



Favorite Recipe



Oatmeal

1/2 cup water add salt to taste bring to boil add 1/4 cup cereal plus water to make 1/2 cup cook till thickened on med heat show lower heat and cook till done about 30 min

Source

Who likes it

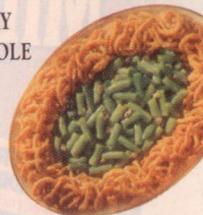
FREE RECIPE BOOKLET

SEE PACKAGE FOR DETAILS

THE CLASSIC HOLIDAY GREEN BEAN CASSEROLE

QUICK TIME

2 packages (9 ounces each) frozen cut green beans, thawed and drained or 2 cans (16 ounces each) cut green beans, drained



1/4 cup milk

1 can (10 1/2 ounces) condensed cream of mushroom soup

1/4 teaspoon ground black pepper

1 can (2.8 ounces) Durkee French Fried Onions

In a medium bowl combine beans, milk, soup, pepper and 1/2 can French Fried Onions; pour into a 1 1/2-quart baking dish. Bake, uncovered, at 350°F for 30 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

Makes 6 servings.

Enchant your green beans.

CHEESY GREEN BEANS

Prep time: 10 minutes Cooking time: 15 minutes

- 10 slices OSCAR MAYER Bacon
- 2 packages (16 oz each) BIRDS EYE Cut Green Beans
- 1 lb mushrooms, sliced
- 3/4 cup chopped onion
- 3/4 teaspoon ground black pepper
- 1 jar (16 oz) CHEEZ WHIZ Pasteurized Process Cheese Spread

- Cook bacon until crisp. Drain bacon, reserving 1/4 cup drippings. Crumble bacon; reserve 2 tablespoons.
- Microwave beans as directed on package; drain well.
- Add mushrooms and onion to reserved 1/4 cup drippings in skillet. Cook and stir on medium-high heat 10 minutes; drain. Add bacon, hot cooked green beans and pepper; mix lightly. Spoon into 2-quart serving dish.
- Microwave process cheese spread as directed on label. Pour over green bean mixture. Sprinkle with reserved 2 tablespoons crumbled bacon. Makes 10 servings.



OUTDOOR COOKING

Creek Rock Chicken

Marie E. Houmes
Stone Mountain, Georgia
Carefree Sams

Possibly the most unusual recipe we received was Marie's for a unique way to prepare chicken. Marie begins her instructions by telling us to walk along a creek and pick up rocks that water flows over, about the size of an adult's hand and flat on the bottom. (We add, be sure the rocks are dense since shale ones may explode when heated.)

Serves 4 to 6

- | | |
|--|---------------------------------|
| 3 creek rocks, 1 to fit inside the chicken's cavity and 2 smaller, flatter ones to fit under the chicken wings | 1 2½ to 3-pound chicken |
| 3 pounds charcoal | Heavy duty foil |
| ½ cup (1 stick) margarine | Several newspapers |
| Salt and pepper to taste | 1 cardboard box to hold chicken |

Wash the creek rocks and allow to dry thoroughly. Light charcoal and, once the coals are white, place creek rocks over hot coals. Allow rocks to heat until very hot.

(over please)

THE GOOD SAM RV COOKBOOK



**BUTTER COOKIES
FOR FAMILY.**

CHICKEN CHILE VERDE

- 3 cups cooked, cubed chicken (about 1 pound)
- 1 can (28 ounces) LAS PALMAS Green Enchilada Sauce
- 1 can (19 ounces) black beans, drained and rinsed
- 1 box (10 ounces) frozen corn kernels
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh cilantro

1. Combine all the ingredients in a 4 - quart saucepan.
2. Bring to a boil over medium heat. Reduce heat and simmer, covered for 30 minutes.

Makes 6 servings.

