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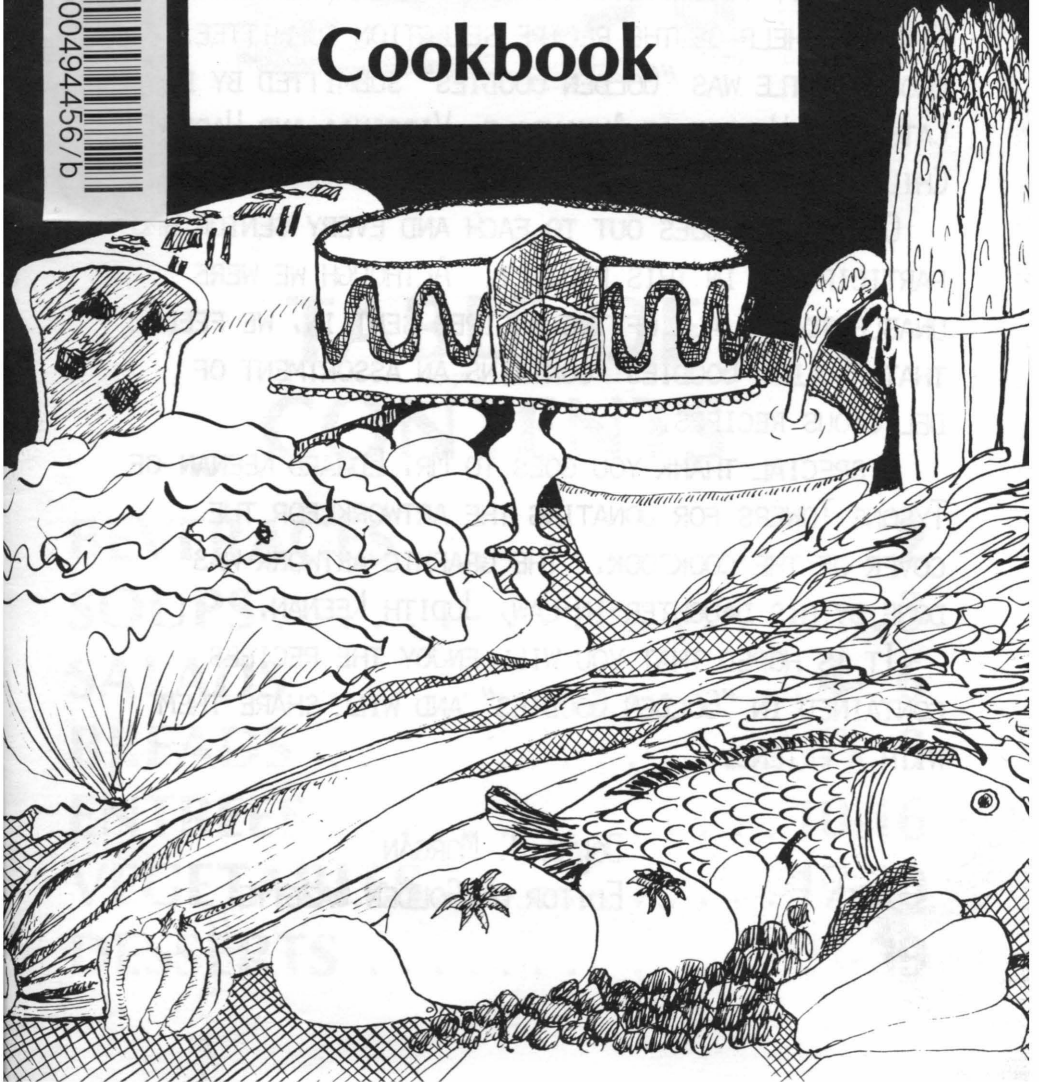
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OLDEN GOODIES

Fairfax County Senior Citizens' Cookbook

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"GOLDEN GOODIES" BECOMES A REALITY

DUE TO THE MANY REQUESTS FROM SENIOR CITIZENS THROUGHOUT FAIRFAX COUNTY FOR AN OPPORTUNITY TO EXCHANGE RECIPES, THE GOLDEN GAZETTE NEWSLETTER TOOK ON THIS PROJECT. THE RESULT IS THIS COOKBOOK, "GOLDEN GOODIES."

A REQUEST FOR RECIPES WAS INCLUDED IN THE JUNE ISSUE OF THE GOLDEN GAZETTE. THE RESPONSE WAS OVERWHELMING. EACH PARTICIPANT WAS GIVEN THE OPPORTUNITY TO SUGGEST A TITLE FOR THE COOKBOOK. WITH THE HELP OF THE RECIPE SELECTION COMMITTEE, THE CHOSEN TITLE WAS "GOLDEN GOODIES" SUBMITTED BY BOTH CATHERINE WARREN OF ANNANDALE, VIRGINIA AND HARRIETT CHILTON OF FALLS CHURCH, VIRGINIA.

OUR THANKS GOES OUT TO EACH AND EVERY SENIOR WHO PARTICIPATED IN THIS PROJECT. ALTHOUGH WE WERE UNABLE TO USE ALL OF THE RECIPES SENT IN, WE FEEL THAT "GOLDEN GOODIES" CONTAINS AN ASSORTMENT OF DELICIOUS RECIPES.

A SPECIAL THANK YOU GOES TO MR. EDWARD KEENAN OF TYSONS TOWERS FOR DONATING THE ARTWORK FOR THE COVER OF THE COOKBOOK. THE GRAPHIC ARTWORK WAS DONE BY HIS DAUGHTER-IN-LAW, JUDITH KEENAN.

