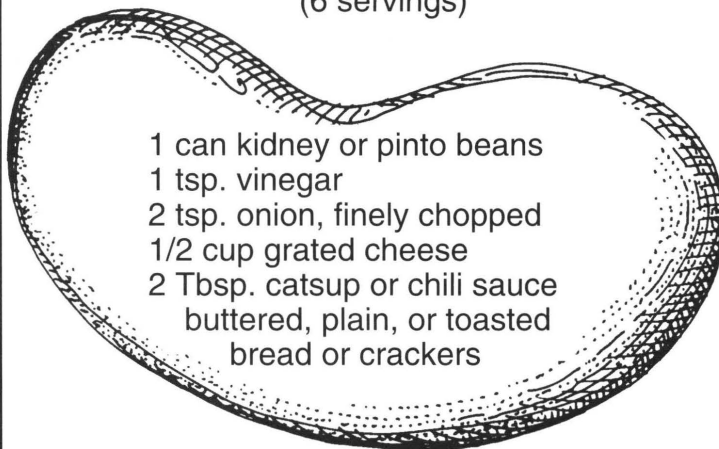


FUN FOOD SNACKS

Bean Sandwich Spread

(6 servings)

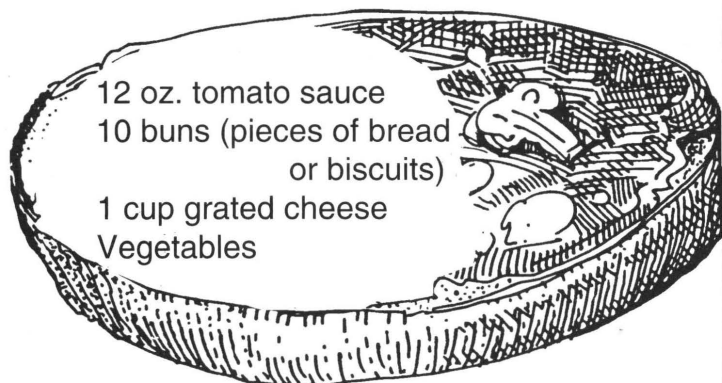


- 1 can kidney or pinto beans
- 1 tsp. vinegar
- 2 tsp. onion, finely chopped
- 1/2 cup grated cheese
- 2 Tbsp. catsup or chili sauce
- buttered, plain, or toasted bread or crackers

1. Mash beans thoroughly.
2. Add onion, catsup, vinegar, and cheese.
3. Blend or mash until smooth.
4. Spread on buttered bread, toasted bread, or crackers.

Quick Pizza

(5 servings)

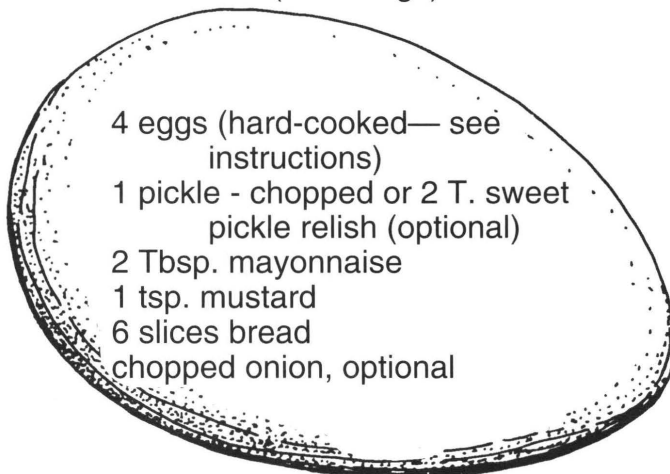


- 12 oz. tomato sauce
- 10 buns (pieces of bread or biscuits)
- 1 cup grated cheese
- Vegetables

1. Pour tomato sauce onto buns, toast, or biscuits.
2. Top with vegetable pieces (onions, broccoli, carrots, green peppers, zucchini) and grated cheese.
3. Heat at 400° F. for 8-10 min.

Egg Salad Sandwich

(6 servings)



- 4 eggs (hard-cooked— see instructions)
- 1 pickle - chopped or 2 T. sweet pickle relish (optional)
- 2 Tbsp. mayonnaise
- 1 tsp. mustard
- 6 slices bread
- chopped onion, optional

Place eggs in a pan, cover with cold water and heat over medium heat. Bring to a boil and then lower to a simmer. Eggs will be hard cooked in about 15 minutes depending on the size and temperature of the eggs. Run cold water over the eggs. Peel and mash eggs with a fork and add other ingredients. Serve with bread.

