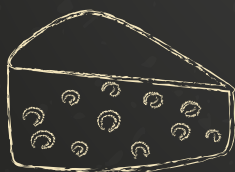


THE  
COUNTRY  
COOKIN'  
COOKBOOK

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VOLUME 37

2021



EAST RIVER ELECTRIC POWER COOPERATIVE

THE  
COUNTRY  
COOKIN'  
COOKBOOK

V O L U M E 37

East River Electric is a not-for-profit generation and transmission cooperative. We deliver wholesale power to our members, which include 24 rural electric distribution cooperatives and one municipally-owned electric system in eastern South Dakota and western Minnesota. Our members, in turn, power the homes, farms, schools and businesses of the member-owners in their service territories. Ultimately, your local co-op belongs to you, the member-owner.

As electric cooperatives, East River and our members are guided by the principles that govern all co-ops. The four Touchstone Energy® Cooperative values of integrity, accountability, innovation and commitment to community are our foundation. These values represent the cooperative difference and why we are trusted to provide reliable and affordable power and service every day.

We hope you enjoy the compilation of recipes from our member cooperatives in this 37<sup>th</sup> annual cookbook.

HAPPY COOKING!

# EAST RIVER ELECTRIC MEMBER SYSTEMS



Touchstone Energy<sup>®</sup>  
Cooperatives

*The power of human connections<sup>®</sup>*

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# APPETIZERS

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*JEAN OSTERMAN, TRAVERSE ELECTRIC*

## **CHEESY BUNS**

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### **INGREDIENTS:**

Flour	2 Tbsp. butter, melted
1 lb. frozen bread dough, thawed	1 cup shredded cheddar cheese

### **DIRECTIONS:**

1. Using flour on your fingers, shape dough into 36 balls.
2. Roll each ball in butter, then cheese.
3. Place 3 balls in each cup of a muffin pan. Let rise until double.
4. Bake at 375° for 20-25 minutes.

*ELAINE RIECK, SOUTHEASTERN ELECTRIC*

## **CUCUMBER SANDWICHES**

---

### **INGREDIENTS:**

8 oz. pkg. cream cheese, softened	1 cucumber, sliced
1 pkg. Good Seasons dry Italian dressing mix	Fresh dill weed, chopped
1 mini loaf of cocktail rye bread	

### **DIRECTIONS:**

1. The night before you plan to serve the cucumber sandwiches, mix together the cream cheese and the Good Seasons Italian dressing mix. Refrigerate overnight.
2. Shortly before serving, spread some of the cream cheese mixture on a slice of cocktail rye bread.
3. Top with a slice of cucumber and sprinkle with dill weed.

*DENENE MILES, NORTHERN ELECTRIC*

## **CRAB SPREAD**

---

### **INGREDIENTS:**

12 oz. cream cheese	½ bottle chili sauce
2 Tbsp. Worcestershire sauce	1 can drained crab or fresh crabmeat
2 Tbsp. mayonnaise	Parsley flakes
1 Tbsp. lemon juice	Crackers for serving
1 small onion, grated	

### **DIRECTIONS:**

1. 1st layer: Mix together cream cheese, Worcestershire sauce, mayonnaise, lemon juice, and onion. Spread in a pie plate.
2. 2nd layer: chili sauce
3. 3rd layer: crabmeat
4. Sprinkle parsley flakes on top.
5. Chill and serve with crackers of choice.

LORI GEORGE, SIOUX VALLEY ENERGY

## GREEN PEPPER CHEESE BALL

---

### INGREDIENTS:

8 oz. cream cheese	½ tsp. garlic salt
1 Tbsp. green pepper, finely chopped	½ tsp. onion salt
2 Tbsp. onions, finely chopped	Chopped pecans
¼ cup crushed pineapple	

### DIRECTIONS:

1. Mix all ingredients together and put in refrigerator to harden and then take out and form into a ball.
2. Roll in chopped pecans.

LEONA CWACH, BON-HOMME YANKTON ELECTRIC

## HAM BALLS

---

### INGREDIENTS:

2½ lb. ground smoked ham	2 cups whole milk
2 lb. ground pork	<b>Sauce:</b>
1 lb. ground beef	2 cans tomato soup
3 eggs	¾ cup vinegar
3 cups crushed graham crackers	2¼ cups brown sugar
	2 Tbsp. dry mustard

### DIRECTIONS:

1. Beat eggs slightly and combine with ground ham, pork and beef.
2. Add graham crackers and milk; mix thoroughly.
3. Shape into desired balls and place in a shallow 9"x13" baking pan.
4. Mix sauce ingredients and pour over ham balls.
5. Bake at 350° for 1 hour.

Note: This recipe can be frozen after it is put together and before baking. Allow to thaw before baking.

LYON-LINCOLN ELECTRIC

## SAVORY PARTY BREAD

---

### INGREDIENTS:

1 lb. round loaf sourdough bread, unsliced	½ cup butter, melted
1 lb. monterey jack cheese	½ cup green onions, chopped
	2-3 tsp. poppy seeds

### DIRECTIONS:

1. Preheat oven to 350°. Cut bread widthwise into 1 inch slices to within ½ inch of bottom of loaf. Repeat cuts in opposite direction. Cut cheese into ¼ inch slices; cut slices into small pieces. Place cheese in cuts in bread.
2. In a small bowl, mix butter, green onions and poppy seeds; drizzle over bread. Wrap in foil; place on a baking sheet. Bake 15 minutes. Unwrap; bake until cheese is melted, about 10 minutes longer.



*KENDRA MCINTYRE, LAKE REGION ELECTRIC*

## **TACO DIP**

### **INGREDIENTS:**

8 oz. Velveeta	½ can green chilies
½ can cheddar cheese soup	½ cup taco sauce
1lb. hamburger	chopped onions
½ can refried beans	

### **DIRECTIONS:**

1. Melt Velveeta and soup together.
2. Cook hamburger and drain.
3. To a slow cooker or saucepan, add: cheese mixture, hamburger, refried beans, green chilies, taco sauce, and chopped onions
4. Serve warm with chips.

*CAROL BEEKMAN, RENVILLE-SIBLEY COOPERATIVE POWER*

## **TEXAS HOT BEEF DIP**

### **INGREDIENTS:**

8 oz. pkg. cream cheese	1½ Tbsp. green pepper, chopped
½ cup sour cream	3 oz. jar dried beef, chopped
1 Tbsp. milk	Dash of garlic powder
1½ Tbsp. onion, chopped (can use onion salt)	Crackers for serving

### **DIRECTIONS:**

1. Mix all together and heat in microwave 3-4 minutes.
2. Chill before serving.
3. Serve with party crackers.

*OAHE ELECTRIC*

## **TUSCAN SAUSAGE BEAN DIP**

### **INGREDIENTS:**

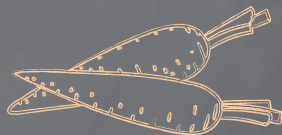
1 lb. bulk hot Italian sausage	6 oz. pkg. fresh baby spinach, coarsely chopped
1 medium onion, finely chopped	15 oz. can cannellini beans, rinsed and drained
4 garlic cloves, minced	1 cup tomatoes, chopped and seeded
½ cup chicken broth	1 cup mozzarella cheese, shredded
½ tsp. dried oregano	½ cup parmesan cheese, shredded
¼ tsp. salt	Assorted crackers for serving
¼ tsp. dried thyme	
8 oz. pkg. cream cheese, softened	

### **DIRECTIONS:**

1. Preheat oven to 375°. In a large skillet, cook sausage, onion and garlic over medium heat until sausage is no longer pink, breaking up sausage into crumbles; drain. Stir in broth, oregano, salt and thyme. Bring to a boil; cook until liquid is almost evaporated.
2. Add cream cheese; stir until melted. Stir in spinach, beans and tomatoes; cook and stir until spinach is wilted. Transfer to a greased 8-in. square baking dish; if using an ovenproof skillet, leave in skillet. Sprinkle with cheeses.
3. Bake until bubbly, 20-25 minutes. Serve with crackers.

# SOUPS & SALADS

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*JEAN OSTERMAN, TRAVERSE ELECTRIC*

## **CHEESEBURGER CHOWDER**

---

### **INGREDIENTS:**

1 lb. ground beef	½ tsp. salt
2 potatoes, cubed	2½ cups milk, divided
½ cup celery, chopped	3 Tbsp. flour
¼ cup onion, diced	Pepper to taste
1 Tbsp. beef bouillon	1 cup shredded cheddar cheese

### **DIRECTIONS:**

1. Brown meat and drain.
2. Peel and cube potatoes. Chop vegetables.
3. To stockpot, add potatoes, celery, onion, bouillon, salt, pepper and 1½ cups water. Cover and cook 15-20 minutes.
4. Blend ½ cup milk with flour. Add to pan with the remaining milk. Cook and stir until thickened.
5. Add cheese and stir until melted.

