

SIM NIGERIA COOKBOOK

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B

breakfast

Banana Bread

Meg Ackley

Servings: 1

1 cup sugar

1/2 cup margarine

2 egg

4 banana, mashed

1 pinch salt

1 teaspoon baking soda

1/2 teaspoon baking powder

1 3/4 cups flour

Mix in the order given.

Bake at 375 F for 30-35 minutes.

Per Serving (excluding unknown items): 2949 Calories; 104g Fat (31.1% calories from fat); 39g Protein; 480g Carbohydrate; 18g Dietary Fiber; 374mg Cholesterol; 2824mg Sodium. Exchanges: 11 Grain(Starch); 1 1/2 Lean Meat; 7 Fruit; 19 Fat; 13 1/2 Other Carbohydrates.

Entree

Beef Stroganoff

Servings: 1

2 tablespoons flour

1 cup evaporated milk

Brown meat. Add flour and soup. (Substitute 1/2 pkg. powder soup with 1 1/2 cup water). Simmer till meat is tender. Add evaporated milk and heat. Serve over noodles.

Per Serving (excluding unknown items): 396 Calories; 19g Fat (43.6% calories from fat); 19g Protein; 37g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 267mg Sodium. Exchanges: 1 Grain(Starch); 2 Non-Fat Milk; 3 1/2 Fat.

dessert

Beth's Yogurt Ice Cream

Beth Cunningham

Servings: 1

Put two cans of evaporated milk in freezer until almost frozen (about 2 hours). Beat them until doubled. Add 1 package orange or lemon Kool-Aid. It should become stiff. Add 2 cups sugar. Fold in 2 cups yogurt and freeze. The orange tastes like a dreamsicle and the lemon is like cheesecake.

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: .

breakfast

Bisquick Mix

Joyce Richardson

Servings: 1

Does not need to be refrigerated.

9 cups flour

4 tablespoons baking powder

1 tablespoon salt

1 cup margarine

Per Serving (excluding unknown items): 5748 Calories; 193g Fat (30.4% calories from fat); 118g Protein; 874g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 14401mg Sodium. Exchanges: 56 1/2 Grain(Starch); 36 Fat; 1 Other Carbohydrates.

Brownie-Bill's favorite

Dorothy Ardill

Servings: 16

3/4 cup flour

1/4 teaspoon salt

1/3 cup butter

1 1/4 cups sugar

2 tablespoons water

12 ounces chocolate chip

1 teaspoon vanilla

2 egg

1/2 cup almonds, CHOPPED

Combine flour and salt in small bowl and set aside. In saucepan, bring butter, sugar and water just to a boil. Remove from heat and add 6 oz of chocolate chip morsels and vanilla. Stir until smooth. Place chocolate mixture into a mixing bowl. Add eggs one at a time and beat well after each egg. Blend in flour mixture. Stir in remaining chocolate chip morsels and the chopped almonds. Spread into a 9" square baking pan and bake for 30 minutes in a 325F oven. Cool and cut into squares.

Per Serving (excluding unknown items): 252 Calories; 13g Fat (43.8% calories from fat); 3g Protein; 35g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 82mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 2 Other Carbohydrates.

dessert

Brownie-Cunningham

Servings: 1

3/4 cup cocoa
3/4 cup oil, + 2 Tbsp.
2 cups sugar
4 egg
1 1/2 cups flour
1 teaspoon salt
1 teaspoon baking powder

Mix together cocoa, oil, sugar and eggs. Then stir in dry mixture. Bake in a 9x13 pan at 350 F for 30-40 minutes. No need to grease pan.
For chewier brownies, omit the baking powder but do grease the pan.

Per Serving (excluding unknown items): 4088 Calories; 192g Fat (40.5% calories from fat); 54g Protein; 581g Carbohydrate; 27g Dietary Fiber; 748mg Cholesterol; 2862mg Sodium. Exchanges: 11 1/2 Grain(Starch); 4 Lean Meat; 36 Fat; 27 Other Carbohydrates.

Brownie-McCain

Mary McCain

Servings: 1

6 egg

3 cups sugar

1 1/2 cups oil

1 1/8 cups unsweetened cocoa powder

3 teaspoons vanilla

2 1/4 cups flour

3 teaspoons baking powder

1 1/2 teaspoons salt

Beat eggs until light and fluffy. Add sugar and beat well.

Combine oil, cocoa, and vanilla. Sift together flour, baking powder and salt. Mix all together.

Pour into two greased 9x13 pans. Bake at 350 F for 25-30 minutes. Do not over bake. Frost while warm.

Eclair Frosting:

Mix in a small pan over the stove: 3 Tbsp. water, 3 Tbsp. margarine, 4 Tbsp. cocoa, one box icing sugar (8 oz.), and 1 tsp. vanilla. Mix until smooth and spoon over hot brownies. Cut when cooled.

Per Serving (excluding unknown items): 6896 Calories; 369g Fat (46.5% calories from fat); 81g Protein; 877g Carbohydrate; 40g Dietary Fiber; 1122mg Cholesterol; 5025mg Sodium. Exchanges: 17 1/2 Grain(Starch); 6 Lean Meat; 70 Fat; 40 1/2 Other Carbohydrates.

Bucket Pickles

Lynne Park

Servings: 1

- soak whole cucumbers in enough water to cover.
 - add enough salt to bob and egg.
 - soak 10-14 days. Be sure to stir 3 or 4 times. The top cucumbers will mold otherwise.
 - scrub, wash, slice and soak in Alum water overnight (16 lbs. in 2 oz. alum)
 - soak in vinegar to cover for 6 hours.
 - drain well.
 - layer pickles, sugar to cover, and a bag of pickling spice in a cheese cloth. Repeat layers.
- If the cucumbers are small, just cut in half lengthwise. Larger cucumbers are great for sandwiches when sliced in rounds.
Leave for 3-4 days before eating. They will last many months.

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: .

c

dessert

Cake Frosting

Carol Kejr-Liberia

Servings: 1

use for cake decorating

**3/4 cup cake-flour (1 Tbsp. corn
flour/1 cup flour)
1 cup shortening
3/4 cup water, cold
1 teaspoon salt
2 pounds powdered sugar
2 teaspoons vanilla**

Beat together flour and shortening.
Dissolve salt in the water.
Add water mixture to flour/shortening mixture.
Add powdered sugar and flavoring.
Add by hand approx. 1/2 lb. powdered sugar until right consistency.

Per Serving (excluding unknown items): 5369 Calories; 206g Fat (33.8% calories from fat); 0g Protein; 906g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2146mg Sodium. Exchanges: 41 Fat; 61 Other Carbohydrates.

Misc

Calamansi Soda

Catherine Watson

Servings: 1

1 1/2 cups sugar

1 1/2 cups water

1 1/2 cups lemon juice

Boil sugar and water until sugar is dissolved. Add lemon peel and lemon juice. Put mixture in freezer until cool. Pour 1/3 glass full of lemon mixture, 2-3 ice cubes and fill the rest with club soda.

Per Serving (excluding unknown items): 1253 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 331g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 2 Fruit; 20 Other Carbohydrates.

Entree

Camp-out Stew

Dorothy Ardill

Servings: 4

2 1/2 pounds stew meat
1 large green bell pepper, sliced
7 potato, peeled and quartered
9 carrot, peeled and cut
1 large onion
1 canned stewed tomatoes
1 tablespoon sugar
6 tablespoons tapioca

Pressure cook the stew meat, stewed tomatoes, onion and green pepper for 15 minutes.
Cook over slow heat the rest of the ingredients until potatoes are tender. Warm at the campsite.

Per Serving (excluding unknown items): 1184 Calories; 59g Fat (45.3% calories from fat); 85g Protein; 75g Carbohydrate; 9g Dietary Fiber; 283mg Cholesterol; 903mg Sodium. Exchanges: 3 1/2 Grain(Starch); 11 1/2 Lean Meat; 4 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Entree

Chicken In Banana Leaf

Dorothy Ardill

Servings: 4

1 tablespoon chili powder

1 pinch tumeric

2 tablespoons vinegar, lime, lemon juice or

1 clove garlic

3 tablespoons oil

1 onion, medium sliced

salt

1 chicken

Prepare first 3 ingredients. Add garlic. Mash to blend; set aside. Heat 1 Tablespoon oil in a medium skillet. Add onion. Cook until tender but not browned; set aside.

