

2 lb. hash brown potatoes
1 can celery soup
1 can cream of chicken soup
8 oz. sour cream
1/4 c. melted margarine

1/2 c. onion, chopped fine
1/2 lb. shredded sharp Cheddar cheese
Salt and pepper to taste

Mix all ingredients together. Pour into greased casserole dish or pan. Bake at 350° for 1 hour.

Note: If using cayenne red pepper, use just a good dash.

POTATO CASSEROLE

Irene Walters

- | | |
|----------------------------------------------------------------------------|-----------------------------------|
| 6 large boiled Idaho potatoes, peeled and sliced | 2 c. sharp Cheddar cheese, grated |
| 1 (10 ³ / ₄ oz.) can condensed cream of chicken soup | 1/4 to 1/2 c. onion, chopped |
| 2 c. sour cream | Crushed corn flakes |
| | Butter |

Combine first 5 ingredients and put in greased 3 quart baking dish. Top with corn flakes. Dot with butter. Bake at 325° for 30 minutes or until hot and bubbly. Serves 10 to 12.

POTATO CASSEROLE

Louise Knight

- | | |
|------------------------------|-----------------------------|
| 7 large Irish potatoes | 2/3 c. sharp cheese, grated |
| 2 tsp. salt | 1 medium onion, chopped |
| 2 cans cream of chicken soup | Paprika (if desired) |

Peel and thinly slice potatoes; boil in water for 5 minutes. Heat soup with milk (in place of water). Add cheese, salt, and onion. Arrange alternate layers of drained potatoes and soup mixture in a greased 2 quart dish. Cook at 350° for 35 to 45 minutes.

POTATO CASSEROLE

Gail Smith

- | | |
|-------------------------------------------|---------------------------|
| 1 (2 lb.) pkg. frozen hash browns, thawed | 1 tsp. salt |
| 1 stick margarine | 1/4 tsp. pepper |
| 1/2 c. onions, chopped fine | 2 c. sour cream |
| 1 can cream of chicken soup | 2 c. corn flakes, crushed |
| 2 c. grated sharp Cheddar cheese | 1/2 c. margarine, melted |

Mix together all ingredients except last two items. Pour into two 6x10 inch baking dishes or one large dish. Mix together corn flakes and melted margarine and put on top of potatoes. Bake, uncovered, at 400° for 40 minutes.

CRUSTLESS POTATO QUICHE

Ann Lieving

- | | |
|--------------------------------------------|-------------------------------------|
| 5 eggs, beaten | 1/4 tsp. salt |
| 1 (12 oz.) pkg. frozen hash browns, thawed | 1/8 tsp. pepper |
| 1 c. shredded Swiss cheese | Dash of hot sauce |
| 1/2 c. cream style cottage cheese | Paprika |
| | 6 slices bacon, cooked and crumbled |

Combine first seven ingredients. Pour into 9 inch pie plate. Sprinkle with paprika. Bake at 350° for 25 minutes. Sprinkle with bacon and bake an additional 5 minutes. Let stand 5 minutes before serving.

OVEN FRIED POTATOES

Ethel Foster

- | | |
|-----------------------------------|------------------|
| 8 large, unpeeled baking potatoes | 1/4 tsp. pepper |
| 1/2 c. Parmesan cheese | 1 tsp. salt |
| 1/2 tsp. garlic powder | 1/2 tsp. paprika |
| | 1/2 c. oil |

Scrub potatoes and cut each potato into 8 wedges lengthwise. Arrange, peeled side down, in a shallow baking dish. Mix remaining ingredients and brush over potatoes. Bake at 375° for 45 minutes or until potatoes are golden and tender. Baste occasionally.

CHEDDAR BAKED POTATO SLICES

Vickie Deal

- | | |
|------------------------------|-----------------------------------------------------------------|
| 1 can cream of mushroom soup | 4 medium baking potatoes, cut into 1/4 inch slices (about 4 c.) |
| 1/2 tsp. paprika | 1 c. shredded cheese |
| 1/2 tsp. pepper | |

In a small bowl, combine soup, paprika, and pepper. In greased 2 quart oblong baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese. Spoon soup mixture over cheese. Cover with foil; bake at 400°F for 45 minutes. Uncover and bake 10 minutes or until potatoes are fork tender.

