

Tomato Sauce

- 1 1/2 lbs ripe tomatoes, peeled
seeded & chopped
- 1 med. onion, minced
- 1 clove garlic, minced
- 2 TBsp. olive oil
- 1 cup broth (beef)
- 1/2 Tsp oregano
- 1 tsp. basil
- pinch of thyme
- 1 small bay leaf
- 2 TSP sugar.
- 1 TBSP lemon juice
- pepper to taste

Sauté onions & garlic in oil until soft. Add all other ingredients simmer about 30 min.

Green Sauce

- 3 large ripe tomatoes, peeled, seeded
- 1 med. onion, chopped
- 1 clove garlic, minced
- 1/2 small green hot chili pepper
- 1 Tsp oregano
- 1/4 Tsp ground coriander
- 1 TBSP lemon juice
- pepper to taste

Place all ingredients in blender until smooth
use with meats, taco, enchiladas

Chili & Tomato Sauce

- 1/2 cup onion, minced
- 2 TBsp olive oil
- 3 cups tomato puree
- 3 cloves garlic, crushed
- 3 TBSP chili powder
- 1/2 Tsp basil
- 1/2 Tsp oregano
- 1/4 Tsp ground cumin


sauté onion until light golden. Add all other ingredients
blend well. Cover & simmer 1 hr. Strain & press through
sieve. Serve with enchiladas

JELLIED FRUIT-NUT SALAD

- 1 package (3 ounces) orange-flavor gelatin
- 1/4 teaspoon salt
- 1 cup boiling water
- 1/2 cup cold water
- 2 tablespoons lime or lemon juice
- 1/2 cup mayonnaise
- 1 cup diced peeled cantaloupe
- 1/2 cup quartered seedless grapes
- 1/2 cup chopped walnuts


Salad greens (optional)

Fruit-Salad Dressing (recipe follows)

 In large bowl dissolve gelatin and salt in boiling water. Stir in cold water and lime juice, then whisk in mayonnaise. Chill until firm 1 inch from edge of bowl but soft in center. Beat with rotary beater until fluffy, then fold in fruits and walnuts. Turn into lightly oiled 5-cup mold and chill until firm. Unmold and garnish with greens. Serve with dressing. Makes 4 generous servings. Per serving without dressing: 402 cal, 5 g pro, 29 g car, 32 g fat, 19 mg chol

FRUIT-SALAD DRESSING

- 2 tablespoons flour
- 1/8 teaspoon salt
- 2/3 cup sugar, divided
- 1 cup unsweetened pineapple juice
- 1/3 cup orange juice
- 3 tablespoons lemon juice
- 2 eggs
- 1/2 cup heavy cream

 In heavy saucepan mix flour, salt, 1/3 cup sugar and the juices. Bring to boil and cook, stirring, until thickened. Beat eggs with remaining sugar. Stir in small amount of hot mixture. Return to saucepan and cook, stirring, until mixture bubbles. When ready to serve, whip cream and fold into dressing. Keeps well refrigerated several days. Makes about 3 cups. Per 1/4-cup serving: 182 cal, 4 g pro, 31 g car, 5 g fat, 55 mg chol

Salad Avacado @ Acapulco

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|---|--------------------------------------|
| 1/4 cup diced cooked lobster meat | 1/2 large avocado |
| 1/4 cup shredded heart of romaine lettuce | juice of 1/2 lemon |
| 1 Tsp capers | 1 round slice lobster meat from tail |
| 2 Tbsp mayonnaise | 1 tsp minced parsley |
| freshly ground pepper | paprika |

mix the diced lobster with shredded romaine & capers combine the salad with mayonnaise & pepper. Cut desired number of avocados lengthwise in 1/2 remove pit fill cavity with lobster salad. sprinkle with lemon juice & top with round of lobster meat. sprinkle with parsley & paprika. serve well chilled

Ranch dressing mix

- 2 Tsp instant minced onion
- 1/2 Tsp salt
- 1/8 Tsp garlic powder
- ~~1/2 Tsp~~
- 1 Tbsp Parsely flakes

use with 1 cup mayonnaise
1 cup buttermilk

Crunchy Vegetable and Bulgur Salad


Combine crisp raw vegetables, chewy bulgur wheat, and a zesty lemon-basil dressing for a lively salad with textural contrasts. Try it with roast chicken.