*PHIL HOHM, DAKOTA ENERGY*

## **CRAB SALAD**

---

### **INGREDIENTS:**

1 pkg. imitation crab meat, chopped	½ cup cheddar cheese, shredded
½ cup green olives, chopped	½ cup real mayonnaise (do not use salad dressing or Miracle Whip)
½ cup black olives, sliced	
½ cup celery, sliced	

### **DIRECTIONS:**

1. Mix all ingredients together. Add salt and pepper to taste.

*SHEILA SANDERS, DOUGLAS ELECTRIC*

## **CRACK CHICKEN & RICE SOUP**

---

### **INGREDIENTS:**

3 cups chicken, cooked & shredded	1 oz. pkg. original Hidden Valley ranch seasoning mix
5½ cups chicken broth	10.75 oz. can condensed cheddar cheese soup
2 cups carrots, diced	¾ cup uncooked rice
2 cups celery, diced	
½ cup onion	

### **DIRECTIONS:**

1. Combine all ingredients, bring to a boil. Reduce heat to simmer and cook 20 minutes, until rice is cooked.

GERRY ROBINSON, NORTHERN ELECTRIC

## CRANBERRY SALAD

---

### INGREDIENTS:

1 lb. cranberries, ground	1 cup crushed pineapple, drained
1 cup sugar	2 cups whipping cream
¾ lb. miniature marshmallows	

### DIRECTIONS:

1. Combine ground cranberries and sugar, let stand 2 hours.
2. Whip cream and add marshmallows.
3. Add the cranberry mixture and pineapple to whipped cream. Pour into a mold. Let stand in refrigerator overnight.

This makes a large salad and will keep several days or may be frozen.

BARB SELLAND, CENTRAL ELECTRIC

## FRESH SUMMER SALAD

---

### INGREDIENTS:

3 Tbsp. olive oil, divided	½ cup cucumber, finely chopped
1 Tbsp. lime juice	2 Tbsp. fresh basil, minced
¼ tsp. salt	½ cup Feta cheese, crumbled or Parmesan cheese
1½ cups fresh corn or thawed frozen corn	1 Tbsp. balsamic vinegar or Italian salad dressing
1½ cups cherry tomatoes, halved	

### DIRECTIONS:

1. Mix 2 tablespoons of oil, lime juice and salt in a small bowl.
2. Cook corn in a skillet with remaining 1 tablespoon of oil.
3. Pour corn into bowl, cool slightly.
4. Add tomatoes, cucumber and basil.
5. Refrigerate.
6. Before serving, add cheese and balsamic vinegar or Italian dressing.

DEB MEHLHOFF, NORTHERN ELECTRIC

## LAYER DELIGHT SALAD

---

### INGREDIENTS:

1 head lettuce, shredded	½ - 1 green pepper, diced
4 green onions, chopped	¾ cup Miracle Whip
Several stalks celery, diced	¼ cup milk
1 cup water chestnuts, sliced (optional)	2 Tbsp. sugar
1 pkg. frozen green peas (do not cook, just rinse in cold water)	4 boiled eggs, chopped or diced
	Colby or cheddar cheese, shredded
	Bacon, crumbled (optional)

### DIRECTIONS:

1. Layer in shallow pan: lettuce, onions, celery, water chestnuts, peas and green pepper. Do this three times. Mix together Miracle Whip, milk and sugar and spread on top.
2. Place eggs on top of the Miracle Whip spread and then add the shredded cheese and crumbled bacon (optional).
3. Refrigerate at least 8 hours. Makes a full 9"x13" cake pan.

MARY TRUMAN, CENTRAL ELECTRIC

## LINGUINI SALAD

---

### INGREDIENTS:

- |                        |                                  |
|------------------------|----------------------------------|
| 1 lb. linguine, cooked | 2 tomatoes, diced                |
| 2 green peppers, diced | 16 oz. bottle Italian dressing   |
| 2 onions, diced        | 1 bottle salad supreme seasoning |

### DIRECTIONS:

1. Combine all ingredients & marinate overnight.

KRISTI ADAMS, CLAY-UNION ELECTRIC

## LOADED CHICKEN SALAD

---

### INGREDIENTS:

- |   |                                      |
|---|--------------------------------------|
| 2 cups chicken breast, cooked and shredded or cubed | ½ cup bacon crumbles                 |
| 1 cup celery, finely chopped                        | 1 cup sharp cheddar cheese, shredded |
| 3 green onions, sliced                              | ¼ cup mayonnaise                     |
| ¼ cup yellow onion, finely chopped                  | ½ cup sour cream                     |
|   | Salt and pepper                      |

### DIRECTIONS:

1. Place the chicken, celery, onions, bacon, and cheese in a large bowl and top with the mayonnaise and sour cream.
2. Mix well until everything is evenly coated and distributed throughout.
3. Season with salt and pepper to taste. (between ½ -1 tsp. each)
4. Serve on toast, in an avocado, tomato, in a lettuce wrap with crackers or your favorite way to eat chicken salad.

MARILYN BACKMAN, TRAVERSE ELECTRIC

## PENNE PASTA SALAD

---

### INGREDIENTS:

- 1 lb. penne pasta
- ½ red onion, sliced
- 12 oz. fresh basil, chopped
- 1 cup sun dried tomatoes in olive oil
- 1 can artichoke hearts, drained
- 6 oz. parmesan cheese
- ½ cup parsley, chopped
- 1 lb. asparagus, blanched and chilled
- 2½ oz. can black olives, sliced

### *Dressing:*

- 1 cup olive oil (have used artichokes in oil and used that oil)
- 4 fresh garlic cloves, minced
- 2 Tbsp. Dijon mustard
- 2 Tbsp. horseradish sauce
- 1 tsp. dried oregano
- 1¼ tsp. salt
- ½ of lemon, juiced
- Black pepper

### DIRECTIONS:

1. Cook pasta according to package directions.
2. Combine the pasta with onion, basil, dried tomatoes, artichoke hearts, parmesan cheese, parsley, asparagus, and black olives.
3. In a separate bowl, combine remaining ingredients to make the dressing.
4. Combine with first mixture.

*JOLENE SPILDE, CODINGTON-CLARK ELECTRIC*

## **POTATO SOUP**

### **INGREDIENTS:**

30 oz. bag of frozen shredded hash browns	½ tsp. pepper
32 oz. container of chicken broth (vegetable broth works fine too)	¼ tsp. garlic powder
1 can cream of chicken soup	8 oz. cream cheese (not fat free, it will not melt in)
½ cup onion, chopped	Optional toppings: cheese, bacon, green onions, sour cream

### **DIRECTIONS:**

1. Freezer instructions: In a large freezer bag, combine all ingredients except cream cheese. Double up on your freezer bag and squeeze out any air to avoid freezer burn. Label and date the bag.
2. Cooking instructions: Thaw soup and place mixture in crock pot. Cook on low for 6-8 hours or on high for 4-5 hours. About 1 hour before serving, add in the cream cheese and heat until thoroughly melted.
3. Serve with any additional toppings.

*RHONDA TUSCHERER, FEM ELECTRIC*

## **QUICK & EASY CHICKEN PARMESAN SOUP**

### **INGREDIENTS:**

1 Tbsp. olive oil	½ tsp. dried basil
½ large onion, finely diced	¼ heaping tsp. dried oregano
3 cloves garlic, minced or pressed	2 cups chicken, cooked and diced or shredded
¼ tsp. crushed red pepper flakes	½ cup parmesan, shredded
2 Tbsp. tomato paste	1 cup mozzarella, shredded
4 cups chicken broth	Salt and pepper to taste
14 oz. can crushed tomatoes	
4 oz. penne or favorite pasta for soup	

### **DIRECTIONS:**

1. In large pot with lid, heat oil over medium heat. Add onions and cook until they begin to soften and turn translucent around the edges, about 5 minutes.
2. Add garlic and red pepper flakes and cook until garlic begins to turn golden and fragrant, about 1 minute.
3. Stir in tomato paste and cook, watching closely, until the paste begins to stick and caramelize on the bottom of the pan, about 1 to 2 minutes.
4. Stir in chicken broth and crushed tomatoes, scraping the bottom of the pot as you go making sure to dislodge any cooked on bits. Cover and bring to a simmer, adjusting heat as necessary. Simmer for 8 minutes.
5. Add pasta, basil and oregano and cook, covered, until pasta is al dente, 10-12 minutes. Stir in cooked chicken and parmesan and heat until chicken is warmed through and parmesan is melted. Add salt and pepper to taste.
6. Serve in bowls topped with ¼ cup of mozzarella cheese. Serve and enjoy.