PARTY POTATOES

Barbara Morris

32 oz. bag Ore-Ida hash browns	1 c. sour cream
1 small onion, chopped	Cheddar cheese, grated
2 Tbsp. bell pepper, chopped	20 Ritz crackers, crushed
2 Tbsp. pimento, chopped	1 stick margarine
2 cans cream of chicken soup	

Mix all ingredients and place in greased casserole dish. Cover with grated cheese. Crush Ritz crackers and sprinkle on top. Melt margarine and drizzle over top. Cook at 350° for 1 hour.

RANCH DRESSING POTATOES

Ethel Foster

2 lb. new potatoes, diced	Ranch dressing
Salt to taste	Bacon bits
Pepper to taste	

Boil potatoes until done; cool. Season with salt and pepper. Toss with Ranch dressing and top with bacon bits.

SLICED BAKED HERB POTATOES

Bill and Barbara Morris

4 medium, even potatoes	4 Tbsp. grated Cheddar cheese
1 tsp. salt (optional)	
2 to 3 Tbsp. chopped fresh herbs (parsley, chives, thyme, or sage - or use dried herbs)	1½ Tbsp. grated Parmesan cheese

Peel potatoes if skin is tough; otherwise, rinse and pat dry. Cut potatoes into thin slices, but not all the way through. Use wooden spoon to prevent knife from cutting all the way through. Place potatoes in microwave dish. Sprinkle with melted butter and chopped herbs. Microwave at HIGH power for 10 minutes, rearranging potatoes after 5 minutes. Let rest 5 minutes. Sprinkle with grated cheeses. Microwave for another 4 to 6 minutes at HIGH power until cheese melts and potatoes are soft. Sprinkle with salt if desired.

Serve potatoes as side dish or as a main dish with just a salad. These may be done in conventional oven at 425° for about 50 minutes, then remove and sprinkle with cheeses and bake for another 10 to 15 minutes until cheese melts and potatoes are soft.

Tip: Try caraway seeds or cumin instead of herbs.

CANDIED SWEET POTATOES

Sylvia Crumbley

4 medium size sweet potatoes, peeled before cooking	1½ c. sugar
	1 stick margarine
	2 Tbsp. white Karo syrup

Boil potatoes in water to cook. Slice into baking dish. Add ½ cup water from liquid you boiled potatoes in. Add sugar, margarine, and the syrup. Bake in oven at 400° until candied.

CANDIED SWEET POTATOES

Zora Turner

4 lb. sweet potatoes	2 tsp. vanilla flavoring
2¼ c. sugar	¼ c. water
1 stick margarine	

Peel and slice potatoes in an 11x13x2 inch pan. Sprinkle sugar over the potatoes. Cut in margarine over the potatoes. Add flavoring and water. Cover with tinfoil and bake until potatoes are tender, approximately 30 to 45 minutes at 400°. Remove foil and bake until syrup is thick.

HAWAIIAN SWEET POTATOES

Joyce Tallman

2 c. cooked sweet potatoes	2 eggs
1 c. sugar	1 c. milk
2 Tbsp. butter	1 c. coconut
½ tsp. salt	1 tsp. vanilla

Mash potatoes. Mix all ingredients together and bake in 350° oven for 30 to 40 minutes. While this is baking, make topping.

Topping:

1 small can crushed pineapple (with juice)	1 large bottle cherries and juice
1 tsp. red food coloring	1 Tbsp. cornstarch

Mix all ingredients together and bring to a boil over low heat. Cook 2 minutes, stirring constantly. Cool and spread over potatoes.

SWEET POTATO CASSEROLE

Gail Smith

4 c. mashed sweet potatoes	1/2 tsp. vanilla flavoring
1 c. sugar	1/2 c. flour
1 c. milk	1 c. brown sugar
2 eggs	1 stick butter, chopped
1 can coconut	1 c. pecans, chopped

Mix together first 6 items and put in baking dish. Mix together flour, brown sugar, butter, and pecans. Spread on top of potatoes and bake at 350° for 20 to 25 minutes or until brown.