CINNAMON-RAISIN MUFFINS

Makes 1 dozen



© 1994 California Raisin Advisory Board

- | | |
|--|--|
| 1¼ cups all-purpose flour | 1 egg, lightly beaten |
| ½ cup Regular, Quick or Instant CREAM OF WHEAT® Cereal | 2 tablespoons FLEISCHMANN'S® Margarine, melted |
| ½ cup sugar | 1 teaspoon vanilla extract |
| 1 tablespoon baking powder | 1 cup California Raisins |
| 2 teaspoons ground cinnamon | 2 tablespoons fruit juice, any flavor |
| 1 cup milk | |

In medium bowl, combine flour, cereal, ¼ cup sugar, baking powder and cinnamon; set aside. In small bowl, combine milk, egg, margarine and vanilla; stir into dry ingredients just until moistened. Stir in raisins. Spoon mixture evenly into 12 greased 2½-inch muffin-pan cups. Bake at 400°F for 18 to 20 minutes or until toothpick inserted in center comes out clean. Remove from pan; brush tops of muffins with fruit juice and roll in remaining sugar. Serve warm.

While the rocks are heating, coat the chicken with the margarine and season with salt and pepper.

When rocks are quite hot, remove with tongs and (using potholders or mittens) wrap them in the foil.

Place foil-wrapped rocks into chicken—one into the cavity and the flatter ones under each wing. Wrap the chicken and rocks in heavy foil and wrap in several layers of newspaper. The more newspaper the chicken is wrapped in, the better it will cook and retain heat.

Place chicken in cardboard box and set aside. Enjoy a game of horseshoes for 3 to 4 hours. When your game is over, your chicken will be ready.



R2

ROSE'S BUTTER CRESCENTS

2/3 cup sliced blanched almonds

1/3 cup sugar

1 cup (2 sticks) butter, softened

1-2/3 cups all-purpose flour

1/4 teaspoon salt

TOPPING:

1/2 cup sugar

1/2 teaspoon cinnamon

Place almonds and sugar in food processor or blender and process until nuts are finely ground; set aside. Cream butter in large mixer bowl. Add almond mixture; beat until light and fluffy. Gradually mix in flour and salt until well blended. Shape dough into a large flat disk; wrap in plastic wrap and refrigerate 1 hour or until firm. For topping, combine sugar and cinnamon; set aside. Preheat oven to 325°F. Work with one-fourth of dough at a time; refrigerate remaining dough. Shape dough into 3/4-inch balls; roll each into a 3-inch log. Place on unbuttered cookie sheets 1 inch apart. Shape into crescents. Bake 14 to 16 minutes or until set but not brown. Cool on cookie sheets 10 minutes. While still warm, remove cookies from cookie sheets. Dip into cinnamon sugar turning gently to coat. Finish cooling on wire racks. Yield: about 5 dozen cookies.



Bake it better with butter

Recipes adapted from *Rose's Christmas Cookies*, published by William Morrow, Inc.



LAWRY'S
MEXICAN
RECIPES

Fiesta Rice

1 cup long grain or converted rice*
2 tablespoons salad oil
1 3/4 cups water *
1 package Lawry's Mexican Rice
Seasoning Mix

1/2 cup grated Cheddar cheese
2 tablespoons EACH: chopped green
onion and sliced ripe olives
1 tablespoon chopped pimentos

In 2-quart saucepan, brown rice in hot oil until golden; stir often. Remove from heat. Stir in water and Mexican Rice Seasoning Mix; blend thoroughly. Bring to a boil, reduce heat, cover and simmer slowly 20 minutes. Gently stir in remaining ingredients; cover and heat thoroughly 3 to 5 minutes.
Makes about 3 1/4 cups

* May use 2 cups precooked rice and 1 cup water. Makes about 2 1/2 cups rice.

Fried Burritos

1 quart water
3/4 teaspoon Lawry's Seasoned Salt
1/4 teaspoon Lawry's Garlic Powder
with Parsley
1/4 teaspoon Lawry's Seasoned Pepper
3 pounds boneless, skinned chicken breasts

1 bottle Lawry's Chunky Taco Sauce
Oil, for frying
8 (12-inch) flour tortillas*
1 can (1 lb. 4 oz.) refried beans, heated
2 cups grated Monterey Jack cheese

Combine water, Seasoned Salt, Garlic Powder with Parsley and Seasoned Pepper in large saucepan; bring to boil. Add chicken to boiling liquid and poach until done, about 20 minutes. Drain and cool to touch. Shred chicken and add Chunky Taco Sauce; set aside. Heat oil for frying in electric fry pan or large skillet. Individually make burritos and fry immediately when oil is hot.

