

# Casseroles and one-dish meals

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one-dish meals

*Meat-macaroni Supper —  
just one of the meal-in-a-dish  
ideas in this chapter.*





**ITALIAN MEAT SAUCE**

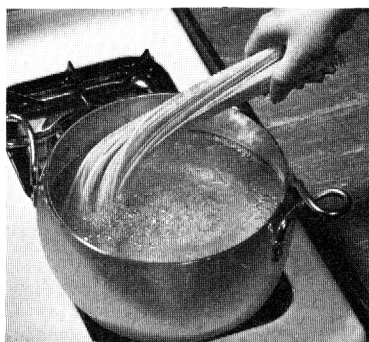
- 1 cup chopped onion
- 1 pound ground beef
- 2 cloves garlic, minced
- 1 1-pound 14-ounce can tomatoes, cut up
- 1 1-pound can tomatoes, cut up
- 1 6-ounce can tomato paste
- ¼ cup snipped parsley
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1½ teaspoons dried oregano, crushed
- ¼ teaspoon dried thyme, crushed
- 1 bay leaf
- Hot cooked spaghetti**
- Shredded Parmesan cheese**

In Dutch oven, combine onion, meat, and garlic; cook till meat is browned and onion is tender. Skim off excess fat; add next 9 ingredients and 2 cups water. Simmer, uncovered, 3 hours, or till sauce is thick; stir occasionally. Remove bay leaf. Serve over hot spaghetti. Pass bowl of shredded Parmesan cheese. Makes 6 servings.

**SPAGHETTI AND MEATBALLS**

- ¾ cup chopped onion
- 1 clove garlic, minced
- 3 tablespoons salad oil
- 2 1-pound cans (4 cups) tomatoes, cut up
- 2 6-ounce cans tomato paste
- 2 cups water
- 1 teaspoon sugar
- 1½ teaspoons salt
- ½ teaspoon pepper
- 1½ teaspoons dried oregano, crushed
- 1 bay leaf
- Italian Meatballs**
- Hot cooked spaghetti**

Cook onion and garlic in oil till tender but not brown. Stir in next 8 ingredients. Simmer, uncovered, 30 minutes; remove bay leaf. Add meatballs. Loosely cover; cook 30 minutes. Serve over spaghetti. Pass Parmesan cheese, if desired. Serves 8.

***How to cook spaghetti, macaroni, and noodles***

A large pan filled with plenty of water is important to cook any pasta. Three quarts of water is the minimum for cooking 8 ounces of pasta. To season, add 1 teaspoon salt for each quart of water. The addition of a teaspoon of salad oil to the water helps prevent pasta from sticking together and water from boiling over.

When water boils vigorously, add pasta. Don't cover. Keep water boiling; stir at the start to prevent sticking. Cook till tender, but still firm. Drain at once.

No need to break long spaghetti—hold a handful at one end, dip the other into the water. As it softens, curl it around in pan till immersed. One pound spaghetti serves 6 to 8.

**ITALIAN MEATBALLS**

*For a variation, serve with mushroom sauce—*

Soak 4 bread slices in ½ cup water 2 to 3 minutes; add 2 eggs and mix well. Mix with 1 pound ground beef, ¼ cup grated Parmesan cheese, 2 tablespoons snipped parsley, 1 teaspoon salt, ¼ teaspoon dried oregano, crushed, and dash pepper.

With wet hands, form meat mixture into small balls (about 24). Brown slowly in 2 tablespoons hot salad oil. Add meatballs to sauce, simmer, loosely covered, for 30 minutes as directed for Spaghetti and Meatballs. Makes 8 servings.

**BISCUIT PIZZA CRUST**

- 1 package active dry yeast
- $\frac{3}{4}$  cup warm water
- 2½ cups packaged biscuit mix
- Olive oil or salad oil OVEN 425°

Soften yeast in warm water (110°). Add biscuit mix; beat vigorously for 2 minutes. Dust surface with biscuit mix, knead dough till smooth (25 strokes). Divide dough in half and roll each piece of dough to a 12-inch circle.

Place dough circles on greased baking sheets; crimp edges. Brush dough with oil. Fill with desired toppers. Bake at 425° for 15 minutes, or till crusts are done. Makes two 12-inch pizza crusts.

**SAUSAGE PIZZA**

In skillet, break 1 pound Italian sausage in bits. Cook slowly until lightly browned, about 10 minutes, stirring occasionally; drain off fat. Drain one 1-pound can tomatoes, reserving  $\frac{1}{2}$  cup juice. Cut tomatoes in small pieces and layer on two 12-inch pizza-dough circles. Sprinkle with salt and pepper; then cover with one 6-ounce package mozzarella cheese, *thinly* sliced and torn in pieces. Drizzle *each* with 1 tablespoon olive oil. Sprinkle with the lightly browned sausage.

Combine one 6-ounce can tomato paste, reserved tomato juice, 2 cloves garlic, minced, 1 tablespoon crushed dried oregano, and 1 tablespoon whole basil. Mix well; spread over sausage. Dash generously with salt and pepper. Scatter  $\frac{1}{4}$  cup grated Parmesan or Romano cheese atop. Drizzle *each* with 1 tablespoon olive oil. Bake as for crust. Makes 2 pizzas.

**PIZZA TOPPERS**

For creative cooking with a jiffy flair, start with packaged pizza mix. Spread canned pizza sauce atop; oregano and basil are compatible herbs to add. Top with your own fix-ups.

For salami pizza, sprinkle generously atop with small pieces of salami; shake Parmesan cheese over all. Try anchovy pizza with wedges of mozzarella cheese. Season pepperoni pizza with anise seed.

**LASAGNE**

- 1 pound Italian sausage
- 1 clove garlic, minced
- 1 tablespoon whole basil
- 1½ teaspoons salt
- 1 1-pound can tomatoes
- 2 6-ounce cans tomato paste
- 10 ounces lasagne noodles
- 2 eggs
- 3 cups fresh Ricotta or cream-style cottage cheese
- $\frac{1}{2}$  cup grated Parmesan or Romano cheese
- 2 tablespoons parsley flakes
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 pound mozzarella cheese, sliced very thin OVEN 375°

Brown meat slowly; spoon off excess fat. Add next 5 ingredients and 1 cup water. Simmer, covered, 15 minutes; stir often. Cook noodles in boiling salted water till tender; drain; rinse. Beat eggs; add remaining ingredients, except mozzarella.