SWEET POTATO CASSEROLE

Mary Galloway

3 c. sweet potatoes, cooked and mashed	1/3 c. milk
1 c. sugar	2 eggs
1/2 c. butter	1/2 tsp. vanilla

Mix all ingredients together and place in a 9 1/2 x 6 inch baking dish.

Top with the following topping:

1 c. light brown sugar	1/3 c. butter
1/2 c. flour	1 c. chopped pecans

Mix well and sprinkle on top of sweet potato mixture. Bake for about 25 minutes at 350°.

SWEET POTATO CASSEROLE

Lavada Dorsey

3 c. mashed potatoes	1/3 c. stick margarine
1 c. sugar	1/2 c. milk
1/2 tsp. salt	1 tsp. vanilla
2 eggs	1/2 c. coconut (optional)

Combine all ingredients and mix well. Pour into buttered casserole dish.

Top with the following:

1 c. brown sugar	1 c. chopped pecans
1/2 c. flour	1/3 stick margarine, melted

Combine and spread over potato mixture. Bake at 350° for 35 minutes.

FENDERS SWEET POTATO SOUFFLE

Judie Vinson

6 c. (fresh) sweet potatoes, mashed	1 stick real butter, melted
1 c. white sugar	1 Tbsp. vanilla
1/2 c. milk	1 c. chopped pecans
1 c. coconut	1/2 c. light brown sugar

Mix potatoes, white sugar, coconut, and 1/2 stick butter. Add vanilla flavoring. Pour into Pyrex dish. Mix brown sugar, nuts, and 1/2 stick butter. Sprinkle over top of potatoes. Bake at 325° for 1 hour. To serve, mix topping in with potatoes.

SWEET POTATO SOUFFLE

Loretta Tilley

1 1/2 c. sweet potatoes	1/4 c. butter
1/2 c. sugar	1/4 c. milk
1 egg	1/2 tsp. vanilla

Mix and put in casserole dish.

Top with mixture of:

1/4 c. butter	1/2 c. chopped nuts
1/4 c. flour	1/2 c. brown sugar
3/4 c. coconut	

Bake at 375° for 25 minutes.

SWEET POTATO SOUFFLE

Sheria Mooney

3 c. mashed potatoes	1/3 c. butter, melted
1/4 c. white sugar	1 tsp. salt
1 tsp. vanilla	1/2 c. sweet milk
2 eggs	

Topping:

1 c. light brown sugar	1/3 c. margarine, melted
1 c. pecans	1/3 c. flour

Mix all ingredients together and pour into buttered dish for baking. Crumble topping over mixture. Bake in oven for 30 to 35 minutes at 350°.

Topping: Mix all ingredients together until crumbly.

BAKED RICE PILAF

Betty Woodlief

- | | |
|-------------------------------------------|-----------------------------------|
| 1 $\frac{3}{4}$ c. water | 3 Tbsp. minced fresh parsley |
| 1 c. shredded carrots | 2 Tbsp. chopped onion |
| 1 c. chopped celery | 2 Tbsp. margarine, melted |
| $\frac{3}{4}$ c. uncooked long grain rice | 1 Tbsp. chicken bouillon granules |

Combine all ingredients in ungreased 8 inch square baking dish. Cover and bake at 375° for 40 to 45 minutes or until rice is tender, stirring after 25 minutes.

RICE CASSEROLE

Betty Curry

- | | |
|-------------------------------------------|----------------------|
| 1 stick butter | 1 onion, chopped |
| 2 bouillon cubes, dissolved in 1 c. water | Mushrooms (optional) |
| 1 bell pepper, chopped | 1 c. uncooked rice |

Saute pepper and onion in butter. Add bouillon water and let come to a boil. Add 2 cups of water. Pour into 9x13 inch baking dish. Add cup of rice and mix well. Bake at 300°, covered, for 30 to 40 minutes or until rice is tender.