IT IS HOPED THAT YOU WILL ENJOY THE RECIPES CONTAINED IN "GOLDEN GOODIES" AND WILL SHARE THEM WITH A FRIEND.

DONNA J. MORGAN
EDITOR OF GOLDEN GAZETTE

GOLDEN GOODIES

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BEVERAGES



BANANA KRUSH

Loraine Z. Shreve, Baileys Senior Nutrition Site

4 cups sugar
6 cups water
5 crushed bananas
juice of 2 lemons
small can frozen orange juice
large can pineapple juice.

Combine sugar and water, heat to dissolve sugar. Cool. Add rest of ingredients and freeze. When ready to use, take out and let thaw a bit then add 5 or 6 cans of 7-Up or Gingerale. Serve in punch bowl - SO GOOD!

PINEAPPLE DELIGHT

Katherine R. Withers, Alexandria, Virginia

1 cup drained crushed pineapple
1 cup cold skim milk
white of one egg



Beat together in blender, for a few seconds. Serve very cold.

SOUPS

HEARTY VEGETABLE SOUP

Mrs. E. F. MacMillan, McLean, Virginia

7 cups water
1 can tomatoes (1 pound 12 ounces)
1 cup chopped onion
4 chicken bouillon cubes
1 cup diced potatoes
2 packages frozen vegetables
1 bay leaf
 $\frac{1}{2}$ teaspoon sweet basil
 $\frac{1}{2}$ teaspoon dill seed
pepper



Mix all ingredients and bring to a boil. Reduce heat and simmer for one hour. Serves 8 lunch. 4 main course dinners.

This freezes very well.

SPRING SOUP

Mrs. Peter S. Bielauskas, Vienna, Virginia

Prepare:

2 cups chopped celery
2 onions, chopped
4 carrots sliced thin
2 tablespoons chopped green pepper
2 tablespoons chopped parsley

Add:

3 cups soup stock
1 cup canned tomatoes
1 cup water
 $1\frac{1}{2}$ cups shredded lettuce (add during the last 15 minutes)

Mix all ingredients. Bring to a boil and add 4 tablespoons brown rice. Simmer 45 minutes, season with salt, pepper and paprika. Makes about 5 cups or 6 servings.

SALADS



SAUERKRAUT SALAD

Thelma L. Kidwell, Fairfax, Virginia

- 1 #2 can of sauerkraut - drained and cut
- 1 ¼ cups sugar
- ½ cup salad oil
- 1 cup chopped green pepper
- 1 cup chopped celery
- ½ medium onion chopped
- A small jar of pimientos (for color)

Toss all ingredients together and refrigerate overnight.

HOT CHICKEN SALAD

Theresa Litkus, Falls Church, Virginia

- 4 cups diced chicken
- 2 cans cream of chicken soup
- 2 cups diced celery
- 4 tablespoons minced onion
- 2 cups slivered almonds
- 1 cup mayonnaise
- ¾ cup chicken stock
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 tablespoons lemon juice
- 6 hard boiled eggs chopped fine
- 1 cup cracker crumbs

Combine all the above ingredients except cracker crumbs and place in a 3 to 4 quart casserole. Cover with cracker crumbs. Bake in 350 degree oven for 40 minutes. Mushrooms may be added if desired.



MOLDED BEET SALAD

Mrs. Herman, L. Fink, Falls Church, Virginia

- 1 envelope (1 Tbsp.) unflavored gelatin
- $\frac{1}{2}$ cup cold water
- 1 (16 oz.) can diced or shoestring beets
- 3 tablespoons sugar
- $\frac{1}{3}$ cup red wine vinegar (any vinegar may be used)
- 1 tablespoon instant minced onion

Soften gelatin in water. Drain liquid from beets, and combine the beet juice with the sugar and vinegar. Heat to simmering. Dissolve gelatin in hot liquid; chill in refrigerator until syrupy. Stir in beets and onions. Pour into any mold or bowl. Refrigerate. May be served with sour cream if desired. Serves 4.

COOL MINTED PEAS

Pauline Cross, Bailey's Nutrition Site

- 2 packages (10oz. each) frozen tiny peas, thawed, drained
- 1 cucumber peeled, seeded and coarsely chopped about $\frac{2}{3}$ cup
- 3 tablespoons finely chopped mint or $\frac{1}{2}$ teaspoon crushed dried mint leaves
- 1 tablespoon finely chopped chives
- 1 tablespoon lime or lemon juice
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup sour cream
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon salt

In serving bowl mix peas, cucumber, mint and chives. Chill. In small bowl whisk together lime juice, mayonnaise, sour cream, sugar and salt. Pour over peas; toss to coat thoroughly. Chill. Makes 6 servings.

LAWRY'S TOSTADO SALAD

Mrs. Charles E. Bodey, Fairfax, Virginia

This is a great meal-in-one, especially good in the summer.

- 1 pound ground beef
- 1 onion, chopped
- 1 (14 oz.) can red kidney beans, drained
- 1 package taco seasoning mix
- ¼ teaspoon salt
- 1 head lettuce, cut in pieces
- 4 oz. cheddar cheese, shredded
- 1 cup (or less) Thousand Island dressing
- 1 package (6 oz.) tortilla chips.
- 1 large avocado, sliced
- 4 tomatoes, cut into small wedges

Brown ground beef and onion in skillet. Pour off any fat. Add beans, taco seasoning mix and salt. Cover and simmer 10 minutes. Combine lettuce, cheese, dressing, chips, avocado and tomato wedges, reserving a few chips, avocado and tomatoes for garnish. Add ground beef mixture and toss lightly. Place salad in serving bowl and garnish top with reserved chips, avocado and tomato wedges. Serves 6. Can easily be cut in ½ or thirds to serve 2.