Preheat oven to 350. Cut 4-20 inch sheets of aluminum foil. Place on sheet of foil on a flat surface. Place banana leaf in center of foil. Rub 1 chicken quarter with some of the remaining oil. Place chicken on banana leaf. Spread 1/4 of the red sauce mixture over chicken with back of spoon. Sprinkle salt. Add 1/4 of the cooked onion. Wrap banana leaf around chicken to cover. Fold foil over banana leaf and crimp to close securely. Place a single layer in a large baking dish. Bake 1 hour. Remove foil and drain juices. Serve chicken wrapped in the leaves.

Per Serving (excluding unknown items): 912 Calories; 69g Fat (69.0% calories from fat); 65g Protein; 4g Carbohydrate; 1g Dietary Fiber; 340mg Cholesterol; 280mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.

Entree

Chicken Paprikash

Dorothy Ardill

Servings: 1

Serve with noodles.

1 tablespoon margarine

1 cup onion, chopped

4 teaspoons paprika

1 cup chicken broth

1 cup yogurt

2 tablespoons flour

Melt margarine, add onions and paprika. Cook until tender. Add chicken pieces of one chicken. Add chicken broth and pressure cook for 20 minutes.

Remove chicken pieces and put on serving platter. Mix together yogurt and flour and slowly add to the hot juices.

Cook until thickened and bubbly.

Spoon some sauce over chicken pieces; pass remainder to serve over noodles.

Per Serving (excluding unknown items): 434 Calories; 22g Fat (44.9% calories from fat); 18g Protein; 43g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 1018mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Entree

Chicken With Honey

Dorothy Ardill

Servings: 4

2 tablespoons vegetable oil

1/2 cup soy sauce

2 tablespoons ketchup

1 cup honey

1/2 clove garlic, chopped

Preheat oven to 375 degrees.

Sprinkle chicken with salt and pepper. Combine remaining ingredients and pour over chicken in a greased baking dish. Bake for 1 hour until well done and sauce is caramelized; turn occasionally. If chicken starts to burn, reduce the heat and cover with foil.

Per Serving (excluding unknown items): 345 Calories; 7g Fat (16.7% calories from fat); 2g Protein; 75g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2150mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat; 5 Other Carbohydrates.

dessert

Chocolate Cake

Servings: 1

1/2 cup butter

1/2 cup water

1/2 cup cocoa

1 1/3 cups sugar

1/2 cup milk

1 egg

1 teaspoon vanilla

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1 pinch salt

Melt butter in water. Add cocoa, sugar, milk, egg and vanilla. Stir in dry ingredients. Bake about 1/2 hour in a square pan at 350 F. Don't overcook.

Per Serving (excluding unknown items): 2780 Calories; 108g Fat (33.7% calories from fat); 38g Protein; 441g Carbohydrate; 20g Dietary Fiber; 452mg Cholesterol; 2706mg Sodium. Exchanges: 11 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 20 1/2 Fat; 18 Other Carbohydrates.

dessert

Chocolate Cookies for Ice Cream Sandwiches

Catherine Watson

Servings: 1

1 1/4 cups margarine

2 cups sugar

2 egg

2 teaspoons vanilla

3/4 cup cocoa

2 cups flour

1 teaspoon baking soda

1 teaspoon salt

Cream margarine, sugar, eggs and vanilla...blend well. Combine flour, cocoa, soda and salt. Blend into creamed mixture. Bake at 350 F for 10-12 minutes. They will puff during baking - flatten on cooling. Cool on cookie sheet about 1 minute.

When cooled, fill 2 cookies with ice cream and roll sides in sprinkles for ice cream sandwiches.

Per Serving (excluding unknown items): 4792 Calories; 247g Fat (44.9% calories from fat); 52g Protein; 631g Carbohydrate; 29g Dietary Fiber; 374mg Cholesterol; 6189mg Sodium. Exchanges: 15 Grain(Starch); 2 1/2 Lean Meat; 47 1/2 Fat; 27 Other Carbohydrates.

dessert

Chocolate Mayonnaise Cake - Mom's

Dorothy Ardill

4 cups flour

2 cups sugar

3 teaspoons baking soda

2/3 cup cocoa

1 cup mayonnaise

2 cups water

4 teaspoons vanilla

Cake- 350 degrees for 30 minutes Cupcakes - 375 degrees for 15-25 minutes

Per Serving (excluding unknown items): 5126 Calories; 200g Fat (33.7% calories from fat); 65g Protein; 817g Carbohydrate; 34g Dietary Fiber; 77mg Cholesterol; 5066mg Sodium. Exchanges: 27 Grain(Starch); 1/2 Lean Meat; 17 Fat; 27 Other Carbohydrates.

dessert

Chocolate Sauce

Nancy Sawyer

Servings: 1

1 cup sugar

1/3 cup cocoa

2 tablespoons flour

1 tablespoon butter

1 cup milk

1/2 teaspoon vanilla

Mix dry ingredients together. Add milk, butter, salt and vanilla. Cook until thickened, stirring during cooking.

Per Serving (excluding unknown items): 1154 Calories; 24g Fat (17.3% calories from fat); 15g Protein; 239g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 245mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Non-Fat Milk; 4 1/2 Fat; 13 1/2 Other Carbohydrates.

Coffee Cake - Mom's

Dorothy Ardill

Servings: 2

2 cups granulated sugar

1/2 cup butter

2 egg

1 cup milk

3 cups flour

2 teaspoons baking powder

Mixture should be stiff. Pour in 2 square pans.

Sprinkle with cinnamon, then raisins then light brown sugar. Dot with butter.

Bake at 350 degrees for 30-35 minutes

Per Serving (excluding unknown items): 2006 Calories; 56g Fat (25.0% calories from fat); 29g Protein; 350g Carbohydrate; 5g Dietary Fiber; 328mg Cholesterol; 1077mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 10 1/2 Fat; 13 1/2 Other Carbohydrates.

Entree

Corned Beef Casserole

Dorothy Ardill

Servings: 4

1 3/4 cups macaroni

12 corned beef, ounce can

1 cup milk

1/2 cup onion, chopped

1 cup bread crumbs, buttered

Cook macaroni until just tender. Drain and rinse. Combine remaining ingredients except crumbs, and alternate with layers of cooked macaroni in greased 2 quart casserole. Top with bread crumbs. Bake uncovered in 375 for 1 hour.

Per Serving (excluding unknown items): 322 Calories; 4g Fat (12.0% calories from fat); 11g Protein; 58g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 266mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Entree

Corned Beef Hash

Nancy Sawyer

Servings: 4

8 potato, medium

1 corned beef, tin

Wash and peel potatoes. Cut into 1/4" cubes. Put small amount of oil into large fry pan. Add potatoes (and onions if desired). Fry over low heat until potatoes are tender. Add small amount of salt and pepper while frying. *(Don't add too much since corned beef is salty)*. Add corned beef, mix and heat thoroughly. Check taste before serving.

Per Serving (excluding unknown items): 193 Calories; trace Fat (1.1% calories from fat); 5g Protein; 44g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 3 Grain(Starch).

Entree

Corned Beef Potato Bake

Dorothy Ardill

Servings: 1

4 potato, medium

1 12 oz. can corned beef

2 egg white, lightly beaten

1 tablespoon parsley flakes

1 teaspoon onion flakes, dehydrated

Bake, cool, and halve potatoes. Scoop out centers and in a large bowl combine with salt and pepper to taste. Toss lightly with corned beef. In a small bowl combine egg whites, parsley, and onion and pour over the potato mixture. Add hot pepper sauce to taste. Toss lightly until well mixed.

Spoon into potato shells.

Sprinkle with grated cheese. Bake uncovered at 350 F for 30 minutes or until golden.

Per Serving (excluding unknown items): 425 Calories; trace Fat (1.0% calories from fat); 17g Protein; 90g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 6 Grain(Starch); 1 Lean Meat.

Cornmeal Quiche

Servings: 1

1/2 cup corn meal
3/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup shortening
3 tablespoons water, cold
1 1/4 cups cheese, shredded
2 cups whole kernel corn
5 egg
3/4 cup evaporated milk
1 teaspoon salt
1/4 teaspoon cayenne

CRUST:

Combine in a bowl the first 4 ingredients. Cut in shortening. Sprinkle water over while tossing with a fork. Stir lightly until mixture will form a ball. Roll out on lightly floured board. Fit loosely into 9" pie pan.

