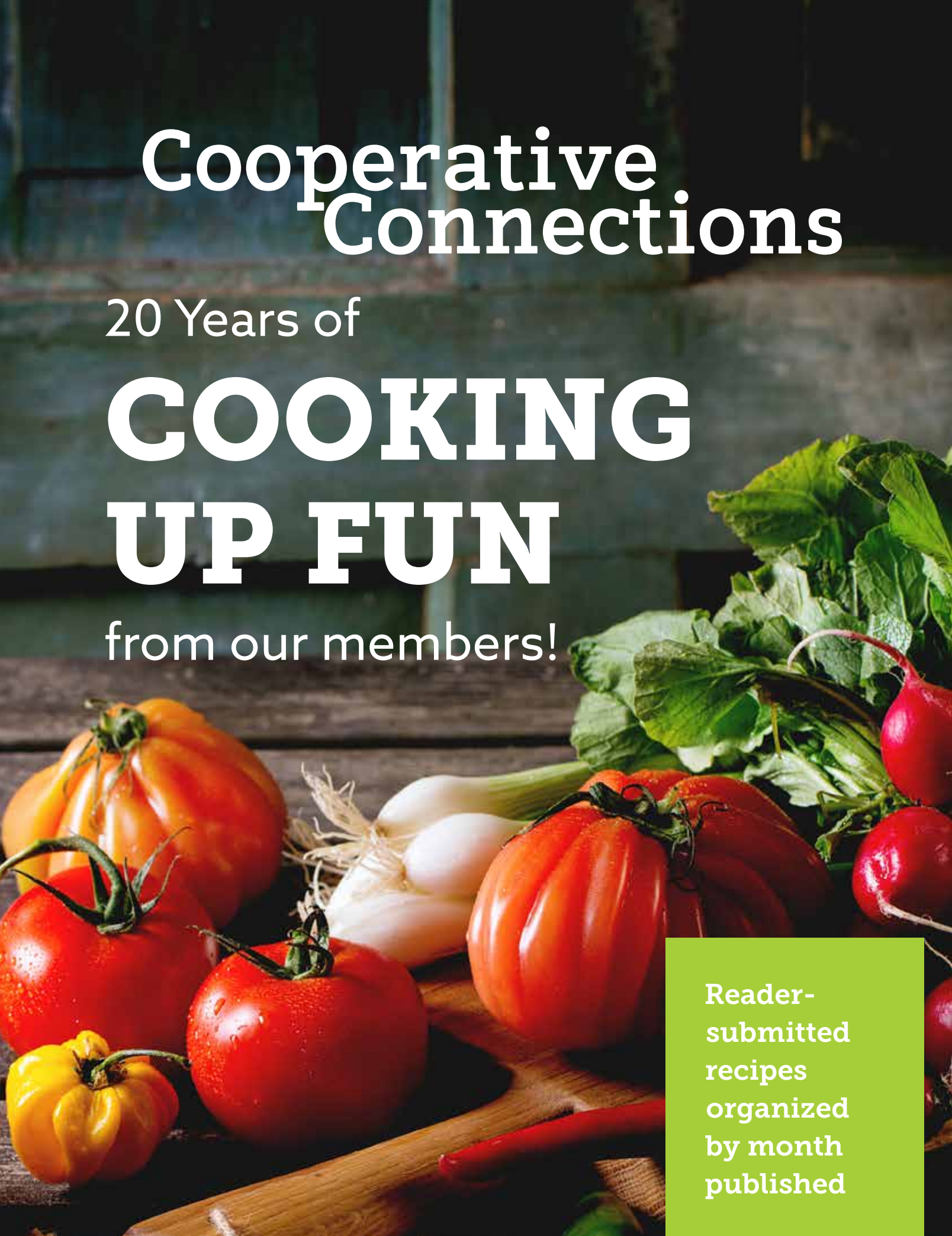


Cooperative Connections

20 Years of

COOKING UP FUN

from our members!

Reader-submitted recipes organized by month published

Member Involvement is the Secret Ingredient

Thank You!

The individual cook behind each recipe plays an important role in how ingredients meld together to make memorable bites.

A technique here, a pinch of something there, that intuition of knowing when to adjust some component to accommodate for the weather or quality of an ingredient are decades in the making.

We value our co-op members who have shared not only their favorite recipes through the years but also their insights into what makes the recipe work.

Electric cooperative members know that the recipes published in their local electric cooperative magazine are time-tested by their neighbors. The recipes will feature ingredients that are readily available in the region (there may be a few somewhat exotic components). For the most part, if you have a can of cream of something soup, a pound of ground beef, some flour, eggs and a little salt and pepper, you probably have the basis of many a recipe found here.

We raise our mixing spoons to the hundreds of co-op members who have sent in their recipes over the years.

And we applaud the work of Dawn Trapp who has reviewed the recipes, compiled them for print and made sure our South Dakota, Minnesota and Nebraska cooks shine for their neighbors.

We hope you enjoy this compilation of the first 20 years of recipes found in your local *Cooperative Connections* publication!

South Dakota Electric Cooperative Connections

Produced by the following electric cooperatives in South Dakota and western Minnesota:

Black Hills Electric, Custer, S.D.
Bon Homme Yankton Electric, Tabor, S.D.
Butte Electric, Newell, S.D.
Cam Wal Electric, Selby, S.D.
Central Electric, Mitchell, S.D.
Charles Mix Electric, Lake Andes, S.D.
Cherry-Todd Electric, Mission, S.D.
Clay-Union Electric, Vermillion, S.D.
Codington-Clark Electric, Watertown, S.D.
Dakota Energy, Huron, S.D.
Douglas Electric, Armour, S.D.
East River Electric, Madison, S.D.
FEM Electric, Ipswich, S.D.
Grand Electric, Bison, S.D.
H-D Electric, Clear Lake, S.D.
Kingsbury Electric, De Smet, S.D.
Lacreek Electric, Martin, S.D.
Lake Region Electric, Webster, S.D.
Lyon-Lincoln Electric, Tyler, Minn.
Moreau-Grand Electric, Timber Lake, S.D.
Northern Electric, Bath, S.D.
Oahe Electric, Blunt, S.D.
Renville-Sibley Co-op Power, Danube, Minn.
Rosebud Electric, Gregory, S.D.
Rushmore Electric, Rapid City, S.D.
Sioux Valley Energy, Colman, S.D.
Southeastern Electric, Marion, S.D.
Traverse Electric, Wheaton, Minn.
Union County Electric, Elk Point, S.D.
West Central Electric, Murdo, S.D.
West River Electric, Wall, S.D.
Whetstone Valley Electric, Milbank, S.D.
City of Elk Point, S.D.

