

THE ELECTRONIC EATERY

Dedication

In my travels, I found some simple recipes that seemed worth keeping and sharing. Few of these are wholly mine, but all were freely shared. I would like to offer this book to my Mom, who showed me that making a meal is more than just cooking. It is a way to love.

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CHAPTER 1 - INTRODUCTION

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CONTENTS:

BREAKFAST

My Best Omelette
Mushroom Frittata
Christmas Breakfast
Breakfast Pizza

DIPS AND SOUPS

Turkey Dip
Cream Cheese Soup
Cream of Broccoli Soup
Potato Soup
Chicken-Tortellini Soup
Tortilla Soup
White Chili

POULTRY

Quiche
Chicken and Pasta
Light-Style Lemon Chicken
Chicken Scaloppini and Lemon Sauce
Chicken broccoli Divan
Grilled Marinated Chicken
Linguine & Sauce
Blackened Chicken
Blackened Chicken Salad
Chicken Enchilada Casserole
All-In-One Chicken
Roast Garlic Chicken
Cornish Hens with Herb Rice
Cheesy Rosemary Turkey Bake
Leftover Turkey Pot Pie
Smoked Turkey Pasta Salad

SEAFOOD

Paella
Blackened Whitefish
Cheese Tortellini with Tuna
Grilled Swordfish with Pineapple Salsa
Salmon and Green Bean Salad with Pasta
Shrimp and Angel Hair Pasta
Marinated Artichokes and Shrimp

BEEF

My Beef Stew
Grandma's Beef Stroganoff
Sue's Lasagna
Danish Meat Loaf
Johnny Mezzetti
Easy Lasagna
Nachos Grande
Phillipino Lumpia

SIDE DISHES

Green Rice
Make-Ahead Mashed Potatoes
Barb's Broccoli Bake
Tortilla Veggie Bites
Three-Cheese Lasagna
Spring Rolls
Pasta Primavera
Cornbread Dressing
Patrick's Oven Potatoes
Easy Four Bean Casserole

DESSERTS

Apple Impromptu
Dad's Chocolate Chip Cookies
Holiday Butter Cookies
Melting Moments
Hot Fudge Pudding Cake
O'Connie Cookies
Puppy Chow

AFTERWORD

Ordering Prints and legal stuff

CHAPTER 2 - BREAKFAST



My Best Omelette

4 eggs
2 Tablespoons water
1/4 teaspoon salt
dash pepper (to taste)
2 tablespoons butter or margarine
1/8 cup Monterey Jack cheese
1/8 cup mild cheddar cheese
1/8 cup mozzarella cheese
1/4 cup ground sausage
2 tablespoons sliced mushrooms
White Sauce (see following recipe)

Crumble sausage and cook completely. Drain excess fat and set aside. Shred cheeses and toss with cooled sausage.

Beat together eggs, water, salt and pepper with fork until blended but not frothy. In a 6- or 8-inch skillet with flared sides, heat the butter until it sizzles and browns slightly. Lift and tilt the pan to coat the sides. Add half the egg mixture and cook over medium heat. As the egg sets, run a spatula around the edge of the skillet, lifting the eggs to allow uncooked portion to flow underneath.

When eggs are set but still shiny, remove from heat. Spoon half the filling across center. Fold one third of omelette over center. Overlap remaining third across the filling. Remove to plate and top with half the White Sauce. Repeat for second omelette.

Other fillings may be substituted for the cheese and sausage filling. Try using a combination of green onion, mushrooms, zucchini, green pepper and celery. Slice any one or combination and saute in butter until tender. Use approximately 1/3 cup of vegetables for each omelette.

White Sauce

2 Tablespoons butter or margarine
2 Tablespoons flour
1/4 teaspoon salt
dash pepper
1 cup milk
1 cup grated Monterey Jack cheese

Melt butter in saucepan. Blend in the flour, salt and pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Stir in cheese until melted.

Mushroom Frittata

1 teaspoon butter or margarine
1 medium zucchini, shredded
1 medium tomato, chopped
1 can (4 ounces) sliced mushrooms, drained
6 eggs, beaten
1/4 cup milk
2 teaspoons Dijon mustard
1/2 teaspoon seasoned salt
1/2 teaspoon seasoned pepper
2 cups (8 ounces) grated Swiss cheese

In a large, ovenproof skillet, melt butter and saute zucchini, tomato and mushrooms 1 minute. In a large bowl, combine remaining ingredients; blend well. Pour egg mixture into skillet; cook 10 minutes over low heat. To brown top, place skillet under broiler 2 to 3 minutes. Serve with slices of Swiss cheese and fresh fruit.

Christmas Breakfast

7 slices white bread
8 ounces cheddar cheese, shredded
6 eggs
3 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon dry (powdered) mustard
3 strips bacon, cut in half

Trim crusts from bread and crumble. Mix bread and cheese and spread in bottom of 7-1/2 inch by 12-inch flat baking dish. Beat eggs and milk together and stir in salt, pepper and mustard. Pour liquid mixture over bread/cheese layer, and place bacon on top. Refrigerate overnight. The next morning, bake uncovered at 350 degrees for 50-55 minutes.

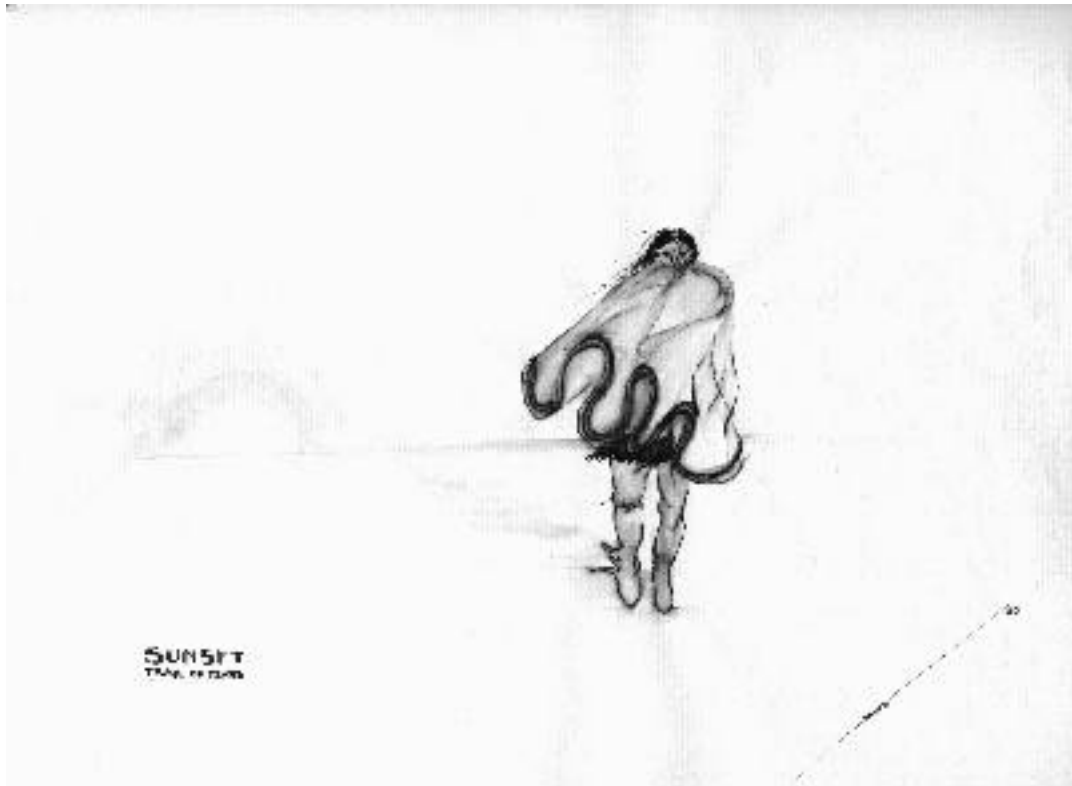
Breakfast Pizza

- 1 pound bulk sausage
- 1 package refrigerated crescent rolls
- 1 cup frozen loose-packed hash browns, thawed
- 1 cup shredded cheddar cheese
- 5 eggs
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 Tablespoons grated parmesan cheese

In skillet, cook sausage until browned; drain off excess fat. Separate crescent rolls into 8 triangles. Place on an ungreased 12-inch pizza pan with points toward center. Press over bottom and up the sides to form a crust, sealing perforations.