MARY TRUMAN, CENTRAL ELECTRIC

## SMOKED SAUSAGE PASTA

### INGREDIENTS:

- |   |  |
|---|--|
| 2½ cups tricolor spiral pasta, uncooked | 1 small onion, sliced                  |
| 1 lb. smoked sausage, cut in ¼" slices  | 1 Tbsp. canola oil                     |
| ½ cup carrots, sliced                   | 2¼ oz. can sliced ripe olives, drained |
| 1 cup green pepper, coarsely chopped    | ½ cup Italian salad dressing           |

### DIRECTIONS:

1. Cook pasta.
  2. In a large skillet, saute sausage, carrots, peppers and onion in oil until vegetables are tender.
  3. Drain pasta, place in a large bowl. Add sausage mixture and olives. Drizzle with dressing and toss to coat.
  4. Serve warm or chilled.
- 4 servings

LEONA CWACH, BON HOMME YANKTON ELECTRIC

## SNICKERS BAR SALAD

### INGREDIENTS:

- |                                    |   |
|------------------------------------|---|
| 3 oz. pkg. instant vanilla pudding | 4 apples, unpeeled & diced                  |
| 1 cup milk                         | 2-3 regular size Snickers candy bars, diced |
| 8 oz. carton whipped topping       |   |

### DIRECTIONS:

1. Combine pudding and milk; fold in whipped topping.
2. Fold in apples and candy. Chill.

KARA LEBRUN, SIOUX VALLEY ENERGY

## VERMICELLI SALAD

### INGREDIENTS:

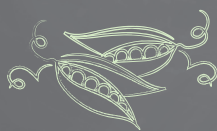
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| 16 oz. box of vermicelli noodles cooked, rinsed and drained | 1 cup green pepper, chopped |
| 1 Tbsp. Accent  | ¾ cup onion, chopped        |
| 1 Tbsp. Lawry's seasoning salt                              | 1 cup green olives, chopped |
| 3 Tbsp. lemon juice   | 2 cups celery, chopped      |
| 1 Tbsp. cooking oil   | 1½ cups real mayonnaise     |

### DIRECTIONS:

1. Combine Accent, Lawry's salt, lemon juice and cooking oil; mix together and pour over noodles and set overnight.
2. Next day, add the remaining ingredients; mix well and serve.

# SIDE DISHERS

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JODY LEBAHN, SIOUX VALLEY ENERGY

## **BROCCOLI CASSEROLE**

### **INGREDIENTS:**

- |  |   |
|--|---|
| 2-16 oz. pkg. uncooked, thawed, and chopped broccoli | 1 small can mushrooms   |
| 1 cup shredded cheddar cheese                        | ½ stick butter, melted  |
| 1 cup minute rice                                    | 1 tsp. salt   |
| 1 can cream of mushroom soup                         | 1 can French fried onions (½ mixed in casserole, ½ to put on top) |

### **DIRECTIONS:**

1. Mix all ingredients together (except ½ of the fried onions) and put in a 3 quart casserole.
2. Bake for 45-60 minutes at 350°.
3. Put the remaining French fried onions on the top of the casserole for the last 5 minutes.

PAULA PETERSON, FEM ELECTRIC

## **CAULIFLOWER GRATIN**

### **INGREDIENTS:**

- |   |                                |
|---|--------------------------------|
| 1½ tsp. salt                                    | 2 cups milk                    |
| 2 heads cauliflower                             | Salt & pepper to taste         |
| 2 Tbsp. butter (plus extra to grease casserole) | ¼ tsp. nutmeg (optional)       |
| ¼ cup flour                                     | 1¼ cups grated parmesan cheese |

### **DIRECTIONS:**

1. Bring pot of water & 1½ tsp. salt to boil. Add cut up cauliflower and cook until tender (about 10 minutes). Do not overcook.
2. In a small saucepan, melt butter & mix in flour to make roux. Add milk slowly whisking until smooth & thick. Add salt, pepper & nutmeg and mix. Add 1 cup Parmesan cheese & mix well. Add cauliflower, mix well & pour into 9"x13" baking dish. Sprinkle ¼ cup Parmesan on top. Bake uncovered at 375° for 25 minutes or until golden brown.

DEBORAH RANSCHAU, KINGSBURY ELECTRIC

## **HASHBROWN POTATO DISH**

### **INGREDIENTS:**

- |                            |   |
|----------------------------|---|
| ½ cup melted margarine     | ½ cup onions                              |
| ½ tsp. oregano             | 2 lb. frozen hash browns                  |
| 1 can cream of celery soup | 2 cups colby or American cheese, shredded |
| 12-16 oz. sour cream       |   |

### **DIRECTIONS:**

1. Mix margarine, oregano, cream of celery soup, sour cream and onion.
2. Pour on hashbrowns and mix. Put in 7"x12" baking dish.
3. Bake for 1½ hours at 350°. Put cheese on top for last 20 minutes of baking.

*DEBORAH RANSCHAU, KINGSBURY ELECTRIC*

## **ROUND-UP GREEN BEANS** .....

### **INGREDIENTS:**

1 cup ketchup	6 slices bacon, diced
1 cup brown sugar, packed	1 onion, chopped
1 Tbsp. Worcestershire sauce	Salt and pepper to taste
4-14½ oz. cans green beans, drained	

### **DIRECTIONS:**

1. Combine ketchup, brown sugar and Worcestershire sauce, toss with green beans and set aside.
2. Saute bacon and onion until bacon is crisp, drain and add to beans. Add salt and pepper to taste.
3. Pour into a greased 2 qt. baking dish.
4. Cover and bake at 325° for one hour or until heated through. Makes 12 to 16 servings.

Make a day or two ahead of time and store in the refrigerator until ready to serve.

*LACEY FRIESEN, SOUTHEASTERN ELECTRIC*

## **SWEET POTATO PARMESAN TATER TOTS** .....

### **INGREDIENTS:**

4 medium sweet potatoes	Extra virgin olive oil, for brushing
1 cup parmesan cheese, grated	4 Tbsp. salted butter
1 clove garlic, grated	2 Tbsp. fresh thyme leaves
Kosher salt and black pepper	1 Tbsp. fresh parsley, chopped
2 cups Panko bread crumbs	2 tsp. fresh sage, chopped
2 tsp. chipotle or regular chili powder	

### **DIRECTIONS:**

1. Preheat the oven to 425°. Prick the sweet potatoes all over with a fork. Bake directly on the rack until tender, 50-60 minutes. Allow to cool.
2. Once cool, use your hands to peel away the sweet potato skins. It should just easily slip off. Place the potatoes in a medium-size bowl and mash well. Stir in the parmesan cheese, garlic, and a pinch each of salt and pepper.
3. Combine the Panko and chili powder in a shallow bowl. Line a baking sheet with parchment paper.
4. Scoop about 1 tablespoon of the sweet potato out of the bowl, roll into a cylinder and place on the prepared baking sheet. Repeat with the remaining sweet potato mix. The sweet potato mixture will be wet. Don't stress, the shape does not need to be perfect. Roll the sweet potato cylinders in the crumbs to coat and place back on to the baking sheet. Lightly brush/mist each tot with olive oil. Transfer to the oven and bake for 15 minutes, flip and bake another 10-15 minutes or until golden and crisp.
5. Meanwhile, melt the butter in a small skillet over medium heat. Add the herbs and cook 30 seconds, until fragrant. Drizzle the butter over the tots. Serve warm, with ketchup and additional herbs, if desired.

To make ahead: The tots can be made up to 4 days ahead of time. To warm, just place the tots on a baking sheet and warm in oven at 400° for 10-15 minutes.

LACEY FRIESEN, SOUTHEASTERN ELECTRIC

## SWEET POTATO QUINOA BAKE

### INGREDIENTS:

1 cup low sodium chicken broth	2 chicken breasts
½ cup all-purpose flour	½ cup leeks
1 cup milk	¾ cup quinoa, uncooked
1 Tbsp. seasoned salt	½ cup pesto
2 cups sweet potato	¾ cup cheddar cheese

### DIRECTIONS:

1. Preheat oven to 375°.
2. In a medium saucepan, whisk together chicken broth and flour until smooth. Cook over high heat for 1 minute. Add the milk and seasoned salt and cook for 3-5 minutes until thickened.
3. Cut up sweet potato and chicken into small bite size pieces. Chop leeks into small pieces.
4. In a large bowl, combine the sauce with the quinoa, chicken, leeks, sweet potato, and pesto. Pour into 9"x13" baking dish. Top with shredded cheese and bake for 40-50 minutes covered, until the quinoa is soft and the chicken and sweet potatoes are cooked through.

OAHE ELECTRIC

## TWICE BAKED POTATO CASSEROLE

### INGREDIENTS:

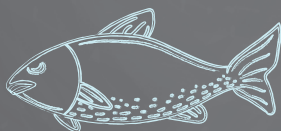
6 large russet potatoes (about 3½ lb.)	2¾ cups shredded cheddar, divided
4 Tbsp. butter, softened, plus more for pan	10 slices cooked bacon, crumbled
4 oz. cream cheese, softened	5 green onions, sliced
1 cup sour cream	¾ tsp. garlic powder
1½ c. whole milk	Kosher salt
	Freshly ground black pepper

### DIRECTIONS:

1. Preheat oven to 400°. Place potatoes directly on rack and bake until soft and easily pierced with the tip of a knife, 1 hour to 1 hour, 15 minutes, depending on size. Remove from oven and let cool slightly.
2. Slice warm potatoes in half and remove flesh with a spoon and place in a large bowl; discard skin.
3. Mash flesh and add butter, cream cheese, sour cream and milk and stir to combine and until butter and cream cheese are melted. Fold in 2 cups cheddar, three quarters of the bacon, three quarters of the chopped green onion, and garlic powder. Season with salt and pepper.
4. Brush a medium baking dish with butter and transfer potato mixture into dish. Sprinkle with remaining ¾ cup cheddar cheese.
5. Bake until cheese is melty, about 20 minutes. Turn oven to broil and broil until golden, 2 to 3 minutes. Let cool 10 minutes.
6. Top with remaining bacon and green onions.