QUICKIE SALAD

Lorraine, Z. Shreve, Baileys Senior Nutrition Site

This can be made fast and furious if you hear someone is coming for dinner and you don't have much time. You just stir it all together, that's it!

- 1 package DRY gelatin (small) any flavor
- 1 large carton Cool Whip
- ¾ regular size carton of cottage cheese
- 1 small can crushed pineapple (DRAINED well)

Mix it up.

You can add nuts, cherries, coconut, any kind of fresh or frozen or canned fruit... just "play it by ear."

BREADS



BRAN MUFFIN BATTER

Mrs. Florence M. Vint, Springfield, Virginia

Everyone knows that bran is a good roughage to avoid constipation. If you need only a few muffins at a time, instead of having to make a large batch, here is a batter that will keep 2 weeks in the refrigerator. Use as needed for as many muffins as you choose.

- 2 cups buttermilk
- 1 cup bran
- 1 cup flour
- ½ stick margarine
- 1 cup brown sugar
- ½ teaspoon baking powder
- 2 teaspoons baking soda
- 1 egg

Pour buttermilk over bran, let stand 5 minutes. Cream margarine, sugar and egg. Add buttermilk and bran. Add flour, soda, and baking powder. Stir well. Cover and refrigerate at least twelve hours before using. Keep refrigerated and use as needed for as many muffins as desired. Never stir batter again. Bake 25 minutes at 375 degrees. Makes twelve 2½" muffins.

HEALTH BREAD

Russell W. Frishkorn, Vienna, Virginia

- 6 cups whole wheat flour
- 1 cup wheat germ
- 1 teaspoon vegetable salt (optional)
- 3 teaspoons baking powder
- 2/3 cup raw or brown sugar or honey
- 3 cups shredded carrots
- 2 pounds of raisins
- 1 cup soy or peanut oil (or corn oil)
- 3 cups warm milk (skim)
- 2 teaspoons cinnamon (optional)

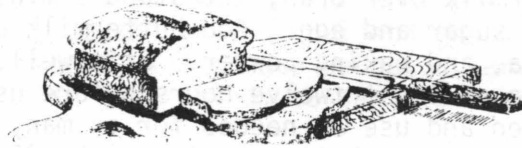
Put dry ingredients together and wet ingredients together, then add all ingredients together. Bake in 350 degree oven for 1 hour. Makes three loaves. Use regular bread pans.

PUMPKIN BREAD

Viola Terrell, Baileys Senior Nutrition Site

3 cups sugar
3½ cups flour
1 cup oil
4 eggs beaten
1 can pumpkin (1 pound)
2/3 cup water
1 tablespoon baking powder
2 teaspoons soda
2 teaspoons salt
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg

Combine sugar, oil and eggs. Add pumpkin. Sift together dry ingredients and add to pumpkin mixture. Add water, pour into loaf pans and bake at 350° for 1 hour. Makes 3 loaves.



BANANA BREAD

Mrs. Herman L. Fink, Falls Church, Virginia

1½ cups flour
1 teaspoon baking soda
¾ teaspoon salt
1 cup sugar or honey
1/3 cup melted butter or margarine
1 egg
3 mashed bananas
½ cup chopped nuts (optional)

Sift together flour, baking soda, salt and sugar. Add remaining ingredients and mix well.

Bake at 375 degrees about 50 to 60 minutes in a 9x5 loaf pan.

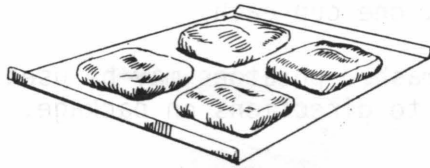
This is also good baked in a cake pan and eaten as an uniced cake.

SALT-FREE FAT-FREE BREAD

Russell W. Frishkorn, Vienna, Virginia

- 2 cakes compressed yeast
- 3 or 4 tablespoons honey or molasses
- 3 cups distilled water
- 7 cups whole wheat flour (approx.)

Pour a small amount of the heated distilled water, mixed with honey or molasses, over two crushed cakes of yeast, and mix with a fork until all the yeast is dissolved; then let stand for about 15 or 20 minutes. Into a bowl put about 3 cups of sifted whole wheat flour and add yeast mixture; keep adding flour and liquid. When well mixed, turn out on a floured board and knead 5 minutes or until dough is the right consistency to shape into two loaves. Place in well greased loaf pans, let rise until double in size, place in 375 to 400 degree oven and bake for about an hour.



COLD OVEN POPOVERS

Sybil Liebmann, Alexandria, Virginia

- 3 eggs
- 1 cup milk
- 1 cup flour
- $\frac{1}{2}$ teaspoon salt

Generously grease muffin tins. Set in coldest part of refrigerator while preparing batter. Break eggs into bowl, add milk, flour and salt. Mix well with wire whip or spoon (do not use beater) disregard lumps.

Fill cold greased muffin tins $\frac{3}{4}$ full. Put in cold oven, now set controls for 450° and turn on heat. Bake 30 minutes. Do Not Peek. They really Pop. Terrific.

Note: Popovers need bottom heat only, so be sure if your oven is the type that supplies top heat when set on bake, remove the upper heating element.