- 1 cup bulgur
- 1 cup water
- 2 carrots, thinly sliced
- 1/2 cup thinly sliced green onion
- 1 small green pepper, chopped
- 1 stalk celery, thinly sliced
- Lemon-basil dressing (recipe included)
- Romaine lettuce leaves
- 1 or 2 tomatoes, cut in
- 2 ounces alfalfa sprouts (optional)

Stir together bulgur and the water and let stand 1 hour. Drain well. To bulgur add carrots, onion, green pepper, celery, and lemon-basil dressing; mix well. Cover and chill at least 4 hours or overnight, stirring occasionally. To serve, line a bowl or platter with romaine and fill with the bulgur mixture. Garnish with tomatoes and alfalfa

CREAMY MOLDED PEACH-CHERRY SALAD

- 1 envelope unflavored gelatin
- 3 tablespoons water
- 1/2 cup hot orange juice
- 1 package (8 ounces) cream cheese, softened
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/2 cup mayonnaise
- 1/2 cup heavy cream, whipped
- Salad greens* (optional)
- 2 medium peaches, peeled and diced small
- 1 cup diced pitted black sweet cherries
- 1 tablespoon lemon juice

 Soften gelatin in water, then dissolve in hot orange juice; cool. Beat cheese with sugar and salt until fluffy. Beat in mayonnaise, then fold in whipped cream. Gradually whisk in gelatin mixture. Turn into lightly oiled 5-cup ring mold and chill until firm. Unmold and garnish with greens. Toss fruits with lemon juice; fill center of mold with fruits. Makes 6 servings. Per serving: 399 cal, 5 g pro, 15 g car, 37 g fat, 81 mg chol

WD

WOMAN'S DAY 8/5/80

Strawberry Cake Jerez

- | | |
|--------------------|-------------------------------|
| 1/3 cup sugar | 2 cups heavy cream |
| 2 Tbsp corn starch | 3/4 cup cream sherry |
| 1 1/8 cup milk | 2 pnts strawberries |
| 2 eggs | 2 pkg plain ladyfingers split |

In sauce pan mix together sugar cornstarch gradually stir in milk. Cook over low heat stirring constantly until mixture thickens & starts to simmer. Remove from heat. Beat eggs with 1 cup heavy cream & stir into milk mixture. Blend well. Cook this mixture over low heat, stirring constantly, until mixture thickens (about 5 min) Do not let it boil remove from heat & stir in 1/4 cup sherry. Cover & cool thoroughly. Meanwhile wash & hull berries. Save 12 slice the remainder over.

sprouts. Makes 6 to 8 servings.

Lemon-Basil Dressing

Stir together 1/4 cup lemon juice, 1/3 cup salad oil or olive oil, 2 cloves garlic, (pressed or minced), 1 teaspoon salt, 1 1/2 teaspoon dry basil, 1/2 teaspoon each dry mustard and sugar, and 1/4 teaspoon pepper.

Place half the lady fingers in 2 1/2 quart serving bowl sprinkle with 1/4 cup sherry. Top with 1/2 sliced berries then half the custard. repeat layers cover & chill well. Whip remaining cream stiff spread over top of the cake garnish with whole berries.

Cheesy Tuna 'n Rice Muffinlettes

- 2 cups cooked rice
- 1 cup shredded Cheddar cheese
- 1 6½ ounce can tuna, drained and flaked
- ¾ cup black olives, sliced into thirds
- 1 tablespoon McCormick/Schilling Instant Chopped Onion
- 1 tablespoon McCormick/Schilling Parsley Flakes
- 1 teaspoon McCormick/Schilling Season-All® Seasoned Salt
- 2 eggs, beaten
- 2 tablespoons milk
- PAM® Vegetable Cooking Spray

Combine rice, cheese, tuna, olives, onion, parsley and Season-All®. Stir in eggs and milk, mixing thoroughly. Spray six muffin cups with PAM®. Divide rice mixture evenly among cups. Bake in 375°F. oven 15 minutes or until lightly browned. Loosen with spatula and arrange on serving plate. Serve with Tangy Butter Sauce.

Makes 6 Servings

Tangy Butter Sauce

Combine ¼ cup melted butter or margarine, 1 tablespoon lemon juice, ½ teaspoon McCormick/Schilling Season-All® Seasoned Salt and ½ teaspoon McCormick/Schilling Parsley Flakes. Spoon over muffinlettes.

TOMATO-RICE SALAD

- ¾ cup brown rice
- 1-1/2 cups boiling water
- ¼ teaspoon turmeric
- Salt

Dressing (recipe follows)

- 1-1/2 cups diced peeled tomatoes
- 1 jar (2 ounces) stuffed olives, sliced
- ¼ cup sliced green onions
- ¼ cup toasted slivered almonds

In heavy saucepan bring rice, water, turmeric and 1/2 teaspoon salt to boil. Cover and simmer 35 minutes or until rice is tender. Drain if necessary, toss with dressing and cool. Add tomatoes, olives, onions, almonds and salt to taste.