Preheat oven at 425 F.

FILLING:

Layer cheese on bottom of unbaked crust. Spread corn over cheese. Combine eggs and rest of ingredients. Pour over corn.

Bake at 425 F for 15 minutes. Reduce temperature to 350 F and continue to bake 25-30 minutes. Let stand 10 minutes before cutting.

Per Serving (excluding unknown items): 1529 Calories; 106g Fat (62.3% calories from fat); 50g Protein; 94g Carbohydrate; 3g Dietary Fiber; 991mg Cholesterol; 3678mg Sodium. Exchanges: 4 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Non-Fat Milk; 18 1/2 Fat.

Entree

Crock-Pot Beans (Man pleaser beans)

Lorraine Foute

Servings: 1

1 pound lean ground beef
3/4 pound bacon
1 tablespoon dry mustard
1/2 cup brown sugar
1 teaspoon salt
1 cup onion, chopped
1 cup ketchup
1/2 cup white sugar
1 tablespoon white vinegar
1 dash pepper

Drain kidney and lima beans. Fry bacon and break into small pieces. Place all ingredients in crock pot and cook for 4 to 6 hours.

Per Serving (excluding unknown items): 3766 Calories; 263g Fat (63.3% calories from fat); 190g Protein; 153g Carbohydrate; 6g Dietary Fiber; 630mg Cholesterol; 10759mg Sodium. Exchanges: 0 Grain(Starch); 26 Lean Meat; 2 1/2 Vegetable; 36 Fat; 9 Other Carbohydrates.

Curried Beef

Dorothy Ardill

Servings: 1

1/2 teaspoon ground coriander
1/2 teaspoon paprika
1/2 teaspoon tumeric
1/8 teaspoon cayenne pepper
1/8 teaspoon ground cloves
1/8 teaspoon cinnamon
1/8 teaspoon cardamom
1 teaspoon ground cumin
3 tablespoons butter
1 cup water
2 tablespoons tomato paste, OR 1 small can
2 teaspoons red wine vinegar
1 1/2 tablespoons flour

Combine spices and set aside. Mince garlic and ginger.

Melt butter in the pressure cooker. Stir in spice mix, garlic and ginger and cook 1 minute. Add onions and cook 1 minute longer. Add meat, water and tomato paste. Cover and bring to full pressure. Reduce heat and cook 20 minutes.

Combine 1 Tablespoon water and the vinegar with the flour to make a smooth paste. Stir in several tablespoons of the broth from the meat, then stir the flour mixture back into the broth. Cook over high heat until thickened, 1-2 minutes. The curry can be refrigerated for up to 4 days of frozen.

Serve with chopped peanuts, raisins, yogurt, coconut, tomato, bananas, and pineapple.

This is the best curry. It is worth bring the spices from home to have a complete recipe. I have omitted some spices when they were not available.

Per Serving (excluding unknown items): 392 Calories; 36g Fat (78.5% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 93mg Cholesterol; 622mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 7 Fat; 0 Other Carbohydrates.

D

Dannon Muffins

Dorothy Ardill

Servings: 1

1 1/2 cups flour
3/4 cup sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2/3 cup yogurt
2/3 cup milk
1/2 cup dried fruit

-- Mix dry ingredients. -- Gently stir in yogurt and milk. -- Fill muffins 3/4 full. -- Bake at 400 degrees for 18 minutes.

Streusel Variation: -- Combine 1/3 cup sugar and 1/2 tsp. cinnamon. Fill muffin cups 1/2 full with batter; place tsp. of sugar-cinnamon mixture on top of each and add batter to fill cups 3/4 full.

Dried Fruit Variation: -- Take about 1/2 cup of dried fruit/cranberries and boil in a small amount of water to plump the berries. Drain well and add to batter.

Per Serving (excluding unknown items): 1594 Calories; 13g Fat (7.1% calories from fat); 32g Protein; 343g Carbohydrate; 9g Dietary Fiber; 43mg Cholesterol; 3470mg Sodium. Exchanges: 9 1/2 Grain(Starch); 2 Fruit; 1 1/2 Non-Fat Milk; 2 Fat; 10 1/2 Other Carbohydrates.

Double Peanut Butter Cookies

Livingstons

Servings: 1

1 1/2 cups flour
1/2 cup sugar
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup shortening
1/2 cup peanut butter, creamy
1/4 cup light corn syrup (Golden Syrup)
1 tablespoon milk

Sift together dry ingredients. Cut in shortening and peanut butter until mixture resembles coarse meal. Blend in syrup and milk.

Shape into 2" roll, chill. Place half the slices on ungreased cookie sheet; spread each with 1/2 teaspoon peanut butter. Cover with remaining slices; seal edges with a fork.

Bake at 350 F for about 12 minutes. Cool slightly and remove from cookie sheet.

Per Serving (excluding unknown items): 2981 Calories; 171g Fat (50.0% calories from fat); 52g Protein; 331g Carbohydrate; 13g Dietary Fiber; 2mg Cholesterol; 1876mg Sodium. Exchanges: 11 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 31 1/2 Fat; 11 Other Carbohydrates.

E

Entree

Easy Quiche

Joyce Richardson

Servings: 1

- 1 cup milk**
- 1/4 cup butter, melted**
- 1 cup cheese, grated**
- 1 cup meat, cooked**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- 4 egg**

Mix all ingredients along with onion, green pepper and grated carrots. Pour into a greased 9 inch pie plate. Bake at 350 F for 30 minutes.

Per Serving (excluding unknown items): 820 Calories; 72g Fat (78.4% calories from fat); 31g Protein; 14g Carbohydrate; trace Dietary Fiber; 905mg Cholesterol; 1876mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Non-Fat Milk; 12 1/2 Fat.

Entree

Eggplant Creole

Mary Naff-Liberia

Servings: 4

3 tablespoons butter

3 tablespoons flour

1 pinch salt

1 tablespoon brown sugar

1/2 bay leaf

2 cloves

Peel, then dice 1 medium eggplant. Cook 10 minutes in boiling water. Drain. Place in greased baking dish.

Melt butter and add flour. Peel, slice and chop 3 large tomatoes or use 2 cups canned tomatoes, 1 small green pepper. Add to butter/flour. Add salt, brown sugar, bay leaf and cloves. Cook for 5 minutes.

Pour over eggplant. Cover top with bread crumbs. Dot with butter or grated cheese. Bake at 375 F til bubbles.

Bake at 350 for 30 minutes.

Per Serving (excluding unknown items): 117 Calories; 9g Fat (68.7% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 130mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Fat; 0 Other Carbohydrates.

Entree

Eggplant Supreme

Dorothy Ardill

Servings: 4

2 tablespoons oil

1 10 oz. can stewed tomatoes

1 10 oz. can tomato sauce

1 teaspoon salt

1/4 teaspoon oregano

1/4 teaspoon garlic salt

Trim ends of 2 medium eggplants. Cut in half lengthwise. Scoop out centers; do not break shells. Place shell in shallow baking dish.

Combine scooped out centers with ground beef. Brown in oil. Add tomato mixture.

Then spoon into the shells and bake at 350 for 30 minutes or so.

Per Serving (excluding unknown items): 102 Calories; 7g Fat (57.6% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1108mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

F

Entree

Fabulous Cheese Casserole

Judy Brod

Servings: 1

10 slices bread
2 cups cheese, shredded
1/4 cup margarine, melted
5 egg
3 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon dry mustard

Cut bread into 3 strips. Fit together in greased 9x13 pan. Drizzle half of the margarine over bread. Sprinkle with half the cheese. You may put a layer of sliced ham or cooked bacon or sausage. Put another layer of bread, margarine and cheese.

Beat eggs and milk. Add remaining ingredients and pour over bread. Cover and refrigerate overnight.
Bake uncovered at 350 F for 45-60 minutes.

Per Serving (excluding unknown items): 1859 Calories; 101g Fat (49.3% calories from fat); 73g Protein; 162g Carbohydrate; 6g Dietary Fiber; 1037mg Cholesterol; 3580mg Sodium. Exchanges: 8 Grain(Starch); 4 Lean Meat; 3 Non-Fat Milk; 17 1/2 Fat.

Misc

Flat Bread Chips

Judy Brod

Servings: 1

Great for snacks or use with a dip.

Separate bread in half then tear into pieces. Spread with margarine and sprinkle with seasoning salt. Put in 350 F oven for a few minutes until lightly browned.

