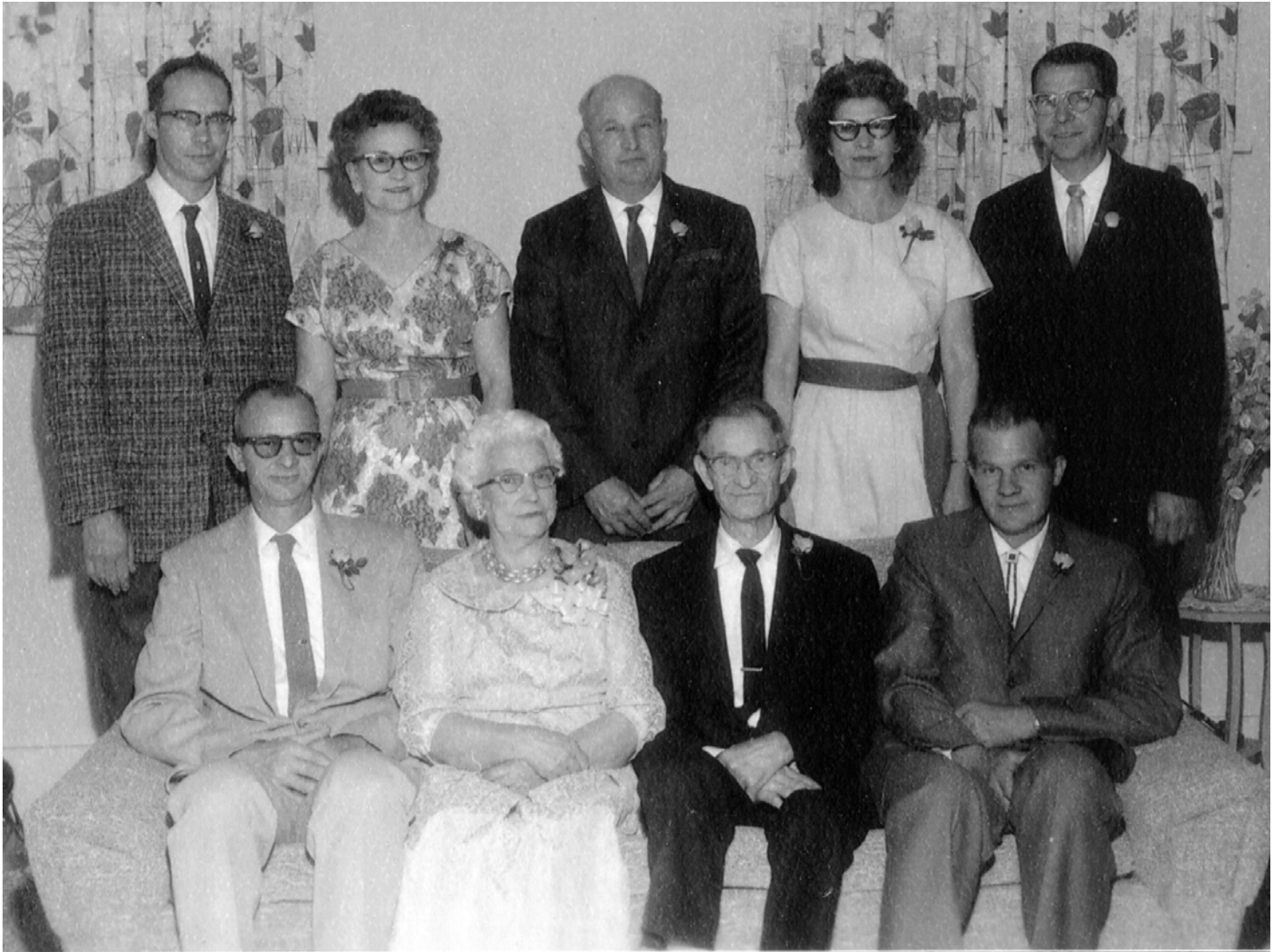


SILER REUNION 2004



Alfred & Minnie Siler's 50th Wedding Anniversary

COOKBOOK

3-LAYER RHUBARB DESSERT

Servings: 12

Jan Bentsen

1 cup butter
2 cups flour
2 tablespoons sugar
5 cups rhubarb, chopped
6 egg yolks
2 cups sugar
4 tablespoons flour
1 cup cream
6 egg whites
1/4 cup sugar
2 teaspoons vanilla
1 pinch salt

First layer: Crumble together first 3 ingredients. Press into 9 x 13 inch pan. Bake for 10 minutes at 350 degrees F.

Second layer: Combine together next 5 ingredients. Pour on top of crust. Bake for 50 minutes at 350 degrees F.

Third layer: Beat the egg whites stiff. Add the sugar 2 T. at a time. Add the vanilla and salt and put on top of baked filling. Bake 10-15 minutes at 350 degrees F.

Per Serving (excluding unknown items): 473 Calories; 23g Fat (43.6% calories from fat); 7g Protein; 61g Carbohydrate; 2g Dietary Fiber; 165mg Cholesterol; 208mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 4 1/2 Fat; 2 1/2 Other Carbohydrates.

ARTICHOKE SPINACH DIP

Terry McEachern

2 cups mayonnaise
1 cup parmesan cheese, Kraft (green can)
1 cup shredded mozzarella cheese
1 can artichoke hearts, water-packed, well drained
1 can spinach, well drained (or frozen spinach - thawed & drained)
garlic powder, to taste
tabasco sauce, to taste

Drain artichokes and spinach thoroughly (press hard against sieve).

Mix all ingredients.

Place in small casserole dish. Broil 5 minutes or until light brown and warmed through.

Serve with crackers.

Per Serving (excluding unknown items): 3928 Calories; 426g Fat (92.1% calories from fat); 66g Protein; 16g Carbohydrate; 5g Dietary Fiber; 318mg Cholesterol; 4564mg Sodium. Exchanges: 8 Lean Meat; 2 Vegetable; 37 Fat.

AUNT NADINE'S CHEESECAKE CUPCAKES

Servings: 18

Submitted by Sheri Bentsen Uecker

24 ounces cream cheese, softened
1 cup sugar
5 large eggs
1 1/2 teaspoons vanilla
1 cup sour cream
1/4 cup sugar
1/2 teaspoon vanilla
jelly, jam or cherry pie filling

Preheat oven to 300 degrees F. Line cupcake pans with paper cupcake liners.

Cream 3 8-oz pkgs cream cheese with 1 cup sugar.

Add eggs plus vanilla. Mix well. Batter will be lumpy.

Spoon into cupcake pans. Bake for 40 minutes at 300 degrees (do not brown).

Remove from oven and cool for 5 minutes.

Mix 1 cup sour cream, 1/4 cup sugar, 1/2 teaspoon vanilla. Spoon into depression in each cupcake.

Dot with 1/4 t. jam, jelly or cherry pie filling and return to oven for 5 minutes.

Per Serving (excluding unknown items): 233 Calories; 17g Fat (65.2% calories from fat); 5g Protein; 16g Carbohydrate; 0g Dietary Fiber; 99mg Cholesterol; 134mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

BAKED CHICKEN REUBEN

Servings: 8

Sue Bentsen Bonomo

4 whole chicken breast, split, skinned & boned
1/4 teaspoon salt
1/8 teaspoon pepper
16 ounces sauerkraut, well drained
4 slices swiss cheese, 6 x 4 inches
1 1/4 cups thousand island salad dressing

Preheat oven to 325 degrees F.

Place chicken in a single layer in greased baking pan. Sprinkle with salt and pepper.