Spoon sausage over crust, sprinkle with hash browns and top with cheddar cheese. In a bowl, beat together eggs, milk, salt and pepper. Pour into the crust over sausage and cheese. Sprinkle parmesan cheese over all. Bake at 375 degrees for 20-30 minutes.

CHAPTER 3 - DIP AND SOUPS



Turkey Dip

- 1 pound ground turkey
- 12 ounce jar medium picante salsa
- 12 ounce can chili, no beans
- 1 pound soft processed cheese
- 1 large bags nachos or tortilla chips

Brown ground turkey until done and drain excess fat. Combine salsa and chili mixtures in 1-1/2 quart pot and heat, stirring occasionally. Add cheese to pot in 1/2 inch slices and continue heating and stirring until melted. Blend in turkey and heat until bubbly. Serve with nachos or tortilla chips.

Cream Cheese Soup

- 2 Tablespoons butter or margarine
- 2 cups water
- 1/2 cup diced celery
- 1 cup shredded carrots
- 1/2 cup diced onion
- 1 teaspoon salt
- several dashes Tabasco Sauce
- 8-ounce package cream cheese
- 2 cups milk
- 2+ Tablespoons flour
- 2+ Tablespoons butter or margarine
- several sprigs of parsley (optional garnish)

Saute celery, carrots and onion in butter for 15 minutes or until tender. Add water and salt. Stir in cream cheese until melted. Add milk and Tabasco Sauce. Bring to a boil and reduce heat. Mix butter and flour together and add to soup to thicken. Heat for 15 minutes on medium and serve garnished with parsley.

Cream of Broccoli Soup

1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup margarine
3 Tablespoons flour
1/4 teaspoon salt
1/8 teaspoon pepper
1-1/2 cup chicken broth
1-1/2 cup milk
2 cups broccoli, cooked

Saute onion and celery. Add margarine, flour, salt and pepper. Add chicken broth and milk and cook until thick. Add cooked broccoli and cook another 5 minutes.

Potato Soup

1 can (14.5 ounces) chicken broth
1/2 cup onion, chopped
1 medium potato, peeled and diced
1 cup milk

Sweat onion in two tablespoons of chicken broth for 3-5 minutes, until tender. Add remaining broth and potato. Bring to a boil, then cover and simmer until potatoes are tender, about 15 minutes. In a blender, crush potatoes until mixture is thick and smooth. Stir in milk. Over medium-low heat, warm soup, but do not boil. Salt and pepper to taste.

Chicken-Tortellini Soup

3 cans (14 1/2 ounce) chicken broth
1 cup water
2 cups cubed, cooked chicken
1 small onion, chopped
1/2 cup sliced carrots
1 teaspoon lemon pepper seasoning
1/2 teaspoon dried oregano, crushed
1/2 teaspoon garlic powder with parsley
1 bay leaf
4 ounces cheese tortellini or shell pasta
1 package (9 ounce) frozen cut broccoli, thawed

In Dutch oven, combine all ingredients except tortellini and broccoli. Bring to a boil. Add tortellini. Reduce heat and simmer, uncovered for 25 minutes. Add broccoli; simmer 10 minutes or until broccoli and tortellini are tender. Remove bay leaf. One bag (1 pound) assorted frozen vegetables can be substituted for the onion, carrots and broccoli.

Tortilla Soup

3-1/2 cups chicken broth
2 small chicken breasts, cooked and shredded
1/2 chopped onion
1/2 teaspoon ground cumin
1 clove garlic, minced
1 Tablespoon cooking oil
1 16-ounce can tomatoes, cut up
1 8-ounce can tomato sauce
1 4-ounce can whole green chile peppers, rinsed, seeded and diced
1/4 cup snipped fresh cilantro or parsley
1 teaspoon dried oregano, crushed
6 small corn tortillas
cooking oil
1 cup shredded cheddar or Monterey Jack cheese

Place a tablespoon of oil in a large saucepan and heat; add onion, garlic and cumin and cook until tender. Stir in chicken broth, undrained tomatoes, tomato sauce, chile peppers, cilantro and oregano. Bring to boiling. Reduce heat and simmer, covered, for 20 minutes. Stir in shredded chicken and heat through.

Meanwhile, cut tortillas in half, then crosswise into 1/2-inch-wide or less strips. In a heavy medium skillet heat 1/2 inch oil. Fry strips in oil, about half at a time, about 1 minute or until crisp and light brown. Remove with a slotted spoon; drain on paper towels. Divide tortilla strips between four bowls. Ladle soup over strips and sprinkle with cheese.

White Chili

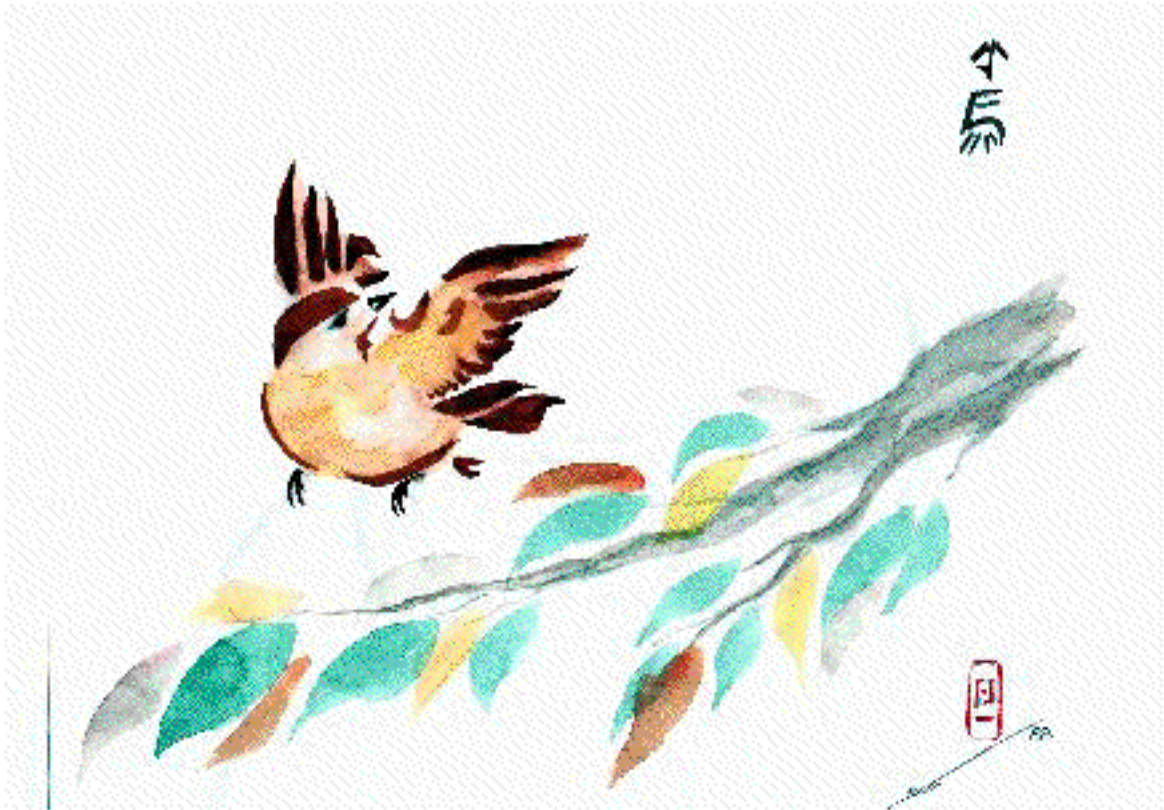
3/4 pound ground turkey (or finely chopped chicken)
1/2 cup chopped onion
1 clove garlic, minced
3 cups water
1 15-oz can great northern or cannelloni beans, rinsed and drained
1 4-oz can diced green chile peppers
2 teaspoons instant chicken bouillon granules
1 teaspoon ground cumin
1/4 teaspoon pepper
1/4 cup water
2 Tablespoons flour
1 cup shredded Monterey Jack cheese (4 ounces)

In a large saucepan cook turkey, onion, and garlic until turkey is no longer pink and onion is tender. Drain fat.