Layer *half* the noodles in 13x9x2-inch baking dish; spread with *half* the Ricotta filling; add *half* the mozzarella cheese and *half* the meat sauce. Repeat. Bake at 375° about 30 minutes (or assemble early and refrigerate; bake 45 minutes). Let stand 10 minutes before serving. Serves 8 to 10.

**STUFFED PEPPER CUPS**

OVEN 350°

Cut off tops of 6 medium green peppers; remove seeds and membrane. Precook green pepper cups in boiling salted water about 5 minutes; drain. (For crisp peppers, omit precooking.) Sprinkle inside of cups generously with salt.

Cook 1 pound ground beef and  $\frac{1}{3}$  cup chopped onion till meat is lightly browned. Season with  $\frac{1}{2}$  teaspoon salt and dash pepper. Add one 1-pound can tomatoes,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup uncooked long-grain rice, and 1 teaspoon Worcestershire sauce. Cover and simmer till rice is tender, about 15 minutes. Stir in 4 ounces sharp process American cheese, shredded (1 cup). Stuff peppers; stand upright in 10x6x1½-inch baking dish. Bake, uncovered, at 350° for 20 to 25 minutes. Serves 6.

### CHILI CON CARNE

- 1 pound ground beef
- 1 cup chopped onion
- 3/4 cup chopped green pepper
- 1 1-pound can (2 cups) tomatoes, broken up
- 1 1-pound can (2 cups) dark red kidney beans, drained
- 1 8-ounce can tomato sauce
- 1 teaspoon salt
- 1 to 2 teaspoons chili powder
- 1 bay leaf

In heavy skillet, cook meat, onion, and green pepper till meat is lightly browned and vegetables are tender. Stir in remaining ingredients. Cover and simmer for 1 hour. Remove bay leaf. Makes 4 servings.

### HAMBURGER-CHEESE BAKE

- 1 pound ground beef
- 1/2 cup chopped onion
- 2 8-ounce cans tomato sauce
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 4 cups uncooked medium noodles
- 1 cup cream-style cottage cheese
- 1 8-ounce package cream cheese, softened
- 1/4 cup dairy sour cream
- 1/3 cup sliced green onion
- 1/4 cup chopped green pepper
- 1/4 cup shredded Parmesan cheese

OVEN 350°

In large skillet, cook meat and onion till meat is lightly browned and onion is tender. Stir in tomato sauce, sugar, garlic salt, and pepper. Remove from heat. Meanwhile, cook noodles according to package directions; drain. Combine cottage cheese, cream cheese, sour cream, green onion, and green pepper.

Spread half the noodles in 11x7x1 1/2-inch baking pan; top with a little of the meat sauce. Cover with cheese mixture. Add remaining noodles and meat sauce. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes. Makes 8 to 10 servings.

### HAMBURGER PIE

- 1 pound ground beef
- 1/2 cup chopped onion
- • •
- 1/2 teaspoon salt
- Dash pepper
- 1 1-pound can (2 cups) cut green beans, drained
- 1 10 3/4-ounce can condensed tomato soup
- 5 medium potatoes, cooked\*
- 1/2 cup warm milk
- 1 beaten egg
- 2 ounces process American cheese, shredded (1/2 cup)

OVEN 350°

In large skillet, cook meat and onion till meat is lightly browned and onion is tender. Add salt and pepper. Add drained beans and soup; pour into greased 1 1/2-quart casserole. Mash potatoes while hot; add milk and egg. Season with salt and pepper. Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake in moderate oven (350°) for 25 to 30 minutes. Makes 4 to 6 servings.

\*Or prepare 4 servings packaged instant mashed potatoes according to package directions except *reserve the milk*. Add egg and season with salt and pepper to taste. Add enough reserved milk so potatoes are stiff enough to hold shape.

### HAMBURGER-CORN BAKE

OVEN 350°

In large skillet, cook 1 1/2 pounds ground beef and 1 cup chopped onion till meat is lightly browned and onion is tender. Stir in one 12-ounce can whole kernel corn, drained, one 10 1/2-ounce can condensed cream of chicken soup, one 10 1/2-ounce can condensed cream of mushroom soup, 1 cup dairy sour cream, 1/4 cup chopped canned pimiento, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Mix well.

Stir in 6 ounces (3 cups) medium noodles, cooked and drained. Turn mixture into 2 1/2-quart casserole. Combine 1 cup soft bread crumbs and 2 tablespoons melted butter or margarine; sprinkle atop. Bake at 350° for 45 minutes, or till hot. Makes 8 to 10 servings.

**SAUCY MEATBALL SUPPER**

Combine 1½ pounds ground beef, ½ cup chopped onion, 2 eggs, ¼ cup milk, 1 teaspoon salt, dash pepper, 1 cup (2 slices) soft bread crumbs, 2 tablespoons snipped parsley, and ½ teaspoon dried oregano, crushed; mix well. Shape in 1-inch balls. In large skillet, brown meatballs in a little shortening on all sides.

Drain off excess fat. Combine one 11-ounce can condensed Cheddar cheese soup, ½ cup water, and ¼ cup dry white wine. Add to meat in skillet. Cook, covered, over low heat 15 to 20 minutes. Serve over hot cooked spaghetti. Serves 6.

**TAMALE PIE**

- 1 pound ground beef
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2 8-ounce cans tomato sauce
- 1 12-ounce can (1½ cups) whole kernel corn, drained
- ½ cup pitted ripe olives, chopped
- 1 clove garlic, minced
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 to 3 teaspoons chili powder
- Dash pepper
- • •
- 6 ounces sharp process American cheese, shredded (1½ cups)
- ¾ cup yellow cornmeal
- ½ teaspoon salt
- 2 cups cold water
- 1 tablespoon butter or margarine

OVEN 375°

Cook meat, onion, and green pepper in a large skillet till meat is lightly browned and vegetables are tender. Stir in tomato sauce, corn, olives, garlic, sugar, the 1 teaspoon salt, chili powder, and pepper. Simmer 20 to 25 minutes, or until thick. Add cheese; stir till melted. Turn into greased 9x9x2-inch baking dish.

Stir cornmeal and ½ teaspoon salt into cold water. Cook, stirring constantly, till thick. Add butter or margarine; mix well. Spoon over hot meat mixture.

Bake casserole in moderate oven (375°) about 40 minutes. Makes 6 servings.