Press excess liquid from sauerkraut and spoon over chicken.

Arrange the cheese slices over the sauerkraut. Pour dressing evenly over the top.

Cover pan with aluminum foil. Bake about 1-1/2 hours or until chicken is tender.

Per Serving (excluding unknown items): 621 Calories; 43g Fat (62.7% calories from fat); 47g Protein; 10g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 954mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat.

BANANA NUT BREAD

Servings: 12

Sue Bentsen Bonomo

1/2 cup shortening

1 cup sugar

2 large eggs, beaten

3 bananas, whipped

2 cups flour

1 teaspoon soda, mixed with flour

Cream oleo or shortening with sugar.

Next add eggs, then bananas, then the flour mixture.

Turn into well-greased bread tin. Bake at 350 degrees for approximately 1 hour.

Per Serving (excluding unknown items): 254 Calories; 10g Fat (33.5% calories from fat); 3g Protein; 40g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 10mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 Fat; 1 Other Carbohydrates.

BLACK BOTTOM CUPCAKES

Servings: 18

Judy Siler

CAKE

1 1/2 cups all-purpose flour

1 cup sugar

1 teaspoon baking soda

1/4 cup cocoa powder

1/2 teaspoon salt

1/3 cup oil

1 tablespoon vinegar

1 teaspoon vanilla

FILLING

8 ounces cream cheese, softened

1 large egg

1/3 cup sugar

1/8 teaspoon salt

6 ounces chocolate chips

CAKE: Mix the dry ingredients. Beat in the oil, vinegar and vanilla.

FILLING: Beat ingredients together. Stir in chocolate chips.

Fill lined cupcake tins 1/3 full with chocolate cake mixture.

Top each with a heaping teaspoon of cream cheese filling.

Bake at 350 degrees F for 25 minutes.

Per Serving (excluding unknown items): 227 Calories; 12g Fat (44.6% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 186mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1 1/2 Other Carbohydrates.

BLOODY MARY BY THE PITCHER

Steve Siler

BLOODY MARY MIXTURE

46 ounces tomato juice

12 ounces vodka

2 teaspoons prepared horseradish

2 teaspoons celery salt

2 teaspoons Worcestershire sauce

1 teaspoon coarsely ground pepper

1/4 teaspoon Tabasco sauce

KICKERS by the splash or dash

lemon juice

lime juice

green olive juice

crushed garlic or garlic salt

red pepper flakes

bitters

GARNISHES

pickled asparagus

pimento or garlic-stuffed green olives

celery sticks

Mix Bloody Mary ingredients. Chill.

Provide kickers as desired.

Add your choice of garnish.

Per Serving (excluding unknown items): 1038 Calories; 2g Fat (5.0% calories from fat); 11g Protein; 61g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 8015mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

BROCCOLI SALAD

Servings: 6

Nadine Bentsen

SALAD

3 cups broccoli florets

1/2 cup shredded cheddar cheese

1/3 cup raisins

1/4 cup red onion, chopped

DRESSING

1/2 cup mayonnaise, or salad dressing

2 tablespoons sugar

2 teaspoons lemon juice

1/3 cup sunflower seeds (add just before serving)

Combine all salad ingredients.

In a small bowl, combine all dressing ingredients and mix well.

Pour dressing over salad. Toss to combine. Refrigerate for a couple of hours.

Just before serving, stir in 1/3 cup sunflower seeds.

Per Serving (excluding unknown items): 269 Calories; 23g Fat (71.4% calories from fat); 6g Protein; 15g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 174mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

CALIFORNIA GOUDA-STUFFED MUSHROOMS

Servings: 8

Kriss Siler

6 ounces pancetta, finely diced
2 T butter
1 small onion, finely diced
3 cloves garlic, minced
1 c spinach leaves, packed and chopped
2 c Gouda Cheese, shredded
3/4 cup fresh bread crumbs
2 T chopped fresh basil
salt and freshly ground pepper to taste
24 mushroom caps (2-inch Crimini)

Preheat oven to 400°F.

In medium skillet, sauté pancetta over medium-high heat until crisp, about 3 minutes. Remove to a mixing bowl. Discard fat from skillet.

Melt butter in same skillet over medium heat.

Add onion and garlic, sauté 3 minutes. Stir in spinach; cook just until wilted.

Add to pancetta; allow to cool slightly. Stir in cheese, bread crumbs and basil. Season with salt and pepper.

Place mushrooms on baking sheet. Mound about 2 1/2 tablespoons cheese mixture into center of each mushroom cap.

Bake for 8 minutes. Serve hot.

Per Serving (excluding unknown items): 391 Calories; 33g Fat (74.5% calories from fat); 16g Protein; 9g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 1069mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.

CAULIFLOWER SALAD

Servings: 8

Jan Bentsen

SALAD

1 head cauliflower

1 bunch green onions, sliced

4 stalks broccoli

6 carrots, shredded

DRESSING

1 cup Miracle Whip®

1/4 cup sour cream

1/4 cup Dorothy Lynch homestyle salad dressing

1 tablespoon vinegar

1 tablespoon Worcestershire sauce

1 tablespoon sugar

1 dash salt

1 dash tabasco sauce

Tear and cut cauliflower and broccoli into bite-size pieces. Add green onions and carrots.

Mix dressing ingredients and pour over vegetables.

Per Serving (excluding unknown items): 275 Calories; 17g Fat (49.3% calories from fat); 10g Protein; 28g Carbohydrate; 11g Dietary Fiber; 13mg Cholesterol; 351mg Sodium. Exchanges: 4 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

CHEESE BALL

Sheli Bentsen Hoffland

8 ounces cream cheese

1 tablespoon Accent® seasoning mix

1 tablespoon Worcestershire sauce

4 green onions, chopped

3 ounces dried beef, chopped

Mix the first 4 ingredients together. Form into a ball. Roll in the dried beef. Cover tightly and chill.

Per Serving (excluding unknown items): 963 Calories; 82g Fat (76.3% calories from fat); 43g Protein; 14g Carbohydrate; 2g Dietary Fiber; 285mg Cholesterol; 5579mg Sodium. Exchanges: 6 Lean Meat; 1 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.

CHERRY CHEESE CAKE

Servings: 24

Pauline Siler

1 pkg white cake mix (18 1/4 oz)
16 ounces cream cheese, softened
4 c confectioner's sugar
1 pint whipping cream, whipped
42 ounces cherry pie filling
-for variety can use apple or blueberry pie filling for the cherry filling

Prepare cake mix as directed. Pour into 2 greased 13-9-2" baking pans.

Bake at 350° for 20 minutes or until done. Cool.

In a mixing bowl, beat cream cheese and sugar until fluffy; fold in the whipped cream.

Spread over each cake. Top with pie filling.

Chill for 4 hours or overnight.

Per Serving (excluding unknown items): 333 Calories; 16g Fat (41.4% calories from fat); 3g Protein; 47g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 167mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 3 Other Carbohydrates.

CHICKEN AND SHRIMP SALAD

Steve Siler

2 cups cooked chicken, 1/4-1/2 inch pieces
2 cups salad shrimp
1 cup celery, diced small
1 cup tart apple, diced small
1/2 cup green onion, diced
1 tablespoon fresh garlic, diced
1 tablespoon brown mustard, or 1 t dry mustard

DRESSING

3/4 cup mayonnaise
1/4 cup sour cream

SEASONINGS

salt
coarsely ground pepper
lemon or lime juice
Worcestershire sauce
tabasco sauce
garlic salt
onion salt
celery salt

Chicken pieces and shrimp should be approximately the same size. Chicken must be moist - poach or slow bake.