# MAIN DISHES

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*JEAN OSTERMAN-TRAVERSE ELECTRIC*

## **BARBECUPS**

### **INGREDIENTS:**

1 lb. ground beef	1 Tbsp. brown sugar
¼ cup onion, diced	1 tube refrigerator biscuits
½ cup barbeque sauce	½ cup cheddar cheese, shredded

### **DIRECTIONS:**

1. Grease 10 muffin cups. Brown beef and onion in skillet. Drain. Stir in barbeque sauce and brown sugar. Cook 1 minute to blend flavors.
2. Separate biscuits, place in cups, pressing up sides to form a cup. Spoon ¼ cup meat mixture into each cup. Sprinkle with cheese. Bake at 400° for 10-12 minutes. Cool one minute and remove from pan.

*KIM PINKERT-WHETSTONE VALLEY*

## **BISCUITS & GRAVY MORNING CASSEROLE**

### **INGREDIENTS:**

16.3 oz. can butter flavored biscuits	Salt & pepper to taste
1 lb. breakfast sausage	1 tsp. minced onion
3 eggs	1 pkg. McCormick country gravy mix
½ cup milk	1 cup shredded cheddar cheese
1 pt. heavy cream	

### **DIRECTIONS:**

1. Preheat oven to 350°. Spray 9"x13" pan with cooking spray.
2. Cut the biscuits into 1 inch pieces and line the bottom of the pan.
3. Brown the sausage and scatter over the biscuits.
4. Whisk eggs, milk and cream together and pour contents in the pan.
5. Sprinkle with salt & pepper and minced onion.
6. Make the gravy mix per packet directions. Spoon over the pan contents.
7. Cook for 1 hour and 5 minutes, keeping an eye on it until it is done to your liking. I like to see the top a bit browned.
8. Remove from oven and serve.

*GERRY ROBINSON-NORTHERN ELECTRIC*

## **CABBAGE HOT DISH**

### **INGREDIENTS:**

½ head cabbage, cut into small pieces	¼ cup raw rice
½ lb. hamburger, browned	1 can tomato soup
1 medium onion, chopped	1 cup hot water

### **DIRECTIONS:**

1. Put the cabbage in a greased 2 quart casserole.
2. Cover with hamburger, onion and rice.
3. Mix the soup with the water and pour over the top.
4. Bake at 350° for 1½ hours.

Serves 6 to 8.

**CAFETERIA FISH STICKS**

**INGREDIENTS:**

- |   |   |
|---|---|
| 1 cup ranch dressing                    | ¼ tsp. black pepper                                       |
| 8 oz. pkg. potato chips, finely crushed | ½ lb. cod or other white-fleshed fish,<br>cut into strips |
| ½ tsp. garlic powder                    | Cooking spray   |

**DIRECTIONS:**

1. Preheat oven to 425°. Coat a baking sheet with cooking spray.
2. In a shallow dish, place ranch dressing.
3. In a shallow dish, combine potato chips, garlic powder and black pepper. Mix well.
4. Dip each fish strip in ranch dressing, then in potato chip mixture coating completely. Place on baking sheet. Bake 18 to 20 minutes or until fish flakes easily with a fork. Serve immediately.

**CASHEW CHICKEN BAKE**

**INGREDIENTS:**

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 cup salted cashew halves       | ½ cup cheddar cheese, shredded |
| 3 cups chicken, cooked and cubed | 1 Tbsp. onions grated          |
| 1½ cups celery, chopped          | ½ tsp. salt                    |
| 1½ cups small pasta, cooked      | Dash pepper                    |
| 1 cup mayonnaise                 |                                |

**DIRECTIONS:**

1. Chop ¼ cup cashews; set aside. In a bowl, combine the remaining ingredients.
2. Transfer to a greased 8" square baking dish.
3. Sprinkle with chopped cashews.
4. Bake, uncovered, at 375° for 20-25 minutes or until heated through.

**CAVATINI**

**INGREDIENTS:**

- |                         |                            |
|-------------------------|----------------------------|
| 3 cups curly noodles    | ½ lb. pepperoni            |
| 1 lb. hamburger         | 4 oz. can mushrooms        |
| ½ tsp. garlic powder    | 32 oz. jar spaghetti sauce |
| 1 medium onion, chopped | 1 lb. mozzarella cheese    |
| 1 green pepper, chopped |                            |

**DIRECTIONS:**

1. Prepare noodles as directed on the box.
2. Brown hamburger, drain. Add garlic powder, onion, and green pepper. Cook until tender.
3. Stir in pepperoni, mushrooms and spaghetti sauce. Add cooked noodles and half of the cheese. Mix all together. Pour in a greased 9"x13" pan. Add the other half of the cheese to the top
4. Bake at 350° for 35 minutes covered and 15 minutes uncovered. Let stand 10 minutes before serving.

Cole slaw and French bread complete this meal.

*GWEN LARSEN, SIOUX VALLEY ENERGY*

## **CRACKED OUT QUICHE**

### **INGREDIENTS:**

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 9 inch deep dish pie crust      | ½ cup milk                           |
| 3 oz. pkg. bacon pieces, cooked | ¼ cup heavy cream                    |
| 1 cup cheddar cheese, shredded  | ⅓ cup light ranch dressing, prepared |
| 3 eggs                          |                                      |

### **DIRECTIONS:**

1. Preheat oven to 375° .
2. Place bacon pieces and shredded cheese in bottom of pie crust.
3. Whisk together eggs, milk, cream and ranch dressing. Pour over bacon & cheese.
4. Bake 40-50 minutes, until center is set and the quiche is lightly browned.
5. Allow to cook for at least 5 minutes before serving.

*JACKIE WILLIAMS, CLAY-UNION ELECTRIC*

## **DEER STEAKS WITH MUSHROOM GRAVY**

### **INGREDIENTS:**

- |   |                          |
|---|--------------------------|
| 2-3 lbs. of round deer steaks (can substitute beef round steak) | Pepper to taste.         |
| 4.6 oz. can of mushrooms with juice                             | Onion soup mix, optional |
| 2 cans beef broth-can add more if you prefer more gravy.        | ¼ cup of cornstarch      |

### **DIRECTIONS:**

1. Place meat, mushrooms, broth, pepper and soup mix in Crock Pot or slow cooker.
2. Cook on low for 6-7 hours. Can be longer if you prefer it to fall apart.
3. To thicken: Turn to high about an hour or so before serving. Add ½ cup of water or broth with cornstarch and mix well leaving the lid off.
4. Serve with mashed potatoes and your favorite vegetable.

This is great to put in before leaving for work and leftovers make great Hot Deer (Beef) Sandwiches

*JOANNE MAUSETH, H-D ELECTRIC*

## **DUMP HOT DISH**

### **INGREDIENTS:**

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 pkg. egg noodles       | 1 can cream of mushroom soup    |
| 1 lb. ground beef        | 1 can mixed vegetables, drained |
| ¼ cup onion              | 1 can tomato soup               |
| Salt and pepper to taste | 1 can kidney beans              |

### **DIRECTIONS:**

1. Cook noodles according to package directions.
2. Brown beef with onion. Salt and pepper to taste.
3. Dump all ingredients into a Dutch oven and stir well. Bake at 350° for 20-30 minutes.

AMANDA ADAMS, UNION COUNTY ELECTRIC

## EASY HAMBURGER RECIPE

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### INGREDIENTS:

1 lb. medium pasta shells	½ cup water
1 lb. ground beef	2 cups shredded cheddar cheese
Garlic, salt, pepper to taste	1 cup shredded mozzarella cheese
2-10 oz. cans of tomato soup	

### DIRECTIONS:

1. Cook and drain the pasta according to package directions.
2. Preheat oven to 375° and grease a 9"x13" baking dish.
3. In a large skillet, brown and chop the ground beef and season with salt, pepper and garlic.
4. Add the cooked pasta, tomato soup, water and half of the cheese in with the ground beef.
5. Stir and cook for 3-5 minutes.
6. Pour mixture into a greased dish and top with remaining cheeses.
7. Cover with foil and bake for 20 minutes. Uncover and bake for an additional 10 minutes.

KENDRA MCINTYRE, LAKE REGION ELECTRIC

## FRENCH DIP SANDWICHES

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### INGREDIENTS:

3-4 lb. beef roast	1 large onion, sliced
14 oz. can beef broth	8-10 hoagie buns or ciabatta rolls
12 oz. can or bottle of beer	
10.5 oz. can condensed French onion soup	

### DIRECTIONS:

1. Trim fat from meat.
2. Place meat in slow cooker. Add broth, beer, soup and onion to slow cooker. Cover and cook on low for 8-10 hours.
3. Remove meat and shred. Serve on hoagie buns. Use juice for dipping. May top with sliced cheese. Makes 8-10 sandwiches.

STEPHANIE TREVETT, WHETSTONE VALLEY ELECTRIC

## HOT HAM & CHEESE SANDWICHES

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### INGREDIENTS:

½ cup butter	2 Tbsp. flour
8 oz. Velveeta, cubed	3 lbs. deli ham, sliced
5 oz. evaporated milk	2 dozen buns

### DIRECTIONS:

1. Melt butter, Velveeta and milk in saucepan. Stir until mixed. Add flour and mix until combined.
2. Layer ham and cheese mixture in crock pot.
3. Heat on low for 3-4 hours until hot and bubbly. Serve on buns.