To assemble: On 1 flour tortilla, add (in long strip) about 1/2 cup of each: beans, cheese
over

Seasoned Refried Beans

1 can (1 lb. 4 oz.) refried beans
1 package (1 1/4 oz.) Lawry's Taco
Seasoning Mix

1/4 cup water
3/4 cup grated Cheddar cheese
1/4 cup finely chopped onion

CONVENTIONAL METHOD

Combine refried beans, Taco Seasoning Mix and water in a saucepan. Bring to a boil, reduce heat and simmer 5 minutes. Garnish with cheese and onions before serving.
Makes 2 1/2 cups - serves 5

MICROWAVE OVEN METHOD

In 1-quart casserole, combine refried beans, Taco Seasoning Mix and water; blend well. Cover with wax paper and microwave at 75% power 7 to 9 minutes, stirring every 3 minutes. Garnish with cheese and onions before serving.

Acapulco Tuna Taco

2 cans (7 oz. each) solid white (albacore) tuna, drained and flaked
1 bottle Lawry's Chunky Taco Sauce
2 cups grated Cheddar cheese
1/2 teaspoon ground cumin
1 box (10 shells) Lawry's Taco Shells*

Garnish as desired with the following:
Shredded lettuce, chopped tomatoes, dairy sour cream, sliced ripe olives
chopped green onion

CONVENTIONAL METHOD

In skillet or saucepan, combine tuna, Chunky Taco Sauce, Cheddar cheese and cumin; blend well. Heat slowly until cheese is melted and mixture is hot and bubbly, about 10 minutes. Meanwhile, heat Taco Shells according to package directions in 350°F oven. Fill heated shells with tuna filling and garnish as desired.

Makes 10 tacos

over

Fiesta Corn Casserole

3 tablespoons butter
3 cups corn flakes*
1 pound lean ground beef
3/4 teaspoon Lawry's Seasoned Salt
1 can (8 oz.) tomato sauce

1 package (1 1/4 oz.) Lawry's Taco Seasoning Mix
1 can (17 oz.) whole kernel corn, drained (reserving 1/4 cup liquid)
2 cups grated Cheddar cheese

CONVENTIONAL METHOD

Combine butter and 2 cups corn flakes in bottom of 1 1/2-quart shallow baking dish. Crush remaining corn flakes; set aside. In skillet, brown ground beef until crumbly; drain off fat. Add Seasoned Salt, tomato sauce, Taco Seasoning Mix and reserved liquid from corn; mix well. Layer 1/2 each: corn, meat mixture and cheese over buttered corn flakes in baking dish; repeat layers. Sprinkle crushed corn flakes over top in diagonal strips. Bake in 325°F oven 30 to 35 minutes.

Makes 4 to 6 servings

over

Taco Enchilada Casserole

1 package Lawry's Enchilada Sauce Mix
1 can (6 oz.) tomato paste
3 cups water
1 pound lean ground beef
1/2 teaspoon Lawry's Seasoned Salt
1/4 teaspoon Lawry's Seasoned Pepper
2 1/2 tablespoons Lawry's Minced Onion with Green Onion Flakes

1 can (4 oz.) diced green chiles
6 Lawry's Super Size Taco Shells OR
8 regular Lawry's Taco Shells
2 cups grated Cheddar cheese
1 can (2.3 oz.) sliced ripe olives, optional
Dairy sour cream, optional

CONVENTIONAL METHOD

Prepare Enchilada Sauce Mix according to package directions. Brown ground beef until crumbly; drain fat. Add 1 cup enchilada sauce, seasonings and diced green chiles. Simmer 5 minutes. Pour 1/3 cup enchilada sauce in bottom of 8 x 8 x 2-inch baking dish. Arrange

over

and chicken. Fold in sides of tortilla and roll up like a burrito. Fry, turning once, until just golden brown. Drain on paper towel and serve hot. Repeat this procedure to make 8 burritos.

