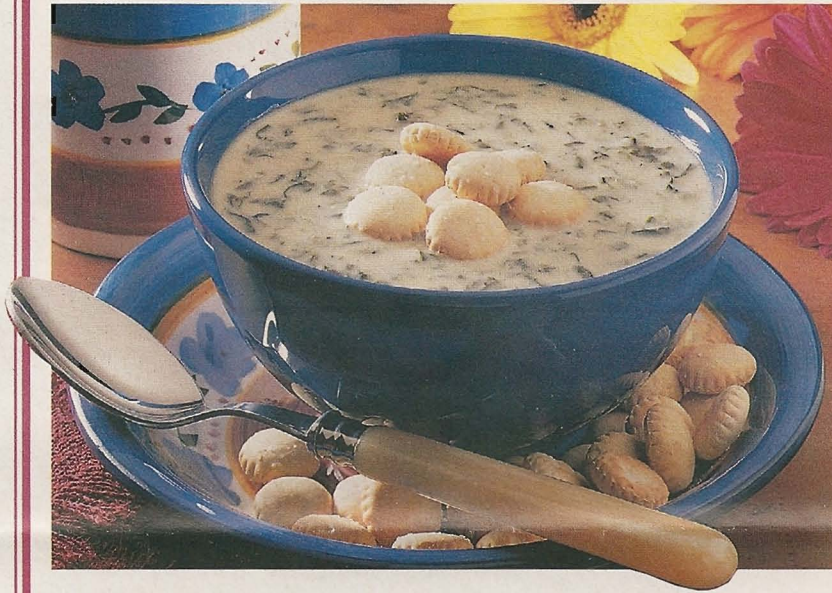


## SPINACH BISQUE



- 1/2 cup chopped onion
- 2 tablespoons butter or margarine
- 1/3 cup all-purpose flour
- 1/2 to 1 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 2-1/2 cups milk
- 1 cup water
- 3/4 cup cubed process American cheese
- 1 package (10 ounces) frozen chopped spinach,  
thawed and drained
- Oyster crackers, optional

In a 3-qt. saucepan, saute onion in butter until tender. Stir in the flour, salt and nutmeg until smooth. Gradually whisk in milk and water. Add cheese; cook and stir over medium heat until melted. Add spinach; cover and simmer for 4-5 minutes or until heated through. Serve with oyster crackers if desired. **Yield:** 5-6 servings.

## BLACK BEAN CITRUS WRAP

- 8 (7 to 8 inch) fat-free flour tortillas
- 1/2 cup frozen chopped onion
- 1 tbsp. oil
- 1 can (15 oz.) black beans, rinsed, drained
- 1/4 cup orange juice
- 1 fresh jalapeno pepper, seeded, finely chopped (optional)
- 6 oz. chopped, cooked chicken or turkey
- 3 oranges or other citrus fruit, peeled, sectioned, seeded
- 1 cup (4 oz.) shredded Monterey Jack cheese
- Shredded spinach, light sour cream, red peppers (chopped or small whole ones), more citrus sections

Stack tortillas, wrap tightly in aluminum foil and heat in 350° oven 10 minutes to soften; or wrap in plastic and warm 1 to 1 1/2 minutes on high power in microwave oven until soft.

In large skillet, cook onion in hot oil over medium-high heat 3 to 4 minutes until tender. Remove from heat.

Add beans, orange juice and jalapeno. Using back of wooden spoon, mash beans in mixture.

To assemble, spread bean mixture down center of each tortilla, then top with chicken, fruit and cheese. Fold in 2 sides of tortilla to overlap filling. Fasten each with wooden toothpick.

Arrange toothpick-side up on baking sheet, cover with aluminum foil and heat in 350° oven 12 to 15 minutes until heated through; or arrange on platter, cover with plastic wrap and warm in microwave oven on high power 3 to 4 minutes.

Discard toothpicks. Cut wraps in half. If desired, serve on shredded spinach, top with light sour cream and garnish with red peppers and citrus sections.

Makes 4 servings; 519 calories, 32 g protein, 72 g carbohydrate, 14 g fat, 58 mg cholesterol, 1,160 mg sodium and 8 g dietary fiber each.

*I use a few drops of Tobasco sauce.*

## Recipe TACOS WITH A TWIST

In skillet coated with nonstick cooking spray over low heat, saute 1 cup thinly sliced onion and 1 cup thinly sliced red bell pepper 5 minutes. Add 1 can (15 ounces) black beans, drained, and 1 cup chunky salsa. Heat 1 minute. Fold mixture into six 10-inch flour tortillas. Top with more salsa and grated cheese.

Warm in microwave oven until cheese melts.  
Makes 6 servings.

## Cheeseburger Buns

- 2 packages (1/4 ounce each) active dry yeast
- 1/2 cup warm water (110° to 115°)
- 3/4 cup warm milk (110° to 115°)
- 1/4 cup sugar
- 1/4 cup shortening
- 1 egg
- 1 teaspoon salt
- 3-1/2 to 4 cups all-purpose flour
- 1-1/2 pounds ground beef
- 1/4 cup chopped onion
- 1 can (8 ounces) tomato sauce
- 8 slices American cheese, quartered

In a mixing bowl, dissolve yeast in warm water. Add milk, sugar, shortening, egg, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 4-6 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 30 minutes.

