

Free Recipes

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Barbecued Beef On Buns

Categories: Main dish, Sauces, Meats

Yield: 4 servings

1 c Catsup 2 tb Brown Sugar
1 tb Lemon Juice 1 tb Worcestershire Sauce
1 ts Prepared Mustard 1/2 ts Onion Salt
1/8 ts Pepper 8 oz Cooked Roast Beef *
4 ea Hamburger Buns, Split
* Roast Beef should be thinly sliced and there should be 8 to 10 slices.

Mix catsup, brown sugar, lemon juice, Worcestershire sauce, mustard, onion salt, and pepper in 2-cup glass measure. Microwave uncovered on high (100%) 1 1/2 minutes; stir. Microwave to boiling, 1 to 2 minutes. Layer half the beef slices and half the sauce in 1-Qt casserole; repeat. Cover and microwave on high (100%) until hot and bubbly, 1 1/2 to 2 1/2 minutes. Place bottom halves of buns on serving plate. Top with beef and remaining bun halves. Microwave uncovered on high (100%) until buns are hot, 30 seconds to 1 minute.

Barbecued Beef In Crusty Rolls

Categories: Main dish, Meats, Sauces

Yield: 4 servings

1/3 c Catsup 2 tb Vinegar
2 tb Finely Chopped Onion 1 ea Finely Chopped Garlic Clove
1 1/2 ts Worcestershire Sauce 1 ts Packed Brown Sugar
1/8 ts Dry Mustard 1 ea Dash Pepper
2 c Cut-up Cooked Beef 4 ea French Rolls, Split
4 ea Slices American Cheese

Mix all ingredients except beef, rolls and cheese in 1-Qt casserole. Cover and microwave on high (100%) until hot and bubbly, 2 to 3 minutes; stir. Mix beef into sauce. Cover and microwave until beef is hot, 3 to 5 minutes. Fill rolls with beef mixture and cheese slices and serve.

Tuna Buns

Categories: Main dish, Fish

Yield: 4 servings

2 ea Hard cooked Eggs,
Chopped 6 1/2 oz (1 can) Tuna, Drained
4 oz Shredded Cheddar Cheese
1/4 c Chopped Green Pepper
2 tb Finely Chopped Onion
1/2 ts Prepared Mustard
1/2 c Mayo or Salad Dressing
8 ea Hamburger Buns, Split

Mix eggs, tuna, cheese, green pepper, onion, mustard and mayonnaise. Fill buns with tuna mixture. Place on serving plate. Microwave uncovered on high (100%) until filling is warm, 1 1/2 to 2 minutes.

Deviled Eggs

Categories: Main dish

Yield: 4 servings

3 ea Large Hard Cooked Eggs
2 tb Mayo or Salad Dressing
1/2 ts Prepared Mustard
1 ea Dash of Pepper

Cut eggs lengthwise into halves. Slip out yolks and mash with a fork. Mix in remaining ingredients. Fill hollowed egg with yolk mixture, heaping it up lightly.

Deviled Eggs And Noodles

Categories: Main dish

Yield: 4 servings

1 ea Recipe #19 (Deviled Eggs)	1/3 c Grated Parmesan Cheese
2 tb Chopped Onion	1/3 c Milk
1 tb Margarine or Butter	1/3 c Sliced Ripe Olives
2 1/2 c Noodles, Cooked	2 ts Poppy Seeds
1 c (8 ozs) Dairy Sour Cream	1/2 ts Salt

Prepare Deviled Eggs according to Recipe 19. Cover and microwave onion and margarine in 1 1/2-Qt casserole on high (100%) until onion is tender, 1 1/2 to 2 minutes. Stir in remaining ingredients. Cover and microwave until hot, 5 to 6 minutes. Arrange eggs on noodles. Cover and microwave until eggs are hot, 1 to 2 minutes.

Scrambled Eggs Benedict

Categories: Main dish

Yield: 4 servings

1 pk Hollandaise Sauce Mix *	1/8 ts Salt
8 ea Thin Slices Canadian Bacon	1 ea Dash Pepper
4 ea Large Eggs	2 ea English Muffins, Split
1/4 c Milk	* Sauce packet should weigh 1 1/4 ounces (store purchased)
2 tb Chopped Green Peppers (Opt.)	