SOUTH DAKOTA ELECTRIC COOPERATIVE CONNECTIONS is published monthly by South Dakota Rural Electric Association, 222 W. Pleasant Drive, Pierre, S.D. 57501. Correspondence to: Editor, South Dakota Electric Cooperative Connections, PO Box 1138, Pierre, SD 57501; telephone (605) 224-8823; fax (605) 224-4430; e-mail editor@sdrea.coop

Dawn Trapp, Communications Specialist and Recipe Editor
Brenda Kleinjan, Editor
Jocelyn Romey, Staff Communications Professional

PDFs of recipe pages compiled by Kristie Hauck, SDREA, and Nicole Einrem, Bon Homme-Yankton Electric.

COOPERATIVE CONNECTIONS

2000 Reader Recipes

January

February

March

April

May

Hearty and Hot Potatoes

1. Raised Potato Doughnuts
2. Potato Pizza Hotdish
3. Potato Casserole
4. Potato and Cabbage Hash

June

Behold the Power of Cheese

1. Pizza Casserole
2. Corn Casserole
3. Breakfast Souffle
4. Runza Casserole

July

Summer Treats

1. Strawberry Fluff
2. Raspberry Angel Torte 2. Pumpkin Dessert
3. Three-Berry Yogurt Pudding Swirl

August

Jam Recipes

1. Zucchini-Pineapple Jam
2. Strawberry Freezer Jam
3. Rhubarb Jam

September

After School Snacks

1. Hairy Bananas
2. Baked Banana Float Boats
3. Peanut Butter Banana Roll-ups
4. Create-Your-Own Pizza

October

Popcorn & Pork Chop Recipes

1. Popcorn Salad
2. Corny Pork Chops
3. Porky Pizza Casserole
4. Apple Stuffed Pork Chops

November

Pumpkin Eater

1. Pumpkin Bundt Cake
2. Pumpkin Dessert
3. Pumpkin Roll
4. Double Layer Pumpkin Pie
5. Pumpkin Cookies with Caramel Frosting
6. Spiced Pumpkin Bread

December

Holiday Favorites

1. Cream Cheese Pecan Pie
2. Goodie Bars
3. Soft Sugar Cookies
4. Fall Drops
5. Cranberry Ginger Slices

Safety Poster



Don't Stick A Fork In A Toaster
Kelli May Wilson, 8 years old

Kelli's parents, Kenny & Janet Wilson, Elm Springs, S.D. are members of West River Electric Association.

Kids, send your drawing with an electrical safety tip to your local electric cooperative. All entries should contain your name, age, mailing address and the names of your parents. A light bulb candy jar will be sent to each child whose drawing is published.

An Energy Tip For All of Us

One of the most important things you can do to save energy won't save you any money on your power bill, but it could save energy and money for all of us, today and in the future. It's recycling. You may think of recycling as something we do to keep our landfills from filling up, but recycling is also an important energy saver. It takes 60 percent less energy to recycle paper than it does to make paper from new timber. Making an aluminum can from recycled metal takes an amazing 95 percent less energy than making new aluminum from scratch. And the energy saved by recycling a glass jar will keep a light bulb burning for four hours.

Source: *Environmental Systems of America Inc. (www.envirosystemsinc.com)*



Potatoes

RAISED POTATO DOUGHNUTS

1 pkg. yeast
1/4 cup warm water
1 cup scalded milk
1/4 cup shortening
1/4 cup sugar
1/4 tsp. salt
2 eggs, beaten
3/4 cup mashed potatoes
5 to 6 cups flour
Vegetable oil for frying

Dissolve yeast in warm water. Combine cooled milk, shortening, sugar and salt. Stir in eggs, potatoes and yeast. Gradually add flour to make a soft dough. Turn out onto a floured surface; knead until smooth. Let rise until double in bulk. Roll out to 1/2-inch thickness. Cut with a 3-inch doughnut cutter. Let rise 30 minutes. Drop doughnuts, a few at a time, into hot oil and fry until golden. Drain well on paper towels. Drizzle with powdered sugar icing or coat with sugar.

Peggy Fast, Onida **Cooperative Connections**

If you have a recipe or helpful hint, we would like to share it with our readers. Send your recipe or helpful hint to your local electric cooperative. All entries must contain your name, mailing address and phone number.

SAFETY TIPS

There are 10 electrical hazards that are more commonly overlooked – and potentially more dangerous – than almost any others, says the National Safety Council. They are:

1. If your **home's electrical panel** has not been inspected for more than 10 years, it's time to get it checked out.
2. Unplug **heat-producing appliances** like irons and toasters when you're not using them.
3. Burning a **100-watt bulb** in a lamp designed for a 60-watt bulb is a fire hazard.
4. **Extension cords** are meant for short-term, not permanent use.

Potato Pizza Hotdish

1 lb. hamburger, browned and drained
1 can Cheddar cheese soup
1/4 cup milk
4 cups sliced, raw potatoes
1 can tomato soup
1/4 cup chopped onion
1/2 tsp. oregano
1/2 tsp. sugar
1/4 tsp. salt
1 (8 oz.) pkg. shredded mozzarella cheese

Combine first 4 ingredients. Pour into a 9x13-inch pan. Cover with foil. Bake at 375°F. for 1 hour. Combine tomato soup, onion and spices, stirring well. Spread over top of hamburger/potato mixture. Top with mozzarella cheese and return to oven until cheese melts.

Bettie Christensen, Bryant **Cooperative Connections**

Potato Casserole

1 (16 oz.) pkg. frozen O'Brien or hash brown potatoes, thawed
1 (8 oz.) pkg. shredded Cheddar cheese
1 can cream of chicken soup
1 cup salad dressing
1/2 onion, chopped
1/8 tsp. pepper
2 cups crushed corn flakes
2 T. butter, melted

Combine first 6 ingredients. Pour into a 9x13-inch pan. Mix together corn flakes and butter. Sprinkle over potato mixture. Bake at 350°F. for 45 to 55 minutes or until heated through.

Larica Hofhenke, Iroquois **Cooperative Connections**

Potato and Cabbage Hash

1/2 cup chopped onion
2 cups chopped cabbage
3/4 cup shredded carrot
1 T. margarine
3/4 lb. chopped, cooked ham
2 cups chopped, cooked potatoes
1 tsp. Worcestershire sauce
Pepper to taste

In a 10-inch skillet, saute onion, cabbage and carrots in margarine until tender. Stir in remaining ingredients. Spread evenly in skillet. Cook over medium heat for 5 minutes, stirring with spatula.

Ilona Jordison, Humboldt **Cooperative Connections**

5. Use **surge protectors** to guard all of your electronic equipment, including stereos and computers.
6. Test your **ground-fault circuit** interrupters (GFCI) every month. Here's how: Plug a night light into the socket and turn it on. Depress the "test" button. If the light turns off, the outlet works.
7. Keep **appliances** away from water.
8. Screw **light bulbs** in tightly. Loose bulbs can overheat and burn shades and nearby drapes or furniture.
9. **Never yank a cord** out of a wall socket. Grip it in the area closest to the prongs.
10. Never use pennies to **fix blown fuses.** Using pennies to fix blown fuses can cause the electrical panel to overheat and catch on fire.