Stir in 3 cups water, undrained chile peppers, bouillon granules, cumin and pepper. Bring to boiling. Reduce heat and simmer, covered, for 30 minutes.

In a small bowl, mix together 1/4 cup water and flour. Add flour mixture to chili. Cook and stir until thickened and bubbly. Cook and stir for one minute more. Top each serving with shredded cheese. Makes 4 servings.

CHAPTER 4 - POULTRY



Quiche

1-1/2 cups shredded Swiss cheese
8 slices cooked bacon, crumbled
1/2 cup spinach
4 ounces sliced mushrooms
3 eggs
1 cup heavy cream
1 cup milk
1/4 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon (dry) powdered mustard
1 small onion, minced
pie shell

Saute onion, adding vegetables for the last two minutes. Mix eggs, cream and milk together. Stir together with all other ingredients. Pour into pie shell. Bake at 375 degrees for 45 minutes. Experiment using mozzarella, Monterey Jack and other cheeses.

Chicken Surprise

1 pound chicken breast halves without skin cooked, shredded
1 medium onion, chopped
1 stick butter or margarine
1 14-ounce can cream of celery soup
1/2 cup processed cheese spread
1 6-ounce package wild rice, cooked
1/2 cup mayonnaise
5-ounces water chestnuts, canned, diced
1/2 teaspoon lemon juice
1 pound broccoli flowerets

Saute onion in butter. Blend in soup, cheese, rice, mayo, water chestnuts and lemon juice. Pour on top of chicken and broccoli. Bake at 350 degrees for 30 minutes.

Chicken and Pasta

- 1 pound skinless, boneless chicken breasts, cut up
- 1 can Cream of Chicken Soup
- 1 package (16 ounce) frozen seasoned pasta and vegetable combination

Heat 1 teaspoon of oil in a skillet. Add chicken and cook until browned. Add soup, 1/2 cup water and vegetable/pasta combination. Cover and cook 5 minutes, stirring often.

Light-Style Lemon Chicken

- 2 egg whites, slightly beaten
- 3/4 cup fresh bread crumbs
- 2 Tablespoons sesame seeds (optional)
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 boneless, skinless chicken breast halves (about 1-1/2 pounds)
- 2 Tablespoons all-purpose flour
- 3/4 cup chicken broth
- 4 teaspoons cornstarch
- 1/4 cup fresh lemon juice
- 2 Tablespoons brown sugar
- 1 Tablespoon honey
- 2 Tablespoons vegetable oil
- 4 cups thinly sliced Napa cabbage or romaine lettuce

Place egg whites in shallow dish. Combine bread crumbs; sesame seeds, salt and pepper in another shallow dish. Dust chicken with flour; dip into egg whites; roll in crumb mixture.

Blend broth into cornstarch in small bowl until smooth. Stir in lemon juice, brown sugar and honey.

Heat oil in large nonstick skillet over medium heat. Add chicken; cook 5 minutes. Turn chicken over; cook 5 to 6 minutes until browned and no longer pink in center. Transfer to cutting board; keep warm.

Wipe skillet clean with paper towel. Stir broth mixture and add to skillet. Cook and stir 3 to 4 minutes until sauce boils and thickens.

Place cabbage on serving dish. Cut chicken diagonally into 1/2-inch slices; place on cabbage. Pour sauce over chicken.

Chicken Scaloppini with Lemon Sauce

1 pound boneless, skinless chicken breasts
3 Tablespoons all-purpose flour, divided
1/4 teaspoon black pepper
1/4 teaspoon chili powder
1/2 cup chicken broth
1 Tablespoon fresh lemon juice
1 Tablespoon drained capers
1/2 teaspoon olive oil
Nonstick cooking spray

Place chicken breasts, one at a time, between sheets of waxed paper. Pound to 1/4-inch thickness, using the flat side of a meat mallet or rolling pin. Combine 2 tablespoons flour, pepper and chili powder on shallow plate. Dip chicken pieces in flour mixture to lightly coat both sides.

Combine broth, lemon juice, remaining Tablespoon flour and capers in small bowl.

Spray large skillet with nonstick cooking spray; heat over medium-high heat. Place chicken in hot pan in single layer; cook 1-1/2 minutes. Turn over; cook 1-1/2 minutes or until no longer pink in center. Remove chicken from pan; cover and keep warm. Repeat with remaining chicken (brush pan with 1/4 teaspoon oil with each new batch to prevent sticking). If cooking more than 2 batches, reduce heat to medium to prevent burning chicken.

Stir broth mixture and pour into skillet. Boil over medium-high heat 1 to 2 minutes or until thickened. Serve immediately over chicken.

Chicken Broccoli Divan

1 pound broccoli, cut into spears, cooked and drained
1-1/2 cups cubed cooked chicken
1 10-ounce can condensed Cream of Broccoli soup
1/3 cup milk
1/2 cup shredded mild cheddar cheese
2 Tablespoons dry bread crumbs
1 Tablespoon margarine, melted

In a 9-inch pie plate or 2-quart shallow baking dish arrange broccoli and chicken. Combine soup and milk and pour over mixture. Sprinkle cheese and bread crumbs mixed with margarine over top. Bake at 420 degrees for 20 minutes.

Grilled Marinated Chicken

8 chicken legs with thighs and drumsticks attached
6 ounces frozen lemonade concentrate, thawed
2 Tablespoons white wine vinegar
1 Tablespoon grated lemon peel
2 cloves garlic, minced
nonstick cooking spray
1 loaf French bread

Remove skin and all visible fat from chicken. Place chicken in 13x9-inch glass baking dish. Combine all ingredients except bread and spray in a small bowl, blending well. Pour over chicken. Cover and refrigerate 3 hours or overnight, turning chicken occasionally.

Spray cold grill with nonstick cooking spray (before lighting). Heat until grill is medium-high heat. Place chicken on grill; cook 10-15 minutes per side or until juices run clear when pierced with a fork and is no longer pink near bone. Do not overcook or chicken will be dry. Garnish with curly endive and lemon peel strips, if desired. Serve with French bread.

Linguine and Sauce

1 can cream of mushroom Soup
1/4 cup milk
1/8 cup dry, white wine
2 tablespoons butter
dash garlic powder
dash pepper
1/8 cup grated Parmesan cheese

Cook linguine per package directions

In a saucepan, combine all ingredients in order listed and cook over medium heat until liquid. Serve over linguine.

Blackened Seasoning

2 tablespoons paprika
1 tablespoon salt
1-1/2 tablespoons garlic powder
2 teaspoons cayenne pepper
1-1/2 tablespoons white pepper
1-1/2 tablespoons black pepper
3/4 teaspoons dried thyme
3/4 teaspoons dried, ground oregano

In a bowl, mix together all spices in the order shown. For a milder seasoning, eliminate the white pepper or use only 1 teaspoon cayenne pepper.

Blackened Chicken

Blackened Seasoning (above)
1 pound boneless, skinless chicken breasts

Heat a heavy, 12-inch cast iron skillet until very hot. Wash chicken breasts and set on paper towel, flipping once. Sprinkle seasoning on paper towel and press in both sides of chicken breasts to lightly coat. Alternately, sprinkle seasoning directly onto chicken breasts and repeat for other side. Place breasts into hot skillet and cook for 3 to 5 minutes per side, depending upon thickness. Cut thickest part of breast to check for doneness.