Mix sauce as directed on package in 2-cup glass measure. Microwave uncovered on high (100%), 1 minute; stir. Microwave until mixture boils and thickens, 1 to 1 1/2 minutes, stirring every 30 seconds. Cover and microwave bacon on high (100%) until hot, 1 1/2 to 2 minutes. Beat eggs in 1-Qt casserole. Beat in milk, green pepper, salt and pepper. Cover and microwave on high (100%) 2 minutes; stir. Cover and microwave until eggs are set but still moist, 1 to 1 1/2 minutes. Place muffins, cut sides up on serving plate. Top each with bacon slices and large spoonful of eggs; spoon sauce over eggs. Microwave uncovered on high (100%) until hot, 1 to 1 1/2 minutes.

Pork With Vegetables And Cashews

Categories: Main dish, Meats

Yield: 4 servings

1 lb Boneless Fresh Pork *	1 tb Cornstarch
1 ea Medium Onion **	2 tb Cold Water
2 tb Soy Sauce	1 ea Jar (2 ozs) Pimiento
1/2 ts Salt 1/4 ts Pepper	***
1 pk (10 oz) Frozen Peas	1 c Salted Cashews Or
8 oz Fresh Mushrooms, Sliced	Peanuts

* Pork should be fresh shoulder meat cut into 3/4-inch cubes.

** Onion should be sliced and separated into rings.

*** Jar of pimientos, should be 2 ozs and they should be sliced.

Mix pork, onion and soy sauce in 3-qt casserole. Cover and microwave on medium (50%) until meat is no longer pink, 12 to 15 minutes. Stir every 3 minutes. Stir in salt, pepper, peas and mushrooms. Cover and microwave on medium (50%) 9 minutes. Stir every 3 minutes. Blend cornstarch and water; stir into meat mixture. Stir in pimiento. Cover and microwave on medium (50%) until meat is tender, 9 to 12 minutes, stirring every 3 minutes. Stir in cashews. Cover and let stand 5 minutes. Serve with rice if desired.

Dried Beef And Noodle Casserole

Categories: Main dish

Yield: 5 servings

4 oz Dried Beef, Snipped	* 1/2 c Milk
1 c Water	1 c Water
1 ea Small Onion, Chopped	1 ts Dried Parsley Flakes
2 c Uncooked Noodles	4 oz (1 C) Shredded Cheddar
1 can Cream Of Mushroom Soup	Cheese

*Cream Of Mushroom soup should be the 10 3/4 oz can of condensed cream of mushroom soup.

Cover and microwave dried beef and 1 cup water in 2-qt casserole on high (100%) to boiling, 2 to 3 minutes; drain. Stir in onion, noodles, soup, milk, water and parsley

flakes. Cover and microwave 10 minutes; stir. Cover and microwave until noodles are tender, 5 to 6 minutes. Stir in cheese. Cover and microwave until melted, 2 to 3 minutes. Let stand 5 minutes before serving.

Glazed Pork Loin Roast

Categories: Meats, Main dish

Yield: 8 servings

1 ea Fresh Pork Loin Roast*	1 tb Orange Marmalade
1 ea Clove Garlic, Cut into 1/4's	1 ts Prepared Mustard
1 ts Salt	1/2 ts Dried Thyme Leaves

* Pork roast should be 2 to 2 1/2 lbs boneless roast. Make 4 slits in fat on pork roast with tip of sharp knife, insert a piece of garlic in each slit. Sprinkle roast with salt. Mix marmalade, mustard and thyme, spread on roast. Place roast in 16 x 10-inch cooking bag. Close bag loosely with string (leave hole the size of finger in closure). Place roast on microwave roasting rack in oblong baking dish 12 x 7 1/2 x 2-inches. Microwave on medium-low (30%) 30 minutes; turn roast over and turn dish one-half turn. Microwave until roast is done (170 degrees F on meat thermometer inserted in several different places in roast), 20 to 25 minutes. Let stand 10 minutes in bag in microwave. Serve with Meat Juices.