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: .

French Breakfast Puffs

Nancy Sawyer

Servings: 1

1/3 cup shortening

1/2 cup sugar

1 egg

1 1/2 cups flour

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon ground nutmeg

1/2 cup milk

1/2 cup sugar

1 teaspoon cinnamon

1/2 cup butter, melted

Preheat oven to 350 F. Grease 15 medium muffin cups, 2 1/2 x 1 1/4 inches.

Mix shortening, sugar and egg thoroughly. Mix flour, baking powder, salt and nutmeg; stir into egg mixture alternately with milk.

Fill muffin cups 2/3 full. Bake 20 to 25 minutes or until golden brown.

Mix sugar and cinnamon. Roll hot muffins immediately in melted butter, then in sugar-cinnamon mixture. Serve hot.

Per Serving (excluding unknown items): 3027 Calories; 171g Fat (50.1% calories from fat); 30g Protein; 353g Carbohydrate; 7g Dietary Fiber; 452mg Cholesterol; 2856mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 33 1/2 Fat; 13 1/2 Other Carbohydrates.

dessert

Fresh Strawberry Pie

Ruth Porter

Servings: 1

1/2 cup strawberry, mashed

1 cup sugar

1 cup water

2 tablespoons strawberry jello powder

3 tablespoons cornstarch

Cook until thick. Cool mixture. Pour over berries. Chill. Cover with whipped cream.

Per Serving (excluding unknown items): 888 Calories; trace Fat (0.3% calories from fat); trace Protein; 227g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 13 1/2 Other Carbohydrates.

dessert

Fruit Cocktail Cake

Lorraine Foute

Servings: 1

1 1/2 cups sugar
1 teaspoon vanilla
2 cups flour
2 teaspoons baking soda
2 egg
3/4 teaspoon salt

Combine and mix in large bowl. Pour into 9x13 pan. Crumble over top: 1/4 cup brown sugar and 1/2 cup coconut. Bake at 350 F for 30-40 minutes.

Topping: 3/4 cup sugar, 1/2 cup margarine, 1/2 cup coconut, 1/4 cup milk, 1 tsp. vanilla, 1/2 cup nuts. Bring to a boil and pour over cake as soon as it comes out of the oven. Cover pan with foil and let cool.

Per Serving (excluding unknown items): 2215 Calories; 11g Fat (4.6% calories from fat); 37g Protein; 493g Carbohydrate; 7g Dietary Fiber; 374mg Cholesterol; 4235mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat; 20 Other Carbohydrates.

G

German Chocolate Pie

Servings: 1

1/4 cup butter
1/2 cup cocoa
1 6 oz. can evaporated milk
2 egg
1 teaspoon vanilla
1 1/2 cups sugar
3 tablespoons cornstarch
1/8 teaspoon salt
1 1/3 cups coconut
1/2 cup nuts, chopped

In a medium pan, melt butter and cocoa. Add, stirring, the evaporated milk, turn off heat.

In a separate bowl beat eggs and add vanilla, sugar, cornstarch, and salt. Mix this with the chocolate and pour into a raw pie shell.

In a bowl mix coconut and nuts. Sprinkle over top and bake at 400 for 1 hour.

Per Serving (excluding unknown items): 2946 Calories; 149g Fat (43.1% calories from fat); 47g Protein; 396g Carbohydrate; 31g Dietary Fiber; 548mg Cholesterol; 1069mg Sodium. Exchanges: 4 Grain(Starch); 3 1/2 Lean Meat; 1 Fruit; 1 1/2 Non-Fat Milk; 27 1/2 Fat; 20 Other Carbohydrates.

dessert

Ginger Biscuits

June Gray

Servings: 1

1/4 pound margarine

1 cup sugar

3 teaspoons ground ginger

1 3/4 cups flour

1 teaspoon baking soda

2 tablespoons milk

Cream marg. and sugar. Add ginger. In a saucepan heat milk and golden syrup. Add baking soda and stir into creamed mixture. Add flour. Roll into balls. Place on tray and press with a fork. Bake in a slow oven about 20 minutes.

Per Serving (excluding unknown items): 2423 Calories; 95g Fat (34.9% calories from fat); 25g Protein; 373g Carbohydrate; 7g Dietary Fiber; 4mg Cholesterol; 2352mg Sodium. Exchanges: 11 Grain(Starch); 0 Non-Fat Milk; 18 1/2 Fat; 13 1/2 Other Carbohydrates.

Ginger Snaps

Carol Kejr-Liberia

Servings: 4

1/2 cup oil

1 cup sugar

1 egg, beaten

2 tablespoons molasses

2 cups flour

1 teaspoon soda

1/2 teaspoon salt

1 1/2 teaspoons ginger

1/2 teaspoon cloves

2 teaspoons cinnamon

Mix together: oil, sugar, egg and molasses. Sift together flour, soda, salt, ginger, cloves, and cinnamon. Mix dry and wet ingredients together. Roll with hands into small balls the size of a walnut. Roll each ball in sugar. Put on greased cookie sheet.

Bake at 350 for 15 minutes.

Per Serving (excluding unknown items): 712 Calories; 29g Fat (36.4% calories from fat); 8g Protein; 106g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 287mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 5 1/2 Fat; 4 Other Carbohydrates.

dessert

Grandma Stephens' Fruit Bars

Lorraine Foute

Servings: 1

2 cups sugar

4 cups flour

1 teaspoon cinnamon

1 cup butter

1 teaspoon baking soda

1 teaspoon cloves

3 egg

2 cups raisins

1 teaspoon nutmeg

Combine all ingredients and spread thinly into 2 pans. Bake 30-40 minutes. Glaze immediately with powdered sugar and water mixture. This recipe has been passed down 4 generations from my great grandmother!

Per Serving (excluding unknown items): 6086 Calories; 205g Fat (29.6% calories from fat); 80g Protein; 1017g Carbohydrate; 29g Dietary Fiber; 1058mg Cholesterol; 3353mg Sodium. Exchanges: 25 1/2 Grain(Starch); 2 1/2 Lean Meat; 15 Fruit; 38 1/2 Fat; 27 Other Carbohydrates.

H

Entree

Hamburger Cornbread Pie

Mary McCain

Servings: 1

1 cup corn

1/2 cup grits

1/2 cup flour, maize

1 cup flour

2 tablespoons baking powder

1 teaspoon salt

1 egg

1 cup milk

2 tablespoons oil

Mix sauce, beans and corn and spoon into a 9x13 casserole dish. Top with cornbread mixture. Mix dry ingredients then stir in liquids. Spoon on top of casserole.

Bake at 350 F for 30 minutes.

Per Serving (excluding unknown items): 1576 Calories; 44g Fat (25.1% calories from fat); 45g Protein; 253g Carbohydrate; 10g Dietary Fiber; 220mg Cholesterol; 5260mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 7 1/2 Fat; 1/2 Other Carbohydrates.

Hot Cereal

Dorothy Ardill

Bring salted water to a boil. Slowly add cereal mixture and cook 20 minutes on low heat. Add milk powder and sugar to taste. Leave overnight on top of stove and just heat it in the morning for a fast, healthy breakfast. Add raisins and milk if desired.

CEREAL MIXTURE:

1 part acha to 1 part cracked wheat.

OR 1 part multi-grain mix to 1 part cracked wheat.

OR both parts multi-grain mix.

To make multi-grain mix; take 2 parts corn to 1 part rice to 1 part wheat to 1 part soy beans to 1 part anything else. Have it ground to a fine flour. Change parts to suite your taste. Toast soy beans before grinding to get a stronger soy taste. Add more corn for a less expensive cereal.

CRACKED WHEAT: Take to grinder and open burrs until wheat is cracked into about quarters.

ACHA: Buy when less expensive (around Nov/Dec). Wash and dry well. I freeze it then to be sure it lasts me the whole year. Store in a bucket with a tight lid (same with whole wheat).

TO SERVE 3: 4 cups water to 1/2 cup mix (1/4 cup cracked wheat and 1/4 cup acha).

TO SERVE 4: 5 cups water to 2/3 cup mix.

TO SERVE 5: 6 cups water to 1 cup mix.

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: .

1

Entree

Impossible Bacon Pie

Beth Cunningham

Servings: 1

12 slices bacon, crisply fried and crumbled

1 cup cheese, shredded

1/3 cup onion

2 cups milk

4 egg

1/4 teaspoon salt

1/8 teaspoon pepper

Preheat oven to 400 F. Grease 10-inch pie plate.