ENTREES



BAKED HAM-POTATO CASSEROLE

Marian E. Gaumond, Fairfax, Virginia

- 1 cup mashed potatoes
- 2/3 cup cooked, chopped smoked ham
- 2 teaspoons finely chopped onion
- 2 teaspoons butter or margarine
- 1/4 cup shredded cheese.

Mix potatoes and ham. Cook onion in butter or margarine until onion is clear but not brown. Add onion to potato mixture. Place the mixture in a small casserole and top with cheese. Bake at 375 degrees (moderate oven) until top begins to brown and cheese is melted, about 25 minutes. Serves 2, one cup each.

Note: Dehydrated mashed potatoes may be used. Prepare potatoes according to directions on package.

MEXICAN LUNCHEON CASSEROLE

Frances Staples, Groveton Senior Nutrition Site

- 1 lb. hot pork sausage (skinned)
- 1 onion (large)
- 1 green pepper (large)
- 2 cups cooked macaroni
- 1/2 cup milk
- 1 cup sour cream
- 1 can whole tomatoes (drained)
- 1 tablespoon chili powder
- 1 teaspoon salt, and dash black pepper
- 1/3 cup shredded cheddar cheese

Mix first three items in large skillet and brown. Add macaroni and other ingredients. Bake 1/2 hour at 350 degrees. Tip: During last 5 minutes in oven, top with extra cheese. Serves 6.

TUNA AND CORN CASSEROLE

Annabel Hadley, Falls Church, Virginia

- 2 cans (6½ or 7 oz. each) tuna
- ½ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup butter or other fat, melted
- 1 package (8 oz.) macaroni
- 1 can (1-lb., 4 oz.) cream style corn
- ¾ cup milk
- ¾ teaspoon salt - dash pepper - Paprika

Drain tuna. Break into large pieces. Cook onion and green pepper in butter until tender. Cook macaroni as directed on package; drain. Combine all ingredients (except paprika) and place in a well greased, 2-quart casserole. Sprinkle with paprika. Bake in a moderate oven, 350 degrees F, for 50 minutes. Serves 6.



STRETCHUM STEW

Miss Harriett A. Chilton, Falls Church, Virginia

- 1 pound ground beef
- 2 onions, sliced
- 1 cup celery, diced
- 3 cups cabbage, coarsely chopped
- 1 can tomatoes, 28 oz. size
- 2 teaspoons garlic salt
- 1 teaspoon marjoram
- salt and pepper to taste
- 1 can kidney beans, 15 oz. size

Brown meat, pour off fat. Add onions, celery and cabbage and cook until light brown. Stir in tomatoes and seasonings. Cover and simmer 15 minutes. Stir in beans with liquid, heat to boil. Simmer uncovered 15-20 minutes. Serves 6.

BARBECUED MEAT BALLS

Theresa Litkus, Falls Church, Virginia

- ½ pound ground beef
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 egg
- ½ cup bread crumbs
- ¾ cup water

Mix all ingredients together. Then roll into balls. Brown quickly in 4 tablespoons margarine in small skillet.

Sauce

- ¼ cup brown sugar
- ½ teaspoon Worcestershire sauce
- 1 teaspoon chili powder
- 1 cup water
- ¼ cup vinegar
- 1 cup catsup
- 1 teaspoon celery salt



Bring to a boil. Then simmer 1 hour. Pour over meat balls and serve hot.

BEEF AND PEPPERS

Charles E. Feller, Falls Church, Virginia

- 1 pound round steak
- 2 pounds green peppers or
- 1 pound peppers and 1 pound onions
- 1 (10½ oz.) can cream of mushroom soup
- 2 tablespoons black molasses
- Salt and pepper
- 1 cup rice (uncooked)

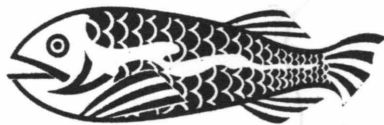
Cut steak into thin slices and fry in oil until done. Set aside. Cook peppers and/or onions till soft, add molasses and soup and cooked beef slices. Mix well. Serve with cooked rice. Serves 4.

JAPANESE STYLE HAMBURGER

Dorothy L. Murphy, Falls Church, Virginia

- 3/4 pound hamburger (ground beef)
- 2 teaspoons corn starch
- 1/4 teaspoon salt
- 1 cup water
- 1 cup thin egg noodles
- 1 package (10oz.) frozen Japanese Style Vegetables
- 1 to 2 tablespoons soy sauce

Brown beef in skillet, leaving meat in large chunks. Dissolve corn starch and salt in water. Add to skillet and bring to a boil. Stir in noodles, cover and simmer 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork. Stir until blended. Reduce heat, cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.



FISH FILLETS WITH YOGURT

Herndon-Reston Senior Nutrition Site

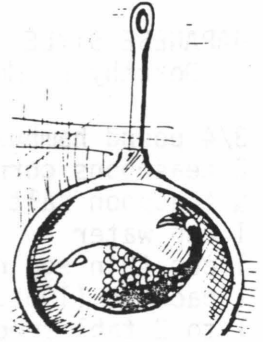
- 1 medium onion (chopped)
- Dash of salt
- 1 (16 oz.) package frozen cod, perch or flounder
- 2/3 cup plain, unflavored yogurt
(sour cream may also be used - more calories though)
- 1/2 teaspoon prepared mustard
- Dash of paprika

Preheat oven to 350°. Arrange onion in baking pan and top with fillets. Cover with foil and bake for 20-25 minutes. Remove foil, spoon off juice. Turn oven to "Broil". In a cup mix yogurt, mustard, and 1/8 teaspoon salt. Spread on fish and sprinkle with paprika. Broil for 5 minutes until golden. Serves 3.