Shrimp should be fresh or individually quick frozen. Drain, but do not rinse.

Mix all ingredients gently.

Mix mayo and sour cream in 3 to 1 ratio. Add to salad to desired texture.

Add seasonings a dash at a time - be careful! Mix gently.

Top lightly with your choice of one of these: tarragon, basil, parsley, Italian seasoning or paprika. Do not mix in.

Per Serving (excluding unknown items): 2154 Calories; 169g Fat (68.6% calories from fat); 147g Protein; 27g Carbohydrate; 6g Dietary Fiber; 820mg Cholesterol; 2077mg Sodium. Exchanges: 0 Grain(Starch); 20 Lean Meat; 2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 14 1/2 Fat.

CHICKEN PARMESANNA

Servings: 4

Pauline Siler

4 chicken breast halves, boned
2/3 c bread crumbs, seasoned, italian
1/3 c grated Parmesan cheese
1/2 c margarine, melted and divided
1/2 c spaghetti sauce
4 slice mozzarella cheese

Pound chicken breast slightly.

Mix crumbs and parmesan cheese. Dip chicken in 1/4 c margarine, then bread crumbs.

Heat 1/4 c margarine in skillet, brown chicken breast on both sides.

Top each one with some sauce and then a slice of cheese.

Cover and cook 5 minutes or until cheese is melted and chicken is cooked through.

Per Serving (excluding unknown items): 951 Calories; 68g Fat (64.7% calories from fat); 61g Protein; 22g Carbohydrate; 2g Dietary Fiber; 200mg Cholesterol; 1637mg Sodium. Exchanges: 1 Grain(Starch); 8 Lean Meat; 1 Vegetable; 8 1/2 Fat.

CHICKEN SOUFFLE

Servings: 12

Sheri Bentsen Uecker

5 cups cooked chicken, diced
10 slices bread, crusts removed, cubed
2 cans cream of mushroom soup
10 ounces milk (1 soup can full)
2 cups cheddar cheese, shredded
2 tablespoons onions, finely chopped
1/2 teaspoon marjoram
1 cup mayonnaise (not Miracle Whip)
6 large eggs, beaten
1 can cream of mushroom soup
10 ounces sour cream (1 soup can full)
salt and pepper

Put 4-5 cups chicken and bread cubes in bottom of buttered 9 x 13 inch pan.

Mix next 7 ingredients together, pour over chicken mixture and refrigerate overnight.

Bake at 350 degrees for 1 hour.

Mix 1 can soup, 1 can sour cream, and 1-2 small cans mushrooms. Add salt and pepper to taste. Heat.

Pour sauce over souffle when it has finished baking. Serve immediately.

Per Serving (excluding unknown items): 495 Calories; 35g Fat (64.0% calories from fat); 30g Protein; 15g Carbohydrate; 1g Dietary Fiber; 184mg Cholesterol; 688mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.

CRAB SALAD

Servings: 12

Sheli Bentsen Hoffland

2 packages imitation crab

Miracle Whip®

garlic powder, to taste

black pepper, to taste

onion, diced

celery, diced

1 package macaroni, cooked and drained

1 package shredded cheese (or two)

milk, if needed

Cook the macaroni until tender. Drain.

Mix the crab, cheese, onion and celery.

Mix Miracle Whip, garlic powder and pepper.

Mix all together and finish to taste.

Per Serving (excluding unknown items): 47 Calories; trace Fat (6.3% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 120mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Other Carbohydrates.

CREAM CHEESE ICING

Kriss Siler

3 tablespoons butter, softened
8 ounces cream cheese, softened
5 tablespoons grated orange peel
1 pinch salt
2 pounds powdered sugar
orange juice (not concentrate)

Combine butter, cream cheese, orange peel, salt and powdered sugar and enough orange juice to create a creamy consistency.

Per Serving (excluding unknown items): 4658 Calories; 115g Fat (21.6% calories from fat); 18g Protein; 917g Carbohydrate; 1g Dietary Fiber; 342mg Cholesterol; 1165mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Fruit; 21 1/2 Fat; 61 Other Carbohydrates.

FERN'S LAYERED GREEN SALAD

Servings: 8

Kriss Siler

Time just makes this salad get better and better. It should be assembled at least four hours before serving time and 14 hours is better yet.

1 small head iceberg lettuce, washed, drained and shredded
6 green onion, sliced into rings (6 to 8)
6 radishes, thinly sliced (6 to 8)
1 small green bell pepper, seeded and sliced
3 stalks celery, thinly sliced on the diagonal (2 to 3)
2 cups frozen peas, fresh bay peas are better
1 c waterchestnuts, canned, canned thinly sliced
2 t granulated sugar
1/2 cup cheddar cheese, shredded
1 t salt, seasoned salt
1/2 pound bacon, fried
4 eggs, hard-boiled, halved
1 medium tomato, wedges (8)
2 cups mayonnaise

Choose a deep glass serving bowl. Place layers of the following directly into the serving bowl in the order given:

Lettuce, Green Onion, Red Radishes, Green Bell Pepper, Celery, Baby Peas, and Water Chestnuts

Spread the mayonnaise over the peas and chestnuts. Sprinkle with the following: granulated sugar, shredded cheddar cheese, and seasoned salt.

Fry the bacon until crisp. Drain well and crumble the bacon over the top of the salad. Garnish with the hard-boiled egg halves and tomato wedges. Allow one egg half and tomato wedge per person. When serving use a large flat spoon.

Per Serving (excluding unknown items): 877 Calories; 66g Fat (65.1% calories from fat); 17g Protein; 62g Carbohydrate; 4g Dietary Fiber; 157mg Cholesterol; 1173mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 6 1/2 Fat; 3 1/2 Other Carbohydrates.

FERN'S POTATO CASSEROLE

Servings: 8

Kriss Siler

This recipe from Fern is as old as the hills. Ken is the one who taught me how to make the basic recipe 19 years ago. The ham or sausage and chopped onions were my idea. Our entire family, even our 3 year old grandchild, Kade Siler (Kevin's son) and those who don't like onions (Kevin and Steve), and my Dad who doesn't like casseroles, just love this recipe. This recipe has now joined my own side of the family recipes, because it's so easy to prepare and simply scrumptious!

30 ounces hash browns, frozen, thawed and drained

1 carton sour cream (12 oz)

1 can cream of mushroom soup (do not dilute)

1/2 lb shredded sharp cheddar cheese, reserve 1/3

Salt, to taste

Pepper, to taste

Optional Garnish: Paprika and dried or fresh chopped parsley

Preheat oven to 375°

Make sure the potatoes are thawed, or you will "freeze" your hands when you mix the concoction up with your hands.

In a very large bowl, mix all of the ingredients together with your clean hands.

Pour into a large casserole dish. Smooth the mixture out.

Top with the 1/3 reserved sharp cheddar cheese. Sprinkle very lightly with paprika and dried or fresh chopped parsley.

Bake in 375° oven for 45 minutes, or until potato mixture is bubbly hot.

Serve piping hot from the casserole dish using a large, flat spoon.

(Sometimes I also add cubed fully cooked ham or fully cooked Kielbasa sausage, and chopped little green onions, green stems and all.)

Per Serving (excluding unknown items): 279 Calories; 17g Fat (54.7% calories from fat); 10g Protein; 22g Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol; 344mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 Fat.

FERN'S SWEET AND SOUR CARROTS

Servings: 8

Kriss Siler

This dish is not overly sweet and sour, but is actually fairly mild.