Oriental Pork

Categories: Meats, Main dish

Yield: 4 servings

1 lb Boneless Fresh Pork Shoulder*	Drain 16 oz (1cn) Bean Sprouts, Drained
1/2 c Water	2 c Chinese Cabbage, Sliced Thin
1/2 c Orange Juice	1 tb Cornstarch
1/4 ts Salt	1 tb Cold Water
1/8 ts Pepper	2 tb Chopped Green Onions
3 tb Imported Soy Sauce	
8 oz (1cn) Water Chestnuts,	
3 c Hot Cooked Rice	

*Pork Shoulder should be cut into 1/4-inch strips.

Mix pork, 1/2 c water, the orange juice, salt, pepper and soy sauce in 2-qt casserole. Cover and microwave on medium (50%) until pork is tender, 16 to 20 minutes, stirring every 3 minutes. Stir in drained water chestnuts, bean sprouts and cabbage. Cover and microwave on high (100%) until cabbage is crisp tender, 3 to 4 minutes. Blend cornstarch and 1 T cold water in 4 c glass measure. Drain juices from meat mixture into cornstarch mixture; stir well. Microwave on high (100%) until mixture boils and thickens, 3 to 4 minutes, stirring every minute or so. Pour over meat and vegetables. Sprinkle with onions and serve over the hot rice.

Green Beans And Bamboo Shoots

Categories: Vegetables

Yield: 4 servings

10 oz (1 pk) Frozen Green Beans *	1/4 ts Salt
1 c Bamboo Shoots **	1/4 ts Sugar
1 tb Margarine or Butter	1/4 ts Ground Ginger

*Green beans should be french cut.

** Bamboo shoots should be cut into 1/2-inch pieces.

Cover and microwave frozen green beans in 1-qt casserole on high (100%) until tender, 6 to 7 minutes, drain. Stir in remaining ingredients. Microwave uncovered until hot, about 1 minute.

Stuffed Zucchini

Categories: Vegetables

Yield: 8 servings

4 ea Med. Zucchini	
3 ea Green Onions, Sliced	1 ea Med Tomato, Chopped
2 tb Butter or Margarine	1/4 ts Salt
1 ea Slice Bread, Cubed	1 x Dash Pepper
1/4 c Grated Parmesan Cheese	

Cut zucchini lengthwise in halves. Scoop out pulp, leaving 1/4-inch wall; chop pulp and reserve. Place zucchini shells cut sides down in dish. Cover loosely and microwave on high

(100%) until crisp tender, about 5 to 6 minutes. Cover and microwave reserved pulp, the onions and margarine in a 1 1/2-qt casserole or bowl on high (100%) until tender, 6 to 7 minutes. Stir in bread cubes, cheese, tomato, salt and pepper. Turn zucchini shell cut sides up; spoon mixture into shells. Cover loosely and microwave on high (100%) until hot, 2 to 3 minutes.

Pumpkin Oat Muffins

Categories: Breakfast, Breads, Muffins

Yield: 12 servings

1 c Unbleached Flour, Sifted	1 ea Large Egg, Slightly Beaten
2 ts Baking Powder	1/4 c Milk
1 ts Pumpkin Pie Spice	1/4 c Vegetable Oil
1/4 ts Baking Soda	1 c Quick-cooking Oats
1/2 ts Salt	1/2 c Raisins
3/4 c Canned, Mashed, Pumpkin	1 x Crumb Topping
1/2 c Brown Sugar, Packed	

Sift together flour, baking powder, pumpkin pie spice, baking soda and salt; set aside. Combine pumpkin, brown sugar, egg, milk, oil, oats and raisins in bowl; blend well. Add dry ingredients all at once, stirring just enough to moisten. Spoon batter into grease 3-inch muffin-pan cups, filling 2/3rds full. Sprinkle with crumb topping. Bake in 400 degree F. oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam.

CRUMB TOPPING: Combine 1/2 c brown sugar (packed), 1 T unbleached flour, 1/4 t pumpkin pie spice and 2 T butter or regular margarine in bowl. Mix until crumbly.

Bran Muffins-in-waiting

Categories: Muffins, Breads, Breakfast

Yield: 6 servings

1 c Warm Water	1/2 c Butter/Margarine, Room Temp.
3 1/2 c Wheat/Oat Bran Cereal	1 1/2 c Granulated Sugar
2 1/2 c Unbleached All- purpose Flour	2 ea Large Eggs
2 1/2 ts Baking Soda	2 c Butter/Sour milk.

