



Recipe APPLE CASHEW SALAD

From TONI STURTON

Makes

1 HEAD LETTUCE CUT INTO BITE SIZE PIECES

1 CAN CASHEWS

2 OR 3 APPLES CORED AND DICED

1 BRICK SWISS CHEESE (CUBED)

1 JAR OF BOB EVANS COLONIAL DRESSING

MIX ALL INGREDIENTS AND CHILL

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just a note
BITTERNUT SQUASH
SOUP

1 Med. to L. Squash

1 Pint 2% Milk

1 Pint Half & Half

4 TBSP Ginger

1 Stick BUTTER

B Gould

FY16 Sm NP15

PUMKIN CAKE

6 eggs
1 large can pumpkin
1 ½ cups sugar
1 tsp salt
2 tsp cinnamon
½ tsp cloves
¼ tsp nutmeg
1 can evaporated milk

Mix all ingredients together with mixer.
Pour into greased 9x13 pan

Topping – 1 box of yellow cake mix
½ cup margarine – 1 cup of nuts (optional)
Mix with mixer until crumbly.

Put on top of pumpkin mixture and press down a little with spoon.
350 degrees for 1 hour

*Eleanor
Debo*

1 Fresh Corn Salad

5 ears of Corn shucked
1/2 cup small-diced red onion
3 + 46le spoons cider vinegar
3 + 46le spoons good olive oil
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup julienned fresh Basil leaves

2 CORN Salad

Add 6 EARS of CORN to boiling water, cook 3 minutes then plunging in Ice water, this stops cooking and sets color of corn cut end of corn to make flat cut close to cob the kernels off the ears. Put into large bowl - corn diced red onion (small) Add 3 Tablespoon of cider vinegar also 3 Tablespoons olive oil

3

1/2 teaspoon kosher salt

1/2 teaspoon fresh ground pepper

Just before serving - roll up fresh Basil and slice making julienned Basil leaves (long stripes) toss

Serve cold or at room temperature

Hot German Potato Salad

5 or 6 CAN'S of Potatoes sliced

1 Lb Bacon cut up

1 med sweet onion (cut up)

1 cup water

SALT & pepper to taste

1/2 cup vinegar

1 cup sugar (or more if needed)

3 T spoon's Flour with a little water

Fry bacon in lg skillet until crisp, remove & leave the grease. Sauté onion's in dripping's until tender. Stir in water, vinegar, sugar. Then mix up flour & a little water like a paste mixture to thicken the gravy. Then add the potatoes heat thoroughly, then add cut up bacon.

EAT & ENJOY

Karen Shroyer

Indian CAULIFLOWER

①

2 tbs. Olive oil

1 ts coriander powder

1 ts cumin powder

1/2 ts. Turmeric powder

S + P - Cayenne

1 head cauliflower cored broken
into 1 inch florets

Put ever thing into A Bowl and Toss.

Put onto cooky sheet at 450°

②

Roast until cauliflower is
brown 10-15 minutes.

Serve warm or Room Temperature

Submitted by
Chris Scarlett (noon
group)

Anna's not sure
the dish is recognized in Taiwan,
but it's been a family favorite
with this name.

Formosan
Fried Cabbage

T.S

Serves 4

Brown together in heavy saucepan or
large skillet:

4 strips bacon or 1/2 lb. sausage,
chopped (no preservative
kind)

red - 1/2 medium onion, chopped
or not. Drain off some of the fat. Add:

1/2 medium cabbage, coarsely
chopped - organic

Stir-fry over low heat until cabbage is
tender. Add:

1 T. soy sauce - Japanese
brown tamari

Serve over rice and pass additional soy
sauce.

Season with black pepper.

Anna Juhnke, North Newton, Kan.

Busy day version -
use store-bought
pre-grated cabbage -
carrot (slaw) mix,

From More-With-Less
Cookbook

Cook overripe peas and add to
cooked rice with onions, garlic,
and curry seasonings.

-Kamala Misra,
Bhubaneswar, India

VEGETABLE PIZZA

Unroll 2 tubes of crescent rolls in a jelly roll pan
and press together the perforations. Bake 375 degrees
for 12 - 17 minutes.

Mix together: 1 cup sour cream
1/3 cup Miracle Whip
1 softened 8 oz. cream cheese
1 package Original Ranch salad
dressing mix

Spread above mixture over cooled crescent rolls.

Top with: Yellow, Red and Green bell peppers
Broccoli
Cauliflower
Cherry tomatoes cut into thirds

Sprinkle shredded mild cheddar cheese over the top.

If you like dill, you can add that to the cream
cheese mixture and top with any other vegetables
you like.

Sandra Jones