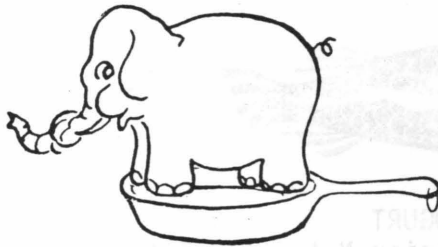
SKILLET TUNA PATTIES

Eucebia Cockrill, Fairfax, Virginia

- 1 can creamy chicken mushroom soup
- 2 cans (7 oz.) tuna - drained
- $\frac{1}{2}$ cup cornmeal
- 1 egg - slightly beaten
- $\frac{1}{2}$ cup finely chopped onion
- 2 tablespoons unsalted margarine
- $\frac{3}{4}$ cup low-fat milk



Mix thoroughly $\frac{1}{2}$ cup soup, tuna, cornmeal, egg and onion. Shape into 6 patties. In skillet brown patties in margarine. Remove. Stir remaining soup and milk into drippings; add patties. Heat, stir occasionally. Garnish with chopped parsley. Very tasty. Serves 6.



ELEPHANT STEW

Florence M. Vint, Springfield, Virginia

- 1 medium-size elephant
- 2 rabbits, optional
- Salt and pepper to taste

Cut the elephant into small, bite-size pieces. Add enough brown gravy to cover. Cook over kerosene fire about four weeks at 465 degrees. This will serve 3,800 people. If more are expected, two rabbits may be added. But do this only in emergency; most people do not like hare in their stew.

The above recipe is a little bit of whimsy from Florence M. Vint, Springfield, Virginia

CHICKEN AND BROCCOLI BAKE

Mrs. Frances Marshall, Burke, Virginia

2 chicken breasts
2 tablespoons butter or margarine
1 10 oz. package broccoli
1 can cream of mushroom soup (undiluted)
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup shredded cheddar cheese
 $\frac{1}{4}$ cup bread crumbs
Paprika

Place chicken in 9" square pan - drizzle with butter or margarine. Bake at 375° for 40 minutes. Cook broccoli, drain, and arrange around chicken. Combine soup, milk and cheese. Pour over chicken and broccoli. Cover with bread crumbs and small amount of paprika. Bake for an additional 20 minutes.

CHINESE CHICKEN

Marian E. Gaumont, Fairfax, Virginia

$\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup diagonally sliced carrots
 $\frac{1}{4}$ cup diagonally sliced celery
2 tablespoons sliced radishes
1 teaspoon instant minced onion flakes
1 teaspoon soy sauce
Dash of ground ginger and pepper
1 teaspoon corn starch
1 can (5 oz.) chunk white chicken
 $\frac{1}{2}$ cup cooked enriched rice

Drain chicken, reserving broth. Chill broth; skim off fat. In saucepan, combine all ingredients except reserved broth, corn starch, chicken and rice. Cook over low heat until tender. Stir in reserved broth and corn starch. Cook, stirring until thickened. Add chicken; heat. Serve over rice. Makes 1 serving.

SIMPLE BAKED CHICKEN

Mary F. Barrett, McLean, Virginia

4 chicken breasts or legs and thighs

$\frac{1}{4}$ cup milk

1 cup bread crumbs (fine)

$\frac{1}{4}$ cup grated Parmesan cheese

2 cloves of garlic, minced

salt and pepper to taste

2 tablespoons parsley

1 teaspoon oregano

1 teaspoon sherry (optional)



Dip chicken pieces in milk. Combine all other ingredients. Roll chicken in combined mixture. Place in a greased baking pan or line baking pan with aluminum foil and grease foil. Bake in a 350° oven for approximately 30 to 40 minutes. Serves 4.

Serve with pear salad, green beans, and hot blueberry muffins.



FOR THOSE ON SPECIAL DIETS, HERE ARE SOME TIDBITS FROM BILL CISSEL, HERNDON-RESTON SENIOR NUTRITION SITE

Baked Potatoes: instead of using butter, spice up your potato with mace - mmm-good!

Scrambling eggs with cottage cheese makes you smile!

VEGETABLES



CABBAGE AU GRATIN

Russell W. Frishkorn, Vienna, Virginia

- 1 small head green cabbage, shredded fine
- 2 cups consomme (beef stock, also can be used)
- 3 tablespoons flour
- 1 small bay leaf
- 1 clove of garlic
- 3 tablespoons butter or margarine
- 1 onion, cut fine
- 1 scant teaspoon curry powder
- ½ cup buttered bread crumbs
- ½ cup grated cheese (parmesan)

Cook shredded cabbage 7 minutes in boiling--consomme or beef stock; add the bay leaf and garlic clove; drain well, remove garlic. Melt butter or margarine in skillet, saute onion lightly, stir in flour and curry powder, cook a moment and blend until smooth. Season to taste. Add cabbage and turn into greased casserole; top with bread crumbs and cheese mix and bake 15 minutes in 400° oven, until brown and bubbling. Serves 6.

STUFFED GREEN PEPPERS

Harriett E. Bielauskas, Vienna, Virginia

Wash, cut off the stems, ends, scoop out the seeds and membranes from 6 large green peppers. Steam 3 or 4 minutes, drain and fill with a mixture of:

- 2 cups cooked brown rice
- 2 tablespoons grated onions
- ½ cup tomato paste
- Season with salt and pepper
- Wedge of cheese on each pepper, after stuffed

Place in shallow baking dish, add a small amount of water to bottom of the dish. Bake 350 degrees in oven 45 minutes. Yields six servings.