If a thicker blackening is desired, melt 4 ounces (1 stick) of butter and dip breasts into the batter before setting in spices.

For a heartier dish, prepare chicken, dice and serve on top of Linguine & Sauce.

Blackened Chicken Salad

2 cups cubed sourdough or French bread
nonstick cooking spray
1 tablespoon paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon dried oregano leaves
1/2 teaspoon dried thyme leaves
1/2 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1 pound boneless, skinless chicken breasts
4 cups bite-sized fresh spinach leaves
2 cups bite-sized pieces romaine lettuce
2 cups cubed zucchini
2 cups cubed seeded cucumber
1/2 cup sliced green onions with tops
1 medium tomato, cut into 8 wedges
Ranch dressing

Preheat oven to 375 degrees. To make croutons, spray bread cubes lightly with nonstick cooking spray; place on baking pan. Bake 10-15 minutes or until browned, stirring occasionally.

Combine paprika, onion powder, oregano, thyme, and peppers in a small bowl; rub on all surfaces of chicken. Broil chicken, 6 inches from heat source, 7 to 8 minutes on each side, or until chicken is no longer pink on inside. Or, grill chicken on covered grill over medium heat, 10 minutes each side. Cool slightly. Cut chicken into thin strips.

Combine warm chicken, greens, zucchini, cucumber, green onions, tomato and croutons in large bowl. Drizzle with Ranch salad dressing. Toss to coat.

Chicken Enchilada Casserole

2 cans cream of chicken soup
1 pint sour cream
1/2 small jar (4 ounces) diced chile peppers
1/2 teaspoon salt
2+ cups grated mild cheddar cheese
3 cooked chicken breasts
6-8 flour tortillas

Heat soup until liquid, add sour cream, peppers and salt. Cut chicken into small pieces and add to mixture. Enchiladas can then be prepared in two ways.

Traditional method is to place several tablespoons of this mixture in a tortilla, roll, cover with grated cheese and bake.

Casserole method is to spoon 1/3 of the mixture into a casserole dish, cover with 1-2 tortillas, sprinkle with cheese, and then repeat for two or three layers. This is then baked for 20-35 minutes at 350 degrees until bubbly. Mixture or extra enchiladas can be frozen and prepared later.

All-In-One Chicken

2 medium potatoes
2 medium carrots
1 medium onion
1 pound boneless, skinless chicken breasts
1/2 cup dry, white wine, vermouth, beer or chicken stock
1 bay leaf, broken in half
10 ounces frozen green beans

Preheat oven to 350 degrees. Wash the potatoes but do not peel them; cut them into quarters. Wash the carrots and cut them diagonally into two-inch chunks. Peel the onion and cut it into wedges.

In an ungreased 8x12-inch or 9x13-inch baking dish, arrange the chicken, potatoes, carrots and onion. Pour the wine (or other liquid) over the chicken. Add the bay leaf. Cover the baking dish with foil.

Bake the chicken for one hour. Uncover the chicken and add the green beans. Continue baking for 10 to 15 minutes, or until the chicken is cooked and the vegetables are tender.

Roast Garlic Chicken

- 1 whole broiler/fryer chicken (2-3 pounds)
- 2 tablespoons lemon juice
- 1 1/2 teaspoons garlic powder with parsley
- 1 teaspoon seasoned salt

Wash chicken thoroughly and sprinkle with lemon juice, garlic powder and seasoned salt. Wrap chicken loosely in foil. Refrigerate overnight. Place chicken in large baking dish and bake, uncovered, in 375 degree oven for 1 hour, or until chicken is tender and juices run clear when tested with a fork in thigh. Garnish with lemon slices and fresh sage leaves.

Cornish Hens with Herb Rice

- 2 garlic cloves, minced
- 2 shallots or onions, minced
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon salt
- 1 Tablespoon chopped fresh sage (1-1/2 teaspoon dried)
- 1 teaspoon chopped fresh thyme (1/2 teaspoon dried)
- 1 cup olive oil
- 2 Tablespoons lemon juice
- 1 box long grain and wild rice
- 6 Cornish game hens
- 1-1/2 cups sliced fresh mushrooms
- 1/2 cup dry roasted sesame or sunflower seeds

Preheat oven to 450 degrees. In a bowl, mix together first 8 ingredients (garlic through lemon juice) and set aside 1-1/2 Tablespoons of mixture. Coat the hens with the remaining mixture. Allow hens to marinate at least 15 minutes, then bake at for about 35 minutes or until done and golden brown.

While Cornish hens are baking, cook rice according to package directions, omitting the margarine and using the reserved 1 1/2 Tablespoons of marinate mixture. When the rice has cooked for about 20 minutes, stir in the mushrooms, recover and finish cooking. Stir in the sesame or sunflower seeds when the rice has finished cooking.

Serve hens on a bed of rice, pouring a little of the pan drippings over the top, if desired.

Cheesy Rosemary Turkey Bake

6 cups cubed cooked turkey
6 stalks (3 cups) celery, sliced 1/2 inch
8 ounces mild cheddar cheese, shredded
1 medium (1/2 cup) onion, chopped
1/4 cup slivered almonds
1 cup mayonnaise
1 teaspoon dried rosemary leaves, crushed
1/2 teaspoon salt
1/2 teaspoon pepper
2 Tablespoons lemon juice

Heat oven to 350 degrees. In a large bowl, stir together all ingredients except 1/2 cup cheese. Spoon into greased 3-quart casserole or 9x13-inch baking pan. Cover, then bake for 45-55 minutes or until heated through and celery is slightly tender. Sprinkle with remaining cheese and continue baking until cheese is melted (5 minutes).

Leftover Turkey Pot Pie

10 ounce package frozen peas and carrots
1/3 cup margarine
1/3 cup flour
1/3 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper
1-3/4 cups chicken broth
2/3 cup milk
2-1/2 to 3 cups diced, cooked turkey
Pastry for 9-inch 2-crust pie

Rinse frozen peas and carrots under running water to separate; drain. Heat margarine in 2-quart saucepan over low heat until melted. Stir in flour, onion, salt and pepper. Cook, stirring constantly until mixture is bubbly. Remove from heat and stir in broth and milk. Heat to boiling and stir for 1 minute. Stir in turkey and vegetables.

Prepare pastry: Roll 2/3 pastry into a 13-inch square. Ease into a 9x9x2-inch baking dish. Pour turkey mixture into pastry-lined pan. Roll remaining pastry into 11-inch square, place over filling, turn edges and flute.

Bake at 425 degrees for 30-35 minutes.

Smoked Turkey Pasta Salad

8 ounces uncooked ditalini pasta (small tubes)
6 ounces smoked turkey or chicken breast, skin removed, cut into strips
1 can (15 ounces) light kidney beans, drained and rinsed
1/2 cup thinly sliced celery
1/4 cup chopped red onion
1/3 cup mayonnaise
2 Tablespoons balsamic vinegar
2 Tablespoons chopped fresh chives or green onion
1 Tablespoon chopped fresh Tarragon or 1-1/2 teaspoons dried tarragon leaves, crushed
1 teaspoon Dijon mustard
1 clove garlic, minced
1/4 teaspoon ground black pepper
Romaine lettuce leaves

Cook pasta according to package directions, omitting salt. Drain and rinse well under cool water until pasta is cool; drain well.

Combine pasta, turkey, beans, celery and onion in medium bowl. Combine mayonnaise, vinegar, chives, tarragon, mustard, garlic and pepper in small bowl. Pour over pasta mixture, toss to coat evenly. Serve on lettuce leaves, if desired.

