

Baked Spaghetti

12 servings

1C Chopped onion

1C " Green pepper

1 tbsp. butter or marg.

1 Can (28oz) tomatoes with liquid, cut up.

1 Can (4oz) mushroom stems + pcs, drained

1 Can (2 1/4 oz) sliced ripe olives, drained

2 tsp. dried oregano

1 lb. ground beef, browned + drained (optional)

12 oz. Spaghetti Cooked + drained

2C shredded cheddar cheese

1 can (10 $\frac{3}{4}$ oz) Condensed Cream mushroom soup,
undiluted.

$\frac{1}{4}$ c water

$\frac{1}{4}$ c Parmesan cheese.

In a large skillet, saute onion & green peppers
in butter till tender. add tomatoes, mushrooms,
olives & oregano. add ground beef if desired.
Simmer uncovered, for 10 min. Place half of
the spaghetti in a greased 13 x 9 in x 2 baked dish.
top with half of vegetable mix. Sprinkle 1 c
cheddar cheese. Repeat layers. Mix the soup
& water till smooth; pour over the casserole.
Sprinkle with Parmesan cheese. Bake
uncovered at 350° for 30-35 min. or until
heated through.

Here's what's cookin': Broccoli Casserole

Recipe from: Martha Serves: 8

1/4 C chopped onion

6 T butter

2 t flour

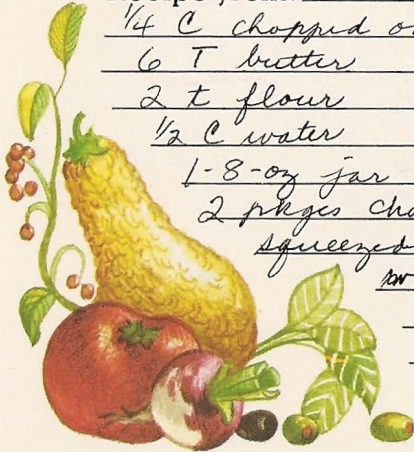
1/2 C water

1-8-oz jar Cheese Whiz

2 pkgs chopped broccoli, thawed and
squeezed (This is to remove as much
water as possible)

3 eggs well beaten

Cracker crumbs.



Fry onion in 4T butter, add flour
and water. When thick, add cheese.
Combine sauce with broccoli. Add
eggs. Pour in greased casserole and top
with buttered crumbs using the remaining
2T butter. Bake 45 to 50 min. at 350°.

Green Tomatoes Parmesan



3 medium green tomatoes, sliced 1/4 inch thick

Salt

1/4 cup cornmeal

1/4 cup grated Parmesan cheese

2 tablespoons all-purpose flour

3/4 teaspoon garlic salt

1/2 teaspoon dried oregano

1/8 teaspoon pepper

1 egg, beaten

1/4 cup vegetable oil

Lightly sprinkle tomatoes with salt; drain on paper towels for 30-60 minutes. Meanwhile, combine cornmeal, Parmesan, flour, garlic salt, oregano and pepper in a shallow plate. Dip each tomato slice into egg, then into cornmeal mixture. In a medium skillet, heat oil over medium-high. Fry tomatoes, a few at a time, for 2 minutes per side or until golden brown. Drain on a paper towel-lined wire rack. Serve immediately.

Yield: 4-6 servings.



Green Pepper Steak

Preparation time: 20 min.

Cooking time: 30 to 40 min.

A good family dish, you cut economy beef, either chuck or round into thin strips and cook it until tender; then add vegetables.

For 4 servings you will need:

- 1 lb. beef chuck or round, fat trimmed
- $\frac{1}{4}$ cup soy sauce
- 1 clove garlic
- $1\frac{1}{2}$ tsp. grated fresh ginger or
- $\frac{1}{2}$ tsp. ground
- $\frac{1}{4}$ cup salad oil
- 1 cup green onion, thinly sliced
- 1 cup red or green peppers cut into 1-inch squares
- 2 stalks celery, thinly sliced
- 1 Tbsp. cornstarch
- 1 cup water
- 2 tomatoes, cut into wedges

QUICK & TASTY

Tips: You can prepare the beef ahead and refrigerate just before adding the vegetables. Finish cooking later.