Makes 8 servings

***Flour tortillas must be very fresh and pliable for making burritos.**

Supper Nachos

1 pound lean ground beef
1 large onion, chopped
1 teaspoon Lawry's Seasoned Salt
1/2 teaspoon ground cumin
2 cans (1 lb. each) refried beans
1 package (1 1/4 oz.) Lawry's Taco Seasoning Mix
2 cups grated Monterey Jack cheese
1 can (4 oz.) diced green chiles

1 cup grated Cheddar cheese
3/4 cup Lawry's Chunky Taco Sauce
Fried tortilla chips
Garnish with any or all of the following:
1 cup guacamole
1/2 cup dairy sour cream
1/4 cup chopped green onions
1 cup sliced ripe olives

Brown meat and onions; drain well and season with Seasoned Salt and cumin. Combine beans and Taco Seasoning Mix; blend well. Add grated Monterey Jack cheese; mix together. Spread beans in shallow, oval (10 x 15-inch) baking dish. Cover with browned meat and onions. Sprinkle chiles over meat; top with Cheddar cheese. Pour Chunky Taco Sauce over cheese. (May be made ahead and refrigerated at this point -- do not freeze.) Bake, uncovered, in 400°F oven 20 to 25 minutes or until thoroughly heated. Tuck tortilla chips around edge of platter and garnish as desired.

Makes 4 to 6 main dish servings or 10 to 12 appetizer servings

MICROWAVE OVEN METHOD

In 1 1/2-quart casserole, combine tuna, Chunky Taco Sauce, Cheddar cheese and cumin; mix thoroughly. Cover with wax paper and microwave on HIGH 4 to 5 minutes or until thoroughly heated. Cover with foil to keep warm. Arrange 5 to 7 Taco Shells in an upright position on a microwave roasting rack. Microwave on HIGH 2 1/2 to 3 minutes, turning rack every minute. Repeat procedure for remaining taco shells. Fill heated shells with tuna filling and garnish as desired.

***May use 5 of Lawry's Super Size Taco Shells OR double recipe to use 10 Super Size shells (1 box). Fill Super Size shells with 3/4 cup of tuna filling.**

MICROWAVE OVEN METHOD

Place butter in 1 1/2-quart shallow casserole; microwave on HIGH 30 seconds or until melted. Sprinkle 2 cups corn flakes over bottom of casserole. Crush remaining 1 cup corn flakes and set aside. In separate baking dish, microwave ground beef 5 minutes on HIGH, stirring after 3 minutes; crumble meat and drain fat. Add Seasoned Salt, tomato sauce, Taco Seasoning Mix and reserved liquid from corn; mix well. Layer 1/2 each: corn, meat mixture and cheese over buttered corn flakes; repeat layers. Sprinkle crushed corn flakes over top in diagonal strips. Microwave on HIGH 12 to 15 minutes.

***May use 2 cups taco shell pieces and 1 cup crushed taco shells, as directed in recipe.**

Taco Shells in dish and fill evenly with meat mixture. Pour 2/3 of remaining sauce over. Top with cheese and remaining sauce; bake in 350°F oven 25 to 30 minutes. Garnish with olives and dairy sour cream

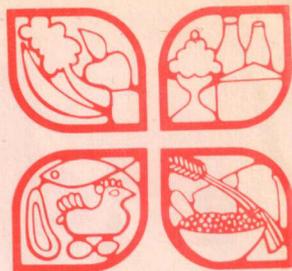
Makes 4 to 6 servings

MICROWAVE OVEN METHOD

In 1-quart measure, combine Enchilada Sauce Mix, tomato paste and water; blend well. Microwave on HIGH 10 minutes, stirring after 5 minutes. In 2-quart casserole, crumble ground beef and microwave on HIGH 5 minutes, stirring after 3 minutes. Drain fat. To the crumbled beef, add 1 cup enchilada sauce, seasonings and diced green chiles; blend well. Microwave on HIGH 1 1/2 minutes. In bottom of 8 x 8 x 2-inch baking dish, pour 1/3 cup enchilada sauce. Arrange Taco Shells in dish, fill evenly with meat mixture and pour 2/3 of remaining sauce over. Top with cheese and remaining sauce. Microwave on HIGH 10 minutes, rotating dish after 5 minutes. Garnish with olives and dairy sour cream, if desired.

