

HARVARD BEETS

1 1-lb can (2 cups) diced Beets
1 tbspc Cornstarch
1/4 cup Vinegar

2 tbspc Sugar
1/4 tsp Salt
2 tbspc Butter or Margarine

Drain beets, retaining 1/3 cup liquid. In saucepan, combine sugar, cornstarch & salt. Stir in beet juice, vinegar & butter. Cook & stir till mixture thickens. Add beets; heat through.

Yield: 4-5 servings

Dottie Arnsparger Brockman

BROCCOLI CASSEROLE

2 10-oz boxes Frozen Broccoli
(cooked & drained)
2/3 cup Mayonnaise, Sour Cream, or
Salad Dressing
3/4 cup lightly toasted Bread Crumbs

1/4 cup chopped Onion
1 11-oz can Cream of Mushroom
Soup
2 Eggs, beaten
1/2 stick Butter

Mix all ingredients except bread crumbs & butter. Place in deep casserole & top with crumbs, then dot with butter. Bake at 350° for 35 minutes. *"You can also mix 1/2 cauliflower & 1/2 broccoli."*

Louise Felker Hunter

BROCCOLI CASSEROLE

1 small box Minute Rice
1 pkg Frozen Broccoli
1/2 cup chopped Onion
1/2 cup chopped Celery

1 jar Cheese Whiz
1 can Cream of Chicken Soup
1 can Cream of Mushroom Soup

Saute onion & celery until done (clear). Cook rice & broccoli according to pkg directions. Mix all ingredients together. Pour into casserole dish. Bake at 400° until hot & bubbly.

Judy Oak Teeas

BROCCOLI-CHEESE CASSEROLE

2 10-oz pkg Frozen Chopped
Broccoli
1/4 cup Milk
1/2 cup coarsely crumbled Saltine
Crackers (12 crackers)

1 can Condensed Cheese Soup
1/4 tsp Salt
Dash Pepper
1 tbspc Butter or Margarine, melted

Cook broccoli according to pkg directions; drain well. Place in 1-quart casserole. Blend together soup, milk, salt & pepper. Stir into broccoli. Combine crumbs & butter or margarine; sprinkle atop casserole. Bake at 350° for 30 minutes or till heated through.

Yield: 6 servings

Hilda Oak Ziegler

BROCCOLI-RICE CASSEROLE

2 boxes chopped Broccoli	2 1/4 cups Minute Rice
1 can Cream of Mushroom Soup	1 can Cream of Chicken Soup
1 large jar Cheese Whiz	

Cook rice & broccoli. Mix cheese & soups together. In this order, pour rice, broccoli & soup mixture into 13x9" pan. Bake at 325° for 25 minutes.

Diana Brockman Mullins

CABBAGE AU GRATIN

4 cups shredded Cabbage	2 tbsp melted Butter or Margarine
1 1/2 tbsp All-Purpose Flour	1/2 tsp Salt
1/2 tsp Pepper	1 cup Milk
1 cup shredded Cheddar Cheese	3 tbsp Sugar
2 cups Bread Crumbs	4 tbsp melted Butter or Margarine

Boil cabbage for 5 minutes; drain well. Combine flour, sugar, salt & pepper; mix. Then, add milk, the 2 tbsp butter & the cheese. Cook over low heat, stirring constantly, until smooth & thickened. Cheese does not have to be melted all the way. Alternate layers of cabbage, sauce & more cheese in greased 1 1/2-quart casserole. Combine bread crumbs & the 4 tbsp melted butter, stirring until moistened. Sprinkle crumbs over casserole. Bake at 350 ° for 25 minutes.

Louise Felker Hunter

SCALLOPED CABBAGE CASSEROLE

1 head Cabbage	1 cup Milk
1/2 stick Butter	1/2 cup shredded Cheese
1/4 cup Flour	Salt to taste
Bread Crumbs	

Shred cabbage about 1/2" wide. Cook in small amount of water, salted to taste, in covered pan. Boil rapidly only 5 minutes. Drain in colander, saving 1 cup liquid. Melt butter in small pan; stir in flour & milk. Cook until mixture thickens, adding just enough cabbage liquid to make the right consistency of white sauce. Place a layer of cabbage in 1 1/2-quart casserole, then a layer of sauce, sprinkle cheese. Repeat, ending with remaining cheese. Sprinkle with bread crumbs. Bake at 350° for 10-15 minutes or until bubbly. For a zestier dish, seasoned flour or bread crumbs can be used.