Flashbake Oven Uses Lightwave Technology

The easy-bake oven of your childhood has grown up. Lightwave technology has been harnessed to create a new breed of ovens that cook food in a fraction of the time of a conventional oven. Though the size and shape of the Flashbake 120 oven resembles a microwave, the

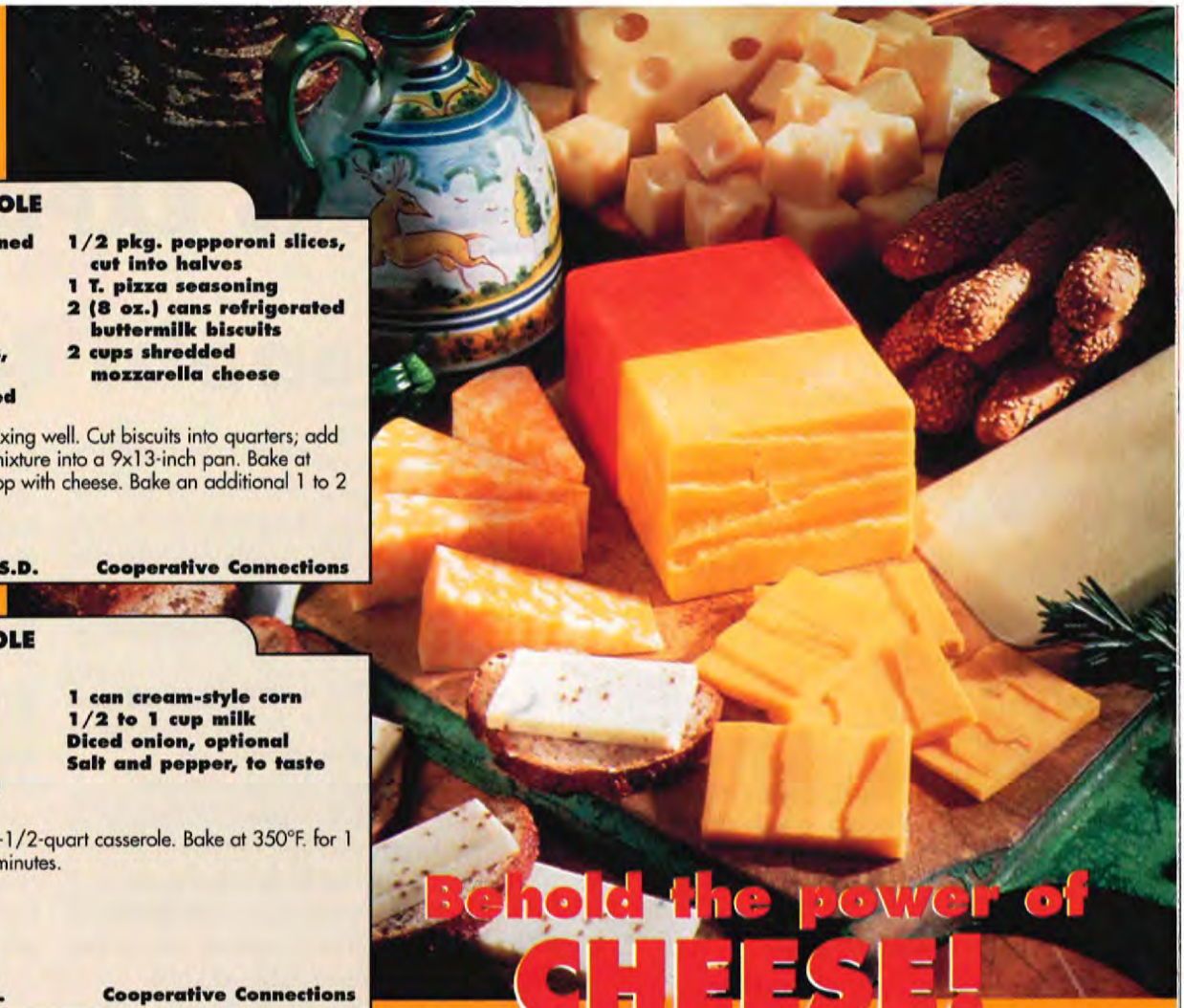


The new Flashbake oven roasts, grills, bakes, broils, browns and sautes using a fraction of the energy of a conventional oven.

Flashbake uses halogen light controlled by a microprocessor to cook food with the moisture, texture and quality one expects from a conventional oven – in half the time. The oven uses a standard 120-volt outlet and uses about 25 percent of the energy of a standard oven. It's easy to use and incredibly versatile – it roasts, grills, bakes, broils, browns and sautes.

The Flashbake oven is available as a countertop or a built-in wall unit. The countertop model sells for about $1,750 and the built-in model sells for $1,895. The oven is available in a sleek stainless steel or painted steel in white or black. For more information, visit www.flashbake.com or call 1-888-THE-OVEN.

General Electric also offers a similar product in its GE Advantium. Visit http://geadvantium.com for more on the GE Advantium.



PIZZA CASSEROLE

1 lb. ground beef, browned drained and cooled
1 jar pizza sauce
1 (4 oz.) can mushroom pieces, drained
1 can sliced black olives, drained
1 medium onion, chopped
1/2 pkg. pepperoni slices, cut into halves
1 T. pizza seasoning
2 (8 oz.) cans refrigerated buttermilk biscuits
2 cups shredded mozzarella cheese

Combine first 7 ingredients, mixing well. Cut biscuits into quarters; add to ground beef mixture. Pour mixture into a 9x13-inch pan. Bake at 375°F. for 25 to 30 minutes. Top with cheese. Bake an additional 1 to 2 minutes or until cheese melts.

Gerri Dahlin, Beresford, S.D. **Cooperative Connections**

CORN CASSEROLE

1 cup broken spaghetti, uncooked
1 cup cubed processed cheese
1 can whole-kernel corn
1 can cream-style corn
1/2 to 1 cup milk
Diced onion, optional
Salt and pepper, to taste

Combine all ingredients in a 1-1/2-quart casserole. Bake at 350°F. for 1 hour, stirring after the first 30 minutes.

Dee Battest, Doland, S.D. **Cooperative Connections**

BREAKFAST SOUFFLE

8 slices white bread
1 lb. sausage, browned and drained
8 oz. shredded Cheddar cheese
8 oz. shredded mozzarella cheese
7 eggs
1/2 tsp. salt
1/2 tsp. dry mustard
3-1/2 cups milk

Remove crusts from bread. Cut each slice into 9 squares. Cover bottom of a greased 9x13-inch pan with bread squares. Spread sausage over bread. Cover with cheeses. Beat together eggs, salt and mustard. Add milk. Pour egg/milk mixture over all. Cover with aluminum foil; refrigerate overnight. Bake covered at 325°F. for 1 hour. Uncover during last 5 minutes to brown top.