KNOW YOUR FOOD

YOUR FAMILY NEEDS ALL
4 BASIC FOODS DAILY



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THE NEW BEAN SCENE

The lowly bean has been elevated to a more deserved level as nutritionists teach us more about how to balance our daily diets. This information also teaches us how we can do it at lower cost because the great bean variety is thrifty!

For body building. Dry beans are known for their protein punch. Though a bit lacking in methionine, one of the eight essential amino acids, this deficiency can be easily corrected. Simply cook beans with small amounts of meat, dairy products, or cereal grains such as rice or corn, or serve them with one of these foods.

Beans materially reduce the cost of supplying protein. They consistently rank at the top of the USDA list in lowest cost per gram of protein.

For good health. Dry beans are also an important source of vitamins and minerals.

Dry beans are rich in iron to build red blood cells, in calcium and phosphorus for strong bones and teeth, and in potassium to regulate body fluid balance.

For fiber. Recently, new interest has been directed toward the importance of fiber in the human diet. It may play a part in maintaining a healthy digestive tract. The best way to include fiber in your diet is to serve a variety of fiber-containing foods such as beans, peas and lentils; vegetables and fruits; and whole-grain cereals and nuts.

Source: University of California Cooperative Extension; California Dry Bean Advisory Board



SAFEWAY



SOAKING...COOKING TIPS

Note: Always sort and wash dry beans before using.

SOAKING TIPS*

Quick Soak: To 1 lb. of any dry beans add 6 to 8 cups hot water. Heat, let boil 2 minutes; cover and set aside for an hour before cooking.

Regular Soak: To 1 lb. dry beans add 6 cups cold water. Let stand overnight or for several hours in a cool place.

Overnight Salt Soak: To 1 lb. beans add 6 cups cold water and 2 tsp. salt. Let stand overnight or for several hours before cooking.

*Soaking beans is not essential, but it shortens cooking time and helps some varieties hold their shape better. Some cooks prefer to drain beans after soaking and cook in fresh salted water. Others feel that the soak water should not be discarded. Choose the method you prefer.

COOKING TIPS

Standard Way: Drain soaked beans; put into good-sized kettle. Add 6 cups hot water; 1 to 2 tbsp. shortening; 2 tsp. salt. Simmer, covered, until tender.

Savory Way: Follow standard directions, but use 2 tsp. onion salt and ¼ tsp. garlic salt instead of plain salt. Add 1 tbsp. chicken stock base (or 3 or 4 bouillon cubes) and ¼ tsp. white pepper.

- Simmer beans slowly. Cooking too fast can break skins.
- A tablespoon of oil prevents foaming.
- Acid slows down cooking. Add tomatoes, vinegar, etc. last.

Storage Tips

- If the package has been opened, transfer beans to air-tight glass or metal container and store in a cool, dry spot.
- Cook enough beans for more than one meal at a time. For storing a day or two, cover and refrigerate. For longer storage, freeze.
- Bean leftovers and mashed beans keep very well in your freezer. Store in recipe-sized packages. You may want to add a little moisture or seasoning after thawing to restore flavor and consistency.

BEAN SHOPPING...

Shopping Tips

- The brightest color doesn't always indicate the best beans. Sun-dried beans from California are sometimes lighter in color, but flavor and texture are unsurpassed.
- Know bean varieties and their specialties. Each of the eight major varieties produced by California growers has a shape, color and texture that makes it ideal for certain uses.

Baby Lima. Dry form of the fresh green lima. Good in main dishes, soups, or as a vegetable.



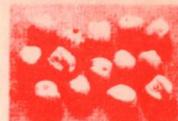
Blackeye. Called blackeye pea or blackeye bean. Gaining in popularity. Combines particularly well with pork or chicken.