Joan Black Arnsparger

SWEET & SOUR CABBAGE

3 tbsp Vegetable Oil
2 lb, about, Red Cabbage, shredded
2 tbsp Red Wine Vinegar
1/2 cup Water

1 small Onion, peeled & minced
2 Apples, cored & chopped
2 tbsp Honey

Heat oil in saucepan & add onion. Cook 2 minutes, then add apples. Cook 2 minutes more, then stir in cabbage, vinegar, honey & water. Cover & simmer over medium heat for 1/2-1 hour. Adjust seasonings. *"I like green cabbage in this."*

Yield: 4 servings

Faye Oak Hunter

GLAZED BABY CARROTS

1 jar Baby Carrots, drained
2 tbsp Butter or Margarine

1/3 cup Brown Sugar

Heat brown sugar & butter together till sugar dissolves. Add carrots. Cook over medium heat turning till well glazed, 10-15 minutes. *"Yield is right, unless I'm at the table then the yield would be 1-2 servings."*

Yield: 4 servings

Dottie Arnsparger Brockman

CAULIFLOWER-CHEESE CASSEROLE

1 head Cauliflower
1 cup Mayonnaise
2 Eggs 1 cup Cracker Crumbs

1 cup Celery Soup
1 cup Cheddar Cheese, grated

Cook cauliflower 10 minutes. Drain. Mix next 4 ingredients together with cauliflower. Put cracker crumbs on top. Bake at 350° for 30 minutes. *"Can also use cabbage for cauliflower."*

Nellena Adams Adcock

CORN PUDDING

2 cans Cream Style Corn
1/2 cup Milk
1/2 stick Margarine
2 tbsp Flour

1 Egg
Salt to taste
Pepper to taste

Mix all together. Pour into greased baking dish. Dot with margarine. Bake at 350° for 1/2-1 hour.

Wilda Oak Arnsparger

CORN PUDDING

2 cans Frozen, Whole Kernel Corn	1 tsp Salt
4 tbsp Flour	1 well beaten Egg
1 tbsp Butter or Margarine	2 cups Milk
2 tsp Sugar	

Mix corn, flour, sugar & salt. Combine well beaten eggs, melted butter & milk. Mix with corn mixture. Pour into a greased baking dish. Stir from bottom 2 or 3 times during the 1st 30 minutes of baking time. Bake at 350° for 1 hour.

Yield: 4 servings

Faye Oak Hunter

BAKED CORN PUDDING

2 10-oz pkg Frozen Corn, thawed & drained	1 tbsp Sugar
3 Eggs, well beaten	Dash Nutmeg
1 tsp grated Onion	2 tbsp Butter or Margarine, melted
1/4 cup unsifted All-Purpose Flour	2 cups Light Cream
2 tsp Salt	1 can (4 oz Pimentos, drained & coarsely chopped
1/4 tsp White Pepper	

Lightly grease a 1 1/2-quart, shallow baking dish. In large bowl, combine corn, eggs & onion; mix well. Combine flour, salt, pepper, sugar & nutmeg. Stir into corn mixture. Add butter, cream & pimentos; mix well. Pour into prepared dish. Set dish in pan. Pour hot water to 1" depth around dish. Bake at 325°, uncovered, for 1 hour, or until pudding is firm & knife inserted in center comes out clean. Serve hot. Cut into squares.

Yield: 8 servings

Hilda Oak Ziegler

CORN PUDDING MADE EASY

1 can Whole Kernel Corn- vacuum packed or drained	1 can Cream Style Corn
1/4 cup Sugar	1/4 cup Flour
1/4 cup Milk	2 Eggs

Spray 1 1/2-quart casserole with Pam. In mixing bowl combine flour & sugar. Add eggs & milk. Mix thoroughly. Blend in corn. Pour into casserole. Bake at 375° for 45 minutes or until firm & golden brown.

Dottie Arnsparger Brockman

CRANBERRY SAUCE

2 cups Cranberries	1 cup Sugar
1 Apple, seeded & unpeeled	1/2 Lemon, seeded & unpeeled
1/4 cup Raisins	1/4 cup Pecans
1 1/2 tsp Gran-Mariner	

Chop ingredients in food processor, mix all together. Serve Chilled.