Mix water with 1 cup cereal. Sift flour with baking soda. In a large bowl, beat butter until creamy. Add sugar 1/2 cup at a time, beating after each addition. Blend in eggs, one at a time, beating well after each addition. Scrape sides of bowl often. Stir in flour mixture 1/2 cup at a time, alternating with butter/sour milk, add 1/2 cup at a time also. Stir in soaked bran and the remaining bran cereal. Cover and store in refrigerator at least 6 hours before baking. To bake muffins, heat oven to 400 degrees F. Grease 2 1/2-inch Muffin Cups. Stir batter gently. Fill each muffin cup with about 1/4 c batter. Bake about 20 minutes, or until nicely browned. Remove from pan and serve hot with butter. Makes 6 cups batter or about 24 2 1/2-inch muffins.

Date or Raisin Bran Muffins

Categories: Muffins, Breads, Breakfast

Yield: 4 servings

1 c Wheat/Oat Bran cereal	1/4 c Granulated Sugar
3/4 c Milk	1/2 c Seedless Raisins *
1 c Unbleached All-Purpose Flour	1/2 c Chopped Walnuts
2 1/2 ts Baking Powder	1 ea Large Egg
1/2 ts Salt	1/4 c Vegetable Oil

*Finely chopped pitted dates may be substituted to get Date Muffins.

Mix cereal and milk. Let stand a few minutes until most of the milk is absorbed. Grease 12 2 1/2-inch muffin cups. Heat oven to 400 degrees F. Sift flour, baking powder, salt

and sugar into a medium-sized bowl. Stir to mix well. Add dates/raisins and nuts; toss to mix. Add egg and oil to soaked cereal and beat well with a fork. Pour into flour mixture and stir only until dry ingredients are moistened. Batter will be lumpy. Drop batter into prepared pans, filling each cup half to two-thirds full. Bake about 30 minutes, or until browned. Remove from pan and serve hot with butter and jelly or preserves.

Corn Meal Muffins

Categories: Muffins, Breads, Breakfast

Yield: 4 servings

1 c Unbleached All-purpose Flour	1 ts Salt
4 ts Baking Powder	1 c Yellow Cornmeal
2 tb Granulated Sugar	2 ea Large Eggs
	1/4 c Vegetable Oil

Grease 12 2 1/2-inch muffin cups. Heat oven to 425 degrees F. Sift flour, baking powder, sugar and salt into medium-sized bowl. Add cornmeal and stir to mix well. In small bowl, beat eggs with fork. Add milk and oil. Add all at once to dry ingredients. Stir mixture only until dry ingredients are moistened. Batter will be lumpy. Drop batter from a tablespoon into the prepared muffin cups, filling each cup 1/2 to 2/3rds full. Bake 15 to 20 minutes, or until golden brown. Remove and serve hot with butter, bacon and eggs.

Pecan Cinnamon Muffins

Categories: Muffins, Breads, Breakfast

Yield: 4 servings

1 1/2 c Unbleached Flour, Sifted	1/2 ts Ground Cinnamon
1/4 c Sugar	1 ea Large Egg, Slightly Beaten
1/4 c Brown Sugar, Packed	1/2 c Vegetable Oil
2 ts Baking Powder	1/2 c Milk
1/2 ts Salt	1/2 c Chopped Pecans

Sift together flour, sugar, brown sugar, baking powder, salt and cinnamon into mixing bowl. Combine egg, oil and

mil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Stir in pecans. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling each 2/3rds full. Bake in 400 degree F. oven 20 minutes or until golden brown. Serve hot with butter and homemade jelly or jam. Serving Hint: Match the mood of your mealtime by using a variety of pretty napkins to line a muffin basket. For a picnic, choose a red and white checked napkin; for special dinners, use your finest linen napkins; and for Christmas, of course, a bright red napkin.