Maxine Meyers, Gregory, S.D. **Cooperative Connections**

RUNZA CASSEROLE

1-1/2 lbs. ground beef
1 medium head cabbage, chopped
1 onion, chopped
2 (8 oz.) cans refrigerated crescent rolls
1 can cream of mushroom soup
1 cup shredded Cheddar cheese
Salt and pepper, to taste

Brown ground beef; drain. Add cabbage, onion, salt and pepper. Cook until cabbage and onions are tender; set aside. Cover the bottom of a 9x13-inch pan with 1 can of crescent rolls. Place meat mixture over rolls. Spread mushroom soup over meat mixture and sprinkle with cheese. Place second can of crescent rolls over top. Bake at 350°F. for 30 minutes. Note: You may need to add a little water to the soup to make it easier to spread.

Marie Reagle, Valentine, Neb. **Cooperative Connections**

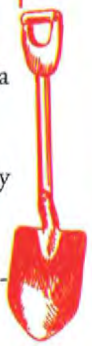
Call Before You Dig!

Whether you're getting ready to plant a tree, putting in a fence post or undertaking a large excavation project, your first step should be to call to locate any underground utilities. Calls should be made at least 48 hours in advance, not counting Saturdays, Sundays and legal state holidays. When you call, your information is put into a computer and any utilities that may have lines or pipes underground are contacted to come mark their facilities. When you call, be prepared to answer these questions:

What type of work are you doing? Where is the work site located? How long will the work take? Will you be doing tunneling or boring? What is the expected depth of excavation? What are the township, range, section and quarter section coordinates of the job site?

South Dakota residents call South Dakota One Call at 1-800-781-7474. Minnesota residents call Gopher State One Call at 1-800-252-1166. Nebraska residents call Diggers Hotline of Nebraska at 1-800-331-5666.

To hit an underground utility facility could be extremely dangerous or fatal, and to repair a buried utility facility could be very costly. For more information about buried utility lines, contact your local electric cooperative.



STRAWBERRY FLUFF

1 cup chopped nuts
1/4 cup brown sugar
1 cup flour
1/2 cup butter
1 (10 oz.) pkg. frozen strawberries
2 egg whites
1 cup sugar
1 T. lemon juice
1 (8 oz.) container whipped topping

Combine first 4 ingredients; blend well. Press mixture into a 9x13-inch pan. Bake at 325°F. for 15 to 20 minutes. Do not over bake. Set aside to cool. Place thawed strawberries, egg whites, sugar and lemon juice in a large mixing bowl. Beat 15 to 20 minutes. Fold in whipped topping. Pour mixture over baked crust. Freeze 24 hours before serving.

Darlene Ireland, Tabor, S.D. **Cooperative Connections**

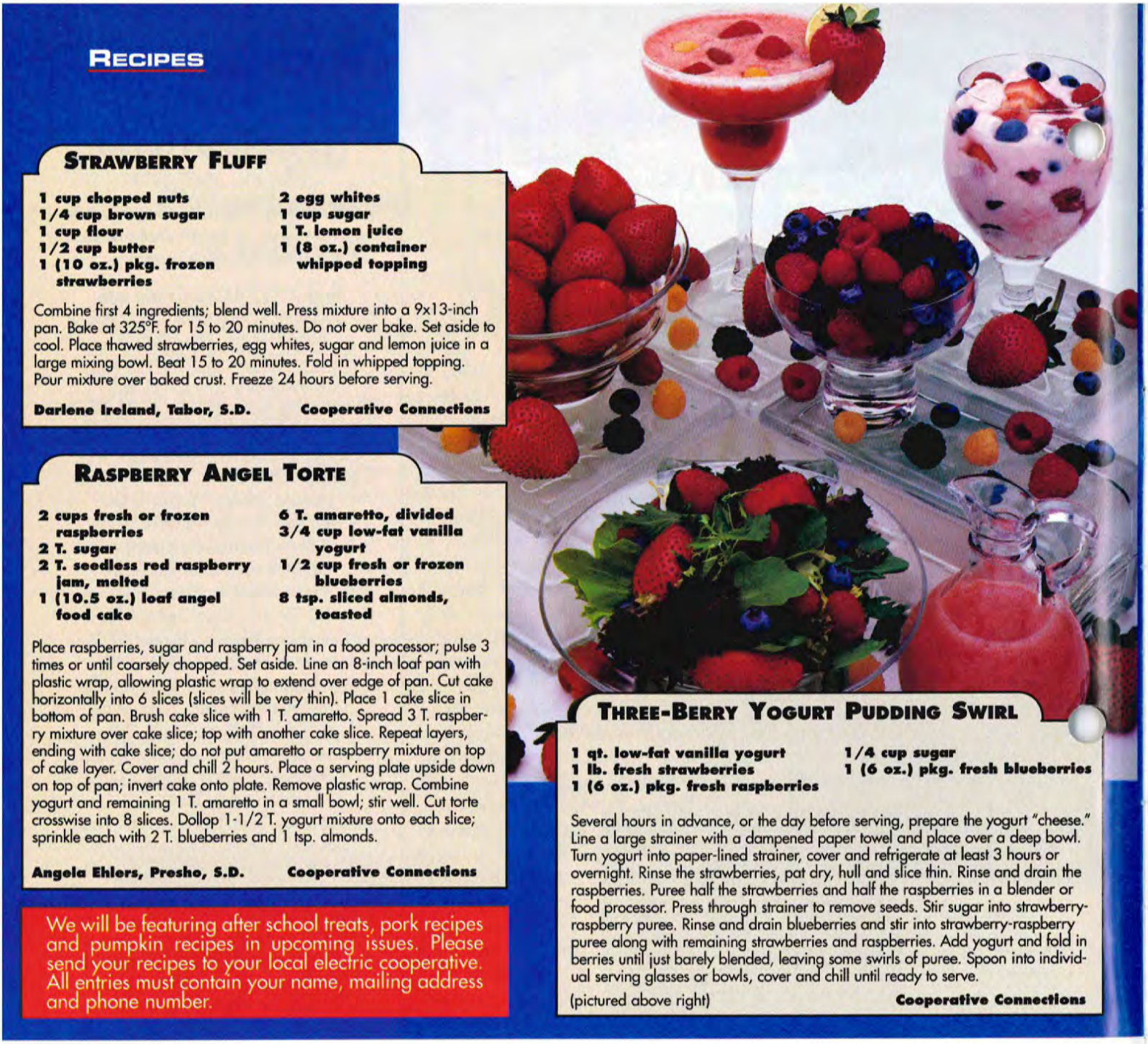
RASPBERRY ANGEL TORTE

2 cups fresh or frozen raspberries
2 T. sugar
2 T. seedless red raspberry jam, melted
1 (10.5 oz.) loaf angel food cake
6 T. amaretto, divided
3/4 cup low-fat vanilla yogurt
1/2 cup fresh or frozen blueberries
8 tsp. sliced almonds, toasted

Place raspberries, sugar and raspberry jam in a food processor; pulse 3 times or until coarsely chopped. Set aside. Line an 8-inch loaf pan with plastic wrap, allowing plastic wrap to extend over edge of pan. Cut cake horizontally into 6 slices (slices will be very thin). Place 1 cake slice in bottom of pan. Brush cake slice with 1 T. amaretto. Spread 3 T. raspberry mixture over cake slice; top with another cake slice. Repeat layers, ending with cake slice; do not put amaretto or raspberry mixture on top of cake layer. Cover and chill 2 hours. Place a serving plate upside down on top of pan; invert cake onto plate. Remove plastic wrap. Combine yogurt and remaining 1 T. amaretto in a small bowl; stir well. Cut torte crosswise into 8 slices. Dollop 1-1/2 T. yogurt mixture onto each slice; sprinkle each with 2 T. blueberries and 1 tsp. almonds.