RICE CASSEROLE

Clinelle Moody

- | | |
|----------------------------------|-----------------------------------|
| 2 cans beef consomme | 1 stick butter |
| 1 env. Lipton dry onion soup mix | 1 can sliced mushrooms (optional) |
| 1 c. raw rice | |

Melt butter in pan. Add beef consomme. Pour into baking dish. Stir in onion soup mix, rice, and mushrooms. Bake, covered, at 325° for 45 minutes.

RICE CASSEROLE

Willene Josey

- | | |
|---------------------|--------------------------------|
| 1 c. rice | 1 medium can sliced mushrooms |
| 1 can beef consomme | 1 stick butter, melted in dish |
| 1 can onion soup | |

Melt butter in casserole dish. Mix together all ingredients and put in casserole dish. Cook 1 hour in 325° oven.

HOT PINEAPPLE CASSEROLE

Sara Hodnett

- | | |
|---------------------------------------|---------------------------------------|
| 2 large cans chunk pineapple, drained | $\frac{1}{2}$ c. flour |
| 1 c. sugar | $\frac{3}{4}$ c. juice from pineapple |
| | 3 c. grated sharp cheese |

Topping:

- 1 stick margarine, melted
- 1 stack Ritz crackers, crushed

Stir flour and sugar together. Add pineapple, juice, and cheese and mix well. Place in buttered 7x11 inch dish. Mix topping and spread over pineapple mixture. Bake at 350° for 35 minutes.

PINEAPPLE CASSEROLE

Ruth West

- | | |
|-------------------------------|-----------------------------------|
| 1 large can crushed pineapple | $\frac{1}{2}$ c. sweet milk |
| 2 eggs | $\frac{1}{4}$ c. melted butter |
| 1 to 1 $\frac{1}{4}$ c. sugar | $\frac{1}{2}$ c. crushed saltines |

Beat eggs well; add sugar and milk. Add pineapple, melted butter, and cracker crumbs. Pour in greased casserole and bake for 1 hour at 350° or until firm all around edges. Serve with ham, chicken or turkey.

PINEAPPLE CASSEROLE

Cecelia Padgett

- | | |
|----------------------------------------|--------------------------|
| 1 (10 or 12 oz.) can crushed pineapple | 1 c. sugar |
| 5 tsp. flour | 2 c. grated sharp cheese |
| 1 stack Ritz crackers | 1 stick melted margarine |

Drain off all of juice and place crushed pineapple in a casserole dish. Mix sugar and flour with juice and sprinkle over pineapple. Cover with grated cheese. Crush Ritz crackers and mix with melted margarine and sprinkle over cheese layer. Bake at 300° for 20 to 30 minutes until brown.

This is very good with ham.

PINEAPPLE CHEESE CASSEROLE

Sylvia Crumbley

1/2 c. sugar
3 Tbsp. flour
3 Tbsp. pineapple juice

1 c. grated cheese
1 large can pineapple tidbits

Topping:

1 c. crushed Ritz crackers
1/2 c. melted butter

Mix together the sugar, flour, and pineapple juice. Add grated cheese and pineapple tidbits. Put in casserole dish. Top with cracker crumbs, then with butter. Bake at 350° for 25 to 30 minutes or until brown.

PINEAPPLE CASSEROLE

Carole White

1 (20 oz.) can chunk
pineapple, drained
3 Tbsp. of the juice
1/2 c. sugar
1 c. shredded Cheddar
cheese

15 Ritz crackers
1/3 c. melted margarine
3 Tbsp. flour

Mix the above ingredients together except the Ritz crackers and margarine. Put in casserole dish, then on top put the Ritz crackers, crushed and mixed with the melted margarine. Sprinkle on top. Bake at 350° for 20 to 30 minutes.

SPINACH QUICHE

*Gwen Reynolds
Jax, FL*

1 (10 oz.) pkg. frozen
chopped spinach
1/2 lb. Swiss cheese,
shredded
2 Tbsp. flour

3 eggs, beaten
1 c. skim milk
1/2 tsp. salt
1/8 tsp. pepper
Dash of nutmeg

Cook spinach according to package. Drain well. Squeeze dry. Set aside. Combine cheese and flour; set aside. Combine eggs, milk, salt, pepper, and nutmeg. Stir in spinach and cheese until well blended. Pour mixture into a 9 inch deep dish pie plate that has been sprayed with Pam. Bake at 350° for 55 to 60 minutes. Serves 6.