Dark Red Kidney. Sold almost exclusively in canned form. Excellent in salads, casseroles and hearty soups.



Garbanzo. Sometimes called "Chick-pea." Versatile salad and appetizer bean because of its firm texture and nut-like flavor.



Large Lima. Often referred to as "Butter Bean." Popular in casseroles, as a vegetable, and with smoked meats, cheese.



Light Red Kidney. All-purpose favorite. A good bean for use in any bean dish - soup, salad, snack, main dish.



Pink Bean. Star performer in Mexican-American dishes, and often featured in western barbecues.



Small White. A small, firm bean that holds its shape well under long, slow cooking. Great for baked beans.



TRY THESE
GREAT TASTING
RECIPES

FROM

KARO & **ARGO** ^{OR}
CORN SYRUP **KINGSFORD'S**
CORN STARCH

**ORIENTAL
PINEAPPLE CHICKEN**

- | | |
|---|--|
| 1 can (8 oz) pineapple
slices in own juice | 1/2 tsp ground ginger |
| 1 (3 lb) broiler-fryer
chicken | 1/2 tsp salt |
| 1/2 cup KARO dark corn syrup | 1/8 tsp pepper |
| 2 Tbsp MAZOLA corn oil | 1 1/2 Tbsp ARGO or
KINGSFORD'S
corn starch |
| 2 Tbsp dry sherry | 3/4 cup cool chicken broth |
| 2 Tbsp thinly sliced
green onion | 1 green pepper,
cut in slivers |

Drain pineapple; reserve juice. Cut each pineapple slice into three sections. Place chicken, breast side up, on rack in shallow baking pan. Roast in 400°F oven 1 hr. Stir together reserved juice and next 7 ingredients. Baste chicken with some of the juice mixture. Continue roasting, basting frequently, about 30 min or until chicken is tender. Remove chicken. Mix corn starch and broth. Stir into pan. Stirring constantly, bring to boil over medium heat and boil 1 min. Stir in pineapple and green pepper; heat. Spoon over chicken. Serves 4.

SWEET AND SOUR PORK

2 cans (8 oz each) pineapple
chunks in own juice
2 Tbsp MAZOLA corn oil
1 green pepper,
cut in 1" squares
1 onion, cut in thin wedges
1 clove garlic, minced
1 lb boneless pork,
cut in thin strips

2 Tbsp ARGO or
KINGSFORD'S
corn starch
1/2 cup KARO light or dark
corn syrup
1/4 cup cider vinegar
3 Tbsp soy sauce
2 Tbsp ketchup

Drain pineapple; reserve juice. In large skillet heat corn oil over medium-high heat. Add next 3 ingredients; stir fry 2 min or until tender-crisp. Remove. Stir fry pork, 1/2 at a time, 3 min. Return all pork to skillet. Stir together corn starch, pineapple juice and remaining 4 ingredients; stir into pork. Add green pepper mixture and pineapple. Stirring constantly, bring to boil over medium heat and boil 1 min. If desired, serve over rice. Serves 4 to 6.

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BEEF AND BROCCOLI STIR-FRY

5 Tbsp MAZOLA corn oil
2 cups broccoli flowerets
3 carrots, sliced diagonally
3 onions, cut in thin wedges
1/2 cup sliced water chestnuts
1 clove garlic, minced
3/4 lb beef round steak, cut in
very thin strips

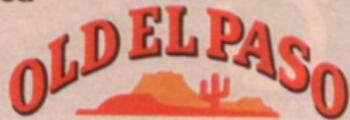
1 Tbsp ARGO or
KINGSFORD'S
corn starch
1/4 tsp pepper
1/3 cup dry sherry
1/4 cup soy sauce
1/4 cup KARO light or dark
corn syrup

In large skillet heat 3 Tbsp of the corn oil over medium-high heat. Add next 5 ingredients; stir fry 4 min or until tender-crisp. Remove. Heat remaining 2 Tbsp corn oil. Add beef, 1/3 at a time; stir fry 1 min or until browned. Return all beef and vegetables to skillet. Stir together remaining ingredients; stir into beef mixture. Stirring constantly, bring to boil over medium heat and boil 1 min. If desired, serve over rice. Serves 4.