Angela Ehlers, Presho, S.D. **Cooperative Connections**

We will be featuring after school treats, pork recipes and pumpkin recipes in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.



THREE-BERRY YOGURT PUDDING SWIRL

1 qt. low-fat vanilla yogurt
1 lb. fresh strawberries
1 (6 oz.) pkg. fresh raspberries
1/4 cup sugar
1 (6 oz.) pkg. fresh blueberries

Several hours in advance, or the day before serving, prepare the yogurt "cheese." Line a large strainer with a dampened paper towel and place over a deep bowl. Turn yogurt into paper-lined strainer, cover and refrigerate at least 3 hours or overnight. Rinse the strawberries, pat dry, hull and slice thin. Rinse and drain the raspberries. Puree half the strawberries and half the raspberries in a blender or food processor. Press through strainer to remove seeds. Stir sugar into strawberry-raspberry puree. Rinse and drain blueberries and stir into strawberry-raspberry puree along with remaining strawberries and raspberries. Add yogurt and fold in berries until just barely blended, leaving some swirls of puree. Spoon into individual serving glasses or bowls, cover and chill until ready to serve.

(pictured above right) **Cooperative Connections**

BRIGHT IDEAS!

If you wear clip earrings that sometimes hurt your ears, simply buy self-adhesive nose pads for glasses, cut them in half and apply half on each side of earrings.
Frances Poste
Wall, S.D.

To keep dishrags fresh, soak the rags in a half vinegar/half water solution. Keep this solution near the sink in a bowl or wide-mouth container so you can soak the dishrag periodically throughout the day or overnight.
Jane Fischer
Aberdeen, S.D.

If you have an injury, an easy way to secure an ice pack or a warm compress to an arm, hand, foot or leg is to use a sock. Cut off the foot portion of the sock and then slip the tube portion over both the lim and pack or compress.
Patricia Harwood
Union Center, S.D.

Recipes



Zucchini-Pineapple Jam

12 cups ground zucchini, peeled and drained
8 cups sugar
1 cup lemon juice
2 cups crushed pineapple, undrained
4 (3 oz.) pkgs. apricot gelatin

Boil zucchini for 20 to 25 minutes, stirring often. Add sugar, lemon juice and pineapple. Boil an additional 20 to 25 minutes. Add gelatin, stirring to dissolve. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

Sophia Hoff, Tripp **Cooperative Connections**

Strawberry Freezer Jam

1 qt. strawberries, cleaned and hulled
2-1/2 cups sugar
3/4 cup water
1 pkg. powdered pectin

Crush strawberries. Add sugar, stirring well. Let set 10 minutes. In a 2-quart saucepan, mix together water and pectin. Boil 1 minute, stirring constantly. Stir in fruit mixture, mixing for 3 minutes. Ladle jam into can-or-freeze jars, leaving 1/4-inch headspace. Adjust two-piece caps. Let stand at room temperature until set, up to 24 hours. Label and freeze.

Judy Harms, Tea **Cooperative Connections**

Rhubarb Jam

6 cups rhubarb
1 cup crushed pineapple, undrained
4 cups sugar
2 (3 oz.) pkgs. strawberry gelatin

Combine all ingredients in a saucepan. Boil hard for 5 to 6 minutes. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling-water canner. May also be labeled and stored in freezer.

Marilyn Matson, Ramona **Cooperative Connections**

We will be featuring after school treats, pork recipes and pumpkin recipes in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.

Kids' Corner

Safety Poster

"Never let children play near outlets"

Samantha Ravnaas, 7 years old

Samantha's parents are Maurice and Lori Ravnaas, Harrold, S.D. They are members of Oahe Electric Cooperative, Blunt, S.D.



Kids, send your drawing with an electrical safety tip to your local electric cooperative. All entries should contain your name, age, mailing address and the names of your parents.

AFTER SCHOOL SNACKS



Hairy Bananas

1/4 cup crushed vanilla wafer cookies
1/4 cup crushed dry cereal
3 bananas
3 T. miniature chocolate chips
6 tsp. peanut butter

Mix cookies, cereal and chocolate chips on a plate. Spread each banana with 2 tsp. peanut butter. Roll banana in chocolate mixture and press on ingredients. Wrap in plastic wrap.

(pictured top right) **Cooperative Connections**

Peanut Butter Banana Roll-up

1 (8-inch) flour tortilla
1 T. peanut butter
1 T. jelly
2 T. seedless raisins
1 banana

Spread tortilla on one side with peanut butter; spread on jelly. Sprinkle raisins over jelly. Place banana at one end of tortilla. Roll tortilla up with banana inside until closed. Wrap in plastic wrap.

(pictured bottom right) **Cooperative Connections**

Baked Banana Float Boats

4 tsp. shredded coconut, optional
1 banana, unpeeled
12 to 16 seedless grapes
4 tsp. chocolate chips
24 miniature marshmallows

With the help of an adult, cut unpeeled banana in half lengthwise. Place bananas, cut side up, on a pie plate or cake pan. Sprinkle cut side of each half with coconut. Place 6 to 8 grapes on each half, then top with 2 tsp. chocolate chips and 12 marshmallows. Bake at 350°F. for 7 to 10 minutes or until marshmallows brown.

Cooperative Connections

Create-Your-Own Pizza

Pizza sauce
1 English muffin, halved
Shredded cheese
Pizza toppings of choice

Spread pizza sauce on English muffin. Top with pizza toppings of choice. Sprinkle with cheese. Place under broiler. Broil until cheese melts.

Catherine Jungwirth, Ashton **Cooperative Connections**

We will be featuring pork recipes and pumpkin recipes in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.

Bright Ideas!

If you can't find your garden gloves and need to work with prickly plants, use your oven mitts for pruning or removing dead leaves.
Cecelia Oakland
Harrison, S.D.

If you have a bad scuff mark on your white tennis shoes that polish will not cover, use white liquid correction fluid to hide the scuff.
June Herke
Watertown, S.D.

Place a small, dry sponge in the vegetable crisper of your refrigerator to absorb moisture and keep vegetables fresher.
Noelene Thurow
Madison, S.D.