*SHERYL FROMM, SOUTHEASTERN ELECTRIC*

## **JOHN WAYNE CASSEROLE**

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### **INGREDIENTS:**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 lb. ground beef               | ½ cup water                     |
| 1 can of beans (pinto or black) | 1 can cream of chicken soup     |
| 1 can crushed tomatoes          | 1 small can tomato sauce        |
| 1 onion, diced                  | 2 cups cheddar cheese, shredded |
| 1 pkg. taco seasoning           | Tortilla chips, crushed         |

### **DIRECTIONS:**

1. Combine beef, beans, tomatoes, onion, taco seasoning, water, soup and tomato sauce. Pour ½ of mixture in a 13"x9" baking dish.
2. Cover with 1 cup cheese, then remaining mixture, then remaining cheese.
3. Cover with crushed chips and bake at 325° for 30 minutes.

*EVELYN TOBIN, LAKE REGION ELECTRIC*

## **LIL' CHEDDAR MEAT LOAVES**

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### **INGREDIENTS:**

- |                                |                          |
|--------------------------------|--------------------------|
| 1 large egg                    | ½ tsp. salt              |
| ¾ cup milk                     | 1 lb. ground beef        |
| 1 cup cheddar cheese, shredded | ¾ cup ketchup            |
| ½ cup quick-cooking oats       | ½ cup packed brown sugar |
| ½ cup onion, chopped           | 1½ tsp. prepared mustard |

### **DIRECTIONS:**

1. In a large bowl, whisk egg and milk. Stir in the cheese, oats, onion and salt.
2. Crumble beef over mixture and mix well.
3. Shape into 8 loaves; place in a greased 13"x9" baking dish.
4. In a small bowl, combine the ketchup, brown sugar and mustard; spoon over loaves.
5. Bake uncovered at 350° for 25-30 minutes.

*GWEN LARSEN, SIOUX VALLEY ENERGY*

## **MOCK CHOW MEIN**

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### **INGREDIENTS:**

- |                              |                    |
|------------------------------|--------------------|
| 1 lb. hamburger              | 2 cans water       |
| onion to taste               | ¾ cup Minute Rice  |
| 1 can cream of mushroom soup | Soy sauce to taste |
| 1 can cream of chicken soup  |                    |

### **DIRECTIONS:**

1. Brown hamburger and onion; drain if necessary.
2. Stir in soups.
3. Mix in water, rice and soy sauce.
4. Stir over stove until rice is tender.
5. Serve over chow mein noodles. Add more soy sauce to taste.

JUDY MENDEL, NORTHERN ELECTRIC

## ONE PAN CHICKEN ALFREDO

### INGREDIENTS:

- |   |   |
|---|---|
| 3 Tbsp. olive oil                             | ½ lb. of penne pasta, or any bite-sized shape pasta, uncooked |
| 1½ lb. chicken breasts, boneless and skinless | 2 cups real parmesan cheese, freshly shredded                 |
| 2 cloves garlic, minced                       | Salt and pepper   |
| 2 cups low sodium chicken broth               | Flat leaf parsley for garnish                                 |
| 1 cup of heavy cream or half and half         |   |

### DIRECTIONS:

1. Start by cutting chicken breasts into ½" to 1" pieces. Season with salt and a little pepper.
2. Brown chicken in olive oil over medium heat. It will finish cooking as it simmers in sauce.
3. Add minced garlic and saute for about 1 minute. Add chicken broth, cream or half and half, and uncooked pasta to the pan and stir.
4. Bring to a boil, cover and reduce to a simmer. Keep pan covered while simmering. Simmer for 15-20 minutes or until pasta is tender.
5. Remove from heat and stir in shredded parmesan cheese. Season with salt and pepper as needed.

PHYLLIS NIEMANN, H-D ELECTRIC

## OVERNIGHT EGG BAKE

### INGREDIENTS:

- |                                 |                           |
|---------------------------------|---------------------------|
| 2½ cups seasoned croutons       | ¾ tsp. dry mustard        |
| 1 lb. sausage, browned          | 3 cups milk               |
| 2 cups cheddar cheese, shredded | 1 can cream mushroom soup |
| 6 eggs                          |                           |

### DIRECTIONS:

1. Place croutons in greased 9"x13" pan.
2. Spoon browned sausage over croutons.
3. Sprinkle cheese over next.
4. Beat eggs. Add rest of ingredients and mix well. Pour over mixture in pan. Cover with foil. Refrigerate overnight.
5. Bake at 325° for 1 hour or until knife inserted in middle comes out clean.

BETH MOORE, FEM ELECTRIC

## PUFF PIZZA

### INGREDIENTS:

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1½ lb. hamburger or sausage   | 1½ cups mozzarella cheese, shredded |
| 15 oz. can pizza sauce        | 1 cup cheddar cheese, shredded      |
| 2 tubes refrigerator biscuits |                                     |

### DIRECTIONS:

1. Brown meat; drain thoroughly and stir in pizza sauce.
2. Cut biscuits into quarters and place in greased 9"x13" pan.
3. Top biscuits with meat mixture and bake at 400° uncovered for 20-25 minutes.
4. Sprinkle cheese and bake another 5-10 minutes until cheese is melted.

*JOLENE SPILDE, CODINGTON-CLARK ELECTRIC*

## **RANCH PARMESAN CHICKEN**

**INGREDIENTS:**

- |                               |  |
|-------------------------------|--|
| 1 cup panko bread crumbs      | 4 chicken breasts, boneless & skinless |
| ½ cup parmesan cheese, grated | 1 cup ranch dressing                   |
| 1 tsp. garlic powder          | ¼ cup butter                           |
| Pinch salt & pepper to taste  |  |

**DIRECTIONS:**

1. Combine bread crumbs, parmesan, garlic powder, salt and pepper.
2. Dip raw chicken in the ranch dressing and then into dry ingredients.
3. Place in greased dish.
4. Drizzle ¼ cup melted butter on top.
5. Bake for 1 hour at 350°.

*LUELLA DEJONG, SOUTHEASTERN ELECTRIC*

## **SALMON CASSEROLE**

**INGREDIENTS:**

- |                          |                               |
|--------------------------|-------------------------------|
| 1 can salmon, flaked     | 2 Tbsp. butter, melted        |
| 1 can mushroom soup      | 2 Tbsp. onion, minced         |
| 1 cup bread crumbs/cubes | 1 Tbsp. green pepper, chopped |
| 2 eggs, beaten           |                               |

**DIRECTIONS:**

1. Combine all ingredients and place in a greased shallow casserole.
2. Bake at 350° for about 30 minutes.

*DENENE MILES, NORTHERN ELECTRIC*

## **SALMON WITH GINGER SOY SAUCE**

**INGREDIENTS:**

- 2 Tbsp. flour
- 1 Tbsp. cornstarch
- 4-4 oz. salmon fillets
- 1 Tbsp. canola oil

**Sauce:**

- 2 green onions, chopped
- ¼ cup fresh gingerroot, minced
- 3 Tbsp. soy sauce
- 2 Tbsp. honey
- 1 Tbsp. balsamic vinegar
- ½ tsp. garlic powder

**DIRECTIONS:**

1. Mix flour and cornstarch together and dip salmon fillets in mixture.
2. Brown salmon in oil in skillet until flakes easily.
3. Remove from skillet and make sauce in skillet. Combine all sauce ingredients in skillet and heat for 2 minutes. Serve over salmon.

I have also made this recipe in the oven. Pour sauce over raw salmon and bake at 350° until salmon flakes easily.

TONY KRONAIZL, UNION COUNTY ELECTRIC

## **SAUSAGE STEAM POT WITH POTATOES & CABBAGE** .....

### **INGREDIENTS:**

1 head cabbage	14 oz. can chicken broth
2½ lbs. small potatoes	Salt and pepper
2 lbs. smoked sausage cut into 2 inch pieces	

### **DIRECTIONS:**

1. Clean cabbage and slice off the stump where the stem was. Cut into wedges.
2. Layer cabbage wedges, potatoes and sausage pieces into a large crock pot. Season with salt and pepper, pour in chicken broth.
3. Cook on low for 8-10 hours or high for 4-6 hours, until potatoes are tender.

MARY JO SEMMIER, SOUTHEASTERN ELECTRIC

## **SCALLOPED EGGS & BACON** .....

### **INGREDIENTS:**

12 bacon strips	½ tsp. dry mustard
¼ cup onion, chopped	6 hard boiled eggs, sliced
2 Tbsp. butter	¼ tsp. pepper
2 Tbsp. flour	¼ tsp. salt
1½ cups milk	1½ cups potato chips, crushed
1 cup American cheese, shredded	

### **DIRECTIONS:**

1. Cut bacon strips into 1 inch pieces and fry until crisp. Saute onion in butter until tender. Stir in flour, gradually add milk and cook, stirring until thickened.
2. Add cheese and mustard stirring until cheese melts. Place half of the egg slices in a greased 10"x6" baking dish. Sprinkle with salt and pepper. Cover with half of the cheese sauce, potato chips and bacon. Repeat layering. Bake at 350° for 15 to 20 minutes.

Prepare eggs and bacon the night before and put together the next morning to save time.

May also use ham cubes instead of bacon. Double the recipe and use a 9"x13" baking dish.