COPPER PENNY OR MARINATED CARROTS

Annabel Hadley, Falls Church, Virginia

- 2 pounds sliced carrots
- 1 medium onion - sliced or chopped
- 1 cup chopped celery
- 1 can Campbell's tomato soup
- 1 cup sugar (or sugar substitute)
- 3/4 cup vinegar
- 1/2 cup salad oil
- 1 teaspoon each of prepared mustard, salt and Worcestershire sauce.

Cook carrots until almost done. Drain and cool. Mix onion and celery. Mix all other ingredients well and pour over carrots, onion and celery. Cover and refrigerate for at least 12 hours. Drain and serve. Will keep in refrigerator for two weeks, and seems to get better with time. May be served on lettuce. Serves 12.



QUICKIE SUPPER

Mary Catherine Harris, Oakton, Virginia

- 6 tablespoons butter or margarine
- 1 onion, cut in thin strips
- 1 quart coarsely shredded cabbage
- 1/2 pound sliced mushrooms
- 1/2 medium or large green pepper, cut in thin strips
- 1/2 medium or large cucumber, pared and thinly sliced
- 1 ear fresh corn, kernels cut and pulp scraped from cob
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/8 teaspoon pepper

Melt shortening in 12-inch skillet and turn all ingredients over moderately low heat. Cover and stir occasionally until cabbage wilts, about 5 minutes. Serves 6.

STIR/FRY CHINESE VEGETABLES

Bertha Stahlheber, Reston, Virginia

- 1½ cups sliced celery
- 1 box frozen french cut green beans (thawed)
- 1 can water chestnuts - drained and sliced
- 1 can (1 pound) bean sprouts - drained
- ½ cup chicken broth
- 1 teaspoon monosodium glutamate (optional)
- ½ teaspoon salt
- 2 tablespoons light corn syrup
- 2 teaspoons soy sauce
- 2 tablespoons corn starch
- 1 cup vegetable water

Heat 2 tablespoons corn oil in large electric skillet - medium heat. Add celery, green beans, chestnuts, and bean sprouts. Cook 2 minutes - stirring with wooden spoon. Mix in chicken broth, monosodium glutamate, salt, soy sauce and corn syrup. Cover. Reduce heat and cook 3-4 minutes more, until crisp-tender. Blend corn starch with vegetable water, add to mixture and cook until the broth thickens. Do not overcook. (Cooked shredded chicken may be added before seasoning). Serve over cooked rice or Chinese noodles. Serves 8.

This can all be prepared before guests arrive and then cooked in less than 10 minutes after they get there.

MUSHROOMS AND GREEN ONIONS

Mrs. Charles Bodey, Fairfax, Virginia

- 2 bunches green onions, chopped
- ½ to ¾ pound mushrooms, sliced
- 3 tablespoons oil

Heat oil in skillet, add onions and cook over low heat 3 or 4 minutes. Add mushrooms and cook about 6 minutes, adding more oil if necessary. Serves 4.

BOHEMIAN SAUERKRAUT

Catherine R. Lusk Warren, Annandale, Virginia

- 4 strips bacon (2 strips of bacon may be used instead)
- 1 small onion
- 1 tablespoon flour
- 1 tablespoon caraway seed
- 1 can or 1 package sauerkraut

Fry bacon until crisp and remove from the frying pan. Cube onion and add to the bacon fat. Cook, stirring until a golden brown. Remove the onion. Mix the flour with the bacon fat and brown the flour. Add the sauerkraut to the frying pan, cut or break bacon into small pieces and combine with the sauerkraut. Add the onion and caraway seed. If the mixture becomes too thick, add a few drops of water gradually. Cook 20 to 30 minutes. Serves 6.

TANTALIZING TOMATO SALAD

Mrs. William Greenfield, Falls Church, Virginia

- 2 tablespoons unflavored gelatin
- $\frac{1}{2}$ cup cold water
- 1 can tomato soup
- 1 3-oz. package cream cheese
- $\frac{1}{2}$ cup small curd cottage cheese
- 1 cup mayonnaise
- $\frac{1}{3}$ cup finely chopped celery
- 1 tablespoon chopped green pepper
- $\frac{1}{2}$ cup sliced green olives (if desired)

Soften gelatin in cold water. Heat soup and stir in the gelatin until dissolved. In a bowl, mash cream cheese, add cottage cheese, mayonnaise, celery, and green pepper. Add cheese mixture to soup and gelatin. Gently stir in sliced olives. Pour into a greased mold so salad releases readily. Chill until firm. Serves 8.

DESSERTS



CHOLESTEROL FREE CAKE

Florence M. Vint, Springfield, Virginia

2 cups brown sugar (packed well into cups), white sugar may be used also.

2 tablespoons margarine

2 cups seedless raisins (1 package)

Mix above ingredients and boil five minutes. Cool well and place in mixing bowl. Then add:

3 cups all purpose flour

1 teaspoon soda or baking powder

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon cloves (ground)

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ teaspoon salt

Mix just enough to blend all ingredients. Place in a lightly greased loaf pan. Bake one hour at 350°. Let cool in pan.

FROSTING (if desired)

$\frac{1}{3}$ cup margarine

$1\frac{1}{2}$ cups confectioners sugar

1 tablespoon cocoa

1 tablespoon vanilla

Cream margarine and blend in sugar and cocoa and vanilla. If too stiff gradually add enough cold coffee to bring to spreading consistency. Spread on top of cold cake. This cake keeps well.