Toss well. Makes 4 servings. *Per serving:* 273 cal, 5 g pro, 36 g car, 13 g fat, 0 mg chol

DRESSING In small jar shake 2 tablespoons each oil and wine vinegar, 1/2 teaspoon seasoned salt, dash hot-pepper sauce and 1/8 teaspoon each instant garlic, oregano and tarragon. **ND**

WOMAN'S DAY/JULY 8, 1980

CURRIED TOMATOES

- 1 small onion, sliced
- 1 teaspoon curry powder
- 2 tablespoons butter or margarine
- 4 medium tomatoes, peeled and cut in chunks
- 1/2 small green pepper, chopped
- 1/2 teaspoon lemon pepper seasoning
- 1 tablespoon sugar
- 1/4 cup chicken broth
- 1 tablespoon cornstarch
- Cold water
- Salt

In heavy saucepan sauté onion and curry powder in butter until onion is tender. Add tomatoes and green pepper and sauté a few minutes. Stir in pepper seasoning, sugar and broth. Simmer uncovered about 10 minutes. Blend cornstarch with a little cold water and stir into mixture. Cook and stir until thickened. Add salt to taste. Makes 4 servings. *Per serving:* 88 cal, 2 g pro, 8 g car, 6 g fat, 19 mg chol with butter, 1 mg chol with margarine

Car Soup


- 9 lb. ripe tomatoes
- 4 med. yellow onion chopped
- 1 red bell pepper seeded & chopped
- 1 cup cider vinegar
- 1 TSP whole allspice
- 1 TSP whole cloves
- 5 sticks cinnamon broken
- 1 TSP celery seed.
- 1/2 TSP dry mustard
- 1/8 to 1/4 TSP cayenne
- 4 TBS brown sugar
- 5 TBS honey
- 1 TSP salt

add about 1/2 the spices

cut tomatoes in 1/4 & puree them in blender, in batches, together with the chopped onion & red pepper. Strain the puree through a coarse sieve to eliminate tomato seeds & pour into a large enameled pot. Cook mixture over low flame stirring often until it has thickened considerable as long as 1 hr. Wrap allspice, cloves, cinnamon & celery seed in cheese cloth & put them in small pot with vinegar. Heat vinegar & bag of spices together for about 30 minutes then remove bag of spices

TOMATOES AND LIMAS

- 1 medium onion, chopped (1/2 cup)
- 1/4 pound mushrooms, sliced (1-1/2 cups)
- 2 tablespoons butter or margarine
- 2 medium tomatoes, peeled and cut in wedges
- 1 package (10 ounces) frozen Fordhook limas, cooked and drained
- 2 tablespoons soy sauce
- Salt and pepper

 In medium skillet sauté onion and mushrooms in butter until onion is tender. Add tomatoes and sauté just until heated. Stir in hot limas, soy sauce and salt and pepper to taste. Makes 4 servings. *Per serving: 155 cal, 6 g pro, 20 g car, 6 g fat, 18 mg chol with butter, 0 mg chol with margarine*

EASY GARDEN VEGETABLE PIE

- 2 cups chopped fresh broccoli or sliced fresh cauliflowerets*
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 cup shredded Cheddar cheese (about 4 ounces)
- 1 1/2 cups milk
- 3/4 cup Bisquick® baking mix
- 3 eggs
- 1 teaspoon salt
- 1/4 teaspoon pepper

Heat oven to 400°. Lightly grease pie plate, 10x1 1/2 inches. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add broccoli. Cover and heat to boiling. Cook until almost tender, about 5 minutes; drain thoroughly. Mix broccoli, onion, green pepper and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 35 to 40 minutes. Let stand 5 minutes before cutting. Garnish as desired. Refrigerate any remaining pie. 6 servings.