For 2 servings:

Half of the ingredients. You might need to add some water.

Preparation:

- 1** With a very sharp knife cut beef across grain into thin strips, $\frac{1}{8}$ -inch thick.
- 2** Combine soy sauce, garlic, ginger. Add beef. Toss and set aside while preparing vegetables.
- 3** Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 min. over low heat.
- 4** Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 min.
- 5** Mix cornstarch with water. Add to pan; stir and cook until thickened.
- 6** Add tomatoes and heat through.

For 8 servings:

Double the ingredients but reduce the water to $1\frac{1}{4}$ cups. Add another $\frac{1}{2}$ Tbsp. cornstarch.

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MY GREAT RECIPES

MINI MEAT LOAVES

- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{2}$ cup finely chopped green pepper
- $\frac{1}{2}$ cup dry bread crumbs
- $\frac{1}{4}$ cup barbecue sauce

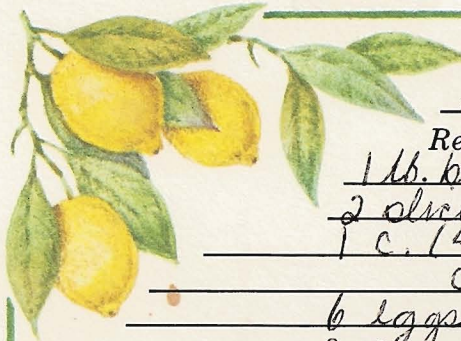
- 1 egg
- 1- $\frac{1}{2}$ pounds lean ground beef
- Ketchup

In a large bowl, combine the onion, green pepper, bread crumbs, barbecue sauce and egg. Add the beef and mix well. Press $\frac{1}{3}$ cupfuls into six ungreased muffin cups. Top with ketchup. Bake at 375° for 18-20 minutes or until meat is no longer pink. Yield: 6 servings.

POTATO-STUFFED ONIONS

- 1 large sweet onion
- 1- $\frac{1}{2}$ cups frozen shredded hash brown potatoes, thawed
- 4 teaspoons beef bouillon granules
- 2 tablespoons butter or margarine
- Pepper to taste
- Minced fresh parsley, optional

Cut onion in half widthwise; remove ends and outside skin. Separate onion into layers; select six to fit lightly greased muffin cups. Finely dice remaining onion; place in a bowl. Add hash browns and bouillon. Spoon into onion cups; dot with butter. Bake at 375° for 18-20 minutes or until tender. Sprinkle with pepper and parsley if desired. Yield: 6 servings.



Here's what's cookin':

Make Ahead Breakfast Bake

Recipe from: _____

1 lb. bulk sausage

2 slices bread, cut in $\frac{1}{2}$ " cubes

1 c. (4oz) shredded sharp cheddar
cheese

6 eggs

2 c. milk

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. dry mustard

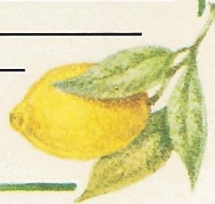
* if use 3 or 4 pcs. of bread

Crumble sausage in med. skillet;
cook over med. heat until browned,
stirring occasionally. Drain well.

Spread bread crumbs in
buttered 12x8x2 baking dish; top
with sausage and cheese.

Combine eggs, milk &
seasonings; beat well & pour over
cheese. Cover and refrigerate
overnight. Bake at 350° for
30-40 min. or until set.

Serves: 6-8



CRISPY HERB COATING

Italian:

- 2 cups Kroger Corn Flakes Cereal,
crushed to 1 cup*
- 2 tsp dried basil leaves, crushed
- 1 tsp dried oregano leaves, crushed
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1 1/4 lbs. (approximate) boneless,
skinless chicken breasts

Mexican:

- 2 cups Kroger Corn Flakes Cereal,
crushed to 1 cup*
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/8 tsp red pepper

Preheat oven to 375°F. For either variety, mix crushed cereal and seasonings in a small bowl or plastic bag. Use mixture to coat about 1 1/4 pounds boneless, skinless chicken breasts. Place clean chicken pieces (one at a time) in bag with seasoned crumbs, shake to coat, and place in pan sprayed with vegetable coating. Bake at 375°F, for 30 to 35 minutes or until done. Yield: 4 servings. Refrigerate any leftovers.