SPINACH SWISS PIE

Sybil Simpkins

1 (10 oz.) pkg. frozen
chopped spinach
1 c. (4 oz.) shredded Swiss
cheese
2 Tbsp. chopped onion
1/2 c. milk

3 eggs
3/4 c. biscuit baking mix
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground nutmeg

Cook spinach according to package directions; drain well. In a bowl, combine cheese, onion, and spinach. Transfer to a greased 9 inch pie plate. In a blender, combine milk, eggs, biscuit mix, salt, pepper, and nutmeg. Cover and process until smooth. Pour over spinach mixture. Bake at 350° for 45 to 50 minutes or until a knife inserted in middle comes out clean.

B.B.Q. SQUASH

Ruth C. Johnson

Small squash
Onions
BBQ sauce

Salt
Pepper

Select small squash, 3 or 4 inches long. Cut in halves lengthwise. Put in pan with 3 or 4 tablespoons water to steam them. Slice onions and place on each squash. Steam until tender. Add salt and pepper. Spoon BBQ sauce on top and finish cooking. Cook at 350° in oven with cover of foil or can cook on top of stove in frying pan with lid.

YELLOW SQUASH OR ZUCCHINI CASSEROLE

Ruth Burgess

2 1/2 lb. squash or zucchini,
sliced
1 stick butter
2 eggs
1/4 c. mayo
1 1/2 tsp. salt
1/4 tsp. pepper
1 (8 oz.) can sliced chestnuts
1 (4 oz.) jar diced pimiento,
drained

1/2 c. chopped onion
1/4 c. chopped green bell
pepper
2 tsp. sugar
10 rounds buttered Ritz
crackers
1/2 c. shredded sharp cheese

Cover and cook squash until tender; drain, reserving between layer paper towel to remove moisture. Combine squash and butter in a bowl; mash. Stir in egg and next 7 ingredients. Spoon into a lightly greased 2 quart casserole dish.

Sprinkle cracker crumbs over top. Bake at 325° for 30 minutes. Sprinkle with cheese and bake 5 minutes more.

STUFFING SURPRISE

Laurie Spiess

(Squash)

- | | |
|-----------------------------------------------|----------------------------------------------|
| 2 c. cooked, mashed butternut or acorn squash | 1/4 tsp. salt |
| 1 can cream of chicken soup | 1/8 tsp. pepper |
| 1 c. sour cream | 2 c. crushed herb-seasoned stuffing, divided |
| 1/2 c. chopped onion | 2 Tbsp. margarine |
| 1 medium carrot, finely shredded | |

In a bowl, combine first seven ingredients. Sprinkle one cup stuffing mix into a greased baking dish. Top with squash mixture and remaining stuffing. Drizzle with margarine. Bake, uncovered, at 350° for 35 minutes or until lightly browned.

SQUASH CASSEROLE

Betty Curry

- | | |
|------------------------------------------|------------------------------|
| 1 (48 oz.) pkg. frozen squash (or fresh) | 1 c. mayonnaise |
| 2 medium onions, chopped | 12 saltine crackers, crushed |
| 3 eggs, beaten | 1 c. sharp cheese, grated |
| 1 pkg. original Ranch style dressing | 1 tsp. salt |

Topping:

- | | |
|-----------------------|--------|
| 2 c. cornbread crumbs | Butter |
|-----------------------|--------|

Cook squash and onions until tender. Drain well. Add all ingredients except cornbread and butter. Pour into 1 1/2 quart casserole. Melt 2 tablespoons butter; add cornbread to melted butter and mix until coated. Spread over squash. Bake at 300° for 30 minutes.