Layered Bean Dip

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|---|---|
| 1 31-ounce can (or 2 16-ounce cans)
OLD EL PASO® Refried Beans | 1 jar (16 ounces) OLD EL PASO®
Taco Sauce; mild, medium or hot,
divided usage |
| 1 can (4 ounces) OLD EL PASO®
Chopped Green Chilies, drained | 1-1/2 cups sour cream |
| 1 envelope (1-1/4 ounces)
OLD EL PASO®
Taco Seasoning Mix | 3 cups shredded lettuce |
| 2 ripe avocados, peeled and pitted | 1-1/2 cups (6 ounces) shredded
Cheddar cheese |
| 2 tablespoons lemon juice | black olive slices |
| | OLD EL PASO NACHIPS® Tortilla Chips |

In a medium bowl, mix together refried beans, green chilies and taco seasoning mix. Spread on a 12-inch round serving platter. Blend avocados, lemon juice and 1/2 cup taco sauce until smooth. Spread on top of bean mixture. Spread sour cream on top of avocado mixture. Top with shredded lettuce, cheese, taco sauce and olive slices. Serve with NACHIPS.
Serves 10 to 12.



OLD EL PASO

AMERICA AND APPLE PIE! THEY GO TOGETHER

Could anything taste more delicious at any season than a big apple pie, happily spiced and lavishly laced with brown sugar? This is such a pie. Make it with any variety of tart apple currently available. Serve it hot, "as is" or add a dollop of sour cream, a scoop of ice cream, or a wedge of sharp cheddar cheese.

BROWN SUGAR APPLE PIE A LA LARK

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|--------------------------|--------------------------------------|
| 7 tart apples | 1/4 teaspoon mace |
| 1 cup brown sugar | 1 tablespoon grated lemon
peel |
| 2 tablespoons flour | 2 tablespoons butter or
margarine |
| 1/8 teaspoon salt | 1 recipe plain pastry |
| 1 1/2 teaspoons cinnamon | |
| 1/4 teaspoon nutmeg | |

Pare and core apples; slice thin. Combine brown sugar, flour, salt and spices and lemon peel; mix with apple slices. Line 9-inch pie pan with pastry. Fill heaping full with apple mixture. Dot with butter. Adjust top crust; cut slits in crust to allow steam to escape. Seal edges of pastry; crimp or flute. Bake at 450 degrees for 10 minutes; lower heat to 350 degrees and bake 40 minutes longer. Serve hot.



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AN EASY, DELICIOUS CURRY TO SERVE WITH LAMB CHOPS
Surprise your guests with this novel and delicious way of serving lamb chops.

ENGLISH LAMB CHOPS WITH APPLE-CURRY SAUCE

- | | |
|------------------------------------|----------------------------|
| 2 tablespoons vegetable oil | 2 tablespoons curry powder |
| 1 large sweet onion, thinly sliced | 2 cups chicken broth |
| 2 cups chopped apples | 1 tablespoon lemon juice |
| 3 tablespoons flour | ½ cup flaked coconut |
| 1 teaspoon salt | 6 English lamb chops |
| ¼ teaspoon pepper | 4 cups hot parsleyed rice |

Heat oil in frying pan. Cook onion and apples in oil over low heat until tender, but not brown. Combine flour, salt, pepper and curry powder; blend in. Add broth and lemon juice. Cook and stir over low heat until slightly thickened. Cover; cook 20 minutes, stirring often. Add coconut. Meanwhile broil lamb chops to desired degree of doneness (15 to 20 minutes), turning once, with surface of meat 3 to 4 inches below source of heat. Serve chops on hot, parsleyed rice with curry sauce on the side. Makes 6 servings.

IN CASE YOU'RE WONDERING

There's good news for you weight watchers. A medium-sized apple has only about 90 calories and only 11 grams of carbohydrates.