Popcorn Salad

1 cup mayonnaise
1/2 cup chopped onion
3/4 cup diced celery
3/4 cup crisp and crumbled bacon pieces
6 cups popped corn (1 bag microwave)
1/2 cup water chestnuts
1 cup shredded Cheddar cheese

Mix together first 5 ingredients. Just before serving, combine with popped corn and cheese.

Jan Clites, White — **Cooperative Connections**

Corny Pork Chops

4 to 6 pork chops
1 T. mustard
1 (15 oz.) can cream-style corn
1 (15 oz.) can regular corn
2 T. finely chopped onion
2/3 cup soft bread crumbs
1 T. finely chopped green pepper
Salt and pepper to taste
1/2 cup to 1 cup water

Spread chops lightly with mustard; brown well. Combine corn, bread crumbs, onion, green pepper, salt and pepper. Arrange chops in single layer in baking dish. Add water to skillet; heat to boil. Pour around chops. Top with corn mixture. Bake covered at 350°F. for 15 minutes. Uncover and bake an additional 45 minutes.

Diane Neth, Menno — **Cooperative Connections**

Porky Pizza Casserole

10 to 12 oz. ground pork (not sausage)
1/4 cup chopped onion
2 cups egg noodles, uncooked
1-1/2 cups tomato sauce
1 tsp. salt
1 T. parsley flakes
1/2 tsp. ground oregano
1/4 tsp. garlic powder
1 cup water
1 cup shredded mozzarella cheese
1 cup shredded Cheddar cheese

Brown ground pork with chopped onion; drain. Place the noodles in a 9x9-inch baking dish. Top with pork. Combine remaining ingredients, except cheeses, and pour over top. Bake at 350°F. for 35 minutes. Remove from oven and top with cheeses. Return to oven and bake an additional 10 minutes.

Diane Neth, Menno — **Cooperative Connections**

We will be featuring pumpkin recipes in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.

Apple Stuffed Pork Chops

4 pork loin chops, about 1/2-inches thick
2-1/2 tsp. onion and herb seasoning blend
2 tsp. margarine
1-1/2 cups peeled and thinly sliced apples
3/4 cup chopped green onions
2 tsp. Balsamic vinegar
1 T. olive oil
2 tsp. Dijon mustard
1/4 cup dry bread crumbs

Cut a pocket in each chop. Sprinkle 1/4 tsp. of onion and herb seasoning blend in each chop. Set aside. In a skillet, melt margarine; add apple slices and green onions. Cook over medium heat until apples just start to cook and soften. Add the Balsamic vinegar and stir to coat. Portion into each chop and fasten meat with toothpicks. In a separate bowl, mix together the olive oil and mustard. Spread on the outside of the chops. Mix bread crumbs with 1-1/2 tsp. onion and herb seasoning and coat the chops with the mixture. Place in a shallow pan prayed with nonstick cooking spray. Bake uncovered at 425°F. for 15 minutes. Lower heat to 325°F. and bake an additional 25 to 40 minutes, depending on chop thickness, or until chops are brown and crispy.

(pictured above) — **Cooperative Connections**

BRIGHT IDEAS

Put a small amount of oil in a skillet. Dredge side meat or bacon in flour, to which salt and pepper have been added. The meat will Lay flat, not curl up and fry to a nice golden brown.
Ines Sharp
Millboro, S.D.

If you find yourself in need of an extra cutting board, use a 5-quart ice cream pail lid. When finished, just throw it away.
Zola Ashley
Pukwana, S.D.

When going on a trip, pack one suitcase for the first half of the trip and a second suitcase for the remainder of the trip. This saves from having to carry so much luggage in and out of motels.
Catherine Jungwirth
Ashton, S.D.

To prevent cats from entering your flowerbeds, cut up orange or grapefruit peelings and place the peelings in your flowerbeds. Cats do not like the smell of citrus and will stay out of them.
Eunice Bruckner
Colome, S.D.

Pumpkin Eater!

Pumpkin Bundt Cake

- 4 eggs
- 2 cups sugar
- 1 cup cooking oil
- 1/2 tsp. salt
- 2-1/2 tsp. cinnamon, divided
- 2 tsp. baking soda
- 2 cups flour
- 1 (15 oz.) can pumpkin
- 1/2 cup brown sugar
- 1/2 tsp. nutmeg
- 1/2 cup chopped nuts

Beat eggs. Add sugar and oil. Sift together salt, 2 tsp. cinnamon, soda and flour; add to egg mixture. Blend in pumpkin; mix well. Pour half of mixture into a greased and floured bundt pan. For filling, combine remaining ingredients. Sprinkle over batter in bundt pan. Top with remaining batter. Bake at 350°F. for one hour. Let cool before removing from pan.

Milda Mulford, Bonesteel, S.D. **Cooperative Connections**

Double Layer Pumpkin Pie

- 1 (3 oz.) pkg. cream cheese, softened
- 1 cup + 1 T. half and half
- 1 T. sugar
- 1-1/2 cups whipped topping
- 1 (16 oz.) can pumpkin
- 2 (3.4 oz.) pkgs. instant vanilla pudding
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. cloves
- 1 graham cracker pie crust

Mix together cream cheese, 1 T. half and half and sugar until smooth. Gently stir in whipped topping. Spread in bottom of graham cracker crust. Pour 1 cup half and half into a bowl. Add pudding; beat with wire whisk until blended. Let set 3 minutes. Stir in pumpkin and spices; spread over cream cheese layer. Refrigerate. Garnish with whipped topping and chopped nuts, if desired.

Jeanette Hoven, Tolstoy, S.D. **Cooperative Connections**

Pumpkin Dessert

- 1 cup flour
- 1/2 cup oatmeal
- 1 cup brown sugar, divided
- 1/2 cup + 2 T. margarine
- 1 can pumpkin
- 1 can evaporated milk
- 2 eggs
- 3/4 cup sugar
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. cloves
- 1/2 cup chopped walnuts

Mix together flour, oatmeal, 1/2 cup brown sugar and 1/2 cup margarine until crumbly. Press into a 9x13-inch pan. Bake at 350° F. for 15 minutes. Combine pumpkin, evaporated milk, eggs, sugar, salt, cinnamon, ginger and cloves. Pour over baked crust. Bake at 350°F. for 45 minutes. Combine walnuts and remaining brown sugar and margarine. Sprinkle over pumpkin. Bake an additional 15-20 minutes.