SUE NIPE, SOUTHEASTERN ELECTRIC

## SHRIMP FETTUCCINE WITH PESTO

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### INGREDIENTS:

6 cloves of garlic	2-6.7 oz. jars of basil pesto
Extra virgin olive oil	parmesan cheese, finely shredded
15 extra large shrimp	
12 oz. box of fettuccini (also comes in gluten free variety)	

### DIRECTIONS:

1. Peel and chop garlic until finely diced. In large saute pan, pour a couple of tablespoons of extra virgin olive oil. Shell shrimp and wipe dry with a paper towel. Add to the hot oil. Cook until orange and slightly browned on each side, about 2-3 minutes per side.
2. Add garlic and cook until light brown. Do not over cook or garlic becomes bitter.
3. Put on plate. Fill saute pan  $\frac{3}{4}$  full with cold water and bring to a rolling boil. Add entire box of pasta and cook 12 minutes. Stir to make sure pasta has separated. Drain in colander.
4. Put the pasta, shrimp and garlic back into the saute pan. Add two jars of pesto sauce. Cook until heated.
5. When serving, add parmesan cheese on top.

Serves 4-6.

*Shrimp & Garlic with Cocktail Sauce:* Prepare shrimp and garlic as directed above. Serve with cocktail sauce.

TAMMY POPHAM, CODINGTON-CLARK ELECTRIC

## SLOW COOKER BEEF STROGANOFF

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### INGREDIENTS:

$\frac{3}{4}$ cup flour	1 onion, diced
1 tsp. salt	2 cups beef broth
$\frac{1}{2}$ tsp. pepper	2 Tbsp. Worcestershire sauce
$\frac{1}{2}$ tsp. garlic powder	1 can cream of mushroom soup
4 Tbsp. butter	1 cup sour cream
1 $\frac{1}{2}$ -2 lb. tenderized round steak or chuck roast, cubed	1 lb. egg noodles, cooked

### DIRECTIONS:

1. In a small bowl, whisk together flour, salt, pepper and garlic powder and set aside. Melt butter in a large skillet over medium heat. Toss meat cubes in flour mixture to coat. Shake off excess and brown on all sides.
2. Place meat in slow cooker.
3. Add onion, broth, Worcestershire sauce and soup.
4. Stir, cover and cook on low for 5 hours.
5. Add sour cream and stir. Leave uncovered and cook additional 30 minutes.
6. Serve over egg noodles.

PHIL HOHM, DAKOTA ENERGY

## STIR FRY CASHEW CHICKEN

### INGREDIENTS:

6 Tbsp. peanut oil	1 pkg. of fresh sliced mushrooms
1 lb. boneless chicken thighs cut into 1 inch pieces	1 cup cashews
1 large red pepper	1 Tbsp. cornstarch
1 red onion cut into 1 inch pieces	½ cup chicken broth
1 can sliced water chestnuts	3 Tbsp. soy sauce
	½ tsp. ground ginger
	½ tsp. red pepper flakes

### DIRECTIONS:

1. Heat wok. Add 3 tablespoons of peanut oil.
2. Add chicken and stir fry until done.
3. Remove chicken and keep warm.
4. Add remaining peanut oil to wok.
5. Add red pepper, onion, water chestnuts and mushrooms and cook 5 minutes.
6. In a separate bowl, combine cornstarch, chicken broth, soy sauce, ground ginger, and red pepper flakes.
7. Add cornstarch mixture to vegetables and cook for 1 minute.
8. Stir in chicken and cashews and cook for about 1 minute.
9. Serve with rice.

CARRIE VUGTEVEEN, SIOUX VALLEY ENERGY

## SWEET & SPICY CHICKEN

### INGREDIENTS:

1½ Tbsp. olive oil	¼ -½ tsp. cayenne pepper, to taste (less if you don't like the spice)
2 tsp. garlic powder	8 boneless, skinless chicken thighs, trimmed
2 tsp. chili powder	<b>Honey-Vinegar Glaze:</b>
1¼ tsp. salt	6 Tbsp. honey
1 tsp. ground cumin	2 tsp. + 2 Tbsp. cider vinegar, divided
½ tsp. paprika	
½ tsp. smoked paprika	

### DIRECTIONS:

1. Set an oven rack in the top position and preheat the broiler. Line a baking sheet with aluminum foil.
2. Combine the first 8 ingredients in a large bowl. Add the chicken thighs and toss to coat evenly. Arrange the chicken thighs on the prepared baking sheet.
3. Prepare the glaze by combining the honey with 2 teaspoons of vinegar in a small bowl; stir well.
4. Broil the chicken for 5 minutes on each side (for a total of 10 minutes). Remove the chicken from the oven and brush half of the glaze on the chicken; broil for 1 minute. Remove the chicken from the oven and turn over; brush the chicken with the remaining honey mixture and broil for 1-2 minutes more, until the chicken is nicely browned. Remove the chicken from the oven and sprinkle it with the remaining 2 tablespoons vinegar. Transfer the chicken and pan juices to a platter and serve.

*REGGIE GASSMAN, SIOUX VALLEY ELECTRIC*

## **VICKI'S HAM RECIPE**

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### **INGREDIENTS:**

3 lbs. deli ham, thinly sliced  
2 cups apple juice  
¾ cup packed brown sugar

½ cup of pickle relish  
2 tsp. of prepared mustard  
1 tsp. paprika

### **DIRECTIONS:**

1. Separate ham slices and place in slow cooker.
2. In small bowl, combine apple juice, brown sugar, relish, mustard and paprika.
3. Pour over ham.
4. Cook 4-5 hours on low.

*PHYLLIS NIEMANN, H-D ELECTRIC*

## **WAFFLES**

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### **INGREDIENTS:**

2 eggs  
2 cups sour milk (to sour use 1 Tbsp.  
vinegar and fill the rest of cup with  
milk)  
6 Tbsp. oil

2 cups flour  
1 Tbsp. sugar  
1 tsp. baking soda  
2 tsp. baking powder  
½ tsp. salt

### **DIRECTIONS:**

1. Add ingredients in order given.
2. Beat until smooth.
3. Bake in hot waffle iron until brown.

Makes 8 waffles.

*GREGG JOHNSON, SIOUX VALLEY ENERGY*

## **WILD BEEF BURGER**

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### **INGREDIENTS:**

1 lb. ground beef  
1 cup cooked cultivated wild rice,  
cooled

¼ tsp. salt

### **DIRECTIONS:**

1. In large bowl, combine all ingredients; mix well to evenly distribute cooked wild rice. Shape into 5 patties.
2. Broil, grill or fry to medium doneness (160°) or until the center is no longer pink and the juices are clear, not pink. Do not overcook.
3. Serve with your favorite condiments.

# DESSERTS & BREADS

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*SHEILA SANDERS, DOUGLAS ELECTRIC*

## **ALMOND JOY FUDGE**

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### **INGREDIENTS:**

3 cups of semi-sweet chocolate chips      1 cup shredded coconut  
14 oz. can sweetened condensed milk      ½ cup almonds  
¼ cup butter

### **DIRECTIONS:**

1. Line an 8"x8" pan with parchment paper. In large microwaveable bowl, add chocolate chips, sweetened condensed milk and butter. Cook in microwave until chips are melted, stir a couple of times during the melting process.
2. After chips are melted, mix in coconut and almonds.
3. Pour into parchment lined pan and refrigerate until set.

*LEANN FREDRICKSON, NORTHERN ELECTRIC*

## **BANANA BLUEBERRY BREAD**

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### **INGREDIENTS:**

2 cups all-purpose flour      2 eggs  
1 tsp. baking soda      2 tsp. vanilla  
½ tsp. salt      2 medium ripe bananas, mashed  
½ cup shortening      1 cup fresh blueberries (frozen will  
1 cup sugar      work too)

### **DIRECTIONS:**

1. In a bowl, combine the flour, baking soda and salt. In a large mixing bowl, cream the shortening and sugar. Add eggs and vanilla; mix well. Beat in bananas. Gradually add dry ingredients, beating just until combined. Fold in blueberries.
2. Pour into three greased 5¾"x3"x2" loaf pans. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean.
3. Cool for 10 minutes before removing from pans to wire racks.

*DEBORAH RANSCHAU, KINGSBURY ELECTRIC*

## **BANANA NUT MUFFINS**

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### **INGREDIENTS:**

1 cup sugar      2 cups biscuit baking mix  
1 cup ripe bananas, mashed      ½ cup chopped pecans  
2 eggs      ½ cup brown sugar, packed  
¼ cup oil

### **DIRECTIONS:**

1. Mix sugar, bananas, eggs and oil together. Stir in biscuit baking mix and pecans.
  2. Fill paper lined muffin cups ¾ full.
  3. Sprinkle brown sugar over tops.
  4. Bake at 350° for 25 to 30 minutes.
- Makes one dozen.

SALLY FLOREY, CHARLES MIX ELECTRIC

## BANANA SNACK CAKE

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### INGREDIENTS:

½ cup shortening	1 tsp. salt
¾ cup brown sugar	½ cup buttermilk (can substitute ½ cup milk with 1 tsp. lemon juice)
½ cup sugar	
2 eggs	<b>Frosting:</b>
2-3 medium ripe bananas, mashed (enough to make approx. 1 cup)	½ cup brown sugar
1 tsp. vanilla extract	¼ cup butter or margarine
2 cups flour	½ cup milk
1 tsp. baking soda	3 cups powdered sugar

### DIRECTIONS:

1. In a large bowl, cream together shortening and sugars. Add eggs and mix well. Beat in mashed bananas and vanilla.
2. Combine flour, baking soda and salt, add to creamed mixture alternately with buttermilk, mix until all combined.
3. Pour into greased 9"x13" pan and bake at 350° for 25-30 minutes. Cool.
4. For frosting, combine brown sugar, butter and milk in a saucepan. Bring to a boil over medium heat, boil and stir for 2 minutes.
5. Remove from heat, cool to lukewarm. Beat in powdered sugar, pour over cake.