2 slices bacon

1 medium green bell pepper, cut in squares

1 medium garlic clove

1 can tomato soup

2 T water

3 c carrot slices, steamed but not overcooked

4 t vinegar

1 t sugar

1/4 cup parsley, chopped (fresh is better)

Cook bacon until crisp. Remove, drain and crumble.

Cook peppers with garlic in bacon drippings.

Stir in bacon and remaining ingredients.

Adjust vinegar and sugar if necessary. (I've never had to adjust the vinegar and sugar).

Per Serving (excluding unknown items): 158 Calories; 1g Fat (5.9% calories from fat); 1g Protein; 40g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 2 Other Carbohydrates.

FRENCH BREAD

Robin Siler

1 1/4 cups warm water
1 package yeast
1 tablespoon shortening
1 tablespoon sugar
1 1/2 teaspoons salt
3 1/2 cups flour

Measure water into a large bowl. Add the yeast and stir until dissolved. Add shortening, sugar, and salt. Mix well. Stir in flour.

Turn out onto a lightly floured board. Knead until the dough is springy and elastic.

Place in a greased bowl and brush the top lightly with shortening. Cover and let rise in a warm place until doubled in bulk.

Punch down. Let rise again until doubled.

Punch down and turn out onto a floured board. Cut dough into 2 equal portions.

Roll each half into an oblong, 8" x 10". Beginning with the wide side, rollup tightly and seal the edge by pinching. Lengthen and taper loaves.

Place loaves on a greased baking sheet and sprinkle lightly with cornmeal. (I don't always do this step)...

Brush with a cornstarch glaze made by mixing 1 teaspoon cornstarch with 2 tablespoons water. (I don't always do this either, it makes the crust extremely crunchy.)

Let rise 1 1/2 hours.

Take a sharp knife and make 1/4-inch-deep slashes at 2 inch intervals.

Bake at 375 degrees for 45 minutes.

Yield: 2 loaves

Per Serving (excluding unknown items): 1775 Calories; 17g Fat (9.0% calories from fat); 48g Protein; 349g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 3219mg Sodium. Exchanges: 22 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.

GRANDMA LOU'S FRESH APPLE CAKE

Servings: 6

Submitted by Joel & Judy Siler

No icing needed (but ice cream is nice).

2 cups apples, peeled and diced

1 large egg

1/4 cup oil

1 cup sugar

1 cup flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

1 cup chopped nuts

Mix apples, egg, oil and sugar in a bowl.

Stir together flour, soda, baking powder, cinnamon and nuts and add to mixture.

Pour into greased and floured 9" square pan.

Bake 40-45 minutes at 350 degrees F.

Per Serving (excluding unknown items): 465 Calories; 23g Fat (43.9% calories from fat); 7g Protein; 60g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 304mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 4 1/2 Fat; 2 Other Carbohydrates.

GRILLED ASPARAGUS SALAD

Servings: 4

Kriss Siler

1 pound fresh asparagus
1 tablespoon grated orange rind
1/4 cup fresh orange juice
1/3 cup olive oil
1/4 cup balsamic vinegar
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
1 lb mixed greens (I use red leaf lettuces torn into small pieces but you can use your favorites)
4 slices cooked bacon, crumbled (optional)
orange rind , cut in thin strips

Snap off tough ends of asparagus; place in a shallow dish.

Combine orange rind and next 6 ingredients in a jar; cover tightly. Shake vigorously. Pour 1/3 of vinaigrette over asparagus; cover and chill 1 hour. Drain.

Grill asparagus, covered with grill lid, over medium-high heat (350° to 400°) 9 to 10 minutes or until crisp-tender; cool.

Toss together salad greens, remaining vinaigrette, and if desired, bacon (for me the bacon is not an option); mound onto 4 plates. Tie asparagus into 4 bundles with string. Cover string with orange rind strips. Chill 1 hour.

Per Serving (excluding unknown items): 263 Calories; 22g Fat (69.2% calories from fat); 8g Protein; 14g Carbohydrate; 6g Dietary Fiber; 5mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

HASH BROWN CASSEROLE

Servings: 12

Joel Siler

2 cans condensed cream of potato soup, undiluted
1 cup sour cream
1/2 teaspoon garlic salt
2 pounds hash browns, frozen
8 ounces shredded cheddar cheese
1/2 cup grated Parmesan cheese

In a large bowl, combine the soup, sour cream and garlic salt. Add potatoes and cheddar cheese. Mix well.

Pour into a greased 13 x 9 inch baking dish and top with parmesan cheese.

Bake uncovered at 350 degrees F for 55-60 minutes or until potatoes are tender.

Per Serving (excluding unknown items): 219 Calories; 13g Fat (50.8% calories from fat); 9g Protein; 18g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 625mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

HOT TURKEY SALAD

Servings: 6

Cheryl Adkins

1 1/2 c cooked chicken, diced or slivered
1 c celery, diced
1 c waterchestnuts, chopped
2 tbsp lemon juice
2 tsp minced onion
1/2 tsp salt
1 dash pepper
1/2 c mayonnaise, or salad dressing
1/4 c milk
2 tbsp grated parmesan cheese

Combine all ingredients except the cheese. Put in a greased 9" pie plate, sprinkle w/cheese.

Bake at 450 for 15 minutes or until slightly browned.

Per Serving (excluding unknown items): 233 Calories; 18g Fat (67.2% calories from fat); 13g Protein; 7g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 366mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

INDRO'S TIRAMISU

Servings: 12

Cheryl Adkins

1/2 kilogram mascarpone cheese
5 eggs, separated
5 teaspoons sugar
espresso coffee (5-10 shots diluted with equal parts water)
white sweet vermouth
cocoa powder
ladyfingers cookies

Whip the yolks with the sugar and add the mascarpone cheese. Whip the egg whites until fluffy with high peaks and slowly fold it into the mascarpone - sugar - egg cream.

Pour a layer of cream into a 9"x13" pan, then a layer of ladyfingers cookies dipped both sides in the coffee, then another layer of cream, then a layer of ladyfingers cookies dipped one side in the vermouth, then another layer of cream. Repeat. End with a layer of cream. Sprinkle with cocoa powder.

Let rest in the fridge for several hours.

Per Serving (excluding unknown items): 222 Calories; 21g Fat (85.3% calories from fat); 4g Protein; 4g Carbohydrate; 0g Dietary Fiber; 135mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Lean Meat; 4 Fat; 0 Other Carbohydrates.

ITALIAN EGGPLANT PARMESAN

Servings: 6

Pauline Siler

**1 1/2 lbs. eggplant
salt**

2 c marinara sauce

6 oz mozzarella cheese, part skim milk, grated

2 tbsp parmesan cheese, grated

Additional parmesan or mozzarella cheese, grated for topping if desired.

Trim ends from eggplant and slice into 1/2" rounds.

Sprinkle both sides of each slice with salt and let stand for 2 minutes.

Rinse salt off and pat dry with paper towels. Place slices in a single layer on a nonstick cookie sheet.

Bake in 350° oven for 15 minutes. Turn slices over and bake another 15 minutes. Slices should be soft when touched with fingertip.

In bottom of nonstick 2-qt shallow baking dish, spread 1/4 c sauce.

Layer half the eggplant, half the remaining sauce and half the mozzarella. Repeat and top with Parmesan cheese.

Bake, covered, at 350° 25 minutes. Uncover and cook for 10 minutes more.

Per Serving (excluding unknown items): 158 Calories; 7g Fat (40.4% calories from fat); 11g Protein; 13g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 527mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.