CHAPTER 5 - SEAFOOD



Paella

1 6-ounce package rice pilaf mix
3 Tablespoons butter
1 teaspoon Cajun seasoning mix
1 teaspoon finely chopped fresh garlic
1 medium onion, cut into eighths
1 9-ounce package frozen breaded chicken tenders
1 9-ounce package frozen peas
1/2 pound cooked medium shrimp

Cook rice according to directions. In a 10-inch skillet melt butter until sizzling; stir in seasoning mix and garlic. Add onion. Cook over medium high heat, stirring occasionally until onion is soft (2-3 minutes). Add chicken tenders. Cover; continue cooking and stirring occasionally until chicken is heated through (4-5 minutes). Add peas, shrimp and cooked rice. Continue cooking, stirring occasionally until peas and shrimp are heated through (3-4 minutes).

Blackened Whitefish

4 7-ounce whitefish fillets, 3/4-inch thick, skinned and boned
Blackened Seasoning (see recipe under Linguine)
8 ounces (2 sticks) butter, melted

Prepare Blackened Seasoning recipe and skillet as listed under Blackened Chicken recipe. Dip fish fillets into melted butter. Gently set buttered fillets into spices, lightly coating each side. Place fish into skillet with 1 teaspoon of melted butter on top of each fillet.

Cook for approximately 2 minutes, until the bottom of the fish is charred but not burned. Flip fish over. Place another teaspoon of melted butter on each fillet and cook for another two minutes until the bottom of the fish is charred.

Cheese Tortellini with Tuna

1 can (6 ounces) water-packed tuna, drained
1 package, (9 ounces) refrigerated reduced fat cheese tortellini
nonstick cooking spray
1 cup finely chopped red bell pepper
1 cup finely chopped green bell pepper
1/4 cup finely chopped onion
3/4 teaspoon fennel seeds, crushed
1/2 cup evaporated skim milk
2 teaspoons all-purpose flour
1/2 teaspoon dry mustard
1/2 teaspoon ground black pepper

Cook pasta according to package directions, omitting salt. Drain, set aside.

Spray large nonstick skillet with cooking spray. Add bell peppers, onion and fennel seeds; cook over medium heat until vegetables are crisp-tender.

Whisk together milk, flour, mustard and black pepper in small bowl until smooth; add to skillet. Cook until thickened, stirring constantly. Stir in tuna and pasta; reduce heat to low and simmer until heated through, about 3 minutes. Serve immediately.

Grilled Swordfish with Pineapple Salsa

1 Tablespoon fresh lime juice
2 cloves garlic, minced
4 swordfish steaks (5 ounces each)
1/2 teaspoon chili powder or coarse ground pepper
nonstick cooking spray
Pineapple Salsa (see recipe below)

Combine lime juice and garlic on plate. Dip swordfish in mixture; sprinkle with chili powder.

Spray cold grill with nonstick cooking spray. Adjust grill 4 to 6 inches above heat. Preheat grill to medium-high. Grill fish, covered, 2 to 3 minutes. Turn and grill 1 to 2 minutes more or until fish is opaque in center and still very moist. Top each serving with about 3 tablespoons Pineapple Salsa

Pineapple Salsa

1/2 cup finely chopped fresh pineapple
1/4 cup finely chopped red bell pepper
1 green onion, thinly sliced
2 Tablespoons fresh lime juice
1/2 jalapeno pepper, seeded and minced
1 Tablespoon chopped fresh cilantro or basil

Combine all ingredients in a small nonmetal bowl; mix well.

Salmon and Green Bean Salad with Pasta

1 can (6 ounce) salmon
8 ounces small whole wheat or regular pasta shells
3/4 cup fresh green beans cut into 2-inch pieces
2/3 cup finely chopped carrots
1/2 cup nonfat cottage cheese
3 Tablespoons plain nonfat yogurt
4 1/2 teaspoons fresh lemon juice
1 Tablespoon chopped fresh dill
2 teaspoons grated onion
1 teaspoon prepared mustard

Drain salmon and separate into chunks; set aside. Cook shells according to package directions; including 1/4 teaspoon salt; add green beans during last 3 minutes of cooking. Drain and rinse well under cold water until pasta and green beans are cool.

Combine pasta, green beans, carrots and salmon in a medium bowl.

Place remaining ingredients in a blender; process until smooth. pour over pasta mixture; toss to coat evenly.

Shrimp and Angel Hair Pasta

12-ounce package Angel Hair Pasta or Vermicelli
2 Tablespoons butter
2 Tablespoons onion, chopped
1/2 pound fresh shrimp, peeled and deveined
1 can condensed cream of shrimp soup
1/2 cup milk
1/2 cup sour cream
1/4 teaspoon paprika

Cook pasta according to package directions. In a saucepan, melt butter and saute onion until tender. Add shrimp and continue cooking until shrimp is done. Stir in milk and soup and heat through. Stir in sour cream and paprika, but do not boil. Serve over hot noodles.

Marinated Artichokes and Shrimp

Vinaigrette

1 large seedless orange, peeled and sectioned
3 tablespoons red wine vinegar
3 tablespoons fat-free mayonnaise

To prepare vinaigrette, combine all ingredients except oil in blender; blend until smooth. Pour mixture into nonmetal bowl and whisk in oil until blended. Fold artichoke hearts into vinaigrette. Cover and refrigerate 2 hours or overnight.

Salad

1 package (9 ounces) frozen artichoke hearts, thawed
1 teaspoon fresh thyme or 1/4 teaspoon dried thyme leaves, crushed
2 teaspoons extra virgin olive oil

12 raw shrimp (12 ounces)
1 cup orange juice

Peel shrimp, leaving tails attached. Devein and butterfly shrimp. Bring orange juice to a boil in medium saucepan. Add shrimp and cook about 2 minutes or just until they turn pink and opaque.

To serve, place about 3 artichoke hearts on each of 6 plates. Top each serving with 2 shrimp. Drizzle vinaigrette over tops.

CHAPTER 6 - BEEF



My Beef Stew

2 Tablespoons all-purpose flour
1 pound beef stew meat, cut into 3/4" cubes
2 Tablespoons cooking oil
3-1/2 cups vegetable juice cocktail
1 medium onion, cut into thin wedges
1 cloce garlic, chopped
2 teaspoons instant beef bullion granules
2 teaspoons Worcestershire Sauce
1/2 teaspoons marjoram
1/2 teaspoon oregano
1/2 teaspoon thyme
1/4 teaspoon cardamom
1/4 teaspoon pepper
1 bay leaf
1 large baking potato, sliced into 3/4-inch cubes
1 medium white potato, sliced into 3/4-inch cubes
1 russet potato, sliced into 3/4-inch cubes
1 small turnip, sliced and cut into quarters
3/4 cup frozen cut green beans
3/4 cup frozen peas
1 cup sliced carrots
3/4 cup sliced celery

Place flour in plastic bag. Add meat cubes, a few at a time, shaking to coat. In a large saucepan brown meat, half at a time, in hot oil. Stir in vegetable juice cocktail, onion, bullion granules, bay leaf, Worcestershire sauce and spices. Bring to boiling, reduce heat and simmer for 1 to 1-1/2 hours, or until meat is tender. For a less hearty stew, add two cups water in the last half hour and mix thoroughly.

Stir in vegetables and bring to a boil. Reduce heat and simmer, covered, for 30 minutes, or until meat and vegetables are tender.

Grandma's Beef Stroganoff

1 pound round steak, cubed and floured
1/2 cup onion, chopped
1 clove garlic, chopped
6-ounce can sliced mushrooms
1 cup sour cream
1 (10 ounce) can condensed tomato soup
1 Tablespoon Worcestershire Sauce
6 drops Tabasco Sauce
1/2 teaspoon salt
dash pepper
1 Tablespoon poppy seeds
1 package wide egg noodles

Brown meat in fat, add onion, garlic and mushrooms. Combine sour cream, tomato soup, liquids and seasonings and simmer. Cook noodles to package directions and toss with poppy seeds. Pour mixture over noodles and serve.