Sprinkle bacon, cheese, and onion in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand blender. Pour into pie pan.

Bake until knife inserted between center and edge comes out clean, 35-40 minutes. Cool 5 minutes.

Per Serving (excluding unknown items): 1020 Calories; 71g Fat (63.6% calories from fat); 62g Protein; 30g Carbohydrate; 1g Dietary Fiber; 879mg Cholesterol; 2208mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 2 Non-Fat Milk; 10 Fat.

Entree

Impossible Cheeseburger Pie

Beth Cunningham

Servings: 1

- 1 pound lean ground beef**
- 1 1/2 cups onion, chopped**
- 1 1/2 cups milk**
- 3 egg**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 tomato, sliced**
- 1 cup cheese, shredded**

Preheat oven to 400 F. Grease a 10-inch pie pan.

Cook and stir beef and onion over medium heat until beef is brown; drain. Spread in pie pan. Beat milk, Bisquick, eggs, salt and pepper until smooth. Pour into pie pan.

Bake for 30 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted in center comes out clean, 5 to 8 minutes. Cool for 5 minutes.

Per Serving (excluding unknown items): 1764 Calories; 120g Fat (62.2% calories from fat); 114g Protein; 51g Carbohydrate; 7g Dietary Fiber; 951mg Cholesterol; 1754mg Sodium. Exchanges: 0 Grain(Starch); 14 Lean Meat; 6 Vegetable; 1 1/2 Non-Fat Milk; 15 1/2 Fat.

Entree

Impossible Lasagna Pie

Beth Cunningham

Servings: 1

1 pound lean ground beef
1 teaspoon oregano
1/2 teaspoon basil
1 6 oz. can tomato paste
1 cup cheese, shredded
1/2 cup cottage cheese
1/4 cup Parmesan cheese
1 cup milk
2 egg
1 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 400 F. Grease a 10-inch pie plate.

Cook and stir beef over medium heat until brown; drain. Stir in oregano, basil, tomato paste and 1/2 cup of the shredded cheese. Layer cottage cheese and Parmesan cheese in plate. Spoon beef mixture over top. Beat milk, Bisquick, eggs, salt and pepper until smooth. Pour into pie pan.

Bake until knife inserted between center and edge comes out clean, 30 -35 minutes. Sprinkle with remaining cheese. Cool 5 minutes.

Per Serving (excluding unknown items): 1819 Calories; 120g Fat (59.8% calories from fat); 130g Protein; 52g Carbohydrate; 8g Dietary Fiber; 773mg Cholesterol; 4851mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 6 1/2 Vegetable; 1 Non-Fat Milk; 14 1/2 Fat.

dessert

Impossible Pumpkin Pie

Vi Braband

Servings: 1

3/4 cup sugar
2 tablespoons margarine
3/4 cup evaporated milk
2 egg
2 cups pumpkin puree
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves
2 teaspoons vanilla

Preheat oven to 350 F.

Grease a 10 inch pie pan. Beat all ingredients until smooth. Pour into pan and bake until a knife inserted in center comes out clean. About 50-60 minutes.

Per Serving (excluding unknown items): 1377 Calories; 48g Fat (30.5% calories from fat); 30g Protein; 216g Carbohydrate; 15g Dietary Fiber; 430mg Cholesterol; 606mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 8 Vegetable; 1 1/2 Non-Fat Milk; 8 Fat; 10 Other Carbohydrates.

Impossible Taco Pie

Beth Cunningham

Servings: 1

- 1 pound lean ground beef**
- 1/2 cup onion, chopped**
- 1 envelope taco seasoning mix**
- 1 4 oz. can chopped green chilies, drained**
- 1 1/4 cups milk**
- 3 egg**
- 2 tomato, sliced**
- 1 cup cheese, shredded**

Preheat oven to 400 F. Grease a 10-inch pie pan.

Cook and stir beef and onion over medium heat until beef is brown; drain. Stir in seasoning mix. Spread in pie pan; sprinkle with green chilies. Beat milk, Bisquick and eggs until smooth. Pour into pie plate.

Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted between center and edge comes out clean, 8 to 10 minutes longer. Cool 5 minutes.

Serve with sour cream (yogurt). chopped tomatoes and shredded lettuce.

Per Serving (excluding unknown items): 1766 Calories; 118g Fat (61.5% calories from fat); 112g Protein; 54g Carbohydrate; 7g Dietary Fiber; 943mg Cholesterol; 2982mg Sodium. Exchanges: 14 Lean Meat; 3 1/2 Vegetable; 1 Non-Fat Milk; 15 Fat; 1 1/2 Other Carbohydrates.

Entree

Impossible Zucchini-Tomato Pie

Beth Cunningham

Servings: 1

2 cups zucchini, chopped

1 cup tomato, chopped

1/2 cup onion, chopped

1/3 cup Parmesan cheese

1 1/2 cups milk

3 egg

1/2 teaspoon salt

1/4 teaspoon pepper

Preheat oven to 400 F. Grease a 10-inch pie pan.

Sprinkle zucchini, tomato, onion and cheese in pie pan. Beat remaining ingredients until smooth. Pour into pie pan. Bake until knife inserted in center comes out clean, about 40 minutes. Cool 5 minutes.

Per Serving (excluding unknown items): 647 Calories; 34g Fat (47.1% calories from fat); 45g Protein; 42g Carbohydrate; 7g Dietary Fiber; 632mg Cholesterol; 1934mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 4 Vegetable; 1 1/2 Non-Fat Milk; 4 Fat.

Italian Seasoning Bread

Dorothy Ardill

Servings: 1

Great with any Italian dinner. Make as a loaf, rolls or bread sticks.

- 1 tablespoon yeast**
- 1 1/2 cups water, warm**
- 1 tablespoon sugar**
- 1 teaspoon garlic powder**
- 1 teaspoon salt**
- 1/3 cup Parmesan cheese**
- 2 tablespoons oregano**
- 3 cups flour**
- 1 tablespoon olive oil**

Mix together water and yeast. Let stand while mixing other ingredients.

Sift together dry ingredients.

Add olive oil and yeast mixture to dry ingredients. Add enough flour to make a soft dough. Knead for 10 minutes.

Put in a greased bowl, turn so greased side is up. Let rise in warm oven for 1 hour. Punch down and shape as desired.

Bake at 400 F .

Per Serving (excluding unknown items): 1727 Calories; 27g Fat (14.0% calories from fat); 56g Protein; 312g Carbohydrate; 18g Dietary Fiber; 21mg Cholesterol; 2654mg Sodium. Exchanges: 19 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Fat; 1 Other Carbohydrates.

J

breakfast

Jiffy Hamburger Rolls

Jacqueline Erwin

Servings: 1

4 cups whole wheat flour

1 cup milk

1/2 cup oil

1 teaspoon salt

2 tablespoons yeast

-- Stir together 2 cups flour and yeast. -- Heat other ingredients until very warm, then add to flour/yeast mix. -- Beat 3 minutes. Add enough flour to make a soft dough. Knead briefly. -- Let rest 10 minutes. -- Roll out 1/2 inch thick on well-floured surface. -- Cut into rounds with canning jar ring. -- Let rise on greased sheet for 1/2 hour. -- Bake at 400 degrees until lightly brown (12-15 minutes). Makes 12-15 rolls.

Per Serving (excluding unknown items): 2812 Calories; 127g Fat (38.8% calories from fat); 83g Protein; 369g Carbohydrate; 65g Dietary Fiber; 33mg Cholesterol; 2287mg Sodium. Exchanges: 23 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 25 Fat.

L

dessert

Lemon Crumb Cake

Karen Szymanski

Servings: 1

1 cup butter

4 cups flour

4 teaspoons baking powder

1 dash salt

2 cups sugar

4 egg yolk

1 teaspoon vanilla

1 teaspoon lemon rind

4 egg white, beaten

Combine butter, flour, baking powder, salt, and sugar. Work like a pie crust and reserve 1 cup of crumbs. Then add egg yolks, vanilla, and lemon. Fold in egg whites. Sprinkle reserve crumbs on top. Bake at 350 F for 35-40 minutes.