Yield: 12 servings

Faye Oak Hunter

GREEN BEAN CASSEROLE

2 cans Green Beans
1 1/2 cups French Fried Onions
1 can Condensed Cream of Mushroom Soup
Mast green beans & soup together. Place 1/2 cup French fried onions on top of mixture. Bake at 350° for 20 minutes. Stir casserole & place 1 cup French fried onions on top. Bake for 10 more minutes.

Jodie Mathews Hunter

HASH BROWN CASSEROLE

2 cups Velveeta Cheese, grated
1 stick Butter
1 (8-oz) carton Sour Cream
Corn Flakes, crushed
1 pkg (2 lb) Frozen Hash Browns
1 can Cream of Chicken Soup
1/2 cup chopped Onion Flakes
Thaw hash browns until they break apart. Place 1/2 butter in bottom of dish. Add hash browns, then mix cheese, soup, sour cream & onions. Pour over hash browns. Add rest of butter, then top with crushed corn flakes. Bake at 350° for 45 minutes or until bubbly.

Linda Zeigler Hunter

MACARONI & CHEESE

1 lb box Large Elbow Macaroni
1/4 cup Flour
1 lb block Sharp Cheddar Cheese, cubed
1/2 cup Milk
1 stick Butter or Margarine, sliced
Salt to taste
Pepper to taste
Cook macaroni according to pkg directions; drain. In measuring cup, mix milk & flour until blended. Pour macaroni in 13x9x2" baking dish; add milk mixture & cheese. Salt & pepper to taste. Place butter slices on top. Bake at 325 until cheese melts & top is lightly browned.
"Spraying dish with Pam helps immensely in clean-up mode."

Yield: 6-8 servings

Myrna Arnsparger Lane

MACARONI & TOMATOES

1 lb box Medium Shell Macaroni
1/4 cup Sugar
Pepper to taste
2 cans Stewed Tomatoes
Salt to taste
Cook macaroni according to pkg directions; drain. Stir in tomatoes & sprinkle with sugar. Salt & pepper to taste. Cook at medium heat, stirring occasionally to prevent macaroni from sticking. Cooking about 30 minutes is GOOD!

Myrna Arnsparger Lane

MARINATED ONIONS

4 large Onions, peeled, sliced &
separated into rings
1/2 cup Salad Oil
1 tsp Salt

3 oz crumbled Blue Cheese
2 tbsp Lemon Juice
1 tsp Sugar

Combine all ingredients & cover. Let stand in refrigerator for 24 hours. Serve as a relish dish or side vegetable dish.

Cathy Ziegler Anderson

GOLDEN POTATO BAKE

2 lb, about 6 medium, Potatoes
2 tbsp Butter or Margarine,
softened
Pepper to taste

1 16-oz can diced Carrots, drained
Hot Milk
Salt to taste

Pare potatoes. Cook in boiling, salted water till tender; drain. Add carrots. Mash with mixer using lowest speed. Gradually add enough milk to make light. Stir in butter or margarine & a little salt & pepper. Turn into 2-quart casserole. Dot with additional softened butter. Bake at 350° for 25 minutes.

Yield: 8 servings

Hilda Oak Ziegler

POTATO CASSEROLE

1 2-lb pkg Frozen Hash Brown
Potatoes
2 cans Cream of Celery Soup
Salt to taste

1 cup Sour Cream
2 cups grated Cheese
1/2 cup chopped Onion
Pepper to taste

Defrost potatoes. Add remaining ingredients & mast together. Bake at 350 ° for 45 minutes.

"I use cream of mushroom soup & put 1 cup of cheese on top. This serves 10 & is very good."

Yield: 10 servings

Judy Oak Teeas

SCALLOPED POTATOES

6-9 medium Potatoes
1 can Cream of Chicken Soup
1 1/2 cup Corn Flakes or Potato Chips

1 stick Butter, melted
1/4 cup Onion, chopped

Cook potatoes in the skins until half done. Peel & grate or slice potatoes thinly. Combine onion, soup & butter. Stir into potatoes. Put in baking dish. Sprinkle with corn flake crumbs. Bake at 350° for 40 minutes.