JAN'S CASSEROLE

Servings: 4

Jan Bentsen

2 cups chicken, cubed
1 cup ham, cubed
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 cup mayonnaise
1 can mushroom pieces, undrained
1 can asparagus, drained
1 cup cheddar cheese, shredded or cubed
1 8-oz package noodles, cooked and drained

You can substitute turkey for the chicken.

Mix all ingredients and bake at 350 degrees F 45 minutes to an hour.

Per Serving (excluding unknown items): 837 Calories; 56g Fat (59.9% calories from fat); 38g Protein; 47g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 1353mg Sodium. Exchanges: 3 Grain(Starch); 4 Lean Meat; 0 Vegetable; 6 Fat.

JOEL'S CROCK POT CHILI

Servings: 12

Joel Siler

2 pounds ground turkey (or hamburger)
56 ounces crushed tomatoes
26 ounces tomato soup
27 ounces tomato sauce
26 ounces diced tomatoes
1 large onion, diced
1 tablespoon garlic powder
2 tablespoons cumin
2 teaspoons oregano
4 tablespoons chili powder (or 5 T.)
2 tablespoons cocoa powder
pepper, to taste
cayenne, to taste

Brown the meat with the diced onion. Combine all ingredients in a crock pot. Simmer about 4 hours.

Have shredded cheddar cheese, sour cream, and hot sauce available as condiments.

Per Serving (excluding unknown items): 229 Calories; 8g Fat (30.0% calories from fat); 18g Protein; 25g Carbohydrate; 6g Dietary Fiber; 60mg Cholesterol; 840mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Vegetable; 1/2 Fat.

KRISS'S BEST STEW

Servings: 8

Kriss Siler

2 lbs beef chuck, trimmed and cubed
oil to brown meat and make a roux
1 onion, chopped
a few T flour (enough to make a roux depending on the amount of oil you use)
3 fresh carrots, sliced on the diagonal (3 to 4)
1 can beef broth (Swanson's is the only brand I'll use)
4 potatoes, peeled and cubed (4 to 6 depending on size)
1 pound canned tomatoes, squished
1 pound green beans, canned, drained
1 bay leaf
pepper, to taste (there is enough salt in the canned ingredients)
1/2 teaspoon marjoram
1 teaspoon thyme
Swanson's beef broth or water to thin, if needed

Use a Dutch oven pot (mine is a very heavy Magnolite). Heat oil in pot. Add meat and brown.

After meat is browned, add enough flour to coat the meat. Brown some more. Add pepper to taste.

Add broth and squished tomatoes. Stir and simmer for about 10 minutes.

Add rest of ingredients, except for the canned green beans. Stir until thick. If too thick for your taste, add more beef broth or water.

Simmer 40 minutes, stirring frequently, or until potatoes and carrots are crisp done. Add canned green beans and simmer for 5 more minutes, just enough to heat the green beans.

I like to serve this stew with fresh French bread.

Per Serving (excluding unknown items): 329 Calories; 18g Fat (49.1% calories from fat); 22g Protein; 20g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 461mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

KRISS'S CREAMY TOMATO SOUP W/GARLIC & SWEET BASIL

Servings: 8

I like to garnish each bowl of soup with shredded or grated fresh parmesan cheese (not the dry Kraft). If you want a purely smooth version of this soup, let it cool thoroughly, then puree in a blender, and reheat until hot. Serve with warm garlic bread (my recipe follows).

Garlic Bread

I make mine with whole Italian Bread, sliced horizontally, lengthwise, with real butter spread over each half; and fresh minced garlic and fresh minced oregano sprinkled over each half. Wrap in foil and bake at 200° until warm, about 15 minutes, or toast each half in a toaster oven or under the broiler.

1 medium yellow onion, finely diced
1 stick butter, not margarine
2/3 cup flour
olive oil
1 head garlic cloves, peeled and finely minced
1 1/3 oz fresh basil, finely minced
2/3 oz fresh oregano, finely minced
64 ounces tomato sauce, or tomato puree
30 ounces chicken broth (2 cans) Swansons
1 T sugar, or real Maple Syrup
1 pint heavy whipping cream, unwhipped
salt, to taste
pepper, to taste
4 oz parmesan cheese, grated or shredded

Melt butter in large Dutch oven.

Sauté onions in butter until onions are translucent. Add finely minced garlic and stir.

Add up to 2/3 cup of flour. Stir to make a roux for around 4 minutes. If roux is too thick, add olive oil to desired consistency. Do not brown the roux or let it burn. Add garlic and stir.

Whisk in chicken broth, then tomato sauce. Taste for acidity. If too acidic, add sugar or maple syrup.

Bring to a simmer. Add finely minced herbs (basil and oregano) and salt and pepper to taste. Simmer for 30 minutes.

Stir in cream or milk and let simmer until hot. If soup is too thick, add water to thin to desired consistency, and let simmer until hot.

Per Serving (excluding unknown items): 600 Calories; 39g Fat (56.5% calories from fat); 14g Protein; 54g Carbohydrate; 4g Dietary Fiber; 124mg Cholesterol; 2115mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 7 Fat; 1 1/2 Other Carbohydrates.

KRISS'S DILL CRACKERS

Kriss Siler

2 boxes Ritz Bitz crackers

1 box Cheezits crackers

1 cup vegetable oil (I use either Crisco or Canola or Sesame)

1 package buttermilk salad dressing, dry

1 teaspoon dill weed

1/2 teaspoon garlic powder (not powdered garlic salt as there is enough salt on the crackers)

Mix together the oil, dry Buttermilk Ranch Dressing mix, dill weed and garlic powder.

Pour this mixture over the all the crackers, mix gently so as not to break the crackers.

Let sit for a couple of hours before eating.

Note: I know this sounds like a lot of oil, but this snack is not in the least greasy. Our branch of the Siler family loves this delicious snack.

Per Serving (excluding unknown items): 3214 Calories; 345g Fat (97.7% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 2079mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 69 Fat.

LASAGNA

Servings: 12

Sheri Bentsen Uecker

2 pounds hamburger
1 pound sausage
1 clove garlic, minced
1 tablespoon parsley, chopped
1 tablespoon basil
2 dashes Tabasco sauce
1 1/2 teaspoons salt
2 cups tomatoes, chopped
12 ounces tomato paste
10 ounces lasagna noodles
24 ounces cottage cheese, creamed, large curd
2 large eggs, beaten
2 teaspoons salt
1/2 teaspoon pepper
1 tablespoon parsley, chopped
1/2 cup parmesan cheese, grated
1 pound mozzarella cheese, sliced

Brown meat slowly. Spoon off excess fat.

Add next 7 ingredients to meat and simmer, uncovered, until thick, stirring occasionally (about 45 minutes.)

Cook lasagna noodles in boiling, salted water until tender. Drain and rinse in cold water.

Combine cottage cheese with the next 5 ingredients.

Place layer of noodles, then meats, then cheese mixture in 9 x 13 pan. Will make 2 or more layers of each. Top with cheese layer.

Bake for 30 minutes at 375 degrees.

Per Serving (excluding unknown items): 713 Calories; 39g Fat (49.5% calories from fat); 37g Protein; 54g Carbohydrate; 2g Dietary Fiber; 131mg Cholesterol; 1887mg Sodium. Exchanges: 3 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat.

NO PEEK CASSEROLE

Servings: 6

Pauline Siler

1 1/2 lb. Stew meat, cut into bit size pieces
1 can mushroom soup
1 pkg onion soup mix
4 ounces mushrooms, sliced
2/3 c. red wine

Brown meat and add to rest of ingredients that have been mixed well.