**EASY MEXICALI DINNER**

- 1 pound ground beef
- ½ cup chopped onion
- 6 ounces (3 cups) medium noodles, cooked and drained
- 1 1-pound can tomatoes
- 1 6-ounce can tomato paste
- 6 ounces sharp process American cheese, shredded (1½ cups)
- ½ cup sliced ripe olives
- 1 teaspoon salt
- ¼ teaspoon dried basil, crushed
- ⅛ teaspoon pepper

OVEN 350°

Cook meat and onion in large skillet till onion is tender. Stir in noodles, tomatoes, tomato paste, 1 cup shredded cheese, olives, and seasonings. Turn into 2-quart casserole. Top with remaining cheese. Bake at 350° for 45 minutes. Serves 6.

**INSIDE-OUT RAVIOLI**

- 1 pound ground beef
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 10-ounce package frozen chopped spinach
- 1 1-pound can spaghetti sauce with mushrooms
- 1 8-ounce can tomato sauce
- 1 6-ounce can tomato paste
- ½ teaspoon salt
- Dash pepper
- 1 7-ounce package (2 cups) shell or elbow macaroni, cooked and drained
- 4 ounces sharp process American cheese, shredded (1 cup)
- ½ cup soft bread crumbs
- 2 well-beaten eggs
- ¼ cup salad oil

OVEN 350°

Brown first 3 ingredients in large skillet. Cook spinach using package directions. Drain, reserving liquid; add water to make 1 cup. Add spinach liquid and next 5 ingredients to meat mixture. Simmer 10 minutes. Combine spinach with macaroni and remaining ingredients; spread in 13x9x2-inch baking dish. Top with meat sauce. Bake at 350° for 30 minutes. Let stand 10 minutes. Serves 8 to 10.

## MEATBALLS AND SPAETZLE

### German Meatballs

- 1 10½-ounce can condensed beef broth
  - 1 3-ounce can chopped mushrooms, drained (½ cup)
  - ½ cup chopped onion
  - 1 cup dairy sour cream
  - 1 tablespoon all-purpose flour
  - ½ to 1 teaspoon caraway seed
- Spaetzle**

*German Meatballs:* Combine 1 pound ground beef, 1 egg, ¼ cup fine dry bread crumbs, ¼ cup milk, 1 tablespoon snipped parsley, 1 teaspoon salt, ¼ teaspoon poultry seasoning, and dash pepper. Shape in twenty-four 1½-inch balls.

Brown slowly in 2 tablespoons shortening, shaking often. Add broth, mushrooms, and onion. Simmer, covered, 30 minutes. Blend cream, flour, and seed; stir into broth. Cook and stir till thick. Serve with Spaetzle. Serves 5 or 6.

*Spaetzle:* Sift together 2 cups sifted all-purpose flour and 1 teaspoon salt. Add 2 beaten eggs and ¾ cup milk; beat well. Place in coarse-sieved colander. Hold over large kettle of rapidly boiling salted water. Press batter through colander. Cook and stir 5 minutes; drain. Sprinkle with mixture of ¼ cup fine dry bread crumbs and 2 tablespoons melted butter.

## BEST OVEN HASH

- 1 cup coarsely ground cooked beef
- 1 cup coarsely ground cooked potatoes
- ¼ cup coarsely ground onion
- ¼ cup snipped parsley
- 2 teaspoons Worcestershire sauce
- 1 6-ounce can (⅔ cup) evaporated milk
- ¼ cup fine dry bread crumbs
- 1 tablespoon butter or margarine, melted

OVEN 350°

Mix first 6 ingredients, 1 teaspoon salt, and dash pepper. Turn into 1-quart casserole. Mix crumbs and butter; sprinkle atop. Bake at 350° for 30 minutes. Serves 4.

## FRENCH RAGOUT

- 1½ cups sliced onion
- 3 tablespoons butter
- 1 beef bouillon cube
- 1½ cups water
- 2 cups cubed cooked beef
- ¾ cup leftover or canned gravy
- 1 lemon slice
- 1½ cups diced potatoes
- 1½ cups sliced carrots
- 12 dried prunes
- ¾ teaspoon salt
- 1 tablespoon cornstarch

Cook onion in butter until just tender. Add remaining ingredients except cornstarch. Bring to a boil; cover; simmer 25 minutes. Blend ¼ cup cold water with the cornstarch. Stir into beef mixture. Bring to a boil, stirring constantly. Simmer, uncovered, 5 minutes. Makes 4 servings.

## CORNED BEEF AND NOODLES

OVEN 350°

Cook 4 ounces (2 cups) medium noodles according to package directions; drain. In saucepan, melt 3 tablespoons butter or margarine; stir in 3 tablespoons all-purpose flour. Add 2¼ cups milk; cook quickly, stirring constantly, till mixture thickens and bubbles. Stir in 1 tablespoon prepared horseradish, 2 teaspoons salt, 1 teaspoon prepared mustard, and dash pepper. Add one 10-ounce package frozen peas, thawed, and noodles. Turn into 10x6x1½-inch baking dish. Arrange one 12-ounce can corned beef, cut in 6 slices, over noodles. Bake at 350° for 30 minutes. Serves 5 or 6.

## HOMEMADE NOODLES

Combine 1 beaten egg, 2 tablespoons milk, and ½ teaspoon salt. Add enough sifted all-purpose flour to make stiff dough, about 1 cup. Roll very thin on floured surface; let stand 20 minutes. Roll up loosely; slice ¼ inch wide; unroll, spread out and let dry 2 hours. (If desired, store in container until needed.)

Drop into boiling soup or boiling, salted water and cook, uncovered, about 10 minutes. Makes 3 cups cooked noodles.



**VEAL ROLLS DIVAN**

- 3 slices bacon**
- 1½ cups packaged herb-seasoned stuffing mix**
- 6 thin veal steaks, pounded ⅛ inch thick**
- 1 tablespoon salad oil**
- 2 10-ounce packages frozen broccoli spears, thawed**
- 1 chicken bouillon cube**
- ½ cup boiling water**
- 1 10½-ounce can condensed cream of mushroom soup**
- ⅓ cup milk**
- 1 4½- or 5-ounce can shrimp, drained**

OVEN 350°

In skillet, cook bacon till crisp; drain; reserve drippings. Prepare stuffing according to package directions, using drippings and melted butter to make ¼ cup. Crumble bacon; stir into stuffing. Sprinkle veal with salt. Place ⅓ cup stuffing on each steak; roll and tie securely. Add oil to same skillet; brown veal. Arrange meat and broccoli in 12x7½x2-inch baking dish.

Dissolve crushed bouillon cube in boiling water; pour over meat. Cover with foil; bake at 350° for 1 hour. Combine soup, milk, and shrimp; heat through. Before serving, remove ties from meat; pour soup mixture over meat rolls. Garnish plates with radish roses. Makes 6 servings.

