

or junk food addicts

Baked Apples in a Pan

1 large apple per person 1 tsp. cinnamon
brown sugar raisins

Core apples and stuff with a mixture of brown sugar, cinnamon and raisins. Heat about ½ inch water in a pan. Place apples in hot water and cover. Simmer until tender and brown.

NOTE: Keep well covered so that the steam can cook the apples.

Sandwich Fillings

1. Dried fruit (raisins, prunes, etc.) with cream cheese or mayonnaise and/or peanut butter.
2. Peanut butter with any kind of jam or jelly or bananas.
3. Cottage cheese with fruit (pineapple, coconut, etc.) and chopped nuts.
4. Cream cheese with sliced olives.
5. Tuna fish with celery, pickle, green onion, salt and pepper and mayonnaise.
6. Hard-boiled eggs with Miracle Whip and chopped ham, bacon, green onion or radishes.
7. Bananas, brown sugar, chopped nuts and ¼ tsp. lemon juice, mixed well and spread on toast or fruit bread.
8. Cheese, lettuce and mayonnaise on rye bread.
9. Cottage cheese mixed with chili sauce and Worcestershire sauce and chopped olives on toasted bread.
10. Sardines, mashed, and hard-boiled eggs, salt and pepper.
11. Mashed sardines with ketchup, lemon juice and olives. Spread on crackers. (tuna or salmon may be substituted for sardines.)
12. Mix honey and chopped nuts and/or peanut butter and spread on bread or toast.
13. Combine 1 tsp. chili sauce and a little Miracle Whip and add a mashed, hard-boiled egg.
14. Cream margarine, add sugar and cinamon and spread on hot toast or fruit bread.
15. Cottage cheese with grated carrots and/or green pepper on rye bread or toast.
16. Peanut butter with bacon bits.
17. Marmalade and cream cheese, and/or chopped nuts.
18. Tomato, lettuce, salt and pepper and a little Miracle Whip on plain or toasted bread.

Cheesy French Toast

Follow recipe for French Toast, but add some grated or powder cheese to the egg and milk mixture. Omit sweet toppings and serve with cold cooked meat or salad or just as is.

NOTE: Leftovers may be cubed and served in soup.

Corn Bread

½ cup cornmeal 1 egg
½ tsp. baking powder ½ cup milk
¼ tsp. salt 1½ tsp. fat

Mix cornmeal, baking powder and salt. Combine egg, milk and oil and add to dry ingredients. Pour mixture into pre-heated, greased pan. Cover and cook over moderate heat, turning once.

Shopping for more than one day: buy these basic items and you will have meals for the next four or five days!

Two Meals Plus

Two meals plus using:
Chicken parts Celery
Cream of Chicken Soup Onions
Canned Peas

Cut-up Chicken Stew

2 chicken parts; leg, breast, etc. margarine
Chopped onion and celery water
poultry seasoning, pepper, etc.

Brown the chicken parts in a pan with some oil. Put ½ inch of water in a pot. Add the seasonings, onion, celery and chicken. Simmer ½ hour or until done. Remove all but the water from the pot and thicken with flour to make gravy. Mix all the ingredients with rice or keep the chicken to the side and just mix the gravy, celery and onion with the rice. Makes a delicious meal.

NOTE: After browning the chicken you can cut it into pieces or just leave it as it is. Leftover chicken can be used to make Risi Bisi, Chicken 'n Rice, Nice, or Chicken Salad.

Chicken Salad

½ cup diced cooked chicken
1 tbsp. Miracle Whip
¼ cup diced celery dash of salt
1/8 cup seedless raisins

Combine all ingredients and serve. Serve with a vegetable; peas, corn or potato and/or toast.

Chicken 'n Rice, Nice

2/3 c. diced cooked chicken ½ cup water
¼ cup rice 1/3 c. cheese (optional)
5/8 cup fresh or canned peas pinch of salt
5/8 cup Cream of Chicken Soup

Blend soup and water in a saucepan. Stir in chicken, peas and salt. Bring to a boil, quickly, stirring occasionally. Stir in rice and when the rice is tender and most of the liquid is soaked up serve. Sprinkle with grated cheese if desired. Serve with a green salad and/or tea, coffee or milk.

Cream of Chicken Soup

½ cup Cream of Chicken Soup Onion
Diced cooked chicken celery
canned peas

Heat the soup and add the chopped onion, celery, canned peas and diced chicken. Serve when heated.

Leftovers Soup

Soup; stock, canned or cubed Leftovers

Bring the soup to a boil and add leftovers of finely cut meat or vegetables. Serve when the soup is good and hot and the leftovers are heated through.

Vegetable Soup

1 can of Vegetable Soup Leftovers
½ cup cooked macaroni or rice

Add the macaroni or rice to the heated soup. Also, add any suitable leftovers. Serve with bread or crackers.



Plain Pancakes

1¼ cups flour 1/8 cup sugar
2 tsp. baking powder 1 egg
¾ tsp. salt ½ cup milk

Mix dry ingredients. Combine egg and milk and add to dry ingredients to make a batter just thick enough to pour from a spoon. Fry in a heated, greased pan, turning when top is bubbly and edges are crisp. Serve with jam, maple syrup, etc.

able Hints

the half in a casserole and
egar. Keep in a cool place
anned vegetable — peas,
ables with sandwiches at
Canned vegetables may

Beans

can applesauce

nutmeg

ing to boil and then simmer
ool slightly before serving.

a later meal.

r 'n

sh

ated cheese
argarine
pepper

ash. Stir in slightly beaten
ut in pan and fry like hash

nations

redded coconut (optional)

, cooked peas, canned or
ip. 1 brs steed
ar. 1/2 tsp. salt

ttuce and nuts (optional)

ut, crushed pineapple and

and Coleslaw dressing or

tomato.
diced celery, hard-boiled

n sweet dressing.
nber in a dish of vinegar.
t and yogurt.

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when done stir in yogurt;
Serve part of the yogurt as

and 2

opped green onion
elery

ce hard-boiled egg. Slice
s except paprika. Sprinkle
in summer and pickles in

gar, and a little ketchup if