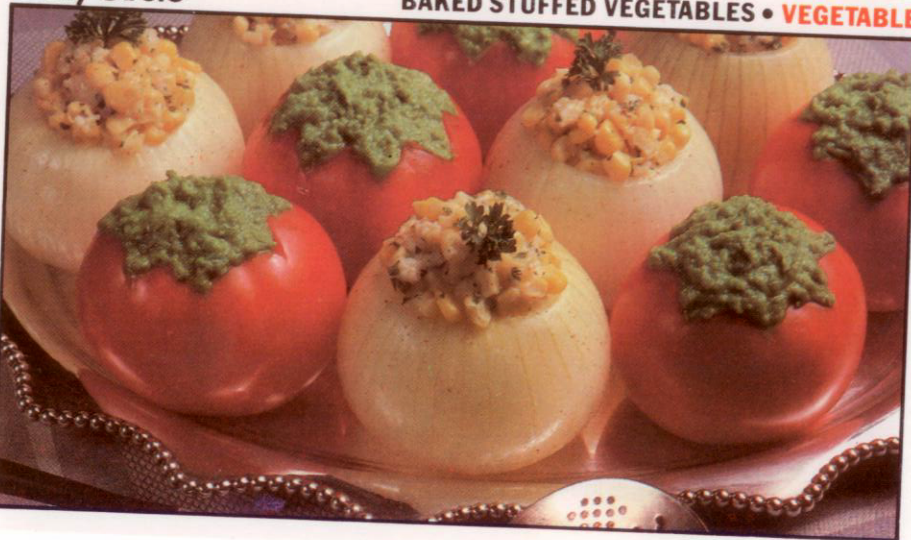
*1 package (10 ounces) frozen chopped broccoli or cauliflower, thawed and drained, can be substituted for the fresh broccoli or cauliflower. Do not cook.

High Altitude Directions (3500 to 6500 feet): Cook fresh broccoli or cauliflower about 7 minutes.


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BAKED STUFFED VEGETABLES • VEGETABLE




CHICKEN-VEGIE CASSEROLE

 **Bake at 400° for 20 minutes.**
Makes 8 servings at 50¢ each.

1. Cook 1 polybag (20 ounces) frozen peas and 1 small chopped onion in boiling salted water in a large saucepan until just tender; drain. Combine with $\frac{1}{4}$ cup heavy cream, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon crumbled leaf marjoram and $\frac{1}{4}$ teaspoon pepper in container of electric blender; whirl until smooth.
2. Cut a $\frac{1}{2}$ -inch slice from tops of 8 large tomatoes; hollow out tomatoes; turn upside down on paper toweling to drain. Spoon 1 tablespoon packaged herb-flavored croutons into each tomato; fill with pea puree. Place tomatoes in a shallow baking pan.
3. Bake in a hot oven (400°) for 20 minutes.

BAKED STUFFED ONIONS

 **Bake at 400° for 20 minutes.**
Makes 8 servings at 40¢ each.

Cut a slice from the tops of 8 peeled large sweet Spanish onions. Parboil onions in a kettle in boiling salted water 15 minutes, or until barely tender; drain. Scoop out enough of the center layers to leave a cavity $1\frac{1}{2}$ inches deep. Chop enough of the centers to make $\frac{1}{2}$ cup. Combine onion, 3 tablespoons of melted butter, 1 cup soft bread crumbs, 2 tablespoons chopped parsley and a 16-ounce can of drained whole kernel corn in a medium-size bowl; blend. Fill onions with mixture, and arrange in a shallow baking dish. Brush outsides with 1 tablespoon melted butter. Cover tops loosely with foil. Bake in a hot oven (400°) for 20 minutes; uncover; bake 5 minutes.

Preheat Oven to 350°

- 1 cup cooked brown and/or wild rice
- 1 small bunch broccoli, chopped
- 3 stalks celery, chopped
- 1 onion, chopped
- $\frac{1}{4}$ cup slivered almonds
- 1 leek, chopped
- $\frac{1}{2}$ can water chestnuts, sliced
- 1 chicken, cooked and deboned

Sauce

- 2 cloves garlic, minced
- $\frac{1}{4}$ cup whole wheat pastry flour
- $\frac{1}{3}$ cup tamari (soy sauce)
- 2 tsp. dill weed
- 1 Tbs. (heaping) Dijon mustard
- 1 cup chicken stock
- 1 tsp. tarragon
- 1 tsp. grated ginger
- 1 tsp. honey
- 1 tsp. salt
- 1 tsp. pepper
- $\frac{1}{4}$ cup safflower oil

Saute minced garlic in safflower oil, add flour and stir with a whisk until smooth. Slowly add chicken stock, stirring constantly. After the sauce thickens, continue stirring and cooking for at least 10 minutes. Remove from heat, add tamari, dill weed, mustard, tarragon, ginger, honey, salt and pepper. Meanwhile, saute onion and leeks in small amount of oil until transparent. Add celery, broccoli and water chestnuts — cook for two minutes. Add vegetables and chicken to sauce. Place cooked rice in buttered baking dish. Spread sauce with vegetables over rice. Top with almonds. Bake for 25-30 minutes. (serves 4)