FRESH APPLE CAKE

Inez Robb, Baileys Senior Nutrition Site

- 3 cups sifted flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt

Sift above ingredients together.

- 1¼ cup corn oil
- 3 slightly beaten eggs
- 3 cups chopped raw apples
- 2 tablespoons vanilla
- 1½ cups chopped pecans or walnuts

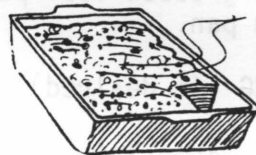
Grease and flour pans (if you use oil do not use flour). Mix ingredients and pour in tubepan or 2 loaf pans. Bake for 55 minutes (or until tester comes out clean) at 350°. Leave in pan to cool.

FRUIT COCKTAIL CAKE

Mrs. V. D. Hawkins, Springfield, Virginia

Sift together:

- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 beaten egg
- 2 cups strained fruit cocktail



Sprinkle top with:

- ½ cup brown sugar
- ½ cup chopped nuts

Bake in greased and floured 8 x 12 pan at 300° for about 1 hour (or less). Serve with whipped cream or cool whip. Serves 8 to 10.

PIG-PICKIN CAKE

Joyce Andberg, Vienna, Virginia

Yellow cake mix

1 can mandarin oranges (undrained)

4 eggs

½ cup oil

Put above ingredients in mixer, and beat well. Bake in 3 layers at 350° for 20 minutes.

FILLING AND ICING

1 box instant vanilla pudding

1 large can crushed pineapple (drained)

Add to 1 carton cool whip. Fill and ice cake with mixture. Refrigerate. Keeps well.

CHEESECAKE

Mrs. William Dakin, Alexandria, Virginia

1½ teaspoons gelatin

¼ cup cold water

¼ cup boiling water

½ cup plain yogurt

1/3 cup low-fat cottage cheese

1/3 cup ricotta cheese

4 packets artificial sweetener

1 teaspoon vanilla

½ cup crushed pineapple, canned in its own juice

Dissolve gelatin in cold water, add boiling water and set aside. In a blender combine yogurt, low-fat cottage cheese, ricotta cheese, artificial sweetener and vanilla. Blend until smooth. Add gelatin mixture to blender mixture. Fold in crushed pineapple. Place in casserole dish. Sprinkle cinnamon and nutmeg on top, if desired. Refrigerate until set and chilled.

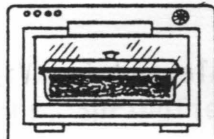
HEART PATIENT'S DELIGHT APPLE CAKE

Mrs. Herman L. Fink, Falls Church, Virginia

½ cup flour
¾ cup light brown sugar
1 teaspoon baking powder
¼ teaspoon salt (may be omitted)
dash of cinnamon
1 egg
½ teaspoon vanilla
1 cup diced tart apples
½ cup chopped nuts (optional)

Sift first 5 ingredients; stir in unbeaten egg and vanilla. Fold in apples and nuts; turn into a greased 8 inch cake pan. Bake at 350° for 25 to 30 minutes or until brown and crusty.

Suggestions: Can be topped with whipped cream and sprinkled with cinnamon, or topped with vanilla ice cream. There is no shortening in this cake. Serves 4.



BAKED PINEAPPLE

Thelma Kidwell, Fairfax, Virginia

1 can crushed pineapple (20 oz. size)
¾ cup sugar
dash of salt
½ stick margarine
2 eggs
3 slices bread (crumbled)

Combine all ingredients and bake at 400 degrees for 50 minutes.

Note: This dish could be served at breakfast, as a dessert or an accompaniment to chicken, pork or ham.

LEMON CUSTARD

Mrs. William Dakin, Alexandria, Virginia

1 package low calorie lemon gelatin
2 cups lemon lime sugar-free diet soda
2 teaspoons lemon extract
Artificial sweetener to equal 1 tablespoon sugar
Grated lemon rind (optional)
1 cup plain yogurt

Prepare gelatin according to package directions, substituting diet soda for water. Add extract, artificial sweetener and lemon rind. Cool. Place in blender with yogurt. Blend for 10 seconds. Divide equally into 4 individual servings. Chill.

BANANA BLUEBERRY PIE

Theresa Litkus, Falls Church, Virginia

2 graham cracker pie shells
2 small packages cream cheese (softened)
1-9oz. container cool whip
1 can blueberry pie filling
3 bananas

Slice bananas into pie shells. Carefully combine cream cheese with cool whip and spread over bananas. Then spread blueberry filling over top. Chill a couple of hours. Makes 2 pies.

PINK LEMONADE PIE

Mrs. Frances Marshall, Burke, Virginia

1 small can pink lemonade
1 carton cool whip
1 can sweetened condensed milk

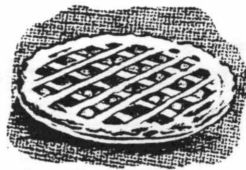
Mix together, and pour into graham cracker pie shell. Chill and serve.

LOW CALORIE STRAWBERRY WHIP

Pauline Cross, Baileys Senior Nutrition Site

- 1 teaspoon unflavored gelatin
- 1 cup boiling water
- 1/3 cup nonfat dry milk
- 1/2 teaspoon vanilla
- 16 oz. package frozen sliced strawberries with sugar,
including syrup, thawed

Using a large bowl, dissolve the gelatin in boiling water. Place bowl in refrigerator until gelatin is set. Sprinkle the dry milk powder over the gelatin and beat with electric mixer. Start out at low speed and then beat at high speed until mixture forms soft peaks. (This will take at least 5 minutes and mixture will almost triple in volume). Fold in vanilla and strawberries with syrup. Spoon into sherbert dishes and return to refrigerator until set and thoroughly chilled. Makes 8 cups.