Cranberry Muffins

Categories: Muffins, Breads, Breakfast

Yield: 4 servings

2 1/4 c Unbleached Flour, Sifted	1 ea Large Egg, Slightly Beaten
1/4 c Sugar	3/4 c Butter/Sour Milk
3/4 ts Baking Soda	1/4 c Vegetable Oil
1/4 ts Salt	1 c Chopped Raw Cranberries
	1/2 c Sugar

Sift together flour, 1/4 cup sugar, baking soda and salt into bowl. Combine egg, butter/sour milk and oil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Combine cranberries and 1/2 cup sugar; stir into batter. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degrees F. oven 20 minutes or until golden brow. Serve hot with butter and homemade jelly or jam.

High-Protein Muffins

Categories: Muffins, Breads, Breakfast

Yield: 10 servings

2 1/2 c 40% Bran Flakes Cereal	4 ts Baking Powder
1 1/2 c Raisins	1 1/2 ts Ground Nutmeg
1 3/4 c Milk	3/4 ts Salt
1 c Stirred Whole Wheat Flour	4 ea Large Eggs, Slightly Beaten
1 c Soy Flour 1 c Toasted Wheat Germ	2/3 c Honey
	2/3 c Vegetable Oil
	1/4 c Dark Molasses

Combine Bran Flakes, raisins and milk in large mixing bowl. Stir together whole wheat flour, soy flour, wheat germ, baking powder, nutmeg and salt; set aside. Combine eggs, honey, oil and molasses in small bowl; blend well. Add egg mixture to soaked bran flakes; mix well. Add dry ingredients all at once to bran mixture, stirring just enough to moisten. Spoon batter into paper-lined 3-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degrees F. oven 25 minutes or until golden brown. Serve hot with butter and homemade jelly or jam.

Spicy Apricot Oat Muffins

Categories: Muffins, Breads, Breakfast

Yield: 6 servings

2 c Unbleached Flour, Sifted	1/2 c Quick-cooking Oats 1 c Chopped Dried Apricots
1/2 c Sugar	1/2 c Chopped Walnuts
3 ts Baking Powder	2 ea Large Eggs, Slightly Beaten
1 ts Salt	1 1/3 c Milk
2 ts Pumpkin Pie Spice	1/4 c Vegetable Oil

Sift together flour, sugar, baking powder, salt and pumpkin pie spice into large mixing bowl. Stir in oats, apricots, and walnuts. Combine eggs, milk and oil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Spoon batter into greased 3-inch muffin-pan cups, fill 2/3rds full. Bake in 350 degree F. oven 30 minutes or until golden brown. Serve hot with butter and homemade jam or jelly.

Bacon And Onion Muffins

Categories: Muffins, Dinner, Brunch, Breads

Yield: 6 servings

1/2 lb Bacon, Diced	1/2 ts Salt	2 ea Large
1/4 c Chopped Onion	Eggs, Slightly Beaten	
2 1/4 c Unbleached Flour, Sifted	1/3 c Milk	
3 ts Baking Powder	1 c Dairy Sour Cream	
1/2 ts Baking Soda	1 x Sesame Seeds	

Fry bacon until crisp in skillet. Remove with slotted spoon and drain on paper towels. Saute onion in 1 T bacon drippings until tender (do not brown). Set aside to cool. Sift together flour, baking powder, baking soda and salt in large mixing bowl. Combine eggs, milk and sour cream in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Stir in bacon and sautéed onion. Spoon batter into greased 2 1/2-inch muffin-pan cups, fill 2/3rds full. Sprinkle with sesame seeds. Bake in 375 degree F. Oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam.

Pumpkin Muffins

Categories: Dinner, Breakfast, Breads, Brunch

Yield: 4 servings

1 c Unbleached Flour, Sifted	2/3 c Sugar
2 ts Baking Powder	1 ea Large Egg
1/4 ts Salt	1/2 c Canned, Mashed Pumpkin
1/4 ts Ground Cinnamon	2 tb Milk
1/4 c Vegetable Shortening	

Sift together flour, baking powder, salt and cinnamon; set aside. Cream together shortening and sugar in mixing bowl until light and fluffy, using electric mixer at medium speed. Beat in egg. Combine pumpkin and milk in small bowl. Add dry ingredients alternately with pumpkin mixture to creamed mixture, stirring well after each addition. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degree F. oven 20 minutes or until golden brown. Serve hot with butter and homemade jam.