Per Serving (excluding unknown items): 5322 Calories; 209g Fat (35.2% calories from fat); 79g Protein; 790g Carbohydrate; 15g Dietary Fiber; 1347mg Cholesterol; 4352mg Sodium. Exchanges: 25 Grain(Starch); 3 Lean Meat; 0 Fruit; 39 1/2 Fat; 27 Other Carbohydrates.

Lemon Poppy-Seed Cake

Beth Cunningham

Servings: 24

Preheat oven to 350 F. Grease and flour two 8- or 9-inch round layer-cake pans.

Mix flour, salt, baking powder, and baking soda. Beat butter and sugar in a large bowl with electric mixer until light and fluffy. Beat in lemon peel, juice and vanilla. Add eggs one at a time, beating well after each. With mixer on low speed, add flour mixture in 3 additions alternately with the yogurt, beating well after each addition. Add poppy seeds with last of flour mixture.

Bake 35 to 40 minutes until cake springs back when lightly touched and toothpick inserted near center comes out clean. Cool in pans on wire rack 10 minutes. Turn out on rack to cool completely.

FROSTING:

Beat butter until fluffy. With mixer on low speed gradually beat in confectioners' sugar and remaining ingredients until smooth and fluffy.

TO ASSEMBLE:

Place 1 cake layer bottom side up on serving plate. Spread about 1 cup frosting. Cover with other cake layer, right side up. Frost sides then top of cake.

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: .

M

Marinating Sauce for Brisket

Dorothy Ardill

Servings: 1

1 tablespoon garlic salt

1 tablespoon pepper

1 tablespoon onion salt

1/2 cup vinegar

1/3 cup catsup

1/2 cup Worcestershire sauce

1 tablespoon soy sauce

2 tablespoons liquid woodsmoke flavoring

Punch brisket several times with meat fork and marinate overnight. Bake at 250-300 F for 6-7 hours (use slow cooker).

Per Serving (excluding unknown items): 237 Calories; trace Fat (1.6% calories from fat); 5g Protein; 60g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 14104mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.

dessert

Marshmallow Cream Frosting

Joanne Parrish

Servings: 1

1/2 tablespoon unflavored gelatin

2 tablespoons cold water

1 cup sugar

1/4 teaspoon cream of tartar

salt

1/2 cup water

2 egg white

1 teaspoon vanilla

corn syrup

Soften gelatin in cold water and set aside.

Combine sugar, cream of tartar, salt and water in heavy pan. Cover. Boil 2-3 minutes. Uncover and cook to 236 degrees (soft ball).

Beat egg whites to peaks. Add gelatin. Pour syrup over all and beat together. Mix in vanilla.

If desired, add a little corn syrup for easier pouring.

Per Serving (excluding unknown items): 850 Calories; 0g Fat (0.0% calories from fat); 8g Protein; 209g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 14 Other Carbohydrates.

Mayonnaise

Servings: 1

3 tablespoons sugar

1 1/2 teaspoons salt

1 1/2 cups milk (evaporated or regular)

3 tablespoons vinegar, or lemon juice

Put the above ingredients together in a blender. Mix well then add oil slowly until thick (about 1 cup). Aim at the hole in the center.

Makes about 3 cups.

Per Serving (excluding unknown items): 376 Calories; 12g Fat (28.4% calories from fat); 12g Protein; 57g Carbohydrate; 0g Dietary Fiber; 50mg Cholesterol; 3378mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 2 Fat; 2 1/2 Other Carbohydrates.

Entree

Meat-Potato Quiche

Dorothy Ardill

Servings: 1

3 tablespoons oil
3 cups potato, coarsely shredded
raw
1 cup cheese, grated
1/4 cup onion, chopped
1 cup evaporated milk
2 egg
1/2 teaspoon salt
1/8 teaspoon pepper
1 tablespoon parsley flakes

Preheat oven to 425 F.

In 9" pie pan, stir together oil and potatoes. Press evenly into pie crust shape. Bake at 425 F for 15 minutes. Remove from oven.

FILLING:

Layer on cheese, meat, and onion.

In a bowl, mix milk, eggs, salt and pepper.

Pour egg mixture onto other ingredients.

Sprinkle with parsley flakes.

Return to oven and bake at 425 F about 30 minutes, or until lightly brown, and knife inserted 1" from edge comes out clean. Allow to cool 5 minutes before cutting into wedges.

Per Serving (excluding unknown items): 1204 Calories; 69g Fat (51.1% calories from fat); 38g Protein; 111g Carbohydrate; 8g Dietary Fiber; 448mg Cholesterol; 1472mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Non-Fat Milk; 12 1/2 Fat.



dessert

Oatmeal Pie (Poor man's pecan pie)

Nancy Sawyer

Servings: 1

3 egg, well beaten

2/3 cup sugar

1 cup brown sugar

2/3 cup oatmeal, quick and uncooked

2/3 cup coconut

2 tablespoons butter, melted

1 teaspoon vanilla

Mix and pour into unbaked pie shell.

Bake at 375 F for 30 minutes.

Chopped nuts may be added.

Per Serving (excluding unknown items): 1870 Calories; 57g Fat (27.1% calories from fat); 27g Protein; 321g Carbohydrate; 11g Dietary Fiber; 623mg Cholesterol; 471mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fruit; 10 Fat; 18 Other Carbohydrates.

Oatmeal Sesame Bread

Dorothy Ardill

Servings: 1

When the bread is toasted, the sesame flavor is stronger.

- 1 tablespoon yeast**
- 1 1/3 cups water, warm**
- 2 2/3 cups bread flour**
- 2/3 cup whole wheat flour**
- 2/3 cup oats**
- 5 tablespoons sesame seeds**
- 1 teaspoon salt**
- 2 tablespoons brown sugar**
- 1 teaspoon cinnamon**
- 2 tablespoons margarine**

Mix together yeast and warm water.

Sift together dry ingredients. Add yeast mixture and margarine. Mix well and knead for 10 minutes. Let rise in warm oven for 1 hour. Punch down and shape into a loaf, rolls or bread sticks.

Per Serving (excluding unknown items): 2565 Calories; 60g Fat (21.0% calories from fat); 85g Protein; 427g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 2440mg Sodium. Exchanges: 27 1/2 Grain(Starch); 2 Lean Meat; 10 Fat; 1 Other Carbohydrates.

dessert

Orange Drops

Lorraine Foute

Servings: 1

1 pound powdered sugar

1/2 cup butter, melted

1 cup nuts, ground

Mix together. Firm up in the refrigerator. Form into balls. Roll in finely chopped coconut.

Per Serving (excluding unknown items): 3455 Calories; 172g Fat (43.3% calories from fat); 25g Protein; 482g Carbohydrate; 14g Dietary Fiber; 248mg Cholesterol; 957mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 32 1/2 Fat; 30 1/2 Other Carbohydrates.

Over Night Pickles (Freezer)

Nancy Sawyer

Servings: 1

1 cup onion, chopped

7 cups cucumber, sliced thin

1/4 cup salt, coarse

Mix and set 1 hour, rinse, drain off liquid and add 1 cup white vinegar, 2 cups sugar, 1 teaspoon celery seed, and 1 teaspoon mustard seed.

Put in refrigerator overnight. Next day-put in containers and freeze. They keep refrigerated for a long time.

Per Serving (excluding unknown items): 155 Calories; 1g Fat (6.2% calories from fat); 7g Protein; 34g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 25600mg Sodium. Exchanges: 6 1/2 Vegetable.

P

dessert

Peanut Butter Cookies

Meg Ackley

Servings: 1

1 cup brown sugar
1 cup white sugar
1 cup margarine
1 cup peanut butter
1 teaspoon vanilla
2 egg
3 cups flour
2 teaspoons baking soda
1 teaspoon salt

Shape in small balls; press down with fork.
Bake at 375 F for 12-15 minutes.

Per Serving (excluding unknown items): 5208 Calories; 326g Fat (55.1% calories from fat); 117g Protein; 481g Carbohydrate; 26g Dietary Fiber; 374mg Cholesterol; 8161mg Sodium. Exchanges: 22 Grain(Starch); 9 1/2 Lean Meat; 58 1/2 Fat; 9 1/2 Other Carbohydrates.

dessert

Peanut Butter Cups (no bake)

Servings: 1

2 cups powdered sugar

3/4 cup butter

3/4 cup peanut butter

Knead sugar, ground cookies, butter and peanut butter well. Press into a rectangle plastic container.
Melt chocolate bars in a double boiler and spread over top and refrigerate.