Serve these buffet specials—Veal Rolls Divan filled with herb-seasoned stuffing,

then topped with shrimp sauce; elegant Herbed Chicken Bake laced with wine.



**CHOPSTICK VEAL BAKE**

- 1½ pounds veal steak, ½ inch thick
- 2 tablespoons salad oil
- 1½ cups sliced celery
- 1 cup chopped onion
- 1 cup diced green pepper
- 3 tablespoons chopped canned pimiento
- ½ cup uncooked long-grain rice
- 1 10½-ounce can condensed cream of mushroom soup
- 1 cup milk
- 2 tablespoons soy sauce
- 1 3-ounce can (2 cups) chow mein noodles

OVEN 350°

Cut meat in 2x½-inch strips. Brown in hot oil. Add remaining ingredients except noodles. Turn into 2-quart casserole. Cover; bake at 350° for 1¼ to 1½ hours; stir occasionally. Uncover last 5 minutes; sprinkle with noodles. Serves 8.

**PORK CHOW MEIN**

Cook 1 pound pork, cut in *thin* strips, in 1 tablespoon salad oil till done, about 10 minutes. Remove from skillet. Cook 3 cups thin bias-cut celery slices, 1 cup sliced onion, and one 6-ounce can sliced mushrooms, drained, in 2 tablespoons salad oil till crisp-tender, stirring often. Blend 3 tablespoons cornstarch and ¼ cup cold water; add one 10½-ounce can condensed beef broth and ¼ cup soy sauce; stir into vegetables. Add meat, one 1-pound can bean sprouts, drained, and one 5-ounce can water chestnuts, drained and sliced. Cook and stir till thickened. Serve over rice or heated chow mein noodles. Serves 4 or 5.

**HAM-CHEESE DELIGHT**

OVEN 350°

Cook ½ cup finely chopped onion in 1 tablespoon butter till tender. Add 2 cups finely chopped cooked ham, 3 slightly beaten eggs, 1 cup shredded sharp process American cheese, ⅓ cup fine cracker crumbs, 1½ cups milk, and dash pepper. Mix well; turn into a 10x6x1½-inch baking dish. Bake at 350° for 45 to 50 minutes. Serves 6.

**HAM MEDLEY**

OVEN 350°

Melt ¼ cup butter; add 1 cup chopped celery and ½ cup *each* chopped green pepper and onion; cook till tender. Blend in ¼ cup flour, ½ teaspoon salt, and dash pepper. Stir in 2½ cups milk and 3 cups cream-style cottage cheese; cook and stir till boiling. Add 4 cups cubed cooked ham and 8 ounces noodles, cooked and drained. Turn into 3-quart casserole. Mix 2 tablespoons melted butter and ½ cup fine dry bread crumbs; sprinkle atop. Bake at 350° for 1 hour. Serves 10 to 12.

**HAM-SQUASH SKILLET**

- 1 pound ground cooked ham
- 1 egg
- ½ cup soft bread crumbs
- ¼ cup finely chopped onion
- 2 tablespoons prepared mustard
- 1 medium acorn squash
- ½ cup brown sugar
- 2 tablespoons butter, softened

Combine first 5 ingredients; form into 5 patties. Brown in hot fat; remove from skillet. Cut squash crosswise in 5 rings; halve. Place in skillet; season. Add 2 or 3 tablespoons water. Combine brown sugar and butter; dot over squash. Cover; cook till tender, 15 to 20 minutes, turning once. Uncover; add meat. Cook 5 minutes more, basting often. Serves 5.

**TENDERLOIN-NOODLE BAKE**

OVEN 350°

Cook 6 ounces noodles; rinse; drain. Slowly brown 1½ pounds pork tenderloin, sliced ½ inch thick, in hot fat. Season with ½ teaspoon salt and dash pepper. Combine noodles, Cheese Sauce, and 3 tablespoons *each* chopped green pepper and canned pimiento. Turn into 10x6x1½-inch baking dish; top with meat. Bake at 350° for 30 minutes. Serves 6.

*Cheese Sauce:* Melt 3 tablespoons butter. Blend in 3 tablespoons flour, ¾ teaspoon salt, and dash pepper. Add 1 cup milk. Cook quickly, stirring, till thickened and bubbly; remove from heat. Add ½ cup crumbled blue cheese; stir to melt.

**CANTONESE CASSEROLE**

- 1 10-ounce package frozen French-style green beans**
- 1 tablespoon butter**
- 1 tablespoon all-purpose flour**
- ¾ cup milk**
- 2 tablespoons soy sauce**
- 1 cup dairy sour cream**
- 2 cups cubed cooked ham**
- 1 5-ounce can water chestnuts, drained and thinly sliced**
- 1 cup buttered soft bread crumbs (about 1½ slices)**
- Paprika**

OVEN 350°

Pour boiling water over beans to separate; drain well. In saucepan, melt butter; blend in flour. Stir in milk and soy sauce; cook, stirring constantly, over medium heat till thick and bubbly. Stir in sour cream, cubed ham, beans, and water chestnuts. Pour into greased 10x6x1½-inch baking dish. Sprinkle crumbs atop; dash with paprika. Bake at 350° for 30 minutes, or till hot. Serves 6.

**PORK CHOP SPANISH RICE**

- 5 pork chops, ½-inch thick**
- 2 tablespoons shortening**
- 1 teaspoon salt**
- ½ teaspoon chili powder**
- Dash pepper**
- ¾ cup uncooked long-grain rice**
- ½ cup chopped onion**
- ¾ cup chopped green pepper**
- 1 1-pound 12-ounce can (3½ cups) tomatoes**
- 5 green pepper rings**
- 2 ounces sharp process American cheese, shredded (½ cup)**

Trim excess fat from chops. Slowly brown chops in melted shortening about 15 to 20 minutes; drain off excess fat.

Combine salt, chili powder, and pepper; sprinkle over meat. Add rice, onion, and chopped green pepper. Pour tomatoes over. Cover and cook over low heat 35 minutes, stirring occasionally. Add green pepper rings and cook 5 minutes longer, or till rice and meat are tender. Sprinkle with cheese. Makes 5 servings.

**SPANISH TOMATO RICE**

In a 10-inch skillet, cook 8 slices bacon till crisp; remove. Pour off *half* the fat. In remaining fat, cook 1 cup finely chopped onion, and ¼ cup chopped green pepper till tender but not brown.

Add one 1-pound can tomatoes, 1½ cups water, ¾ cup uncooked long-grain rice, ½ cup chili sauce, 1 teaspoon salt, 1 teaspoon brown sugar, ½ teaspoon Worcestershire sauce, and dash pepper. Cover and simmer 35 to 40 minutes. Crumble bacon on top. Serves 6.