Bake in covered casserole for 2 1/2 hours at 300°. Don't Peek!

Serve over buttered noodles.

Per Serving (excluding unknown items): 410 Calories; 25g Fat (59.2% calories from fat); 33g Protein; 6g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 1080mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 2 Fat.

O SHERI BARS

Servings: 12

Sheri Bentsen Uecker

1 cup sugar
1 cup light Karo syrup
1 cup peanut butter
7 cups Special K cereal
1 cup chocolate chips
1 cup butterscotch chips

Dissolve sugar in syrup. Heat, but do not boil. Add peanut butter and combine thoroughly.

Pour cereal into a large bowl. Pour melted mixture over cereal and mix well.

Place in well-buttered 9 x 13-inch cake pan.

Melt together chocolate chips and butterscotch chips. Spread on top of cereal mix.

I cut the bars when they are still warm as they are hard to cut after they have set awhile.

Per Serving (excluding unknown items): 414 Calories; 17g Fat (34.3% calories from fat); 6g Protein; 67g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 142mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Fat; 4 Other Carbohydrates.

OLD FAITHFUL

Servings: 4

Pauline Siler

4 med. Pork chops
1 lg. Onion
6 tbsp rice, uncooked
2 ripe tomatoes
1 can chicken broth
1/2 green pepper, cut in rings
1 pinch marjoram
1 pinch thyme
2 tbsp fat

Brown chops in fat in a skillet. While they are browning, put the rice in bottom of a greased casserole dish and slice the vegetables.

Next lay chops on the rice and top each one with slices of onion, tomato, and green pepper, salting and peppering a bit as you go.

Pour the broth in, add the marjoram and thyme, cover, and let it fend for itself in a 350° oven for an hour.

Per Serving (excluding unknown items): 390 Calories; 22g Fat (51.2% calories from fat); 27g Protein; 20g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 257mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 2 Fat.

ORANGE CAKE WITH CREAM CHEESE ICING

Servings: 12

Kriss Siler

This cake has become a family favorite, especially if you love oranges as much as I do.

1 box yellow cake mix

3 tablespoons flour

1 1/3 cups orange juice (not concentrate)

3 large eggs

2 teaspoons lemon juice

2 teaspoons orange extract

2 teaspoons grated orange peel

CREAM CHEESE ICING

TOPPING

1 orange (or canned mandarin orange slices drained thoroughly, or candy orange slices for garnish) optional

Preheat oven to 375° F. Grease two 8 inch cake pans (or 1 sheet cake pan).

Combine yellow cake mix, flour, orange juice, eggs, lemon juice, orange extract and orange peel. Mix on low speed for 30 seconds, then on medium speed for 2 minutes.

Pour into pans. There is enough batter for the two layers and 3 or 4 extra cupcakes. Bake 25 minutes or until toothpick inserted in middle of cake comes out clean.

Set on rack to cool, and then remove the two layers from the pans. Spread icing over top of bottom layer. Add top layer and cover entire cake, top and sides with icing. Spread leftover icing on cupcakes.

Decorate top with orange slices (or canned mandarin orange slices, or candy orange slices).

If using a real orange (which I prefer), slice half the orange into ¼ inch slivers. With a small sharp knife, pare skin from orange, leaving skin attached ¼ inch from end. Curl the unattached portion of the skin and tuck into attached end. Garnish the top of the cake with the orange slices.

Per Serving (excluding unknown items): 604 Calories; 16g Fat (23.0% calories from fat); 5g Protein; 113g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 394mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 7 1/2 Other Carbohydrates.

CREAM CHEESE ICING

Kriss Siler

3 tablespoons butter, softened
8 ounces cream cheese, softened
5 tablespoons grated orange peel
1 pinch salt
2 pounds powdered sugar
orange juice (not concentrate)

Combine butter, cream cheese, orange peel, salt and powdered sugar and enough orange juice to create a creamy consistency.

Per Serving (excluding unknown items): 4658 Calories; 115g Fat (21.6% calories from fat); 18g Protein; 917g Carbohydrate; 1g Dietary Fiber; 342mg Cholesterol; 1165mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Fruit; 21 1/2 Fat; 61 Other Carbohydrates.

PEANUT BUTTER COOKIES

Steve Siler

This recipe only works well when not reduced.

1/2 cup butter

1/2 cup margarine

1 cup vegetable shortening

1 1/3 cups brown sugar

2/3 cup sugar

4 1/2 cups peanut butter, creamy or chunky

4 eggs

1 teaspoon vanilla

5 cups flour

2 teaspoons salt

2 teaspoons baking soda

Preheat oven to 375 degrees F.

In a large bowl, cream together butter, margarine and shortening.

Combine brown and white sugar, cream into shortening mixture.

Add peanut butter. Mix well.

Combine eggs and vanilla. Add to creamed mixture. Mix well.

Mix dry ingredients together. Stir into creamed mixture.

If the dough is too soft to roll into balls, add flour 1/4 cup at a time to proper texture. You want the dough soft, but rollable. Too much flour will make the cookies dry.

Roll into 1" balls. Place on cookie sheet 2" apart. Press with fork.

Bake 8-10 minutes. If you want the cookies softer when done, bake just until the edges are brown and centers are still a light color.

Per Serving (excluding unknown items): 14148 Calories; 1004g Fat (61.6% calories from fat); 381g Protein; 1026g Carbohydrate; 87g Dietary Fiber; 996mg Cholesterol; 14516mg Sodium. Exchanges: 45 Grain(Starch); 38 Lean Meat; 176 1/2 Fat; 21 1/2 Other Carbohydrates.

PETER PAN SALAD

Servings: 12

Jan Bentsen

1 pint whipping cream
1/3 cup sugar
1 small can crushed pineapple
24 marshmallows, quartered
1 tablespoon gelatin (1 envelope)
1/4 cup cold water
1/4 cup hot water
1 box red Jello
12 graham crackers, crushed

Line 9 x 13 inch pan with graham cracker crumbs.

Soften gelatin in 1/4 c. cold water. Finish dissolving in 1/4 c. hot water. Set aside to cool.

Whip cream. Add sugar, pineapple and marshmallows. Mix in the cooled gelatin. Pour over graham cracker crust.

Dissolve red Jello according to the directions on the box. Chill until somewhat thickened. Pour over white mixture and chill until completely set.

Per Serving (excluding unknown items): 247 Calories; 15g Fat (54.6% calories from fat); 2g Protein; 27g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 65mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

POT ROAST

Servings: 6

Cheryl Adkins

3 lbs boneless chuck roast
1 can tomatoes (16 oz) undrained
1 onion, sliced
1 clove garlic, minced
1/4 cup vinegar
1/4 teaspoon pepper
1 teaspoon salt
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce

Cut meat into serving size pieces and place in 2 1/2 quart shallow casserole.

Chop tomatoes and add to meat with juice. Add all remaining ingredients.

Add some red wine too for flavor.

Roast in roasting pan at 325 degrees til tender.

Or use microwave instructions below . . .

MICROWAVE INSTRUCTIONS:

Cover and microwave on 100% power for 10 minutes.

Turn meat and rearrange. Cover and microwave on 50% power for 25 minutes.

Turn meat and rearrange, placing less done portions to outside edges of dish. Cover and microwave on 50% power for 25 to 30 minutes, or until tender. Let stand covered for 10 minutes.

Sliced carrots and potatoes may be added for last 25 minutes of cooking time. Add 15 minutes to total cooking time.