Wilda Oak Arnsparger

CREAM OF VEGETABLE SOUP CHART

VEGETABLE	ARTICHOKE	CHOPPED BROCCOLI	SLICED CARROTS	CAULI- FLOWER	CHOPPED SPINACH
AMOUNT	2 pkg, 9 oz ea	2 pkg, 10 oz ea	2 pkg, 10 oz ea	2 pkg, 10 oz ea	2 pkg, 10 oz ea
SEASONINGS	1 Garlic Clove 2 tsp Lemon Juice 1/2 tsp Salt 1/8 tsp White Pepper	1/4 cup sliced Green Onions 1/2 tsp Salt 1/8 tsp Mace	1/4 cup chopped Onion 2 tbsp Fresh Dill or 1 1/2 tsp Dillweed 3/4 tsp Salt	1/3 cup chopped Celery 1/2 tsp Curry Powder 1/2 tsp Salt	2 tbsp chopped Onion 1/2 tsp Salt 1/4 tsp Nutmeg
CHICKEN BROTH	2 cups	2 cups	1 cup	2 cups	1 cup
BUTTER or MARGARINE	3 tbsp	3 tbsp	3 tbsp	3 tbsp	3 tbsp
FLOUR	3 tbsp	3 tbsp	3 tbsp	3 tbsp	3 tbsp
MILK	2 cups	2 cups	3 1/2 cups	2 1/2 cups	2 1/2 cups
GARNISH	Garlic Croutons	Dollop of Sour Cream	Sprig of Dill	Chopped Chives	Grated Lemon Peel
YIELD	5 cups	6 cups	6 cups	6 cups	6 cups
CALORIES PER CUP	185	155	190	160	155

PROCEDURE:

In medium saucepan, cook frozen vegetable & seasonings listed above (check individual recipes) in chicken broth as indicated on pkg directions. Puree in blender or food processor. Strain, if desired; set aside. In same saucepan, melt butter or margarine. With wire whisk, stir in flour & cook, stirring constantly, until smooth & bubbly, about 1 minute. Slowly blend in milk. Bring just to boil, stirring frequently with whisk. Stir in pureed vegetable mixture; heat through. Garnish if desired.

Faye Oak Hunter

SPINACH CASSEROLE

1/2 cup Butter or Margarine
1 pint Sour Cream
1/8 cup Bacon Bits

1/2 small Onion
2 cups chopped Spinach
Bread Crumbs

Saute onion in butter until fully cooked. Mix sour cream, spinach & bacon bits in 2-quart baking dish. Pour butter & onions over spinach mixture. Top with bread crumbs. Bake at 375 for 30 minutes.

Dottie Arnsparger Brockman

STUFFED BUTTERNUT SQUASH

2 medium Butternut Squash
3 tbsp Pine Nuts
4 tbsp Butter or Margarine

1/4 lb loose, hot Breakfast Sausage
1 cup soft Bread Crumbs (2 slices
bread put through blender)

Split squash lengthwise, then cut off necks about 2" above seed-filled pockets. Wrap these necks in plastic & refrigerate to serve with another meal. Scoop seeds out of squash. Set a steaming rack in a large saucepan, add about 1" of water & bring water to boil. Place 4 squash cups into saucepan & steam, covered for 10 minutes. Meanwhile, brown sausage. When nearly all the meat has browned, drain fat & add pine nuts. Continue cooking & stirring until nuts are golden, then add bread crumbs & stir until mixture is thoroughly mixed. Remove from heat. Place squash in oven-proof casserole & fill cavities with stuffing mixture. Place a pat of butter or margarine on top of each squash half, then bake, uncovered, at 325° for 20 minutes, or until squash meat is fork tender.

Yield: 4 servings

Faye Oak Hunter

CANDIED SQUASH

1 Yellow Squash
1 cup Sugar

1/3 cup Oil

Cut up squash & fry in pan with oil. Sprinkle sugar over squash & fry until squash starts sticking to pan.