Mix it up: Add a ½ cup of chopped nuts if you like.

BETH MOORE, FEM ELECTRIC

## BLUEBERRY MUFFINS

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### INGREDIENTS:

1 cup sugar	3 cup flour
½ cup butter, softened	1 Tbsp. baking powder
2 large eggs	½ tsp. baking soda
2 Tbsp. vegetable oil	¾ tsp. salt
1 cup sour cream	2 cups fresh blueberries
½ cup milk	Cinnamon and sugar
1 Tbsp. lemon zest	

### DIRECTIONS:

1. Beat sugar and butter until fluffy; stir in eggs and oil until combined. Whisk in sour cream, milk and lemon zest.
2. Mix flour, baking powder, baking soda and salt in small bowl. Stir half of the flour mixture into the butter mixture. Fold in remaining flour mixture and blueberries just until combined, leaving a few lumps.
3. Spoon batter into muffin cups, sprinkle with cinnamon and sugar mixture and place in preheated 375° oven and bake until tops are golden brown and toothpick inserted in center of muffin comes out clean, about 30 minutes.

Makes 24 regular sized muffins.

AMY BULTSMA, CENTRAL ELECTRIC

## BULTSMA BARS

### INGREDIENTS:

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 box brownie mix (for 9"x13" pan) | 2 cups chocolate chips      |
| 1 bag of mini marshmallows         | 2 cups Rice Krispies cereal |
| 1 cup peanut butter                |                             |

### DIRECTIONS:

1. Make brownies according to package directions. Just before done baking, pour the bag of marshmallows evenly over the top of the brownies and place back in the oven to melt (puffed up but not brown).
2. Cool completely.
3. In a medium saucepan, melt peanut butter and the chocolate chips, stir until smooth.
4. Add the Rice Krispies and mix completely. Pour the chocolate/peanut butter mixture over the brownies.
5. Cool until the chocolate layer hardens.

JEAN OSTERMAN, TRAVERSE ELECTRIC

## CARAMEL BARS

### INGREDIENTS:

- |                                |                        |
|--------------------------------|------------------------|
| 1 pkg. caramels                | ¾ cup butter, softened |
| ⅔ cup evaporated milk, divided | ½ cup chocolate chips  |
| 1 German chocolate cake mix    |                        |

### DIRECTIONS:

1. Melt together the caramels and ⅓ cup evaporated milk. Set aside.
2. Mix together cake mix, butter, and ⅓ cup evaporated milk.
3. Press one-half of the cake batter into a greased 9"x13" pan. Bake for 5 minutes at 350°.
4. Remove from oven and sprinkle with chocolate chips. Pour caramel mixture on top.
5. Dot with remaining cake batter. Return to oven and bake 15 minutes.
6. Let cool completely before cutting.

DEBORAH RANSCHAU, KINGSBURY ELECTRIC

## CHERRY-PINEAPPLE CABANA CAKE

### INGREDIENTS:

- |  |                               |
|--|-------------------------------|
| 20 oz. can crushed pineapple in juice (do not drain) | 1 cup butter, melted          |
| 21 oz. can cherry fruit filling                      | 7 oz. bag coconut, shredded   |
| 1 pkg. yellow cake mix                               | 1 cup macadamia nuts, chopped |

### DIRECTIONS:

1. Preheat oven to 350°. Lightly grease a 9"x13" baking pan. In the prepared baking pan, layer undrained crushed pineapple, then cherry fruit filling: sprinkle dry cake mix over the top, smoothing evenly and covering the top.
2. Pour the butter over the top, covering evenly. Top with coconut and nuts.
3. Bake for 50-60 minutes or until brown on top and bubbly.
4. Let cool 30 minutes. Serve warm or cooled.

BETH MOORE-FEM ELECTRIC

## CHOCOLATE ZUCCHINI CAKE

### INGREDIENTS:

- |                           |                        |
|---------------------------|------------------------|
| ½ cup margarine, softened | 4 Tbsp. cocoa powder   |
| ½ cup vegetable oil       | 1 tsp. baking soda     |
| 1¾ cup sugar              | ¼ tsp. cinnamon        |
| 2 eggs                    | ½ tsp. baking powder   |
| 1 tsp. vanilla            | 2 cups grated zucchini |
| ½ cup buttermilk          | 2 cups chocolate chips |
| 2½ cups flour             | 1 cup chopped walnuts  |

### DIRECTIONS:

1. Thoroughly mix margarine, oil, sugar, eggs and vanilla in electric mixer. Stir in buttermilk.
2. Stir flour, cocoa, baking soda, cinnamon, and baking powder together and add to batter in mixer, mixing until smooth.
3. Fold in zucchini and 1 cup chocolate chips. Pour batter into greased and floured 9"x13" pan.
4. Sprinkle top with remaining cup of chocolate chips and chopped nuts.
5. Bake in preheated 350° oven for 50 minutes.

KENDRA MCINTYRE-LAKE REGION ELECTRIC

## CLASSIC LEMON BARS

### INGREDIENTS:

- ½ cup soft butter or margarine
- ¼ cup sugar
- 1 cup all-purpose flour

### *Filling:*

- 2 eggs
- ¾ cup sugar
- 3 Tbsp. lemon juice
- 2 Tbsp. flour
- ¼ tsp. baking powder
- Powdered sugar

### DIRECTIONS:

1. In a small mixing bowl, cream butter and sugar. Gradually add the flour.
  2. Press into an ungreased 8"x8" square baking dish.
  3. Bake at 375° for 12 minutes. Cool slightly.
  4. In another mixing bowl, beat the eggs, sugar, lemon juice, flour and baking powder until frothy.
  5. Pour over warm crust.
  6. Bake 15-20 minutes or until lightly browned.
  7. Cool on wire rack. Dust with powdered sugar.
  8. Cut into bars.
- 9 servings.

*JONELL YOST, KINGSBURY ELECTRIC*

## **COCONUT BON BONS**

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### **INGREDIENTS:**

- |                                     |  |
|-------------------------------------|--|
| 1 stick margarine, melted           | 1 lb. chopped walnuts                  |
| 14 oz. can sweetened condensed milk | 12 oz. pkg. semi-sweet chocolate chips |
| 2 lbs. powdered sugar               | 3 squares of chocolate almond bark     |
| 14 oz. bag shredded coconut         |  |

### **DIRECTIONS:**

1. Mix margarine, sweetened condensed milk, sugar, coconut and walnuts together well and then chill. Will be very thick.
2. Roll into 1" balls. Chill.
3. Melt chocolate chips & almond bark. You can do this in double boiler or melt in microwave. If it gets too thick while dipping, just warm up a bit.
4. Dip balls & keep in fridge or freezer.

*JOANNE MAUSETH, H-D ELECTRIC*

## **CREAM PUFF DESSERT**

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### **INGREDIENTS:**

- |                              |                               |
|------------------------------|-------------------------------|
| ½ cup butter                 | 3 cups milk                   |
| 1 cup water                  | 3-3 oz. pkgs. vanilla pudding |
| 1 cup flour                  | 8 oz. Cool Whip               |
| 4 eggs                       | Chocolate syrup               |
| 8 oz. cream cheese, softened |                               |

### **DIRECTIONS:**

1. Bring butter and water to boil. Remove from heat. Add flour and eggs (one at a time.) Beat well.
2. Pour into greased 9"x13" cake pan. Bake at 400° for 35 minutes, less time if using a glass pan.
3. Remove from oven and lightly press down. Cool completely. Mix cream cheese and ¼ cup milk. Beat until smooth. Spread over the cooled crust.
4. Mix pudding with 2¾ cup milk. Spread over the cheese layer. Let set until firm. Spread on Cool Whip. Drizzle with chocolate syrup.

*PAULA PETERSEN, FEM ELECTRIC*

## **EASY HOMEMADE VANILLA ICE CREAM**

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### **INGREDIENTS:**

- |                                |   |
|--------------------------------|---|
| 2 cups heavy cream             | Flavor varieties-chocolate chips,       |
| 1 can sweetened condensed milk | fruit, nuts, candy bars, coffee-2 Tbsp. |
| 1-2 tsp. vanilla               | instant, mint flavoring                 |

### **DIRECTIONS:**

1. Beat cream and milk about 5 minutes, until peaks form. Be careful not to make butter.
  2. Add vanilla and flavoring ingredients.
  3. Freeze for 6 hours and it's ready. So good!
- Can substitute maple flavoring instead of vanilla.