In a skillet, cook beef and onion until meat is no longer pink; drain. Stir in tomato sauce. Remove from the heat; set aside. Punch dough down; divide into 16 pieces. On a lightly floured surface, gently roll out and stretch each piece into a 5-in. circle. Top each circle with two pieces of cheese and about 3 tablespoons beef mixture. Bring dough over filling to center; pinch edges to seal.

Place seam side down on a greased baking sheet. Cover and let rise in a warm place until doubled, about 20 minutes. Bake at 400° for 8-12 minutes or until golden brown. Serve immediately. Refrigerate leftovers. **Yield:** 16 sandwiches.

## Campbell's Creamy Chicken & Vegetables

Prep Time: 5 min. Cook Time: 25 min.

- 4 skinless, boneless chicken breast halves
- 1/8 tsp. garlic powder
- Vegetable cooking spray
- 1 can (10 3/4 oz.) Campbell's® Reduced Fat Cream of Mushroom Soup
- 1/2 cup milk
- 1 tbsp. lemon juice
- 1/4 tsp. dried basil leaves, crushed
- 1 bag (16 oz.) frozen vegetable combination (broccoli, cauliflower, carrots)

1. Sprinkle chicken with garlic powder.
2. Spray skillet with cooking spray and heat over medium-high heat 1 min.
3. Cook chicken 10 min. or until browned. Set aside.
4. Add soup, milk, lemon juice, basil and vegetables. Heat to a boil. Return chicken to pan.
5. Cover and cook over low heat 10 min. or until chicken is done. Serves 4.

Here's what's cookin' Corn Dog Batter Serves \_\_\_\_\_  
Recipe from the kitchen of \_\_\_\_\_

- 1 cup flour
- $\frac{2}{3}$  " yellow corn meal
- 1 Tablespoon sugar - or less
- $\frac{1}{2}$  teaspoon Baking Powder
- 1 teaspoon salt
- 2 Tbls. Crisco
- 1 egg -  $\frac{3}{4}$  cup milk



Mix dry ingredients  
cut in shortening - add  
over

egg & milk.

I cut dogs in half work  
better in small lot of hot oil use  
a fork to dip them & fry in 375°  
to 400°.

Lida Elizabeth



From My <sup>Mary Lou Wright watch</sup>  
Kitchen <sup>Honey-Pecan Crusted Chicken</sup>

$\frac{1}{4}$  t. salt  $\frac{1}{4}$  t. pepper

4 (6oz) skinned chicken breast halves

8 (4oz) chicken drumsticks, skinned

$\frac{1}{4}$  C honey

2 T Dijon mustard

$\frac{3}{4}$  t. paprika

$\frac{1}{8}$  t. garlic powder

$\frac{1}{4}$  C crushed cornflakes (4C)

$\frac{1}{2}$  C finely chopped pecans

Serves: \_\_\_\_\_

1. Preheat oven to 400°.
2. Sprinkle SP over chicken. Combine honey, mustard, paprika, and garlic powder. Stir well. Combine cornflakes and pecans in shallow dish. Stir. Brush both sides of chicken w honey mixture, dredge in cornflake mixture.
3. Place chicken pieces on a large baking sheet coated w/ cooking spray. Lightly coat chicken with cooking spray & bake at 400° for 40 min or until done (8 servings)



Here's what's cookin': Round Steak Sauerbraten

Recipe from:

Serves: 5-6

1 1/2 # Round steak

1 Flap Fat

1 envelope brown gravy mix

2 C water

1 T instant minced onion

2 T white wine vinegar

2 T brown sugar

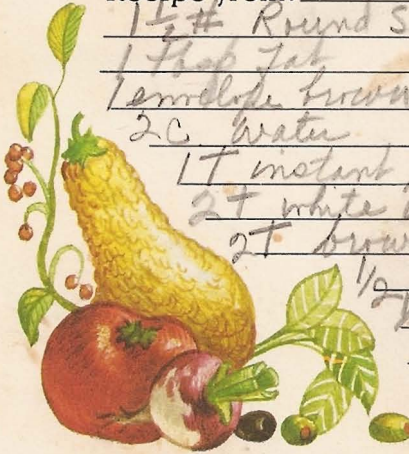
1/2 tsp salt

1/4 tsp pepper

1/2 tsp ginger

1 tsp onion

1 tsp Worcestershire Sauce



Cut meat in 1 inch squares. In large  
skillet, brown meat on all sides in hot fat.  
Remove meat from skillet, add gravy mix  
& water. Bring to boiling, stir constantly.  
Add in remaining ingredients. Return  
meat to skillet, cover, Simmer  $1\frac{1}{2}$  hrs.  
Stirring occasionally. Remove bay leaf  
Serve over rice or noodles.