STRAWBERRY PIE

Mrs. Frances Marshall, Burke, Virginia

- 1 quart strawberries
- 1-8oz. package cream cheese
- 1/2 cup confectioners 10-X powdered sugar
- 1 teaspoon vanilla
- 1/2 pint whipping cream
- 1 tablespoon corn starch

Mix cream cheese, sugar and vanilla. Beat whipping cream and fold into mixture. Put in baked pie shell and chill. Drain juice from berries, and put strawberries in pie shell. Take juice, (enough to make about one cup) and add 1 tablespoon corn starch, blend well. Cook over low heat until it starts to bubble. Pour over strawberries. Chill for several hours.

OLD FASHIONED CUSTARD PIE

Ollie Williamson, Alexandria, Virginia

Single crust, unbaked pie shell

3 eggs

½ cup sugar

½ teaspoon salt

1/8 teaspoon nutmeg

2 cups hot milk

Beat eggs, add sugar, nutmeg, salt and milk. Mix well. Pour into unbaked pie shell. Place in a 450° oven for 10 minutes. Decrease heat to 325° and continue baking for about 30 minutes until a knife inserted into the center comes out clean. Sprinkle with nutmeg.

CHOCOLATE DELIGHT

Mrs. Otis Woolfrey, Alexandria, Virginia

1 cup of plain flour

1 cup margarine at room temperature

1 cup chopped pecans

1 large cool whip (9 or 10 oz.)

1 cup powdered sugar, sifted

1 (8 oz.) package cream cheese

3 cups milk

1 (3 oz.) package vanilla instant pudding mix

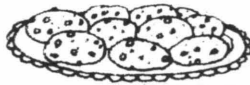
1 (3 oz.) package chocolate instant pudding mix

Mix flour and margarine, press into 9 x 13 pan. Sprinkle nuts on this and press to make crust. Bake at 350° for 20 to 25 minutes. Cool 1 hour. Mix 1 cup cool whip, sugar, and cream cheese. Spread over crust. Mix both puddings with milk and beat until thickened. Spread over the cream cheese mixture. Top with rest of cool whip. Chill several hours before serving. Makes 15 to 18 servings.

PREACHER COOKIES

Lorraine Z. Shreve, Baileys Senior Nutrition Site

2 cups sugar
1 stick margarine
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup cocoa
2 cups oatmeal
1 teaspoon vanilla
handfull of nuts (if desired)



Place sugar, margarine and milk into saucepan and boil for 3 minutes. Add cocoa, oatmeal and vanilla. Beat quickly while hot and drop teaspoonfuls on baking sheet. Wait about 5 minutes before serving. Nothin' to it and they are delicious!

MOON BALLS - A NUTRITIOUS SNACK

Mrs. Herman L. Fink, Falls Church, Virginia

1 cup non-fat dry milk
 $\frac{1}{2}$ cup honey
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{2}$ cup granola type cereal - crushed

Mix dry milk, honey and peanut butter until well blended. Chill. Form into balls and roll in the crushed cereal. Makes about 25 balls.

SUPER EASY OATMEAL SHORTBREAD

Lorraine Z. Shreve, Baileys Senior Nutrition Site

This cookie gives the most for the least. So quick and so good!

1 cup margarine, softened
 $\frac{2}{3}$ cup light brown sugar
 $1\frac{1}{2}$ cups unsifted flour
 $\frac{2}{3}$ cup quick oats

Cream sugar and margarine, add flour and oats. When well mixed, press firmly and evenly into a lightly buttered cookie sheet (10x15). Bake at 300° for 20-30 minutes. Cut into squares immediately, then cool in pan. Yummy!

AGGRAVATION COOKIES

Laura E. Hazleton, Springfield, Virginia

- 1 cup all-purpose flour
- 1 tablespoon baking soda
- 1 cup brown sugar
- 1 cup margarine
- 2 cups oatmeal
- 1 (6 oz.) package chocolate chips (if desired)

Sift flour with baking soda. Dump into large bowl. Add brown sugar, margarine and oatmeal. Use hands to mix well. The more you squeeze, the better the cookies are. Form into walnut size balls and place on cookie sheets. Bake at 300° for 15 minutes or until done. Makes 4 dozen. Making these cookies helps your aggravations. They are delicious. The chocolate chips may be added, if desired.



ENERGY SAVING BARS

Bessie R. Grieme, Alexandria, Virginia

- 2 cups quick oats (uncooked)
- 3 cups miniature marshmallows or 24 large marshmallows (cut up)
- ½ cup chunk style peanut butter
- 3 tablespoons margarine or butter (melted)
- 1 cup nut meats (chopped)
- ¼ cup honey

Toast oats in shallow baking pan in preheated oven 350° for 15 minutes. Line 9 inch square baking pan with aluminum foil (grease). Melt marshmallows, peanut butter, margarine, honey in small pan, remove from heat. Stir in toasted oats and nuts and spread evenly in 9" square pan. Chill until firm. To serve, cut into squares (remove the foil). Serves 9-12.

- 1 cup...
- 1 tablespoon...
- 1 cup...
- 1 cup...
- 1 cup...
- 1 cup...

Sift flour with salt and baking powder into a large bowl.
Add brown sugar, eggs, and vanilla extract.
Mix well.
Form into balls and place on a greased cookie sheet.
Bake for 10-12 minutes at 350°F.
Remove and cool on a wire rack.



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