Rowena Wipf, Doland, S.D. **Cooperative Connections**

Pumpkin Cookies with Caramel Frosting

- 1 cup + 3 T. margarine, divided
- 1 cup sugar
- 1-3/4 tsp. vanilla, divided
- 1 cup canned pumpkin
- 2 eggs
- Pinch of salt
- 2 cups flour
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 cup chopped walnuts
- 1 cup raisins
- 4 T. milk
- 1/2 cup brown sugar
- 1 cup powdered sugar

Cream together 1 cup margarine, sugar, 1 tsp. vanilla, pumpkin, eggs and salt. Sift flour, cinnamon, baking sodea and baking powder; add to creamed mixture. Stir in walnuts and raisins, mixing well. Bake at 350°F. for 15 to 20 minutes on an ungreased cookie sheet. Frost with caramel frosting. For frosting, combine remaining margarine, milk and brown sugar in a saucepan. Boil 2 minutes, stirring constantly; cool. Stir in powdered sugar and remaining vanilla; beat until smooth and creamy.

Suzi Brueggeman, Miller, S.D. **Cooperative Connections**

Pumpkin Roll

- 3 eggs
- 1 cup sugar
- 1 tsp. lemon juice
- 2/3 cup pumpkin
- 3/4 cup flour
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ginger
- 1/2 tsp. nutmeg
- 1 cup chopped pecans
- 1 (8 oz.) pkg. cream cheese, softened
- 1/2 tsp. vanilla
- 1 cup powdered sugar
- 4 T. margarine

Beat eggs for 5 minutes with an electric mixer on high speed. Gradually add sugar, lemon juice and pumpkin; mix well. Add remaining ingredients, except pecans. Grease a jelly roll pan. Place waxed paper in jelly roll pan, making sure waxed paper is extended beyond both ends of the pan. Pour batter into waxed paper-lined pan. Sprinkle pecans over batter. Bake at 375°F. for 15 minutes. When finished baking, remove from waxed paper immediately and turn out onto a towel which has been sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. When cool, unroll cake and spread with filling. For filling, combine remaining ingredients and beat until smooth and creamy. Spread on unrolled pumpkin cake. Reroll and refrigerate. Slice to serve.

Maxine Roberson, Rapid City, S.D. **Cooperative Connections**

Spiced Pumpkin Bread

- 3/4 cup butter, softened
- 2 cups sugar
- 4 eggs
- 2 cups cooked or canned pumpkin
- 2/3 cup orange juice
- 2 T. molasses
- 1-1/2 tsp. vanilla extract
- 1 tsp. baking powder
- 3-1/3 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 3/4 to 1 tsp. ground cloves
- 1 cup raisins
- 1 cup chopped pecans

In a mixing bowl, cream together butter and sugar. Add eggs, one at a time, beating well after each addition. Add pumpkin, orange juice, molasses and vanilla. Combine dry ingredients. Add to creamed mixture and mix until well-blended. Stir in raisins and pecans. Pour into two greased and floured loaf pans. Bake at 350°F. for 65 to 75 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pans to wire rack.

Anna Marie Hunter, Pipestone, Minn. **Cooperative Connections**

Holiday Treats



Cream Cheese Pecan Pie

1 (8 oz.) pkg. cream cheese, softened
3/4 cup sugar, divided
4 eggs, divided
1 tsp. salt
2 tsp. vanilla, divided
1 unbaked 10-inch pie shell
1-1/4 cups chopped pecans
1 cup light corn syrup

Cream together cream cheese, 1/2 cup sugar, 1 beaten egg, salt and 1 tsp. vanilla. Spread over the bottom of the pie shell. Sprinkle pecans evenly over the cream cheese layer. Combine corn syrup and remaining eggs, sugar and vanilla; beat until smooth. Pour over pecan layer. Bake at 375°F. for 35 to 45 minutes or until golden brown. Cool on wire rack.

Doris Wilson, Reville, S.D. **Cooperative Connections**

Goodie Bars

1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1/2 cup butter
3/4 cup peanut butter
1/2 cup salted peanuts
1/2 pkg. miniature marshmallows

Melt the first 4 ingredients in a saucepan over low heat or in the microwave, using a microwave-safe dish. Add peanuts and marshmallows. Pour into a greased 10x12-inch pan.

Karen Van Beek, Holland, Minn. **Cooperative Connections**

Soft Sugar Cookies

1 cup butter
2 cups sugar
3 eggs
1 cup buttermilk
1 tsp. vanilla
4 cups flour
1-1/2 tsp. baking powder
1-1/2 tsp. baking soda
1/4 tsp. salt

Combine all ingredients in a mixing bowl. Drop by teaspoonfuls onto a greased and floured cookie sheet. Bake at 350°F. for 8 to 10 minutes. Sprinkle with sugar while still hot or frost when cool.

Gail Walton, Beresford, S.D. **Cooperative Connections**

Fall Drops

1 cup half and half
1/2 cup caramels
2 cups brown sugar
1/2 cup butter
1 cup peanut butter
5 cups oatmeal
1 tsp. vanilla

Combine first 5 ingredients in a heavy saucepan; bring to a boil, stirring constantly. Boil at a full boil for 3 minutes; remove from stove. Stir in oatmeal and vanilla. Drop by teaspoonful onto waxed paper. Cool for 1 hour.

Linda Rasmussen, Vermillion, S.D. Cooperative Connections

Cranberry Ginger Slices

1 cup butter, softened
1/2 cup sugar
1 tsp. vanilla
1 large egg yolk
2-1/4 cups all-purpose flour
1/2 tsp salt
1/2 cup dried cranberries, coarsely chopped
6 T. finely chopped crystallized ginger (available in spice section)

Cream butter with sugar, vanilla, egg yolk and salt until smooth with an electric mixer. Gradually beat in flour. Beat in cranberries and ginger. Divide dough in half. Shape each half into a brick approximately 6x3x1 inches. Wrap in plastic wrap. Refrigerate 3 hours or up to 2 days. Cut brick crosswise into 1/4-inch thick slices. Place 1-inch apart on parchment paper-lined or ungreased cookie sheets. Bake at 350°F. for 12 to 15 minutes or until lightly browned around the edges. Cool.

Pictured top right **Cooperative Connections**

COOPERATIVE CONNECTIONS

2001 Reader Recipes

January

Appetizers

1. Cheese Ranch Dip
2. Big Bites
3. Queso Fundido
4. Pate Abeseille

February

Heavenly Hamburger

1. Cheeseburger Soup
2. Shepherd's Pie
3. Taco Hamburger Dip
4. Crazy Crust Pizza
5. Hamburger Mac Casserole
6. Crescent Pinwheel Hamburger Skillet Pie

March

Super Soups

1. Chili Soup
2. Bacon Potato Chowder
3. Cream of Broccoli Soup
4. Crockpot Potato Soup
5. Bean Soup

April

Going Bananas

1. Banana Muffins
2. Banana Cake
3. Tropical Pork Chops
4. Quick Berry Smoothie
5. Waichilci Banana Bars **(Correction in this recipe: requires 1-1/2 cups flour)**

May

Chocolate

1. Reese Bars
2. Honey-kissed Chocolate Drop Cookies
3. Chocolate Éclair Cake
4. German Chocolate Cake Deluxe

June

Fish

1. Scallop Casserole
2. Salmon Loaf with Lemon Wedges
3. Filet De Sole Bonne Femme
4. Steamed Alaska Salmon Dinner with Walnut Vinaigrette
5. Salmon and Rice Supper