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Cut a loaf of french bread in half or use hot dog buns. Add any of the following to the bottom half of the loaf:

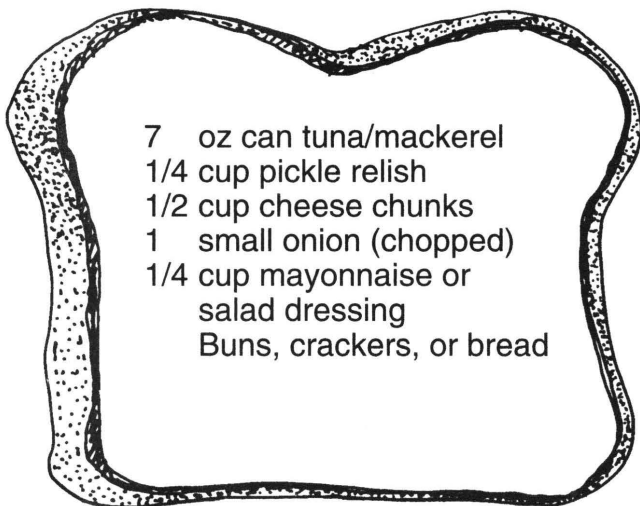
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|------------------------------|------------------------|
| tomato slices | lettuce leaves |
| grated or sliced cheese | onions |
| zucchini slices | greens |
| mayonnaise or salad dressing | chicken, turkey slices |

Put the top half on the sandwich and slice the sandwich into portions for everybody.



Fish Burgers

(4 servings)



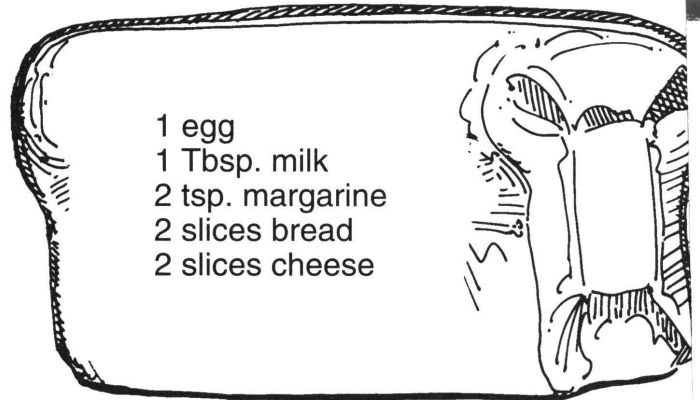
- 7 oz can tuna/mackerel
- 1/4 cup pickle relish
- 1/2 cup cheese chunks
- 1 small onion (chopped)
- 1/4 cup mayonnaise or salad dressing
- Buns, crackers, or bread

1. Mix tuna or mackerel in a bowl with 1/4 cup pickle relish.
2. Add cheese chunks, onion, and 1/4 cup mayonnaise or salad dressing. Mix.
3. Spread on bread, crackers, or buns and eat as is or place on a baking sheet and heat in the oven for 10 minutes at 400° F.

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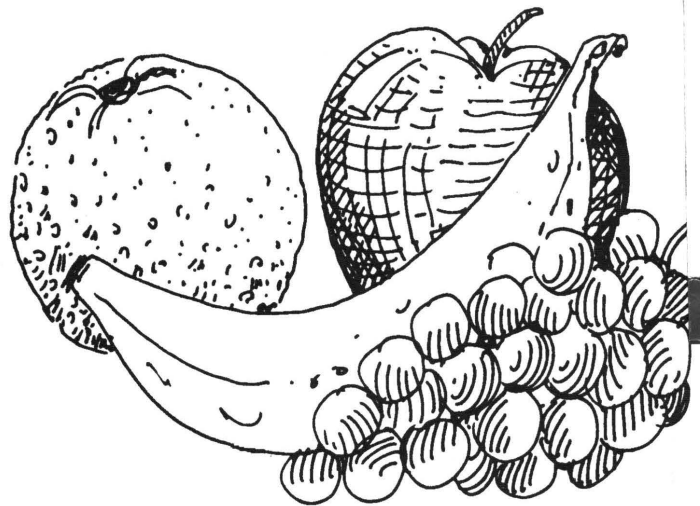
Cheesy French Toast

(1 serving)



- 1 egg
- 1 Tbsp. milk
- 2 tsp. margarine
- 2 slices bread
- 2 slices cheese

1. Beat egg with a fork in a small bowl. Add the milk and mix.
2. Melt the margarine in the skillet.
3. Dip each piece of bread in the egg mixture.
4. Brown one side of the bread in the skillet. Turn over to brown other side.
5. Put a slice of cheese on each piece of bread when second side is brown.



Fresh Fruit

How many can your group name?

1. Wash and eat as they are.
2. Wash, cut into chunks, and mix to make a fruit salad.
3. Wash, cut into bit-size pieces, and put a fancy toothpick in each!
4. Wash, cut into pieces, and use with a dip.