Per Serving (excluding unknown items): 3301 Calories; 237g Fat (62.0% calories from fat); 50g Protein; 276g Carbohydrate; 11g Dietary Fiber; 373mg Cholesterol; 2311mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 Lean Meat; 44 Fat; 16 Other Carbohydrates.

Entree

Pour Pizza

Ethel Suk/Nancy Sawyer

Servings: 1

1 cup flour

1 tablespoon salt

1/8 teaspoon oregano

1/8 teaspoon pepper

2 egg

2/3 cup milk

Brown 1 pound hamburger and 1 onion minced.

Pour mixture into a greased and floured 9x13 pan. Sprinkle on the meat. Bake 15-20 minutes at 400 F. Spread sauce and cheese over top (and any other toppings) and bake 15 minutes more.

Per Serving (excluding unknown items): 687 Calories; 15g Fat (20.7% calories from fat); 29g Protein; 104g Carbohydrate; 4g Dietary Fiber; 396mg Cholesterol; 6588mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat.

Entree

Quesadilla

Woman's Day/Nancy Sawyer

Servings: 1

Sandwich slices of turkey/chicken, Vom cheese, tomatoes and canned chopped green chilies between flour tortillas. Heat on grill or in skillet until cheese melts.

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: .

R

Raisin Cinnamon Rolls

Karen Szymanski's grandmother

Servings: 1

1 tablespoon yeast

3 1/2 cups flour

1 1/4 cups milk

1/4 cup sugar

1/4 cup shortening

1 teaspoon salt

1 egg

Combine yeast and 2 1/4 cup of the flour. Set aside. Heat milk, sugar, shortening and salt till warm. Stir until shortening melts. Add to dry ingredients. Add egg. Beat at low speed of mixer for 30 seconds. Beat 3 minutes at high speed. Stir in enough of remaining flour to form a soft dough.

Place in greased bowl, turn once. Cover; let rise till double, 1 1/2-2 hours. Turn out on lightly floured surface. Divide dough in half. Roll each half to 16x8" rectangle. Combine 1/2 cup sugar, 4 tbsp. butter, 2 tsp. cinnamon; spread half of cinnamon mixture over each rectangle. Top with 1/4 cup raisins. Roll up from long side, jelly roll fashion. Seal edge. Cut into 1" slices. Place cut side down in 2 greased 9x9x2 or one 9x13' pan. Cover and let rise till double, 30-40 minutes. Bake at 375 for 20-25 minutes. Drizzle with confectionery sugar and milk mixture.

Per Serving (excluding unknown items): 2528 Calories; 71g Fat (25.3% calories from fat); 65g Protein; 403g Carbohydrate; 16g Dietary Fiber; 228mg Cholesterol; 2352mg Sodium. Exchanges: 22 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 12 1/2 Fat; 3 1/2 Other Carbohydrates.

Rice Crispies

Heidi Rosendall

Servings: 1

Put oil in a deep pan to a depth of about 4-5 inches. Heat very hot. Drop rice in a grain at a time to test temperature. When the grain of rice pops immediately, you can begin frying.

Put 1 Tablespoon to 1/4 cup of par-boiled rice in a metal sieve. Immerse sieve in oil. When all the rice has popped, dump it out into a towel-lined pan, and refill the sieve.

One small box of par-boiled rice can nearly fill a large cannister.

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: .

dessert

Royal Icing (for flowers)

Joanne Parrish

Servings: 1

2 egg white

3 1/2 cups sugar, icing

Beat the egg whites till stiff but not dry. Add sifted icing sugar and add lemon. Keep covered with a moist cloth.

Per Serving (excluding unknown items): 2742 Calories; 0g Fat (0.0% calories from fat); 7g Protein; 700g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 117mg Sodium. Exchanges: 1 Lean Meat; 47 Other Carbohydrates.

S

Entree

Sai Soo Gai (Chinese Chicken Salad)

Lorraine Foute

Servings: 1

1/2 pound chicken, cooked and shredded
2 tablespoons almonds, chopped
2 tablespoons sesame seeds, toasted
4 green onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
3 tablespoons vinegar
3 tablespoons soy sauce
1/4 cup salad oil
2 tablespoons sugar

Combine all ingredients except noodles. Just before serving add noodles and Chinese parsley, toss with dressing. Good served with rice.

Per Serving (excluding unknown items): 1196 Calories; 98g Fat (72.4% calories from fat); 39g Protein; 45g Carbohydrate; 6g Dietary Fiber; 149mg Cholesterol; 5347mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 16 1/2 Fat; 2 Other Carbohydrates.

dessert

Shoofly Pie

Dorothy Ardill

Servings: 1

2 cups flour, sifted
1/2 cup shortening, scant
1 cup brown sugar, light
1/2 teaspoon baking soda
3/4 cup water, warm
1/2 teaspoon baking soda
3/4 cup warm water

Sift together dry ingredients. Save 1 cup of dry ingredients for crumbs on top of pie. Mix dry ingredients with Karo, water and baking soda.

Pour water and Karo in pie crust first. Slowly pour other mixture slowly and in a circular motion.. Sprinkle 1 cup of crumbs on top.

Bake at 375 F for 50 minutes.

Per Serving (excluding unknown items): 2361 Calories; 105g Fat (39.8% calories from fat); 26g Protein; 332g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1331mg Sodium. Exchanges: 12 1/2 Grain(Starch); 20 1/2 Fat; 9 1/2 Other Carbohydrates.

Six Week Bran Muffins

Dorothy Ardill

Servings: 42

5 cups flour

3 cups sugar

5 teaspoons baking soda

2 teaspoons salt

4 egg

1 cup oil

**4 cups buttermilk, OR 2 cups yogurt
and 2 cups milk**

Mix all ingredients and store in refrigerator. Make only as many muffins as needed. Will store up to 4 weeks but we usually eat it all before then. To the flour, use 1/2 wheat to 1/2 white. Serve hot with honey.
Bake at 400 F for 15 minutes.

Per Serving (excluding unknown items): 171 Calories; 6g Fat (31.2% calories from fat); 3g Protein; 27g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 282mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Sixty-minute Rolls

Dorothy Ardill

Servings: 24

1 cup milk

1/2 cup water

1/4 cup butter or margarine

Combine milk, water, and butter in small saucepan. Heat over low heat until very warm (120-130 degrees); butter does not need to melt.

Place 3 1/2 cups flour, sugar, salt, and yeast into bowl. Mix with dough hook for 30 seconds. Gradually add warm liquids to flour mixture and mix for 1 minute. Add enough remaining flour to clean the sides of the bowl and dough clings to dough hook.

Knead for 3-5 minutes. Place in greased bowl, turning to grease top. Cover and let rise 15 minutes. Punch down dough and shape as desired. Cover and let rise 15 minutes.

Bake at 425 degrees for 12 minutes.

Per Serving (excluding unknown items): 23 Calories; 2g Fat (86.0% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 7mg Cholesterol; 25mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat.

Entree

Soybeans and Sesame Seeds

Joyce Richardson

Servings: 1

Serve as snack, hot or cold, or with rice

- 1 cup soy beans**
- 2 teaspoons soy sauce**
- 1 teaspoon salt**
- sesame seeds**
- 1 tablespoon sugar**

Cover soy beans with water and soak overnight. Boil for 15-20 minutes. Add soy sauce, salt, and sesame seeds. Boil another 10 minutes. Add sugar. Boil until water is almost absorbed. Adjust salt to taste.

Per Serving (excluding unknown items): 55 Calories; trace Fat (0.2% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2818mg Sodium. Exchanges: 0 Vegetable; 1 Other Carbohydrates.

Entree

Spaghetti Sauce

Mary McCain

Servings: 1

1/4 cup oil

2 onion, chopped

2 cloves garlic

1/2 teaspoon basil

1/4 teaspoon thyme

5 cups tomato, peeled and chopped

2 teaspoons parsley

1 green bell pepper, chopped

1/2 hot pepper

Saute onions, garlic and green pepper. Blend tomatoes (along with more onion, hot pepper, cloves to taste). Add to saute onions and cook 30 minutes or more. You can add some tomato paste to thicken.

Per Serving (excluding unknown items): 808 Calories; 58g Fat (60.5% calories from fat); 12g Protein; 73g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 94mg Sodium. Exchanges: 0 Grain(Starch); 13 1/2 Vegetable; 11 Fat.