**SAUSAGE SQUASH SPECIAL**

- 1 pound bulk pork sausage**
- 1 clove garlic, crushed**
- 4 cups sliced summer squash**
- ½ cup dry bread crumbs**
- ½ cup grated Parmesan cheese**
- ½ cup milk**
- 1 tablespoon snipped parsley**
- ½ teaspoon salt**
- ½ teaspoon dried oregano, crushed**
- 2 beaten eggs**

OVEN 325°

Cook sausage and garlic till meat is brown; drain off excess fat. Cook squash, covered, in small amount of water till tender; drain. Stir squash and next 6 ingredients into meat; fold in eggs. Transfer to 10x6x1½-inch baking dish. Bake at 325° for 25 to 30 minutes. Makes 4 to 6 servings.

**MEAT-MACARONI SUPPER**

OVEN 350°

In medium skillet, melt 2 tablespoons butter or margarine; cook ½ cup chopped onion in butter till tender but not brown. Stir in one 10¾-ounce can condensed cream of celery soup, one 8-ounce can (1 cup) tomatoes, cut up, ¼ teaspoon dried thyme, crushed, and dash pepper.

Add ½ 7-ounce package (1 cup) elbow macaroni, cooked and drained, one 12-ounce can luncheon meat, cut in 1x½-inch strips, and ¼ cup chopped green pepper. Turn into 1½-quart casserole. Top with ¼ cup shredded process American cheese. Bake, uncovered, at 350° for 35 to 40 minutes. Serves 4 to 6.

**CLASSIC CHICKEN DIVAN**

- 2 10-ounce packages frozen broccoli spears
- ¼ cup butter or margarine
- 6 tablespoons all-purpose flour
- 2 cups chicken broth
- ½ cup whipping cream
- 3 tablespoons dry white wine
- 3 chicken breasts, halved and cooked
- ¼ cup grated Parmesan cheese

OVEN 350°

Cook broccoli using package directions; drain. Melt butter; blend in flour, ½ teaspoon salt, and dash pepper. Add chicken broth; cook and stir till mixture thickens and bubbles. Stir in cream and wine.

Place broccoli crosswise in 12x7½x2-inch baking dish. Pour *half* the sauce over. Top with chicken. To remaining sauce, add cheese; pour over chicken; sprinkle with additional Parmesan cheese. Bake at 350° for 20 minutes, or till heated through. Then broil just till sauce is golden, about 5 minutes. Serves 6.

**CHICKEN CURRY**

- 1 tablespoon butter
- 1 cup finely chopped pared apple
- 1 cup sliced celery
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons cornstarch
- 2 to 3 teaspoons curry powder
- ¾ cup cold chicken broth
- 2 cups milk
- 2 cups diced cooked chicken
- 1 3-ounce can sliced mushrooms, drained (½ cup)

In saucepan, melt butter; add apple, celery, onion, and garlic. Cook till onion is tender. Combine cornstarch, curry, ¾ teaspoon salt, and broth. Stir into onion mixture; add milk. Cook and stir till mixture thickens and bubbles. Stir in chicken and mushrooms. Heat through. Serve over hot cooked rice and pass condiments—raisins, shredded coconut, chopped peanuts, and chutney; *or* serve in East Indian Rice Ring. Serves 5 or 6.

**Rice rings**

**Glamorous Rice Ring:** Combine 3 cups hot cooked rice and ¼ cup snipped parsley. Press lightly in greased 5½-cup ring mold (or custard cups). Unmold at once on platter. Fill with creamed mixture.

**Confetti Rice Ring:** Cook one 10-ounce package frozen peas according to package directions; drain. Combine 4 cups hot cooked rice, peas, 3 tablespoons chopped canned pimiento, and 2 tablespoons butter, melted. Press lightly in greased 5½-cup ring mold. Unmold at once on hot platter.

**East Indian Rice Ring:** In skillet, melt ¼ cup butter; cook ½ cup chopped onion and ¼ cup slivered almonds till golden. Add ½ cup light raisins; heat till plump. Add to 6 cups hot cooked rice; mix gently. Press mixture lightly into greased 6½-cup ring mold. Unmold at once on platter. Fill with Chicken Curry; top with coconut.

**CHICKEN BUYING GUIDE**

- One 3½-pound ready-to-cook chicken yields 3 cups diced cooked chicken.
- Two whole chicken breasts (10 ounces each) yield 1½ to 2 cups diced cooked chicken, or 12 thin slices cooked chicken.

## HERBED CHICKEN BAKE

- 1 6-ounce package long-grain and wild rice mix
- 3 large chicken breasts, boned and halved lengthwise
- ¼ cup butter or margarine
- 1 10½-ounce can condensed cream of chicken soup
- ¾ cup sauterne
- ½ cup sliced celery
- 1 3-ounce can sliced mushrooms, drained (½ cup)
- 2 tablespoons chopped canned pimiento

OVEN 350°

Prepare rice mix using package directions. Season chicken with salt and pepper; in skillet, brown slowly in butter. Spoon rice into 1½-quart casserole; top with chicken, skin side up. Add soup to skillet; slowly add sauterne, stirring till smooth. Add remaining ingredients; bring to boil; pour over chicken. Cover; bake at 350° for 25 minutes. Uncover; bake 15 to 20 minutes, or till tender. Serves 6.

## CHICKEN FRIED RICE

- 1 cup diced cooked chicken
- 1 tablespoon soy sauce
- 1 cup uncooked long-grain rice
- ⅓ cup salad oil
- 2½ cups chicken broth
- ½ cup coarsely chopped onion
- ¼ cup finely chopped green pepper
- ¼ cup thinly sliced celery
- 2 slightly beaten eggs
- 1 cup finely shredded lettuce or Chinese cabbage

Combine chicken, soy sauce, and ½ teaspoon salt. Let stand 15 minutes. Cook rice in hot oil in skillet over medium heat till golden brown; stir frequently. Reduce heat; add chicken with soy sauce and broth. Simmer, covered, 20 to 25 minutes, or till rice is tender. Remove cover last few minutes. Stir in onion, green pepper, and celery. Cook, uncovered, over medium heat till liquid is absorbed. Push rice mixture to sides of skillet. Add eggs; cook till almost set; blend into rice. Stir in lettuce; serve at once with soy sauce. Serves 6.