SQUASH CASSEROLE

Jackie Campbell

- | | |
|------------------------|---------------------------|
| 6 c. cooked squash | 1/2 c. milk |
| 1 stick butter, melted | 1 tsp. salt |
| 1/2 c. chopped onion | 1/2 tsp. pepper |
| 1 c. shredded cheese | 1/2 c. saltines, crumbled |
| 2 eggs | |

Preheat oven to 375°. Mix all ingredients. Put in greased baking dish. Sprinkle with cracker crumbs and cheese. Bake until brown.

SQUASH CASSEROLE

Mary E. Galloway

- | | |
|----------------------------|----------------------|
| 2 lb. yellow squash | 1/2 tsp. salt |
| 3 tsp. butter | Dash of black pepper |
| 1 c. cracker crumbs | 1/2 c. milk |
| 1 c. grated Cheddar cheese | 1 egg |
| 1 medium onion, chopped | |

Cook squash and onion until tender. Remove from heat. Add salt, pepper, and butter. Add cracker crumbs, half the grated cheese, milk, and egg. Stir until well blended. Pour into casserole. Sprinkle remaining grated cheese over top. Bake at 350° for 20 minutes. Yield: 8 servings.

SQUASH CASSEROLE

Peggy Aderhold

- | | |
|---------------------|----------------------------|
| 2 c. cooked squash | 1/2 tsp. pepper |
| 1 c. chopped onions | 1 c. milk |
| 3/4 stick butter | 2 c. Ritz crackers |
| 2 eggs | 1 c. shredded sharp cheese |
| 1 tsp. salt | |

Cook squash and onions; drain and mash. Add other ingredients and mix well. Pour into 1 quart greased casserole dish. Cook 40 minutes at 375°.

SQUASH CASSEROLE

Georgie Anne Shaw

- | | |
|-----------------------------|----------------------------|
| 2 pkg. frozen squash | 1 egg |
| 1/2 c. mayonnaise | 1/2 c. chopped pimento |
| 1/2 c. chopped onion | 1/2 stick margarine |
| 1/4 c. chopped green pepper | 1 c. crushed Ritz crackers |
| 1/4 c. chopped pecans | <i>or bread crumbs</i> |

Cook squash until tender and drain. Add margarine, beaten egg, and salt and pepper to taste. Saute pepper and onion and add other ingredients. Put buttered bread crumbs on top. Bake at 350° for 40 minutes.

SQUASH CASSEROLE

Betty Britt

- | | |
|------------------------------|---------------------|
| 3 lb. yellow squash, chopped | 1 small jar pimento |
| 2 onions, chopped | 1 stick butter |
| 2 carrots, chopped | 1 pkg. dressing mix |
| Salt to taste | 1 ctn. sour cream |
| 2 cans cream of chicken soup | |

Cook squash, onions, and carrots in salt water; drain. Add other ingredients except butter and dressing mix. Melt butter and mix with dressing mix. Grease pan or casserole dish. Spread a layer of mix over the bottom. Pour in squash mixture. Cover with remaining mix. Bake 45 minutes at 375°. Serves 12.

Leftover squash freezes very well.

SQUASH CASSEROLE

Ann Goodson

- | | |
|-------------------------|--------------------------|
| 2 lb. yellow squash | 2 eggs, well beaten |
| 1 onion, grated | ½ c. fine bread crumbs |
| 2 Tbsp. bacon drippings | ¼ c. milk |
| 1 tsp. Worcestershire | Salt and pepper to taste |

Cook squash until tender; drain and mash. Add all other ingredients. Pour into greased casserole dish. Cover with buttered bread crumbs, grated cheese, or both. Bake at 350° for 30 minutes.

Note: Eggplant can be used instead of squash.

SQUASH DRESSING

Sylvia Crumbley

- | | |
|-----------------------------|--------------------------------------------|
| 3 c. mashed, cooked squash | ½ c. chopped onion |
| 3 c. corn bread | 2 chicken bouillon cubes in a little water |
| 3 eggs | Pepper to taste |
| 1 can cream of chicken soup | |
| 1 stick melted margarine | |

Mix and bake at 400° until brown.