Entree

Spaghetti Sauce by Laraine

Laraine Mann

Servings: 1

1 1/2 pounds hamburger, browned

1 1/2 cups water

Brown hamburger. Add remaining ingredients and simmer.

Per Serving (excluding unknown items): 2077 Calories; 89g Fat (38.3% calories from fat); 93g Protein; 231g Carbohydrate; 0g Dietary Fiber; 266mg Cholesterol; 2939mg Sodium. Exchanges: 15 Grain(Starch); 7 Lean Meat; 13 1/2 Fat.

Strawberry Cake

Beth Cunningham

Servings: 1

2 1/2 cups flour
2 cups sugar
1/4 teaspoon baking powder
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
3/4 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 cup shortening
1/2 cup water
1 1/2 cups unsweetened strawberries
2 egg
1/2 cup walnuts, chopped
1 cup raisins

Sift together dry ingredients. Cream together shortening, water and strawberries. Add eggs. Mix dry and creamed ingredients together. Add walnuts and raisins last.
Bake at 350 F for 45 to 50 minutes in a greased 9x13 pan.

Per Serving (excluding unknown items): 4548 Calories; 151g Fat (29.1% calories from fat); 63g Protein; 764g Carbohydrate; 19g Dietary Fiber; 374mg Cholesterol; 5354mg Sodium. Exchanges: 16 1/2 Grain(Starch); 3 1/2 Lean Meat; 7 1/2 Fruit; 27 1/2 Fat; 27 Other Carbohydrates.

Entree

Sweet and Sour Meatballs

Laraine Mann

Servings: 1

1/2 cup brown sugar
1 tablespoon cornstarch
1 12 oz. can canned pineapple chunks
1/3 cup vinegar
1 tablespoon soy sauce
1 sweet green pepper, chopped
1 pound lean ground beef
1/2 cup bread crumbs
1/4 cup milk
2 tablespoons onion
1 teaspoon salt
1 egg

Mix sugar and cornstarch in skillet. Stir in pineapple with syrup, vinegar and soy sauce. Heat to boiling, add meatballs and simmer 10 minutes. Stir in pepper 5 minutes. Serve.

Mix together ingredients for meatballs. Shape into 20 balls.

Per Serving (excluding unknown items): 2083 Calories; 104g Fat (44.8% calories from fat); 98g Protein; 189g Carbohydrate; 6g Dietary Fiber; 536mg Cholesterol; 4061mg Sodium. Exchanges: 3 Grain(Starch); 12 1/2 Lean Meat; 2 Vegetable; 3 1/2 Fruit; 0 Non-Fat Milk; 13 Fat; 5 Other Carbohydrates.

T

Entree

Thai Noodle Soup

Lorraine Foute

Servings: 1

1 Pig's head--boil for 3 days or cover pork chops with water in large soup pot (1/2 chop per serving). Add per gallon of water: 1/2 onion, 2 cloves garlic, 6 peppercorns, 2 tsp. salt, 1 tsp. soy sauce, dash of hot sauce, 1 can beef broth or chicken broth or both.

Bring to a boil and simmer for 4 hours. Stir every half hour and bring water level back up to original level. Cool. Remove fat and bones. Dice pork into 1 cm cubes. Reheat broth. Add pork cubes and boil until done. Boil 8-10 oz. oriental noodles. Into each bowl place: 1 handful bean sprouts, some noodles, pork cubes, soup broth to cover.

Condiments to place on table: lime wedges, sugar or honey, soy sauce, hot sauce, crushed red peppers, ground peanuts, chopped green onions, vinegar. (Any proper Thai dish contains a representative of each of the four main taste groups: sweet, sour, salty, and spicy hot).

Be sure to add enough condiments so that your whole mouth feels like it is being bombarded with taste sensations with each bite.

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: .

Toasted Oatmeal

Niger Creek Hostel/Debbie Jones

Servings: 1

6 cups oatmeal

1 cup sugar

6 tablespoons margarine

Put in skillet and stir continually until well toasted (medium heat).

OPTION: If you have trouble with sugar burning, try putting sugar in after oatmeal is partially toasted.

Cool and store. Serve with milk.

Per Serving (excluding unknown items): 3249 Calories; 99g Fat (26.9% calories from fat); 79g Protein; 526g Carbohydrate; 51g Dietary Fiber; 0mg Cholesterol; 821mg Sodium. Exchanges: 21 1/2 Grain(Starch); 19 1/2 Fat; 13 1/2 Other Carbohydrates.

Triple Good Bars

Carleen Heath

Servings: 1

2 cups raisins
1 14 oz. can sweetened condensed milk
1 tablespoon fresh lemon peel, grated
1 tablespoon lemon juice
1 cup margarine or butter
1 1/3 cups brown sugar
1 1/2 teaspoons vanilla
2 1/2 cups oats
1 cup flour
1 1/2 cups nuts, chopped
1/2 teaspoon baking soda
1/4 teaspoon salt

Oven 375 F ... greased 9x13 pan. Combine first 4 ingredients in sauce pan. Cook over medium heat, stirring constantly, just until mixture bubbles. Remove from heat and set aside.

Beat marg., sugar, and vanilla until fluffy. Add remaining ingredients---blend until crumbly. Reserve 2 cups. Press remaining mixture into pan. Spread raisin mixture. Sprinkle remaining oat mixture and pat lightly. Bake 25-30 minutes. Cool completely and cut into bars.

Per Serving (excluding unknown items): 6179 Calories; 184g Fat (25.8% calories from fat); 155g Protein; 1036g Carbohydrate; 78g Dietary Fiber; 135mg Cholesterol; 1810mg Sodium. Exchanges: 26 1/2 Grain(Starch); 6 Lean Meat; 15 Fruit; 32 1/2 Fat; 26 1/2 Other Carbohydrates.

dessert

Turtle Cookies

Elvira Warkentin

Servings: 1

1 1/2 cups sugar
1 cup shortening
4 egg
1 teaspoon vanilla
2 cups flour
1/2 cup cocoa
1 pinch salt

Cream sugar and shortening. Add eggs, beat well. Add vanilla, flour, cocoa, and salt. Dough is fluffy.

Drop by teaspoon onto greased waffle iron. Bake only 1 minute. Frost with chocolate frosting and top with a walnut half.

Per Serving (excluding unknown items): 4256 Calories; 231g Fat (47.5% calories from fat); 56g Protein; 517g Carbohydrate; 22g Dietary Fiber; 748mg Cholesterol; 372mg Sodium. Exchanges: 14 Grain(Starch); 3 1/2 Lean Meat; 43 1/2 Fat; 20 Other Carbohydrates.

Y

Misc

Yakuwa Drink

Miriam Housman

Servings: 1

Boil dry flowers in big pot of water (rinse off dust first). Add enough water to cover. Drain off juice and add 1/2 cup or more of sugar. Freeze some. Serve with Fanta &/or Sprite.

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: .

z

Entree

Zucchini Beef Bake

Dorothy Ardill

Servings: 1

Serve with rice.

5 zucchini, small
1 pound lean ground beef
1/2 cup onion, chopped
1 1/2 cups bread crumbs, soft
3/4 teaspoon salt
1/4 teaspoon thyme leaves, crushed
1/8 teaspoon pepper
1/4 cup butter
1/4 cup flour
1/2 teaspoon salt
2 cups milk
1 cup cheese, shredded
1 tablespoon butter, melted

Wash and remove ends from zucchini> Cut in 1/2 inch slices. Cook in boiling salted water for 5 minutes or until tender. Drain.

In skillet, cook beef with onion until browned. Drain excess fat. Stir in 1/2 cup bread crumbs, salt, thyme, and pepper.

To make the white sauce, melt butter, blending in the flour and salt. Add milk all at once. Stir until it bubbles and thickens. Add cheese and stir until melted. Add to meat mixture and stir.

Place 1/2 of the zucchini in a 2 quart baking dish. Cover with 1/2 meat mixture. Repeat layers. Combine remaining bread crumbs with one tablespoon of melted butter and sprinkle on top.

Bake at 375 F for 30 minutes or until bubbly.

Per Serving (excluding unknown items): 2928 Calories; 178g Fat (54.7% calories from fat); 133g Protein; 200g Carbohydrate; 18g Dietary Fiber; 562mg Cholesterol; 5231mg Sodium. Exchanges: 9 1/2 Grain(Starch); 12 Lean Meat; 6 Vegetable; 2 Non-Fat Milk; 28 Fat.

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