## CHICKEN ALMOND

- 2 cups skinned uncooked chicken breasts cut in thin strips (about 2 whole breasts)
- ¼ cup shortening or salad oil
- 2 5-ounce cans bamboo shoots, drained and diced
- 2 cups diced celery
- 1 cup diced bok choy (Chinese chard) or romaine
- 2 5-ounce cans water chestnuts, drained and sliced
- 3 cups chicken broth
- 2 tablespoons soy sauce
- • •
- ⅓ cup cornstarch
- ½ cup cold water
- ½ cup toasted halved almonds
- Hot cooked rice

In large heavy skillet, quickly cook chicken strips in hot shortening. Add diced bamboo shoots, celery, bok choy or romaine, water chestnuts, chicken broth, and soy sauce; mix thoroughly. Bring to boiling; cover and cook over low heat 5 minutes or till crisp-tender. Slowly blend cornstarch into ½ cup cold water; add to chicken mixture. Cook, stirring constantly, till mixture thickens and bubbles. Salt to taste. Garnish with toasted almonds. Serve immediately over hot cooked rice. Makes 6 servings.

*Note:* High heat and quick stirring are essential; avoid overcooking.

## CLUB CHICKEN CASSEROLE

OVEN 350°

In saucepan, melt ¼ cup butter or margarine; blend in ¼ cup all-purpose flour. Add one 14½-ounce can (1⅓ cups) evaporated milk, 1 cup chicken broth, and ½ cup water; cook quickly, stirring constantly, till mixture thickens and bubbles. Add 3 cups cooked long-grain rice, 2½ cups diced cooked chicken, one 3-ounce can sliced mushrooms, drained, ⅓ cup chopped green pepper, ¼ cup chopped canned pimiento, and 1½ teaspoons salt. Pour into greased 2-quart casserole. Bake, uncovered, in moderate oven (350°) for 40 minutes, or until heated through. If desired, top with ¼ cup toasted slivered almonds. Makes 8 to 10 servings.

**TUNA-NOODLE CASSEROLE**

OVEN 425°

Cook 6 ounces (3 cups) medium noodles using package directions; drain. Combine noodles, one 6½- or 7-ounce can tuna, drained, ½ cup mayonnaise, 1 cup sliced celery, ⅓ cup chopped onion, ¼ cup chopped green pepper, ¼ cup chopped canned pimiento, and ½ teaspoon salt. Blend one 10½-ounce can condensed cream of celery soup and ½ cup milk; heat through. Add 4 ounces sharp process American cheese, shredded (1 cup); heat and stir till cheese melts. Add to noodle mixture. Turn into 2-quart casserole. If desired, top with ½ cup toasted slivered almonds. Bake, uncovered, at 425° for 20 minutes. Makes 6 servings.

**CHOPSTICK TUNA**

- 1 10½-ounce can condensed cream of mushroom soup**
- 2 cups chow mein noodles**
- 1 6½- or 7-ounce can tuna, drained and flaked**
- 1 cup sliced celery**
- ½ cup toasted cashews**
- ¼ cup chopped onion**

OVEN 375°

Combine soup and ¼ cup water. Add 1 cup of the chow mein noodles, dash pepper, and remaining ingredients. Toss lightly; turn into 10x6x1½-inch baking dish. Sprinkle remaining noodles atop. Bake at 375° for 30 minutes. Serves 4 or 5.

**SWEET-SOUR TUNA**

Drain one 8¾-ounce can pineapple tidbits, reserving syrup. In saucepan, combine ⅓ cup of the pineapple syrup, pineapple tidbits, 1 cup green pepper strips, 1 vegetable bouillon cube, and ½ cup water. Heat to boiling; simmer 5 minutes. Mix 3 tablespoons sugar and 1 tablespoon cornstarch; stir in remaining pineapple syrup, 1 tablespoon vinegar, and 1 teaspoon soy sauce. Stir into pineapple mixture. Cook and stir till mixture thickens and bubbles. Add one 6½- or 7-ounce can tuna, drained, and 1 tablespoon butter. Heat through; serve over one 3-ounce can (2 cups) chow mein noodles, warmed. Serves 3 or 4.

**RICE AND TUNA PIE**

- 2 cups cooked rice**
- 1 tablespoon chopped onion**
- 2 tablespoons butter**
- ¼ teaspoon dried marjoram, crushed**
- 1 slightly beaten egg**
- 1 9¼-ounce can tuna, drained**
- 3 beaten eggs**
- 4 ounces process Swiss cheese, shredded (1 cup)**
- 1 cup milk**
- ¼ teaspoon salt**
- Dash pepper**
- ¼ teaspoon dried marjoram, crushed**
- 1 tablespoon chopped onion**

OVEN 350°

For rice shell, combine first 5 ingredients; press onto bottom and sides of lightly buttered 10-inch pie plate or 10x6x1½-inch baking dish. Sprinkle tuna evenly over rice shell. Combine remaining ingredients; pour over tuna. Bake at 350° for 50 to 55 minutes, or till knife inserted off center comes out clean. Garnish with pimiento, if desired. Makes 6 servings.

**COMPANY CREAMED TUNA**

- 2 tablespoons finely chopped onion**
- 3 tablespoons butter**
- 3 tablespoons all-purpose flour**
- ¼ teaspoon salt**
- 1¼ cups milk**
- ½ cup dairy sour cream**
- 1 6½- or 7-ounce can tuna, drained**
- 3 tablespoons dry white wine**
- 2 tablespoons snipped parsley**
- Toasted slivered almonds**
- Pastry shells**

Cook onion in butter till tender but not brown. Blend in flour, salt, and dash pepper. Add milk all at once; cook quickly, stirring constantly, until mixture thickens and bubbles. Stir in sour cream. Add tuna, wine, and parsley. Heat through. Sprinkle with toasted almonds, if desired. Serve in pastry shells or spoon over hot buttered toast points. Makes 4 servings.

**SALMON OR TUNA PIE**

- 2 beaten eggs
- ½ cup milk
- ¼ cup chopped onion
- 2 tablespoons snipped parsley
- 1 tablespoon butter, melted
- ¾ teaspoon dried basil, crushed
- ¼ teaspoon salt
- 1 1-pound can salmon, or 2 6½-  
or 7-ounce cans tuna
- 1 stick pie crust mix

OVEN 425°

Combine eggs, milk, onion, parsley, butter, and seasonings. Break salmon into chunks, removing bones and skin. Add to egg mixture. Pour into well-greased 8-inch pie plate. Prepare pie crust mix according to package directions. Roll ⅛ inch thick; cut circle using bottom of 8-inch pie plate as a guide. Cut the circle into 6 wedges; arrange atop seafood mixture. Bake at 425° about 25 minutes, or till done. Serve at once. Serve with creamed peas. Serves 6.