Sue's Lasagna

2 pounds ground beef
3 tablespoons parsley, divided
2 cups tomatoes (large can with juice)
6 ounce can Tomato Paste
1 Tablespoon Basil
1 Tablespoon Oregano
3 teaspoons salt, divided
8 ounces (9 strips) Lasagna noodles
3 cups cottage cheese
2 eggs, beaten
1 teaspoon pepper
1 Tablespoon Parsley
1/2 cup grated parmesan cheese
4 cups mozzarella cheese, grated

Brown ground beef and drain fat. Simmer with 2 tablespoons parsley, tomatoes and juice, tomato paste, Basil, Oregano and 1 teaspoon salt. above ingredients uncovered for 30 minutes.

Cook lasagna noodles per package directions.

Mix together remaining ingredients except mozzarella cheese. Layer half the noodles on bottom of a baking dish. Cover the noodles with half of the cheese mixture and half of the beef mixtures. Cover with remaining noodles and repeat with remaining half of each mixture.

Cover with mozzarella cheese and bake at 375 degrees for 30 minutes. Let stand 15 minutes before serving.

Danish Meat Loaf

1 lb. top round, ground twice
1 lb. veal, ground twice
1/2 lb. pork, ground twice
1 cup breadcrumbs, fresh, soaked in
1-1/2 cups milk
2 eggs
1 medium onion, grated
2 heaping tablespoons flour
salt and pepper
3 strips bacon
tomato juice or chicken broth

Mix meat, soaked bread crumbs, eggs, onion and flour together by hand. Beat with a wooden spoon until mixture is light and frothy. Add salt and pepper to taste. Form a loaf mixture in a baking dish. Put the bacon on top and bake for 1-1/2 hours. Baste several times during baking with juice or broth.

Johnny Mezzetti

1 pound ground beef
1 small onion, chopped
1/2 green pepper, diced
3 ounces mushrooms
1 10-ounce can condensed tomato soup
1 small package of noodles, any kind
1/2 pound cheddar cheese
salt and pepper to taste

Brown beef and onions. Add salt and pepper. Add green pepper, mushrooms and tomato soup. Cook noodles in salted water and drain. Put all ingredients in a casserole dish and grate cheddar cheese on top. Bake in oven at 250 degrees until cheese melts.

Easy Lasagna

1 can cream of mushroom soup
2 cups shredded mozzarella cheese
1/4 cup milk
1 pound ground beef
1 can condensed Italian Tomato soup
1 cup water
6 dry lasagna noodles

Mix mushroom soup, 1/2 cup cheese and milk and set aside. In skillet over medium high heat, cook beef until browned, stirring to separate meat. Drain off fat. Stir in Italian Tomato soup and water. Heat through. In a 2-quart shallow baking dish spoon half the meat mixture. Top with 3 lasagna noodles and mushroom soup mixture. Repeat with remaining meat, noodles and mushroom mixtures. Cover and bake at 400 degrees for 40 minutes or until hot. Sprinkle remaining cheese over top and bake for 10 minutes more, or until melted. Let stand 10 minutes before serving.

Nachos Grande

1 can cheddar cheese or nacho cheese soup
1/3 cup milk
1 pound ground beef
1 small onion, chopped
8 ounces tortilla chips
sliced green onions
sliced and pitted ripe olives
1 small tomato, diced
1 jalapeno pepper, seeded and sliced (optional)

In saucepan mix soup and milk and set aside. In skillet, over medium high heat, cook beef and onion until beef is browned, stirring to separate. Drain off fat. Add 1/2 cup soup mixture and heat through over low heat. Over medium heat, heat remaining soup mixture, stirring often. Arrange chips on platter. Top with meat mixture. Spoon soup mixture over meat and top with tomato, olives and pepper.

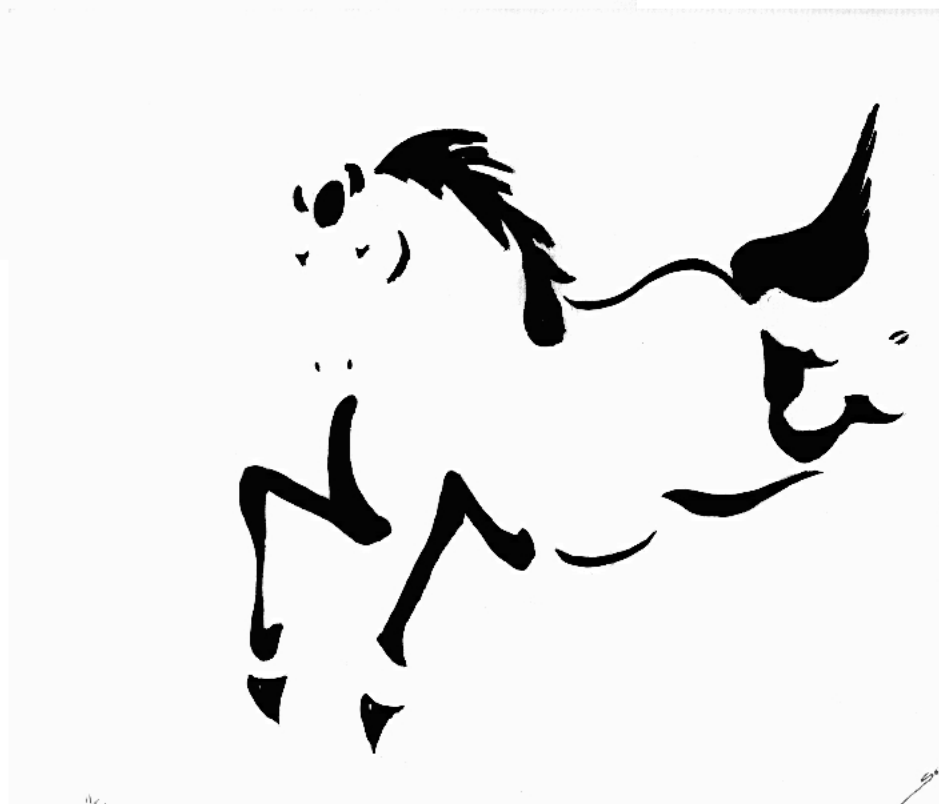
Phillipino Lumpia

- 1 pound ground beef
- 1/2 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 shredded carrot
- 1 box lumpia wrappers
- 3 egg whites

Mix ground beef, onion, garlic, salt, pepper and carrot together by hand. Roll 4 rounded tablespoons of ingredients into a lumpia wrapper. Roll halfway; fold opposite ends in; finish rolling and seal by brushing with egg white.

Preheat 1 inch of oil very hot (to deep fry about 400 degrees) and fry for 3 minutes on each side.

CHAPTER 7 - SIDE DISHES



Green Rice

2 cups rice
2 packages chopped broccoli
1/2 stick butter
1/2 cup diced celery
1/2 cup chopped onion
4 ounces processed cheese spread
1 can cream of mushroom soup

Saute onion and celery in butter. Add rice and broccoli. Blend in cheese and soup. Mix all together and bake at 350 degrees for 15-20 minutes.

Make-Ahead Mashed Potatoes

8 large potatoes, pared
8 ounces cream cheese
1/4 cup sour cream
salt and pepper
6-8 pats of butter
paprika

Boil potatoes in salted water until tender. Drain and mash. Add cream cheese, sour cream, salt and pepper, mixing well. Put in a 2-quart casserole or baking dish. Top with pats of butter. Cover. Potatoes may be stored in refrigerator for several days. Before serving, sprinkle with paprika and bake, uncovered, in a 350 degree oven for 30-35 minutes.

Barb's Broccoli Bake

1 bag frozen broccoli cuts
1 tube party crackers
1 pound soft processed cheese
1/4 cup (1 stick) butter

Cook 1 bag of broccoli cuts per directions on package. Drain well. Place in 9x9-inch baking dish. Cover with slices of cheese. Cover cheese with cracker crumbs. Melt 1/2 stick butter and pour over mixture. Bake at 350 degrees until cheese is melted and crackers are lightly browned.