Oatmeal Muffins

Categories: Breakfast, Breads, Muffins

Yield: 5 servings

1 c Quick-cooking Oats	1 ts Salt
1 c Butter/Sour Milk	1/3 c Butter or Regular Margarine
1 c Unbleached Flour, Sifted	1/2 c Brown Sugar, Packed
1 ts Baking Powder	1 ea Large Egg
1/2 ts Baking Soda	

Combine oats and butter/sour milk in small bowl. Mix well and let stand 1 hour. Sift together flour, baking powder, baking soda and salt; set aside. Cream together butter and brown sugar in mixing bowl, using electric mixer at medium speed. Add egg; beat until light and fluffy. Add dry ingredients alternately with oat mixture to creamed mixture, blending well after each addition. Spoon batter into greased 2 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 20 minutes or until golden brown. Serve hot with homemade jam or preserves.

Banana-Nut Muffins

Categories: Dinner, Breakfast, Brunch, Muffins, Bread

Yield: 6 servings

2 c Unbleached Flour, Sifted	1 c Sugar
3 ts Baking Powder	2 ea Large Eggs
1/2 ts Salt	1 1/3 c Mashed Ripe bananas (3 Med.)
1/2 c Shortening	1 c Chopped Walnuts

Sift together flour, baking powder and salt; set aside. Cream together shortening and sugar in bowl until light and fluffy, using electric mixer at medium speed. Beat in eggs, one at a time, blending well after each addition. Stir in mashed bananas. Add dry ingredients all at once, stirring just enough to moisten. Gently mix in chopped nuts. Spoon batter into greased 3-inch muffin-pan cups, filling 2/3rds full. Bake in 350 degree F. oven 20 minutes or until golden brown. Serve hot with homemade jam or jelly.

Heirloom Raisin Muffins

Categories: Muffins, Breakfast, Brunch, Breads

Yield: 4 servings

1 c raisins	2 ea Large Eggs
1 c Water	1 1/2 c Unbleached Flour, Sifted
1/2 c Butter/Regular Margarine	1 ts Baking Powder
1/4 c Sugar	

Combine raisins and water in saucepan. Bring to a boil, reduce heat and cover. Simmer 20 minutes. Drain raisins, reserving liquid. Add enough water to reserved liquid to make 1/2 cup. Cool well. Cream together butter and sugar in bowl until light and fluffy, using electric mixer at medium speed. Add eggs, beat 2 more minutes. Sift together flour and baking powder. Add flour mixture alternately with 1/2 cup of reserved raisin liquid into creamed mixture, mixing well after each addition. Stir in raisins. Spoon batter into greased 3-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 18 minutes or until golden brown. Serve hot with homemade jam or jelly.

Apple Crunch Muffins

Categories: Breakfast, Muffins, Breads, Brunch

Yield: 4 servings

1 1/2 c Unbleached Flour, Sifted	1/4 c Vegetable Shortening
1/2 c Sugar	1 ea Large Egg, Slightly Beaten
2 ts Baking Powder	1/2 c Milk
1/2 ts Salt	1 c Tart Apples *
1 1/2 ts Ground Cinnamon	1 x Nut Crunch Topping

*Apples are to be washed and cored. Shred the unpeeled apples for recipe.

Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl. Cut in shortening with pastry blender until fine crumbs form. Combine egg and milk. Add to dry ingredients all at once, stirring just enough to moisten. Stir in apples. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Sprinkle with nut crunch topping. Bake in 375 degree oven 25 minutes

or until golden brown. Serve hot with butter and homemade jelly or jam.

NUT CRUNCH TOPPING: Mix together 1/4 c brown sugar (packed), 1/4 c chopped pecans and 1/2 t ground cinnamon in small bowl.