Per Serving (excluding unknown items): 27 Calories; trace Fat (3.0% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 384mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

PUMPKIN PIE

Servings: 6

Sue Bentsen Bonomo

1 cup sugar
1/2 teaspoon salt
1 1/2 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/2 teaspoon allspice
1/2 teaspoon cloves
1 1/2 cups pumpkin
1 can evaporated milk
2 large eggs, beaten
1 pie shell, unbaked

Mix ingredients until smooth. Do not overbeat after adding the eggs.

Pour into 9-inch unbaked pie shell. Bake until firm, about 1 hour at 350 degrees F.

Per Serving (excluding unknown items): 352 Calories; 13g Fat (32.4% calories from fat); 7g Protein; 54g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 436mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

QUICK SKILLET LASAGNA

Servings: 8

Rachel Adkins

1 pound ground beef
2 teaspoons butter (optional)
3 ounces spaghetti sauce mix (2 envelopes)
1 pint cottage cheese
3 cups egg noodles, uncooked
1 tablespoon dried basil
1 teaspoon salt (to taste)
1 tablespoon dried parsley
3 1/2 cups canned tomatoes, undrained
1 cup water
8 ounces shredded monterey jack cheese

Lightly brown meat in butter in 12" skillet. Drain.

Sprinkle one package spaghetti sauce mix over meat. Spread cottage cheese in a layer over the meat; next, arrange uncooked noodles in layer. Sprinkle with remaining spaghetti sauce mix, basil, parsley flakes, and salt.

Add tomatoes with liquid and water, being sure that all is moistened.

Cover tightly and simmer 30-35 minutes or until noodles are cooked.

Sprinkle cheese over top. Cover and let stand 10-15 minutes before serving.

Per Serving (excluding unknown items): 417 Calories; 26g Fat (57.1% calories from fat); 27g Protein; 17g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 857mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

RED MEAT SAUCE

Steve Siler

Serve over spaghetti squash or thin noodles. Top with grated cheese.

1 pound lean ground beef
1 pound pork sausage
2 teaspoons salt
1 teaspoon coarsely ground pepper
1 cup celery, diced
1 cup onion, diced
1 cup red bell pepper, diced
1 cup green bell pepper, diced
1 1/2 cups mushrooms, sliced
2 cups roma tomato, diced
3 cloves garlic
1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons celery salt
1 1/2 teaspoons onion salt
1 1/2 teaspoons garlic salt
1 1/2 teaspoons paprika
3 teaspoons Worcestershire sauce
1/4 teaspoon Tabasco sauce
2 bay leaves
3/4 teaspoon coarsely ground pepper
6 cups tomato sauce, natural - no salt
1/4 cup beer
2 chicken bouillon cubes, crumbled
2 teaspoons brown sugar

Brown meat in large skillet on low heat, separating into 1/2" chunks. Add salt and pepper. Cook until firm. Stir gently once. Drain.

Add veggies (chopped or diced to preferred size). Do not add any liquid. Stir gently until the veggies are tender but firm. Add seasonings. Stir gently once. Simmer for 10 minutes with lid on.

Add tomato sauce, beer, bouillon cubes and brown sugar. Simmer 1/2 hour with lid off.

Add salt and pepper to taste.

Per Serving (excluding unknown items): 3930 Calories; 284g Fat (64.0% calories from fat); 167g Protein; 193g Carbohydrate; 41g Dietary Fiber; 650mg Cholesterol; 26149mg Sodium. Exchanges: 1/2 Grain(Starch); 19 1/2 Lean Meat; 29 Vegetable; 44 Fat; 1/2 Other Carbohydrates.

RHUBARB DREAM BARS

Servings: 18

Nadine Bentsen

CRUST

2 cups flour

3/4 cup confectioner's sugar

1 cup butter, cold

FILLING

4 eggs

2 cups sugar

1/2 cup flour

1/2 teaspoon salt

4 cups rhubarb, diced

CRUST: Combine flour and sugar. Cut in the butter until crumbs form.

Press onto bottom of 15 x 10 x 1" jelly roll pan. Bake at 350 degrees F for 15 minutes.

While the crust is baking, prepare the filling.

FILLING: Blend eggs, sugar, flour and salt until smooth. Fold in the rhubarb.

Spread over hot crust. Bake 40-45 minutes at 350 degrees F, until filling is browned.

Cool and cut into bars.

Per Serving (excluding unknown items): 279 Calories; 11g Fat (36.3% calories from fat); 3g Protein; 42g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 177mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 2 Other Carbohydrates.

SKILLET BREAKFAST

Steve Siler

potatoes, baked
mushrooms, sliced
bell pepper, red or green, diced
onion, diced
roma tomatoes (or sun-dried tomatoes - drained and patted dry), diced
zucchini, or yellow tube squash, diced
meat (ham, bacon, sausage and/ or chicken) cooked and cut in bite-size pieces
seasonings (salt, pepper, onion salt, garlic salt)
eggs, beaten
cheese, cubed

Bake potatoes until just done. Refrigerate overnight and dice into 1/4 inch pieces with skin on.

Heat olive oil in large skillet over medium heat. Add potatoes. Brown lightly. Turn gently.

Add veggies. Brown lightly. Turn gently.

Add meat. Mix gently. Season to taste.

Add beaten eggs. Stir gently until firm, but moist.

Turn off the heat and top with 1/4" chunks of cheese (your choice). Place lid on skillet to melt the cheese.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

STEPHANIE'S LEMON BARS

Stephanie Siler

These are so popular with my friends that every time we have a get-together, I'm ordered to make them.

1/3 cup butter, room temperature

1/4 cup sugar

1 cup all-purpose flour

2 eggs

3/4 cup sugar

2 tablespoons all-purpose flour

2 teaspoons lemon peel, finely shredded

3 tablespoons lemon juice

1/4 teaspoon baking powder

powdered sugar, optional

Preheat oven to 350 degrees F.

Beat butter with electric mixer 30 seconds. Add 1/4 c. sugar. Beat until combined.

Beat in 1 c. flour until crumbly. Press into the bottom of an ungreased 8x8x2" baking pan.

Bake at 350 degrees for 15-18 minutes (just until golden).

Meanwhile, combine eggs, 3/4 c. sugar, 2 T. flour, lemon peel, lemon juice and baking powder. Beat for 2 minutes.

Pour over hot baked crust. Bake at 350 degrees F about 20 minutes, until lightly browned around edges and the center is set.

Cool on a wire rack. If desired, top with sifted powdered sugar. Cut into bars.

Yield: 20 bars

Per Serving (excluding unknown items): 1974 Calories; 71g Fat (32.2% calories from fat); 26g Protein; 313g Carbohydrate; 4g Dietary Fiber; 540mg Cholesterol; 863mg Sodium. Exchanges: 7 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fruit; 13 Fat; 13 1/2 Other Carbohydrates.

STEVE'S CHILI

Steve Siler

Red Meat Sauce

beans (red or black or pinto or kidney or all)

chili powder

cayenne pepper

cilantro

cumin

ham

bacon

chicken

carrot, chopped small

cherry pepper, seeded and chopped

jalapeno pepper, seeded and chopped

corn

beer, optional

brown sugar, optional

Use Red Meat Sauce. Add beans (any or all).

Add seasonings to taste - start small.

Add cooked meats (your choice).

Chop veggies and parboil until just tender.

Quantities of meats and veggies and beans are up to you.

If things get a little too hot or spicy, add beer or brown sugar a little at a time to fix it.