Tortilla Vegetable Bites

1 8-ounce package cream cheese, softened
1 package dry onion soup
1 teaspoon Tabasco sauce
1 small carrot, shredded
2 green onions, chopped
6 flour tortillas (8 inch)

Stir cheese until smooth. Stir in soup mix, hot sauce, carrot and onions. Top each tortilla with about 1/2 cup cheese mixture. Spread to edge. Tightly roll up like a jelly roll. Place seam-side down in a shallow dish. Cover and refrigerate at least 2 hours. Cut each roll up into 1-inch slices. Makes 36 appetizers.

Three Cheese Lasagna

6 ounces cheddar cheese, shredded
1 cup ricotta cheese
1/2 cup freshly ground parmesan cheese
1 Tablespoon chopped fresh parsley
1 egg
9 no-boil lasagna noodles
2 cups spaghetti sauce

Heat oven to 350 degrees. In a small bowl stir together all ingredients except noodles and sauce. Spoon 1/4 cup sauce over bottom of 9-inch square baking pan; top with 3 noodles. Spoon 1 cup cheese mixture over noodles; spoon 3/4 cup sauce over cheese. Layer with 3 noodles. Spread noodles with remaining cheese mixture and top with remaining noodles. Spoon remaining 1 cup sauce over noodles. Cover and bake for 30 minutes. Remove cover and continue baking for 10 to 20 minutes until heated through.

Spring Rolls

1 cup preshredded cabbage or coleslaw mix
1/2 cup finely chopped cooked ham
1/2 cup finely chopped water chestnuts
1/4 cup sliced green onions
3 Tablespoons plum sauce, divided
1 teaspoon Oriental sesame oil
3 flour tortillas (6-7 inches diameter)

Combine cabbage, ham, water chestnuts, green onions, 2 tablespoons plum sauce and oil in medium bowl; mix well.

Spread remaining tablespoon plum sauce evenly over tortillas. Spread about 1/2 cup cabbage mixture on each tortilla, within about 1/4 inch of edge; roll up.

Wrap each tortilla tightly in plastic wrap. Refrigerate at least 1 hour, or up to 24 hours before using.

Pasta Primavera

8 ounces uncooked linguine or medium pasta shells
1 Tablespoon margarine
2 green onions, diagonally sliced
1 clove garlic, minced
1 cup fresh mushroom slices
1 cup broccoli flowerets
2-1/2 cup fresh snow peas
4 to 8 asparagus spears, cut into 2 inch pieces
1 medium red bell pepper, cut into thin strips
1/2 cup evaporated skimmed milk
1/2 teaspoon dried tarragon leaves, crushed
1/2 teaspoon ground black pepper
1/3 cup grated parmesan cheese

Cook pasta according to package directions, omitting salt. Drain and set aside.

Melt margarine in a large nonstick skillet. Add green onions and garlic; cook over medium heat until softened. Add mushrooms and broccoli; cover and cook 3 minutes or until mushrooms are tender. Add snow peas, asparagus, bell pepper, milk, tarragon and black pepper; cook and stir until vegetables are crisp-tender and lightly coated.

Stir in cheese; pour mixture over linguine and toss to coat evenly.

Cornbread Dressing

(this one has taken me 20 years to get right...)

2 cups cornmeal
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs, beaten
2 cups buttermilk
3 slices bacon
2 tablespoons bacon drippings
3 stalks celery, chopped
1 medium onion, chopped
1/3 cup butter or margarine, melted
12 slices day-old bread, crumbled
2 to 2-1/2 cups turkey or chicken broth
1 cup milk
2 eggs, beaten
1/4 teaspoon salt
1 teaspoon poultry seasoning
1/2 teaspoon rubbed sage
1/4 teaspoon pepper
2 hard boiled eggs, chopped

Combine cornmeal, baking powder, baking soda and salt in a large bowl; add 2 eggs, buttermilk, and melted bacon drippings, stirring well. Place a well greased 10-inch cast iron skillet in a 450 degree oven for 4 minutes, or until hot. Remove skillet from oven; spoon batter into skillet. Bake at 450 degrees for 35 minutes or until cornbread is lightly browned. Cool; crumble cornbread into a large bowl.

Saute celery and onion in butter until tender. Crumble bacon into small pieces. Add sauteed vegetables, bacon and remaining ingredients to cornbread, stirring well. Spoon dressing into a lightly greased 13x9x2-inch pan. Bake at 350 degrees for 25-30 minutes. Yields 8 servings.

Note: One (10-3/4 ounce can of chicken broth and 1 cup of water may be substituted for homemade chicken broth. This dressing may also be spooned into turkey cavity.

Patrick's Oven Potatoes

4 to 5 medium russet potatoes, scrubbed, and cut into 1/2-inch cubes
1 small onion, thinly sliced
3/4 teaspoon seasoned pepper
3/4 teaspoon seasoned salt
1/2 teaspoon garlic powder with parsley
1/3 cup vegetable oil

In a large bowl, toss potatoes and onion with seasonings to coat well. Pour mixture into 1-1/2 quart baking dish. Drizzle with oil. Cover with foil and bake in 375 degree oven for 35 to 40 minutes or until potatoes are tender. Serve sprinkled with chopped parsley.

Easy Four Bean Casserole

1 can (29 oz.) baked beans, drained
1 can (29 oz.) lima beans, drained
1 can (29 oz.) butter beans, drained
1 can (29 oz.) kidney beans, drained
1 cup brown sugar
1 pound bacon, cooked and crumbled
1 medium onion, chopped

Mix all ingredients together and bake at 325 degrees for 90 minutes.

CHAPTER 8 - DESSERTS



Apple Impromptu

4 cups apples, peeled, cored and sliced
3/4 cup granulated sugar, divided
1/4 teaspoon cinnamon
1 Tablespoon butter or margarine
1 teaspoon vanilla
1 egg, lightly beaten
1/2 cup flour
1/2 teaspoon baking powder

Preheat oven to 400 degrees. Grease an 8- or 9-inch pie pan. Place apples in prepared pie pan; combine 1/4 cup sugar and cinnamon and sprinkle over apples. Cover with foil and bake 20 minutes. Cool while preparing cake mixture. Leave the oven on.

In mixing bowl, cream together butter, 1/2 cup sugar and mix well; blend in vanilla and egg. Sift together flour and baking powder, and add to creamed mixture. Spread evenly over baked apples. Bake 20 to 25 minutes. Serve warm or cold, with whipped cream or ice cream, as desired.

Dad's Chocolate Chip Cookies

2-1/4 cups flour
1 teaspoon baking soda
1 teaspoon salt
3/4 cup sugar
3/4 cup brown sugar
1 teaspoon vanilla extract
1/2 teaspoon water
2 eggs, grade A large
1 cup butter, softened until almost melted
12 ounces semisweet chocolate chips
6 ounces milk chocolate chips
8 ounces chopped pecans or walnuts (optional)

Combine flour, baking soda and salt in a large bowl. Add sugar, brown sugar, vanilla and water to butter, mixing in one ingredient at a time with a wooden spoon until smooth and well combined. Then add eggs and beat with an electric mixer for two minutes until fluffy. Stir in flour mixture, one third at a time. Mix both types of chips together, then stir into dough. Blend in chopped nuts if desired.

Drop by heaping tablespoonful onto lightly greased baking sheets, placing cookies about 2 inches apart. Bake at 350 degrees for 10-12 minutes. Do not overbake. Remove from oven when lightly browned, slightly crisp on bottom; they may seem slightly undercooked. Remove to wax paper to cool.

Holiday Butter Cookies

1 teaspoon plus 1/4 cup vegetable shortening, divided
3/4 cup unsalted butter
2 cups sugar
4 egg yolks
1 Tablespoon pure vanilla extract
1/3 cup light cream
5 cups all purpose flour
1/4 teaspoon salt
1/2 cup cornstarch
4 teaspoons baking powder

Heat oven to 350 degrees. Grease baking sheets with 1/2 teaspoon shortening each.