*Place cereal in blender or food processor until finely crushed. Or, place cereal in plastic bag and crush using a rolling pin.

Home&Garden

Homemade glass cleaner: Here are 2 easy recipes

Heloise

SYNDICATED COLUMNIST



Dear

Heloise: I want to thank you for your window-cleaner recipe — just 1 gallon of water, 1 cup of white vinegar, ½

cup of ammonia and 1 tablespoon of cornstarch. Wipe it on, dry it off.
— Debra Yungkurth, Tehachapi, Calif.

Very interesting, Debra. Checking the files, I didn't come up with your exact solution, so I did some more research. Cornstarch was mentioned in one of

Mother's books from 1967.

She said: "Ever tried washing your windows with old-fashioned cornstarch? It's the greatest. And so inexpensive. Put ½ gallon of warm water in a plastic wastebasket and add ¼ cup of cornstarch and stir it up. Then just wash away. They can be wiped with newspapers."

Another favorite homestyle window-cleaning solution is:

½ cup of ammonia
½ cup of isopropyl alcohol
½ cup of water

Combine them and place in a spray bottle. You can add a drop of food coloring if you wish. Also, be sure to label it and keep it out of the reach of children and pets.

— Heloise

Chris

CROCKPOT DRESSING

1 stick butter
1 C chopped onion, sauteed
1 C chopped celery, sauteed

3 quarts bread
8 oz can drained mushrooms
¼ C chopped parsley
1½ to 2 tsp poultry seasoning
½ tsp salt
1/8 tsp pepper

} Combine

2 eggs, beaten
1½ C chicken broth

Mix all ingredients together and spoon into crockpot.
Cook on Hi 1 hour or low 1-2 hours.

RUTABAGA AND CHEESE SOUFFLE

2 # rutabagas, peeled and cubed
2 Tbsp butter
¼ C finely chopped onion
2 Tbsp minced parsley
½ tsp salt
Freshly ground black pepper to taste
¼ C grated sharp Cheddar Cheese
3 eggs, separated
½ C fresh bread crumbs (whole wheat)

Boil rutabagas in salt water, 25-30 min. Drain and mash or puree in food processor, about 3 cups. Melt butter in small skillet. Saute onion in butter, 5 min; add parsley and set aside. Preheat oven to 350 and grease a 1½ Qt. souffle dish. Stir onion mixture, salt, pepper, rutabagas and cheese together. Beat in egg yolks one at a time. Whip egg whites until they form soft peaks, then carefully fold into rutabaga mixture. Turn mixture into prepared dish and sprinkle bread crumbs on top. Bake 50-60 min, until puffed and brown. Serves 6

THIMBLE COOKIES

1 C sugar
3 sticks Promise Margarine
1 egg
1 tsp vanilla
3¼ C unsifted, unbleached flour
Jelly of any flavor - jam-preserve or candy kisses

Cream butter and sugar. Add egg and vanilla. Blend in flour. (May want to chill). Roll into 1 inch balls; flatten slightly - indent center with thimble or finger dipped in ice water. Fill center with jelly, jam, or kisses. Bake on greased or nonstick cookie sheet at 350 degrees until firm and center bubbles.

makes 8 dozen

Cinnamon / Applesauce "Dough"

- 1 Cup ground cinnamon *
- 1 T ground cloves
- $\frac{3}{4}$ Cup applesauce
- 2 T glue (Elmer's or school)

Combine into "dough." Roll out. Cut into desired shapes, with cookie cutters, e.g. Make hole with match or toothpick. Dry on wax paper or foil, turning often.

* Warehouse Drugs carries big boxes of cinnamon.