Country Bran Muffins

Categories: Muffins, Breakfast, Brunch, Dinner, Bread

Yield: 8 servings

1 c 40% Bran Flakes Cereal	1/2 c Shortening
1 c Boiling Water	1 1/2 c Sugar
2 1/2 c Unbleached Flour, Sifted	2 ea Large Eggs
2 1/2 ts Baking Soda	2 c All-Bran Cereal
1/2 ts Salt	2 c Butter/Sour Milk

Combine 40% Bran Flakes and boiling water in bowl. Let stand 10 minutes. Sift together flour, baking soda and salt; set aside. Cream together shortening and sugar in large mixing bowl until light and fluffy, using electric mixer at medium speed. Add eggs, one at a time, beating well after each addition. Stir in Bran Flakes mixture and all-bran into creamed mixture. Add dry ingredients alternately with butter/sour milk to creamed mixture, mixing just enough to moisten. Spoon batter into well-greased 1 1/2-inch muffin-pan cups, filling 2/3rds full. Bake in 400 degree F. oven 25 minutes or until golden brown. Serve hot with butter and jam.

NOTE: Batter can be stored for a few days in the refrigerator. Bake as directed.

Molasses Refrigerator Muffins

Categories: Muffins, Breads, Brunch

Yield: 12 servings

4 c Unbleached Flour, Sifted	1 1/3 c Vegetable Shortening
2 ts Baking Soda	1 c Sugar
1 ts Salt	4 ea Large Eggs, Slightly Beaten
1 ts Ground Cinnamon	1 c Molasses
1 ts Ground Ginger	1 c Butter/Sour Milk
1/4 ts Ground Cloves	1 c Raisins
1/4 ts Ground Allspice	
1/4 ts Ground Nutmeg	

Sift together flour, baking soda, salt, cinnamon, ginger, cloves, allspice and nutmeg; set aside. Cream together shortening and sugar in mixing bowl until light and fluffy, using electric mixer at medium speed. Add eggs beat well. Blend in molasses and butter/sour milk. Add dry ingredients all at once, stirring just enough to moisten. Stir in raisins. Spoon into greased 3-inch muffin-pan cups, filling 1/2 full. Bake in 350 degree oven 20 minutes or until golden brown. Serve hot with butter and jam. NOTE: Batter can be stored in refrigerator in covered container for up to 3 weeks.

Parmesan Herb Muffins

Categories: Muffins, Breads, Dinner

Yield: 4 servings

2 c Unbleached Flour	1/4 c Grated Parmesan Cheese
1 tb Sugar	1 1/4 c Butter/Sour Milk
1 1/2 ts Baking Powder	1/4 c Butter/Margarine, Melted
1/2 ts Baking Soda	1 ea Large Egg
1/2 ts Sage Leaves, Crumbled	
1/2 c Chopped Fresh Parsley	

Heat oven to 400 degrees F. Grease bottoms of 12 muffin-pan cups or line with paper baking cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour sugar, baking powder, baking soda, sage, parsley and cheese, blend well. Add butter/sour milk, margarine and egg; stir just until dry ingredients are moistened. Fill

prepared muffin cups 2/3rds full. Bake at 400 degrees F. for 15 to 20 minutes or until toothpick inserted in center comes out clean. Serve hot.

MICROWAVE DIRECTIONS: Prepare muffin batter as directed above. Using 6 cup microwave-safe muffin pan, line each with 2 paper baking cups to absorb moisture during baking. Fill cups 1/2 full. Sprinkle top of each muffin with cornflake crumbs. Microwave 6 muffins on HIGH for 2 1/2 to 3 minutes or until toothpick inserted in center comes out clean, rotating pan 1/2 turn halfway through baking. Remove muffins from pan and immediately discard outer baking cups. Cool 1 minute on wire rack before serving. Repeat with remaining batter.

Dilly Zucchini Ricotta Muffins

Categories: Muffins, Breads, Dinner

Yield: 4 servings

1 1/2 c Unbleached Flour	1/2 c Margarine/Butter,
2 tb Sugar	Melted
3 ts Baking Powder	2 ea Large Eggs
1/2 ts Salt	2/3 c Ricotta Cheese
3/4 ts Dill Weed	1/2 c Shredded Zucchini
1/4 c Milk	

Heat oven to 400 degrees F. Line with paper baking cups or grease, 12 muffin-pan cups. Lightly spoon flour into measuring cup, level off. In large bowl, combine flour, sugar, baking powder, salt and dill weed, mix well. In medium bowl combine milk, margarine and eggs. Stir in ricotta cheese and zucchini, beat well. Add to dry ingredients, stirring just until moistened (Batter will be stiff). Fill prepared muffin cups 2/3rds full. Bake at 400 degrees F. for 20 to 25 minutes or until golden brown. Immediately remove from pan and serve.