SQUASH DRESSING

Nina T. Gaddis

- | | |
|-------------------------|-----------------------------|
| 2 c. sliced squash | 1 can cream of chicken soup |
| 1 medium onion, chopped | ¼ c. butter, melted |
| 1 c. water | ¼ tsp. pepper |
| 2 c. cornbread crumbs | |

Combine squash, onion, and water in saucepan. Bring to a boil. Cover, reduce heat, and simmer 10 minutes. Drain well and mash. Combine squash mixture with remaining ingredients. Stir well. Spoon into 1½ quart casserole. Bake at 350° for 25 minutes.

SQUASH DRESSING

Mary Ann Owen

- | | |
|----------------------|-----------------------------|
| 5 medium size squash | 2 tsp. sage |
| ½ c. chopped onion | 1 can cream of chicken soup |
| 1 c. corn meal | 1 stick margarine, melted |
| ½ c. flour | |

Slice squash. Mix meal, flour, sage, onion, and soup. Add sliced squash. Stir together. Spray casserole dish and put ingredients in. Pour melted margarine over top. Bake in 350° oven for 25 to 30 minutes or until brown on top.

SQUASH FRITTERS

Tommie Heard

- | | |
|----------------------|-------------------|
| 1 c. grated squash | 1 tsp. sugar |
| 1 tsp. grated onion | 3 Tbsp. flour |
| ½ tsp. salt | 1 egg |
| Few grains of pepper | 1 tsp. melted oil |

Combine squash, onion, salt, pepper, sugar, and flour. Mix well. Add beaten egg and oil. Drop by tablespoon on greased griddle. Fry on both sides until a delicate brown. Yields approximately 16 patties.

"WOW" IT'S SQUASH

Ruth C. Johnson

- | | |
|---------------------------------------|-----------------------------|
| 2 lb. squash | 1 (8 oz.) ctn. sour cream |
| 1 (8 oz.) pkg. herb stuffing dressing | 1 stick oleo |
| | 1 can cream of chicken soup |

Cook squash in salted water. Mix all together. Bake at 350° about 30 minutes.

Note: Do not dilute soup.

Other options are:

3 carrots, grated
2 well beaten eggs
1 grated onion

1/2 c. chopped water chestnuts

With options, call it "Supreme Squash." I like it with carrots and onion.

ZUCCHINI SQUASH PATTIES

Ethel Foster

1 c. grated raw squash
1/2 tsp. salt
1 tsp. sugar
1 egg, beaten
2 Tbsp. milk

1 Tbsp. finely chopped onion
1/2 c. self-rising flour
Pepper to taste
Vegetable oil

Combine all ingredients except oil. Stir until moistened. In a large skillet, add oil. Drop by teaspoon into oil. Turn as necessary. Serve hot. Makes 20 servings.

STEWED TOMATO, BELL PEPPER, AND ONIONS

Jack Wade

1 large can tomatoes
1 bell pepper, sliced
1 onion, sliced
1 Tbsp. white vinegar
1 Tbsp. sugar

Lump butter (approx. 1 Tbsp.)
Salt and pepper to taste
Garlic to taste

Soften bell peppers and onions in microwave. Add to rest of ingredients. Bring to boil and lower to simmer for 30 to 35 minutes.

BAKED TOMATOES

Sybil Simpkins

2 c. peeled tomatoes
1/2 c. brown sugar
Salt and pepper

1/2 stick butter
1/2 c. water
2 Tbsp. cornstarch

Cook tomatoes with sugar, pepper, salt, and butter. Mix together water and cornstarch. Add to tomato mixture. Put in buttered baking dish and top with bread crumbs and cheese. Bake at 350° for 30 minutes.

TOMATO PIE

Dot Jackson

1 baked deep dish pie crust
4 tomatoes, sliced and drained
1 c. mayonnaise
1 1/2 c. shredded Mozzarella cheese

1/4 c. or more chopped onion
1/4 c. Parmesan cheese
2 tsp. lemon pepper
Little garlic powder
Pinch of basil

Bake crust. Put 1/2 cup Mozzarella cheese on crust. Put sliced and drained tomatoes on. Sprinkle chopped onion. Combine rest of ingredients, 2 cheeses, mayonnaise, lemon pepper, garlic powder, and a little basil. Spread on pie. Bake 20 minutes at 350°. Sprinkle with fried and drained bacon if you wish.