Per Serving (excluding unknown items): 3930 Calories; 284g Fat (64.0% calories from fat); 167g Protein; 193g Carbohydrate; 41g Dietary Fiber; 650mg Cholesterol; 26149mg Sodium. Exchanges: 1/2 Grain(Starch); 19 1/2 Lean Meat; 29 Vegetable; 44 Fat; 1/2 Other Carbohydrates.

RED MEAT SAUCE

Steve Siler

Serve over spaghetti squash or thin noodles. Top with grated cheese.

1 pound lean ground beef
1 pound pork sausage
2 teaspoons salt
1 teaspoon coarsely ground pepper
1 cup celery, diced
1 cup onion, diced
1 cup red bell pepper, diced
1 cup green bell pepper, diced
1 1/2 cups mushrooms, sliced
2 cups roma tomato, diced
3 cloves garlic
1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons celery salt
1 1/2 teaspoons onion salt
1 1/2 teaspoons garlic salt
1 1/2 teaspoons paprika
3 teaspoons Worcestershire sauce
1/4 teaspoon Tabasco sauce
2 bay leaves
3/4 teaspoon coarsely ground pepper
6 cups tomato sauce, natural - no salt
1/4 cup beer
2 chicken bouillon cubes, crumbled
2 teaspoons brown sugar

Brown meat in large skillet on low heat, separating into 1/2" chunks. Add salt and pepper. Cook until firm. Stir gently once. Drain.

Add veggies (chopped or diced to preferred size). Do not add any liquid. Stir gently until the veggies are tender but firm. Add seasonings. Stir gently once. Simmer for 10 minutes with lid on.

Add tomato sauce, beer, bouillon cubes and brown sugar. Simmer 1/2 hour with lid off.

Add salt and pepper to taste.

Per Serving (excluding unknown items): 3930 Calories; 284g Fat (64.0% calories from fat); 167g Protein; 193g Carbohydrate; 41g Dietary Fiber; 650mg Cholesterol; 26149mg Sodium. Exchanges: 1/2 Grain(Starch); 19 1/2 Lean Meat; 29 Vegetable; 44 Fat; 1/2 Other Carbohydrates.

STRING PIE

Servings: 8

Sue Bentsen Bonomo

1 pound ground beef
1/2 cup onion, chopped
1/4 cup green pepper, chopped
15 1/2 ounces spaghetti sauce
8 ounces spaghetti, hot, cooked and drained
1/3 cup parmesan cheese, grated
2 large eggs, beaten
2 teaspoons butter
1 cup cottage cheese
2 ounces mozzarella cheese, shredded

Cook beef, onion, and green pepper in a large skillet over medium high heat until meat is browned, stirring to separate meat. Drain fat. Stir in the spaghetti sauce and mix well.

Combine spaghetti, parmesan cheese, eggs and butter in a large bowl. Mix well. Place in bottom of a 13 x 9 inch pan. Spread cottage cheese over the top.

Pour sauce mixture over cottage cheese and sprinkle mozzarella cheese over the top.

Bake in a preheated 350 degree F oven until the cheese melts, about 20 minutes.

Per Serving (excluding unknown items): 434 Calories; 24g Fat (49.1% calories from fat); 22g Protein; 33g Carbohydrate; 3g Dietary Fiber; 109mg Cholesterol; 543mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 3 1/2 Fat.

SUPER BEEFY ENCHILADAS

Servings: 6

Kriss Siler

I know this recipe sounds weird, but everyone who has had my enchiladas just loves them, even my sister who has hated enchiladas all her life. I can't seem to make enough of these to please the crowd. Fern just loved these.

12 ounces hamburger, lean, cooked
12 ounces cheese, shredded, divided
1 cup chopped onion, divided
1 can cream of mushroom soup, Campbell's
1 can tomato soup, Campbell's
1 can Old El Paso Red Enchilada Sauce (10 oz)
12 corn tortillas, uncooked

Preheat oven to 350°

Combine beef, ½ c cheese and ½ cup chopped onion, and let sit.

Combine soups and enchilada sauce (do not dilute the soups).

Dip tortillas in hot oil for about 1-2 seconds, just enough to soften them. Use paper towels to pat the oil off the tortillas on both sides.

Top each tortilla with heaping Tablespoon of meat mixture, roll up and place seam side down in 13"X9" baking pan.

Pour sauce over all the enchiladas and top with the remaining cheese.

Bake in preheated oven for 30 minutes.

Serve hot right from the pan using a pancake turner that is not slotted.

I like to shred some lettuce as a side dish. I also use the other half of the chopped onion as a side dish. This way, people can top their enchiladas with their desired amount, if any, of lettuce and fresh chopped onion right at the table.

Per Serving (excluding unknown items): 330 Calories; 11g Fat (28.1% calories from fat); 12g Protein; 49g Carbohydrate; 3g Dietary Fiber; 23mg Cholesterol; 613mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

TAVERN SANDWICHES

Servings: 4

Sheli Bentsen Hoffland

1 pound hamburger
1/2 cup ketchup
1/2 cup water
1 pinch salt
pepper, to taste
1 small onion, diced
1 teaspoon chili powder
1 teaspoon mustard

Add diced onion to water in saucepan. Add ketchup, salt, pepper and chili powder and bring to a boil.

Add hamburger and boil 5 minutes. Add mustard last and stir in well.

Spoon mixture over buns. Serve while hot for a good tangy flavor.

Per Serving (excluding unknown items): 391 Calories; 15g Fat (34.2% calories from fat); 16g Protein; 49g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 901mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

TURKEY ROLL

Steve Siler

boneless, skinless turkey breast, raw
mushrooms, fresh, sliced
spinach leaves, whole
butter
garlic, minced
onion, diced
white wine
pepper, to taste
prosciutto
Swiss cheese, sliced thin
oil
seasonings, garlic, paprika, choice of tarragon, basic, parsley or Italian seasoning

Preheat oven to 325 degrees F.

Place breast on cutting board. Starting on the thickest side of the breast (skinned side down), slice the breast crosswise almost in half. Open the breast up, as if you were opening a book, creating a single flat piece.

Flip butterflied breast over. Cover with plastic wrap, pound until 1/4 - 1/8" thick. Remove plastic wrap. Flip it back over.

Lay Swiss cheese slices down the center.

Saute mushroom slices and spinach leaves in butter. Season with garlic, onion, white wine, and pepper.

Layer mushroom/spinach mixture onto Swiss cheese slices.

Add a layer of prosciutto on top. Roll turkey breast (jelly-roll style).

Place roll seam side down in oiled pan. Lightly oil top and sprinkle with garlic, paprika and choice of tarragon, basic, parsley or Italian seasoning.

Add water and white wine to pan (1/8 inch). Bake at 325) til firm - do not overcook!

Slice at slight angle.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

VEGETABLE CASSEROLE

Sheli Bentsen Hoffland

2 cups carrots, chopped
1 can green beans, drained
1/2 cup onion, chopped
2 cups celery, chopped
2 cans tomatoes
2 teaspoons salt
1 tablespoon sugar
4 tablespoons butter
3 tablespoons tapioca

Mix all ingredients.

Bake in a casserole dish for 2 hours at 350 degrees F.

Per Serving (excluding unknown items): 790 Calories; 48g Fat (51.9% calories from fat); 8g Protein; 91g Carbohydrate; 16g Dietary Fiber; 124mg Cholesterol; 5056mg Sodium. Exchanges: 1 1/2 Grain(Starch); 10 Vegetable; 9 Fat; 1 Other Carbohydrates.