In a large bowl, beat together butter and shortening until color is even. Add sugar and beat until fluffy, 3-5 minutes.

In a small bowl, beat together egg yolks, vanilla, and light cream. Slowly pour into butter mixture. Continue beating until egg mixture is thoroughly incorporated.

In a separate bowl, sift together flour, salt, cornstarch and baking powder. Fold flour mixture into butter mixture in three additions, beating each until incorporated. Place 1/4 the dough on plastic, form into a disk and wrap to refrigerate.

To bake: cut, form or shape each disk of dough into 24 cookies and bake 15-20 minutes depending upon size.

Food Paint: mix 1 egg and 1 teaspoon of water. Divide into 4-6 smaller portions. Use a small amount of food coloring in each dish. Paint cookies before baking.

Melting Moments

1/2 cup butter
1/3 cup sugar
1 egg yolk
few drops vanilla extract
1-1/4 cups self-rising flour
1 cup crushed graham crackers

Beat butter and sugar, beat in egg yolk and vanilla, then chill for 15 minutes. Heat oven to 375 degrees. Grease 2 cookie sheets. Shape dough into 30 balls and press into graham cracker crumbs. Place 1-inch apart and bake for 15 minutes.

Hot Fudge Pudding Cake

Preheat oven to 350 degrees

Mix together:

3/4 cup sugar
1 cup flour
3 Tablespoons Hershey's Cocoa
1/4 teaspoon salt

Stir in:

1/2 cup milk
1/3 cup butter or margarine
1-1/2 teaspoon vanilla extract

Pour in 8 to 9-inch square pan or baking dish

Mix together and sprinkle over batter:

1/2 cup light brown sugar
1/2 cup sugar
4 Tablespoons cocoa

Don't stir in, but pour on top:

1/2 cup hot water

Bake for 35-40 minutes. Let stand for 15 minutes. Surface of cake will be broken and running with pudding texture. Garnish with whipped cream. Half the cocoa may be used for less fudge taste.

O'Connie Cookies

4 cups oatmeal
1/2 cup white syrup
1 cup brown sugar
teaspoon vanilla
1/2 cup butter

Press all this in a 10x16-inch cookie sheet. Bake for 15 minutes at 350 degrees.

In microwave, melt 12 ounces chocolate chips and 1/2 cup peanut together. Stir and spread on bars. Refrigerate for at least 60 minutes prior to cutting. For O'Connie Bars substitute butterscotch chips for chocolate chips.

Puppy Chow

9 cups corn, rice or wheat Chex-type cereal
1 cup (12 ounces) semi-sweet chocolate chips
1/2 cup peanut butter
1/4 cup butter or margarine
1 teaspoon vanilla extract
1 1/2 cups powdered sugar

Put cereal in a large bowl and set aside. Microwave chocolate chips, peanut butter and margarine on high 1 to 1-1/2 minutes (or on stovetop over low heat until melted). Stir in vanilla extract. Pour chocolate mixture over cereal, stirring until all pieces are evenly coated. Pour coated cereal in large plastic freezer bag with powdered sugar. Seal securely and shake until all pieces are well coated. Spread on waxed paper to cool.

CHAPTER 9 - AFTERWORD



The works included in this cookbook are:

“Giant Panda” 1986, from Pandas, print number: GP11

“Little Birds” 1993 from Color Sumi-e, print number: CS11

“Sunset” 1985 from Trail of Tears, the Exodus, print number: TT14

“Sparrow” 1988 from Color Sumi-e, print number: CS12

“Goldfish” 1989 from Color Sumi-e, print number: CS-15

“Hugs, Mother and Child No. 2” 1987, from Pandas, print number: GP14

“Stallion and Mare” 1984, matched set from Sumi-e Classics, print numbers:
SC14 & SC15

“Desert Wind” 1985 from Trail of Tears, the Desert Sojourn, print number: DS11

“Torii Gate” 1990 from Color Sumi-e, print number: CS16

“Roses” 1988 from Color Sumi-e, print number: CS13

Shareware Plea

The shareware fee if you decide to keep this book is \$6.00. For an additional \$4.00 handling charge (\$10.00 total), I will mail a disk with the cookbook in one of the formats below. The word processing versions (MacWrite, MS Word, WordPerfect, etc) allow you to open the document to add your own recipes or delete some of mine, set page breaks for your specific printer, change fonts and sizes. This offer is only available to registered users.

The Electronic Eatery is available on disk in the following formats:

Macintosh

- M01 Mac/Power Mac as a stand-alone application (eWorld version)
- M02 MacWrite Pro/MacWrite II
- M03 MS Word 5.0
- M04 Mac Plus Version (without graphics) stand-alone application
- M05 Mac Plus Version (without graphics) as a MacWrite Pro text file

Windows 3.x

- W01 PDF as a stand-alone application
- W02 MS Word 6.0
- W03 MS Word 5.0
- W04 WordPerfect 5.1
- W05 WordPerfect 5.1 (without graphics)

DOS*

- D01 .txt file (without graphics)
- D02 PDF* as a stand alone application

UNIX *

- U01 PDF as a stand-alone application

* Note: DOS and UNIX version in PDF require Adobe Acrobat Reader 1.0, available on most online services or distributed on request in compressed format on disk for shipping and handling costs.

Text versions without graphics (M05, W05 and D01) are less than 100k in size, compared to the 1,000k graphic and application versions. These text files do not contain the navigation buttons for moving between chapters and printing, although the text editor you open them in will allow you to print.

Send your check or Money Order payable to **Scott McCormick** at:

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Post Office Box 3034
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48334

Registration: \$6.00

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To order prints:

I have digitally remastered thirty of my oriental brush paintings (Sumi-e), and they are available in 8x11-inch color prints. Additionally, a second printing of the pen-and-ink "Trail of Tears, the Exodus" series will also be available by December, 1995. Prints are available in limited quantities for \$12.00 plus \$3.00 shipping and handling. Matted prints slightly higher. Email inquiries to: LastShadow@eWorld.com or contact:

Millennium Press
Attn: Publisher
Post Office Box 3034
Farmington Hills, Michigan
48334

(810) 553-2022

Five series of six prints (thirty total) are presently available. The series are:

Pandas (Color and Black)

GP11 Giant Panda
GP12 Sunday
GP13 First Bamboo, Mother and Child #1
GP14 Hugs, Mother and Child #2
GP15 Love, Mother and Child #3
GP16 Solitude

Sumi-e Classics (Black)

SC11	Bamboo
SC12	Reclining Nude
SC13	Sparrow over Cherry Blossoms
SC14	Stallion*
SC15	Mare*
SC16	Trout

* denotes matched set, digitally rendered in one image for this collection

Color Sumi-e

CS11	Little Birds
CS12	Sparrow
CS13	Roses
CS14	Cardinal
CS15	Goldfish
CS16	Torii Gate

Trail of Tears, the Exodus (Pen and Ink)

TT11 Outrider
TT12 Sentinel
TT13 Storm
TT14 Sunset
TT15 Snow Trek
TT16 Lone Rider

Trail of Tears, the Desert Sojourn (Color)

DS11	Desert Winds
DS12	Burial
DS13	Canyon Sunset
DS14	Long Walk
DS15	Christmas Child
DS16	White House Ruin

Support Services Acknowledgment:

I am deeply indebted to Mark and Karen Underwood of KAUi Software, Incorporated for their conversion, technical and World Wide Web services. Questions about KAUi should be addressed via eMail to "KAUi@eWorld.com" or via their Web site at www.kaui.com (IP 204.180.131.78)

You may also contact them at the following address:

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KAUi Software, Inc.
113 Stillwater Road
Stockbridge, GA 30281
(770) 389 4044 voice/fax

Hours of operation are 8:00 am to 5:00 pm (EST) Monday thru Friday

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