## FRESH RASPBERRY CAKE

### INGREDIENTS:

- |                                 |   |
|---------------------------------|---|
| 1 pkg. white cake mix           | 3¾ oz. pkg. raspberry danish dessert<br>(sold in a box) |
| 8 oz. pkg. cream cheese         |   |
| 1½ cups powdered sugar, divided | 2-3 cups fresh raspberries                              |
| 1 cup whipping cream, whipped   |   |

### DIRECTIONS:

1. Prepare cake mix according to package directions and remove 2 cups batter before baking. (You can use the 2 cups of batter for cupcakes.)
2. Bake in greased and floured 9"x13" pan at 350° until done. Set aside to cool.
3. Mix cream cheese and 1 cup powdered sugar, fold in whipping cream combined with ½ cup powdered sugar.
4. Spread filling on cool cake and chill in refrigerator.
5. Mix danish dessert with 1½ cups cold water; cook as directed. Cool.
6. Add fresh raspberries to cooled danish dessert mixture; spread over filling layer on cake.
7. Refrigerate overnight.

DEBORAH RANSCHAU, KINGSBURY ELECTRIC

## FUDGY NO BAKE COOKIES

### INGREDIENTS:

- |                    |   |
|--------------------|---|
| 1½ cups sugar      | 1 tsp. vanilla extract  |
| ½ cup baking cocoa | 3 cups quick cooking oats (uncooked)  |
| ½ cup milk         | 1 cup baked coconut, packed (add a<br>cupful of nuts in place of or along with<br>the coconut for added crunch) |
| ½ cup butter       |   |

### DIRECTIONS:

1. Bring sugar, baking cocoa, milk and butter to a rolling boil in a heavy saucepan over medium heat, boil one minute. Stir in vanilla, oats and coconut.
2. Drop by rounded teaspoonfuls onto wax paper; let cool until firm.  
Makes about 4 dozen.

ROWENA WIPF, NORTHERN ELECTRIC

## GRAHAM CRACKER PIE

### INGREDIENTS:

- |                           |                              |
|---------------------------|------------------------------|
| 4 crushed graham crackers | 3 egg yolks, well beaten     |
| ½ tsp. salt               | 1 tsp. baking powder         |
| ½ cup sugar               | 1 tsp. vanilla               |
| ½ cup walnuts, chopped    | 3 egg whites, stiffly beaten |

### DIRECTIONS:

1. Combine crackers, salt, sugar, nuts and egg yolks. Mix well. Add baking powder and vanilla.
2. Fold in egg whites.
3. Bake in greased pie tin.
4. Bake at 350° for 30 minutes.
5. Serve with ice cream or whipped cream.

Serves 6.

BEVERLY JENSEN, LAKE REGION ELECTRIC

## HOLIDAY ALMOND TASSIES

### INGREDIENTS:

1 cup butter, softened  
6 oz. cream cheese, softened  
2 cups flour

### Filling:

2-8 oz. cans almond paste  
1½ cups sugar

3 large eggs, room temperature, lightly  
beaten  
3 Tbsp. orange juice  
3 Tbsp. heavy whipping cream  
1 Tbsp. flour  
¼ cup sliced almonds

### DIRECTIONS:

1. Cream butter and cream cheese until light and fluffy.
2. Gradually add flour and mix well. Shape into 48 balls with floured fingers. Press onto bottom and up sides of greased mini muffin cups (tins).
3. In a large bowl, combine almond paste, sugar, eggs, orange juice, cream and flour.
4. Fill prepared cups  $\frac{3}{4}$  full. Sprinkle with almonds.
5. Bake at 400° until lightly browned, 12-13 minutes.
6. Cool for 10 minutes before carefully removing from pans to wire rack to cool completely.

SHEILA SANDERS, DOUGLAS ELECTRIC

## LEMON LASAGNA

### INGREDIENTS:

1 pkg. lemon or golden Oreos  
6 Tbsp. unsalted butter, melted  
8 oz. cream cheese, softened  
½ cup margarine or butter

1 cup powdered sugar  
16 oz. container Cool Whip  
2-3.9 oz. pkgs. instant lemon pudding  
3 cups milk

### DIRECTIONS:

1. Crush the Oreos and combine with melted butter. Mix well and press into bottom of a 9"x13" pan. Blend cream cheese, margarine/butter, powdered sugar, and ½ of the Cool Whip. Blend well and pour over the Oreo crust.
2. Mix the pudding and milk, whisk together until pudding thickens. Pour over cream cheese layer.
3. Refrigerate for at least 5 minutes and then top with remaining Cool Whip.

PHYLLIS NIEMANN, H-D ELECTRIC

## MICROWAVE FUDGE

### INGREDIENTS:

9 squares white almond bark (1 lb.)  
2 cups chocolate chips

1 cup vanilla ice cream  
½ cup chopped walnuts

### DIRECTIONS:

1. Melt almond bark, chocolate chips and ice cream on high in microwave bowl (about 2 minutes.)
2. Stir until smooth.
3. Add nuts.
4. Pour into greased 9"x9" pan. Cool. Cut in squares.

**NUT PUDDING**

**INGREDIENTS:**

- |                         |                        |
|-------------------------|------------------------|
| 4 eggs                  | ¼ cup water            |
| 1 cup sugar             | 1 cup whipping cream   |
| 2 cups milk             | 1 cup walnuts, chopped |
| 1 envelope Knox gelatin |                        |

**DIRECTIONS:**

1. Cook eggs, sugar and milk.
2. Dissolve gelatin in ¼ c. cold water. Add to cooked mixture. Cool.
3. Whip the cream and fold in with mixture.
4. Sprinkle chopped walnuts on top.
5. Chill for 2 hours and store in refrigerator.

**RHUBARB DESSERT**

**INGREDIENTS:**

- |                                      |                        |
|--------------------------------------|------------------------|
| 2 cups flour                         | 2¾ cups sugar, divided |
| 1 cup brown sugar                    | 6 Tbsp. flour          |
| 1 cup butter, softened               | ½ Tbsp. salt           |
| 5 or 6 cups rhubarb, cut into pieces | 1 cup cream            |
| 6 egg yolks, beaten, save egg whites | 1 tsp. vanilla         |

**DIRECTIONS:**

1. Mix 2 cups of flour and brown sugar in a bowl; cut in butter until mixture resembles coarse crumbs. Press mixture into the bottom of a 9"x13" pan. Bake at 350° for 10 minutes.
2. Mix together rhubarb, egg yolks, 2 cups of sugar, 6 Tbsp. flour, salt and cream. Pour over crust. Bake about 50 minutes.
3. Beat 6 egg whites with 12 Tbsp. sugar and 1 tsp. vanilla. Return to oven until the meringue is slightly browned.
4. Can put coconut on meringue before browning.

**SALTY SWEET CORN PUFFS**

**INGREDIENTS:**

- |                    |                    |
|--------------------|--------------------|
| 1 pkg. puffed corn | 1 cup sugar        |
| 1 cup butter       | 2 Tbsp. corn syrup |
| 3 Tbsp. water      |                    |

**DIRECTIONS:**

1. Lightly spray a large bowl with nonstick cooking spray.
2. Pour all the puffed corn in the bowl.
3. Line two cookie sheets with parchment paper.
4. In a medium sized saucepan, melt the butter. Add water, sugar and syrup. Continue to stir the ingredients over medium high heat until it boils and bubbles and starts to turn golden yellow in color. It takes about 8-10 minutes.
5. Pour mixture all over the puffed corn. Coat evenly. Pour on cookie sheet. Separate clumps while they cool.



JONELL YOST, KINGSBURY ELECTRIC

## SNICKERS BARS

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### INGREDIENTS:

Graham crackers	1 cup brown sugar
1 cup dry roasted peanuts	2 Tbsp. white corn syrup
2 sticks butter	1¼ cup semi-sweet chocolate chips

### DIRECTIONS:

1. Line a 9"x13" baking pan with whole graham crackers. Sprinkle on peanuts.
2. In a heavy duty kettle, melt butter (do not substitute). Add brown sugar & white corn syrup. Stir constantly as you bring it to a boil. Boil 3 minutes. Remove from heat & pour over peanuts. Sprinkle with semi-sweet chocolate chips.
3. Let set 4 minutes. Then run a knife over to spread the chips but not totally cover. Cool in fridge for 45 minutes and cut before totally hard. Keep in fridge.

SALLY FLOREY, CHARLES MIX ELECTRIC

## WHITE ALMOND SHEET CAKE

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### INGREDIENTS:

1 cup flour	¼ cup sour cream
1 cup sugar	½ tsp. almond extract
½ tsp. baking powder	<b>Frosting:</b>
½ tsp. salt	¼ cup butter or margarine, cubed
⅛ tsp. baking soda	⅛ cup milk
½ cup butter or margarine	2¼ cup powdered sugar
½ cup water	¼ tsp. almond extract
1 large egg	Toasted sliced almonds, optional

### DIRECTIONS:

1. Mix together dry ingredients in a large bowl. In a small saucepan, combine the butter and water. Bring to a boil until butter is melted, stir into the flour mixture. Add egg, sour cream, and extract, beat until combined.
2. Pour into greased 9"x13" pan, bake at 375° for 18-22 minutes.
3. Remove cake and cool slightly.
4. For frosting, combine butter and milk in saucepan, bring just to a boil until butter is melted. Remove from heat, whisk in powdered sugar and extract. Pour over cake. Can top with toasted sliced almonds if desired.

This is a half-recipe, for full recipe, double all cake ingredients (do not double frosting) and bake in 15"x10" sheet pan.