APPLES ARE RIGHT AT HOME FOR THAT FAMILY PARTY

Whether it's a family gathering or a festive evening with friends, apple cider is a basic ingredient for delicious punch.

CIDER FRUIT PUNCH

- | | |
|-------------------------------|---|
| ½ cup sugar | 1/3 cup lemon juice |
| ½ cup boiling water | 2 quarts sweet cider |
| 1 cup orange juice | 1 quart bottle sparkling water, chilled |
| 1 pint canned pineapple juice | |

Melt the sugar in the boiling water. Combine the fruit juices and stir. Refrigerate. Just before serving, add the sparkling water. Fills about 30 punch glasses.

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.

SEAFOOD MANDARIN

- 1 ½ cups dry MINUTE® Rice
- 2 tablespoons butter or margarine
- 1 tablespoon oil
- 1 small green pepper, seeded and cut into large chunks
- ½ cup diagonally sliced scallions (reserve greens for garnish)
- 1 pound codfish fillet, cut into one-inch chunks

SAUTE rice in butter until golden.

ADD oil, green pepper and scallions. Saute for 2 minutes. Add fish and chicken broth mixture. Stir gently.

STIR IN spices and soy sauce. Bring to a full boil. Add orange sections. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with scallion greens. Makes 4 servings.

- 1 can (11 oz.) mandarin orange sections (reserve syrup)
- 1 ½ cups liquid—combine syrup from mandarin oranges and chicken broth
- ½ teaspoon garlic powder
- ¼ teaspoon ginger
- ¼ teaspoon salt
- ½ teaspoon soy sauce



CHICKEN ITALIA

- 1 pound chicken breast fillets, skinned and slivered
- 1 medium onion, chopped
- 2 tablespoons butter or margarine
- 1 small zucchini, cut into thin strips
- 1 clove garlic, finely minced
- 1 ½ cups chicken broth

- 1 tablespoon lemon juice
- ½ teaspoon basil leaves
- ¼ teaspoon salt
- Dash of pepper
- 1 ½ cups dry MINUTE® Rice
- 8 cherry tomatoes, halved
- 2 tablespoons chopped parsley

SAUTE chicken and onion in butter until well browned.

ADD zucchini and garlic, and cook 1 minute. Add broth, lemon juice, basil and seasonings. Bring to a full boil.

STIR IN rice. Add tomatoes. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with parsley. Makes 4 servings.



MENU

Corn Chips with Hot Sauce Fajitas*
Fresh Pineapple Slices with Pineapple Sherbet
*Recipe included

FAJITAS

Makes 4 servings at \$2.27 each.

Nutrient Value Per Serving: 607 calories, 34 gm. protein, 25 gm. fat, 52 gm. carbohydrate, 345 mg. sodium, 77 mg. cholesterol.

Marinade (recipe follows)

- 1 pound flank steak, cut into 2x½x¼-inch strips
- 8 flour tortillas (8-inch)
- 2 tablespoons vegetable oil
- 1 medium-size sweet green pepper, seeded and cut into ¼-inch-thick slices

- 1 large onion, halved and cut into ¼-inch-thick slices
- 2 medium-size tomatoes, halved, seeded and cut into thin wedges
- Avocado dip, picante sauce and dairy sour cream for toppings

1. Pour Marinade over steak in bowl. Chill, covered, overnight.
2. Wrap tortillas in foil. Warm in 350° oven for 10 minutes.
3. Heat oil in very large cast-iron skillet over medium-high heat. Remove steak from Marinade. Pat dry with paper toweling. Stir-fry meat in batches, 3 to 4 minutes; push meat to side of skillet as it cooks. Add pepper and onion; stir-fry 3 to 5 minutes. Add tomatoes; stir-fry 2 minutes.
4. Bring skillet to table so everyone can fill a tortilla with meat and vegetables and choose a topping.

MARINADE: Stir together ½ cup Italian salad dressing, ¼ cup fresh lime juice, 2 tablespoons light brown sugar, ¼ teaspoon ground coriander, 1 clove garlic, finely chopped, and ½ teaspoon salt.