**SWISS AND CRAB QUICHE**

*A main dish cheese and seafood pie—*

- 4 ounces natural Swiss cheese,  
shredded (1 cup)
- 1 9-inch unbaked pastry shell
- 1 7½-ounce can crab meat,  
drained, flaked, and  
cartilage removed
- 2 green onions, sliced (with  
tops)
- 3 beaten eggs
- 1 cup light cream
- ½ teaspoon salt
- ½ teaspoon grated lemon peel
- ¼ teaspoon dry mustard
- Dash ground mace
- ¼ cup sliced almonds

OVEN 325°

Arrange cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with green onions. Combine eggs, cream, salt, lemon peel, dry mustard, and mace. Pour evenly over crab meat. Top with sliced almonds. Bake in slow oven (325°) for about 45 minutes, or till set. Remove from oven and let stand 10 minutes before serving. Makes 6 servings.

**SCALLOP CASSEROLE**

- 2 12-ounce packages frozen  
scallops
- ¼ cup chopped onion
- 2 tablespoons butter
- 1 10½-ounce can condensed  
cream of mushroom soup
- ½ cup milk
- ½ to 1 teaspoon curry powder
- Dash pepper
- 1 cup shredded sharp  
process American cheese
- 1 1-pound can French-style  
green beans, drained
- 1 cup soft bread crumbs
- 2 tablespoons butter or  
margarine, melted

OVEN 425°

Simmer scallops in boiling salted water 3 to 4 minutes; drain. Cook onion in 2 tablespoons butter till tender but not brown. Add soup, milk, curry powder, pepper, and ½ cup of the cheese; stir till cheese melts. Slice cooked scallops crosswise; combine with drained green beans in 10x6x1½-inch baking dish. Pour soup mixture over. Sprinkle with remaining cheese, bread crumbs, and 2 tablespoons butter. Bake in hot oven (425°) for 15 to 20 minutes. Makes 6 servings.

**SEAFOOD PILAF**

- ¾ cup uncooked long-grain rice
- 2 tablespoons butter
- 1 3-ounce can (⅔ cup) broiled  
sliced mushrooms
- 1 10½-ounce can condensed  
chicken with rice soup
- 1 7½-ounce can crab meat,  
drained, flaked, and  
cartilage removed
- 1 4½-ounce can shrimp,  
drained
- ¼ cup dry white wine
- 1 tablespoon instant  
minced onion

OVEN 350°

In skillet, brown rice in butter, about 5 minutes. Add mushrooms with liquid and remaining ingredients. Turn into 1½-quart casserole. Bake, covered, at 350° for 55 minutes. Fluff with fork; bake, uncovered, 5 minutes. Serves 6.



Shrimp Curried Eggs boasts a sassy seafood and cheese sauce. Buttery crumbs wreath

this unusual casserole. A perfect main dish to serve for a ladies luncheon.

## SHRIMP CURRIED EGGS

OVEN 350°

Cut 8 hard-cooked eggs in half lengthwise; remove yolks and mash. Mix with  $\frac{1}{3}$  cup mayonnaise,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  teaspoon curry powder, and  $\frac{1}{4}$  teaspoon dry mustard.

Refill egg whites; place in 10x6x1 $\frac{1}{2}$ -inch baking dish. Melt 2 tablespoons butter; blend in 2 tablespoons all-purpose flour. Add one 10 $\frac{1}{2}$ -ounce can condensed cream of celery soup and  $\frac{3}{4}$  cup milk; cook and stir till bubbly. Add 2 ounces sharp natural Cheddar cheese, shredded ( $\frac{1}{2}$  cup), and 1 cup frozen, cooked shrimp; stir to melt cheese. Stir in  $\frac{1}{4}$  teaspoon curry powder. Pour over eggs. Mix 1 cup soft bread crumbs with 1 tablespoon butter, melted; sprinkle around edge of mixture. Bake at 350° for 15 to 20 minutes, or till hot. Makes 6 to 8 servings.

## SAUSAGE-EGG CASSEROLE

- 1 pound bulk pork sausage**
- 4 hard-cooked eggs**
- $\frac{1}{4}$  cup butter or margarine**
- $\frac{1}{4}$  cup all-purpose flour**
- 2 cups milk**
- 1 1-pound can (2 cups) whole kernel corn, drained**
- 1 cup soft bread crumbs**

OVEN 375°

Cook sausage; drain. Slice 2 of the eggs into 1 $\frac{1}{2}$ -quart casserole. In saucepan, melt butter; blend in flour,  $\frac{1}{2}$  teaspoon salt, and dash pepper. Add milk all at once. Cook, stirring constantly, till mixture thickens and bubbles. Stir sausage and corn into sauce; pour over eggs. Slice remaining eggs; arrange atop mixture. Sprinkle with crumbs; bake at 375° for 30 minutes, or till heated through. Serves 6.



**SWISS PIE***Flavored with bacon and onion—*

- 6 slices bacon
- 1 cup chopped onion
- $\frac{3}{4}$  cup dairy sour cream
- 2 slightly beaten eggs
- $\frac{1}{4}$  teaspoon salt
- Dash pepper
- 12 ounces natural Swiss cheese,  
cut in  $\frac{1}{4}$ -inch cubes  
(2 $\frac{1}{2}$  cups)
- 1 9-inch unbaked pastry  
shell

OVEN 375°

Cook bacon till crisp. Drain bacon, reserving drippings. Crumble bacon; set aside. Cook onion in drippings till tender but not brown; drain. Blend in sour cream, slightly beaten eggs, salt, and pepper. Add the cubed cheese and crumbled bacon. Pour mixture into pastry shell.

Bake at 375° for 25 minutes, or till knife inserted off center comes out clean. Serve at once. Serves 6 to 8.

**CLASSIC CHEESE STRATA**

- 8 slices day-old bread
- 8 ounces sharp process  
American cheese, sliced
- 4 eggs
- $2\frac{1}{2}$  cups milk
- 1 tablespoon chopped onion
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon prepared  
mustard

OVEN 325°

Trim crusts from 5 slices of the bread; cut in half diagonally. Use trimmings and remaining 3 slices *untrimmed* bread to cover bottom of 8- or 9-inch square baking dish. Top with cheese. Arrange the 10 trimmed bread "triangles" in 2 rows atop cheese. (Points should overlap bases of preceding "triangles.") Beat eggs; blend in remaining ingredients and dash pepper; pour over bread. Cover; let stand 1 hour at room temperature or several hours in refrigerator. Bake at 325° for 1 hour, or till knife inserted off center comes out clean. Let stand 5 minutes. Makes 6 servings.