Lemon Raspberry Muffins

Categories: Muffins, Breads, Desserts

Yield: 4 servings

2 c Unbleached Flour	1/2 c Vegetable Oil.
1 c Sugar	1 ts Lemon Extract
3 ts Baking Powder	2 ea Large Eggs
1/2 ts Salt	1 c Fresh/Frozen
1 c Half-and-half	Raspberries *

*Frozen raspberries should be without syrup and should not be thawed.

Heat oven to 425 degrees F. Line 12 muffin cups with paper baking cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, sugar, baking powder and salt; mix well. In small bowl, combine half-and-half, oil, Lemon extract and eggs; blend well. Add to dry ingredients, stir until ingredients are just moistened. Carefully fold in raspberries. Fill prepared muffin cups 3/4ths full. Bake at 425 degrees F. 18 to 23 minutes or until golden brown. Cool 5 minutes, remove from pans.

HIGH ALTITUDE: Above 3500 feet, decrease baking powder to 2 teaspoons full.

Peach Salad

Categories: Salads

Yield: 8 servings

6 ea Peaches sliced 1/3 segments	3 ea Juice of 3 oranges
5 ea Kiwi fruit peeled sliced	1 ea Juice of 1 lemon
	1 1/2 tb Sugar
	4 ea Fresh mint leaves

Place peach and kiwi slices in a medium bowl. Add citrus juices and sugar to taste. Stir very gently to blend. Place mint leaves on top of fruit and chill several hours.

Antipasto

Categories: Appetizers, Dips

Yield: 10 servings

2 ea Green peppers	1 ea Flowerets of med cauliflower
1 ea Medium onion	2 tb Oil
2 ea Stalks of celery	1 can Tuna fish drained
3 ea Carrots	1 ea Juice of one lemon
1 ea Garlic clove	1 ts Granulated sugar
1/2 lb Sliced Mushrooms	13 oz Bottle of ketchup

Finely chop peppers, onion, celery, carrots, garlic, mushrooms and cauliflower; cook in hot oil for 5 minutes, mix well. Cook 5 minutes. Pour into sterilized jars, cool and refrigerate. When serving, place antipasto in a pretty dish, surround with crackers.

Pasta Salad

Categories: Salads, Appetizers

Yield: 2 servings

2/3 c Rotini noodles	2 tb Mayonnaise
1/2 c Frozen mixed vegetables	1 tb Chopped basil or parsley
1/4 c Grated mozzarella cheese	1/2 ts Dried oregano

Cook pasta in a pot of boiling salted water until tender. Drain and rinse with cold water. Drain well. Add vegetables and cheese. Stir in mayonnaise, basil or parsley and oregano.

Corn Roasted with Herb Butter

Categories: Vegetables

Yield: 6 servings

3/4 c Butter softened	1/4 ts Freshly grated nutmeg
1 1/2 tb Minced parsley	1/2 ts Salt and pepper
1 1/2 tb Lemon juice	1 x Dash of Tabasco
2 1/2 tb Minced green onion	1 x Dash of Worcestershire sauce

Cover and refrigerate at least 1 hour. Spread each ear of corn with 1 tablespoon of herb butter. Wrap each ear in foil. Roast corn on barbeque or broil 4 inches from heat 30 min or till kernels are tender. Unwrap, detach husks and spread with remaining butter.

The Ultimate Salad Dressing

Categories: Salads

Yield: 2 servings

1 ts Dry mustard	1 tb Minced Garlic cloves
1/2 ts Salt	1 tb Minced Sweet Red peppers
1/4 ts Pepper	4 ts Lemon juice
1/2 ts Sugar	4 ts White wine vinegar
1 ts Dried Oregano	1/2 c Light Oil
2 tb Parsley	
2 tb Minced onions	

In small bowl, whisk together all ingredients except oil. Whisk mixture while slowly drizzling in oil. Let stand for 30 minutes to blend flavors. Whisk again before using. Dressing can also be made in food processor.