Rachel Hunter Foley

CANDIED SWEET POTATOES

6 medium Sweet Potatoes or 2 cans
Sweet Potatoes, drained
1/4 cup Butter or Margarine
1/2 cup Miniature Marshmallows

1/2 cup Brown Sugar
1/4 cup Maple Syrup
1/2 tsp Salt

If using fresh potatoes, cook & peel. Cut in 1/2" slices. Place a layer in bottom of buttered 1 1/2-quart casserole. Sprinkle with brown sugar & salt. Dot with butter. Continue layers till all ingredients are used, ending with sugar & butter. Add marshmallows to cover top during last 5 minutes of baking time to melt & brown lightly. Bake uncovered at 375 for about 30 minutes or till glazed. *"I usually use vacuum pack, but have used with syrup. Sometimes, I retain part of the syrup & thicken with cornstarch."*

Dottie Arnsparger Brockman

KENTUCKY BOURBON SWEET POTATOES

(The Old Talbott Tavern, Bardstown, Kentucky)

3 cans (1 lb, 2 oz-size) vacuum-
packed Sweet Potatoes
1 cup Sugar
1/3 cup Bourbon

1/2 cup Butter or Margarine
1/2 tsp Vanilla Extract
2 cups Miniature Marshmallows

Turn sweet potatoes into large saucepan. Cook over medium heat, stirring frequently, until heated through. Mash sweet potatoes. Add sugar, bourbon, butter & vanilla; beat until well blended. Turn into 2-quart, shallow baking dish. Sprinkle marshmallows over top. Bake uncovered at 350° for 30 minutes, or until marshmallows are golden.

Yield: 9 servings

Joan Black Arnsparger

BREADED TOMATOES

1 can Stewed Tomatoes
2 slices Bread, crumbled

1/4 cup Sugar
1/2 stick Butter or Margarine,
sliced

Place tomatoes, sugar & bread crumbs in 1-1 1/2-quart baking dish. Dot with butter. Bake at 350° for 25-30 minutes. *"Mom & Dottie do theirs on top of the stove, but mine's best."*

Yield: 4 servings

Myrna Arnsparger Lane

TURNIP-CARROT GRATIN

2 cups grated Turnips	1 tsp Salt
5 tbsp Butter or Margarine	3/4 cup Fresh Bread Crumbs, about
1 tbsp Flour	2 slices
2 cups grated Carrots	1/2 tsp Sugar
1 tsp Dried Dill Weed	Salt to taste
Freshly Ground Pepper to taste	3/4 cup Heavy Cream

Place grated turnips in a strainer or colander & sprinkle with 1/2 tsp salt. Toss & sprinkle with remaining salt. Set in sink or over a plate to drain. Melt 2 tbsp of the butter in a large skillet. Add bread crumbs & toss over medium heat to toast. Set aside. Press water out of turnips. Rinse, pat dry & toss with flour. Melt remaining butter in skillet & add turnips, carrots & sugar. Turn heat to low, cover & cook 10 minutes. Uncover & stir in dill, salt & pepper to taste. Turn into a 1-quart dish, pour cream over all & sprinkle with bread crumbs. Bake at 400° for 15 minutes, or until brown & bubbly. Serve with roast turkey or center-cut ham slices & peas & fried green tomatoes (with chili sauce) if you have them.

Yield: 6 servings

Faye Oak Hunter

VEGETABLES-ORIENTAL STYLE

2 pkg Bird's Eye Frozen Vegetable	Rice (Oriental Style)
1 cup Crunchy Oriental Noodles	1 lb boneless, skinless Chicken
Soy Sauce	Breast
Salt to taste	Pepper to taste

Cook chicken in skillet with some oil. Add salt & pepper. Cook vegetable according to pkg directions. Mix cooked chicken in with vegetables. Simmer on low heat. Serve with rice & crunchy noodles.

Simone Hunter

ZUCCHINI & SPAGHETTI

1 large Onion, chopped	4-5 cloves Garlic, chopped
1 large or 3 small Zucchini, sliced	4-6 fresh Tomatoes, chopped
Salt to taste	1/2-1 lb Spaghetti
Pepper to taste	Parmesan Cheese

In saucepan, saute onion & garlic in oil. Add zucchini; cook until nearly tender. Add tomatoes, salt & pepper. Simmer while cooking spaghetti. Drain spaghetti. Put in bowl & sprinkle Parmesan Cheese over all; stir. Add sauce. Mix. Top with additional cheese.

Grace Stethen Robinson

STEWED ZUCCHINI

4 Zucchini, sliced
2 cans Tomatoes
1 tsp Salt

2 White Onions, chopped
1/2 cup Water
1 tbsp Sugar

Put zucchini & onions in pan with water. Boil till tender. Add salt, tomatoes & sugar & let simmer for about 20 minutes.

Rachel Hunter Foley