**CLASSIC CHEESE FONDUE**

- French bread or hard rolls
- 1 tablespoon cornstarch
- $\frac{1}{4}$  cup kirsch or dry sherry
- 1 clove garlic, halved
- 2 cups sauterne
- $\frac{1}{2}$  pound gruyere cheese,  
shredded (2 cups)
- $1\frac{1}{2}$  pounds natural Swiss cheese,  
shredded (6 cups)
- $\frac{1}{4}$  teaspoon ground nutmeg
- Dash pepper

Cut bread into bite-size pieces, with each piece having a crust on one side. Stir cornstarch into kirsch till well dissolved. Rub inside of heavy saucepan with garlic. Add sauterne; warm till air bubbles rise and cover surface. (Don't cover or boil.)

Remember to stir vigorously all the time from now on. Add a handful of combined cheeses, keeping heat medium (*do not* boil). When melted, toss in another handful. After all cheese is blended and is bubbling gently and while still stirring vigorously, add seasonings and kirsch mixture. Quickly transfer to earthenware fondue pot; keep warm. (If fondue becomes thick, add a little warm sauterne.)

Spear bread cube with fondue fork so crust is on outside. Dip into fondue; swirl to coat. The swirling is important to keep fondue in motion. Serves 10.

**WELSH RAREBIT**

- 6 ounces sharp process  
American cheese, shredded  
( $1\frac{1}{2}$  cups)
- $\frac{3}{4}$  cup milk
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- Dash cayenne
- 1 well-beaten egg

In heavy saucepan, heat cheese and milk over very low heat, stirring constantly till cheese melts and sauce is smooth. Add next 3 ingredients. Stir about 1 cup of the hot mixture into egg; return to hot mixture. Cook and stir over very low heat till mixture thickens and bubbles. Serve at once over hot toast points with broiled tomato slices. Makes 4 servings.

**MACARONI AND CHEESE**

OVEN 350°

Cook  $1\frac{1}{2}$  cups elbow macaroni in boiling salted water till tender; drain. In saucepan, melt 3 tablespoons butter; blend in 2 tablespoons all-purpose flour,  $\frac{1}{2}$  teaspoon salt, and dash pepper. Add 2 cups milk; cook and stir till thick and bubbly. Add  $\frac{1}{4}$  cup finely chopped onion (optional) and 8 ounces sharp process American cheese, cubed (2 cups); stir till melted.

Mix cheese sauce with macaroni. Turn into  $1\frac{1}{2}$ -quart casserole. Sprinkle 1 sliced tomato with salt; arrange atop. Bake at 350° for 35 to 40 minutes, or till heated through. Makes 6 servings.

**HUNGARIAN NOODLE BAKE**

- 4 ounces fine noodles**
- $\frac{1}{4}$  cup finely chopped onion**
- 1 clove garlic, minced**
- 1 tablespoon butter**
- 1 12-ounce carton ( $1\frac{1}{2}$  cups) cream-style cottage cheese**
- 1 cup dairy sour cream**
- 1 teaspoon Worcestershire sauce**
- Dash bottled hot pepper sauce**
- 2 teaspoons poppy seed**

OVEN 350°

Cook noodles in large amount boiling salted water till tender; drain. Cook onion and garlic in butter till tender. Combine noodles and onion mixture with remaining ingredients,  $\frac{1}{2}$  teaspoon salt, and dash pepper. Turn into greased 10x6x1 $\frac{1}{2}$ -inch baking dish. Bake at 350° for 25 minutes, or till hot. Sprinkle with paprika. Pass grated Parmesan cheese. Makes 6 servings.

**GOLDEN CHEESE BAKE**

OVEN 350°

Cook 3 cups shredded carrots, covered, in 1 cup water for 10 minutes; drain. Combine with 2 cups cooked long-grain rice, 6 ounces process American cheese, shredded ( $1\frac{1}{2}$  cups), 1 cup milk, 2 beaten eggs, 2 tablespoons instant minced onion, 1 teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Turn into  $1\frac{1}{2}$ -quart casserole. Top with additional  $\frac{1}{2}$  cup shredded cheese. Bake, uncovered, at 350° about 1 hour. Serves 6.

**NOODLES ROMANO**

- $\frac{1}{4}$  cup butter or margarine, softened**
- 2 tablespoons dried parsley flakes**
- 1 teaspoon dried basil, crushed**
- 1 8-ounce package cream cheese, softened**
- $\frac{1}{8}$  teaspoon pepper**
- $\frac{2}{3}$  cup boiling water**
- 8 ounces fettucini, thin noodles, or spaghetti**
- 1 clove garlic, minced**
- $\frac{1}{4}$  cup butter or margarine**
- $\frac{3}{4}$  cup shredded or grated Romano or Parmesan cheese**

Combine  $\frac{1}{4}$  cup butter or margarine, parsley flakes, and basil; blend in cream cheese and pepper; stir in  $\frac{2}{3}$  cup boiling water; blend mixture well. Keep warm over pan of hot water.

Cook noodles in large amount boiling salted water till just tender; drain. Cook garlic in  $\frac{1}{4}$  cup butter 1 to 2 minutes; pour over noodles; toss lightly and quickly to coat well. Sprinkle with  $\frac{1}{2}$  cup of the cheese; toss again. Pile noodles on warm serving platter; spoon warm cream cheese mixture over; sprinkle with remaining  $\frac{1}{4}$  cup cheese; garnish with additional parsley, if desired. Makes 6 servings.

**MACARONI-CHEESE PUFF**

OVEN 325°

Cook  $\frac{1}{2}$  cup small elbow macaroni in boiling salted water till tender; drain. Combine  $1\frac{1}{2}$  cups milk, 6 ounces sharp process American cheese, shredded ( $1\frac{1}{2}$  cups), and 3 tablespoons butter; cook and stir over low heat till cheese is melted. Stir small amount of hot mixture into 3 beaten egg yolks; return to hot mixture; blend thoroughly. Add cooked macaroni, 1 cup soft bread crumbs,  $\frac{1}{4}$  cup chopped canned pimiento, 1 tablespoon snipped parsley, and 1 tablespoon grated onion.

Beat 3 egg whites and  $\frac{1}{4}$  teaspoon cream of tartar till stiff peaks form. Gently fold into macaroni mixture. Pour into *ungreased*  $1\frac{1}{2}$ -quart souffle dish. Bake in a slow oven (325°) for 1 hour, or till set. Serve immediately. Makes 6 servings.