VEG-ALL CASSEROLE

Sylvia Crumbley

2 cans Veg-All, drained
1 c. chopped celery
1 c. mayonnaise

1/2 c. chopped onion
1/2 c. grated cheese
1 stick melted margarine

Mix together and cover. Top with crushed Ritz. Pour melted margarine over top. Bake 20 minutes at 350°.

VEG-ALL CASSEROLE

Lavada Dorsey

2 cans Veg-All, drained
1 can sliced water chestnuts, drained
1 c. chopped celery
1 c. chopped onion

1/3 c. mayonnaise
1 can cream of chicken soup
1 c. Ritz crackers, crushed
3/4 stick margarine

Mix all ingredients together and place in casserole dish. Top with crushed Ritz crackers and dot with 3/4 stick of margarine. Bake at 350° for 45 minutes.

MIXED VEGETABLE CASSEROLE

Marion Reeves

2 cans mixed vegetables, drained
1 can sliced water chestnuts
1 c. chopped onion
1 c. mayonnaise

2 c. grated cheese
Salt and pepper to taste
1 c. Pepperidge Farm stuffing
1/2 stick margarine

Combine all ingredients and pour in casserole. Mix 1 cup Pepperidge Farm stuffing with ½ stick melted margarine and sprinkle on top of casserole. Bake at 350° for 20 minutes.

EASY GARDEN VEGETABLE PIE

Anne Lieving

2 c. fresh broccoli, chopped	¾ c. buttermilk baking mix
½ c. onion, chopped	3 eggs
½ c. green pepper, chopped	1 tsp. salt
1 to 1½ c. grated cheese	¼ tsp. pepper
1½ c. milk	

Cook broccoli until almost tender. Add onion and green pepper and place in a greased 10 inch pie plate. Cover with cheese. Blend together milk, eggs, baking mix, salt, and pepper in blender. Pour over vegetables and cheese. Bake in a 375° to 400° oven for 35 to 40 minutes. Let set 5 minutes before cutting.

Variation: Chopped cauliflower (cooked) or grated summer squash may be used instead of broccoli.

VEGGIE CASSEROLE

Sybil Simpkins

1 can Veg-All	1 c. onions, chopped and cooked
1 c. celery, chopped and cooked	1 can cream of chicken soup
1 c. mayonnaise	1 c. crushed Ritz crackers
1 c. grated sharp Cheddar cheese	

Combine all ingredients except crackers. Pour into buttered 9x12 inch dish and cover well with crushed crackers. Bake at 350° for 40 minutes.

VEGETABLE CASSEROLE

Alice Hough

1 c. shredded cheese	1 can water chestnuts, drained
2 cans Veg-All, drained	1 can cream of chicken soup
1 c. mayonnaise	1 small box Wheat Thins
1 c. chopped onions	
1 c. chopped celery	

Butter long casserole dish 9x13 inches. Mix all ingredients except Wheat Thins. Cook at 325° for 25 to 30 minutes. Crush Wheat Thins and mix with 4 tablespoons of melted butter. Sprinkle on top and bake 10 to 15 minutes longer.

VEG-ALL CASSEROLE

Sybil Simpkins

1 can Veg-All	1 c. chopped green pepper
1 can water chestnuts	1 stack saltine crackers, crushed and divided
1 can cream corn	1 stick butter
1 c. onions	8 oz. sharp Cheddar cheese
1 c. mayonnaise	

Mix all ingredients except butter with one half pack of crushed crackers. Put in greased casserole dish and cover with other half pack saltine crackers. Pour melted butter over crackers. Bake at 350° for 30 minutes or until crackers are brown.

SWISS VEGETABLE MEDLEY

Jack C. Booth

1 pkg. frozen California style vegetables	1 block Swiss cheese
1 pt. sour cream	1 can cream of chicken soup
1 large can Durkee onion crunches (French fries)	1 can cream of mushroom soup

Combine all ingredients. Save handful of onion crunchies. Bake 1½ hours. Last 30 minutes, sprinkle remaining onions on top. Preheat oven to 350°.