July

Grilled to Perfection

1. Tangy Barbecue Drumettes
2. Can-Can Chicken
3. Best Barbecued Burgers
4. Grilled Corn on the Cob

August

Jammin'

1. Rhubarb-Cherry Jam
2. Zucchini Jam
3. Peach-Papaya Preserves
4. Green Tomato-Raspberry Jam
5. Pear Marmalade

September

Snacks

1. Tropical Cooler
2. Fruity Burrito
3. School Fuel
4. Purple Cow
5. Honey Balls
6. Peanut Butter Brownies **(Correction on this recipe: requires only 3 eggs instead of 6)**

October

Pumpkins

1. Pumpkin Bread with Topping
2. Pumpkin Pie Dessert
3. Easy Pumpkin Cheesecake
4. Frosty Pumpkin Ice Cream
5. Pumpkin Pickles

November

Peanut Butter

1. Peanut Butter Fudge
2. Peanut Butter Pie
3. Peanut Butter Muffins
4. Peanut Butter Frosting
5. Sister Nancy's Peanut Butter-Chocolate Chip Cookies

December

Gifts From the Kitchen

1. Fruited Curry Rice Mix
2. Savory Dried Bean Soup Mix
3. White Cholcolate Brownie Mix
4. Triple Chip Cookie Mix

Cheese Ranch Dip

2 cups sour cream
1 cup shredded Cheddar cheese
1 oz. dry ranch party dip mix

In a medium bowl, combine all ingredients. Chill. Serve with assorted crackers.

Jackie Van Lith, Big Stone City, S.D. Cooperative Connections

Pate' Abeseille

1/3 cup toasted and chopped almonds
3 slices bacon, cooked and crumbled
3/4 cup mayonnaise
1-1/2 cups shredded sharp Cheddar cheese
1 T. finely chopped onion
1/4 tsp. salt

Combine all ingredients; mix lightly. Chill. Serve with shredded wheat crackers.

Marilyn Matson, Ramona, S.D. Cooperative Connections

Big Bites

12 oz. red potatoes, peeled, cooked and cut into 1/2-inch pieces
2 cups shredded Swiss cheese
1/3 cup chopped red pepper
1 cup mayonnaise
1/3 cup chopped green pepper
1/2 tsp. salt
1/8 tsp. cayenne pepper
24 slices baked ham or turkey
Finely chopped parsley

Combine potatoes, Swiss cheese and red and green peppers in a medium bowl. Stir in mayonnaise, salt and pepper. Spoon 2 generous tablespoonfuls of potato salad on each ham and turkey slice and roll into a cornucopia (or funnel) shape; sprinkle with parsley. The flavor of the cheese in the potato salad is best when eaten at room temperature, so remove from refrigerator 30 minutes in advance of serving time.

(Pictured top) **Cooperative Connections**

Queso Fundido

2 green onions and tops, sliced
4 large cloves garlic, minced
2 T. butter
16 oz. pepper-jack cheese, cut into 1/2-inch cubes
2 to 4 T. milk
2 T. chopped tomato
8 oz. chorizo (spicy sausage), casing removed, cooked until browned, drained and crumbled
2 T. finely chopped cilantro
16 warm flour tortillas (for wraps)

Chopped or sliced fresh vegetables and tortilla chips (optional)
Saute onions and garlic in butter in medium saucepan until tender, 2 to 3 minutes. Add cheese. Cook, covered, over medium to medium-low heat until cheese is melted, 8 to 10 minutes, stirring frequently. Stir in milk if mixture is too thick. Spoon cheese into bowl or small chafing dish; sprinkle with chorizo, tomato and cilantro. Spoon about 2 tablespoons mixture on each tortilla and roll up for wraps. If desired, cheese mixture can be served as a dip for tortilla chips or cut vegetables; it may be necessary to add more milk if mixture is too thick for dipping. Browned ground beef, seasoned to taste with taco seasoning, can be substituted for the chorizo.

(Pictured bottom) **Cooperative Connections**





Heavenly Hamburger

Cheeseburger Soup

3 cups chicken broth
1/3 cup chopped celery
1/2 cup shredded carrots
1/4 cup chopped onion
2 cups rice, cooked
3/4 lb. ground beef, browned
1 can Cheddar cheese soup
1 soup can milk
1 lb. processed cheese

Simmer together first 4 ingredients. Add rice, hamburger, soup, milk and cheese. Heat thoroughly.

Delina Nagel, Avon, S.D. **Cooperative Connections**

Shepherd's Pie

1 lb. ground beef
1 small onion, chopped
1 can mixed vegetables, drained
1 can chicken gumbo soup
2 to 3 cups mashed potatoes

Brown hamburger and onion; drain. Add the soup and vegetables. Pour into a 2-quart casserole dish. Top with mashed potatoes. Microwave until heated through.

Karen Van Beek, Holland, Minn. **Cooperative Connections**

Taco Hamburger Dip

1 lb. ground beef
1 onion, chopped
1 pkg. taco seasoning
12 oz. sour cream
1/3 head lettuce
8 oz. cream cheese, softened
1/2 cup shredded Cheddar cheese
1 tomato, optional

Brown hamburger and onion; drain. Add taco seasoning. Refrigerate to chill. Mix sour cream with cream cheese. Add hamburger mixture, lettuce, Cheddar cheese and tomato; blend well. Place in a glass dish or plastic container. Garnish with shredded Cheddar cheese. Chill overnight. Serve with taco chips.

Anthony Harty, Milesville, SD **Cooperative Connections**

Crazy Crust Pizza

1 cup flour
1 tsp. salt
1 T. Italian seasoning
1/8 tsp. pepper
2 eggs
2/3 cup milk
1/2 lb. hamburger, browned and drained
1/2 lb. sausage, browned and drained
Black olives
Mushrooms
Onion
Mozzarella cheese
Pizza sauce

Combine first 6 ingredients. Press into bottom of a greased 15x10-inch pan. Add meats, olives, mushrooms, onions and grated cheese. Pour pizza sauce over all. Bake at 425°F. for 25 to 30 minutes.

Anna Mae Nelson, Centerville, S.D. **Cooperative Connections**

Hamburger Mac Casserole

1 cup elbow macaroni, cooked and drained
1 lb. ground beef, browned and drained
2 T. butter
2 T. flour
Salt and pepper to taste
1-1/2 cups milk
1 cup shredded cheese
1/2 cup buttered bread crumbs

Place macaroni in a buttered casserole. Add hamburger, mixing well. Melt butter in double-boiler. Add flour, salt and pepper. Stir in milk slowly until sauce thickens. Add shredded cheese. Combine sauce and macaroni hamburger mixture. Top with bread crumbs. Bake at 350°F. for 30 minutes.

Ida Hunt, Midland, S.D. **Cooperative Connections**



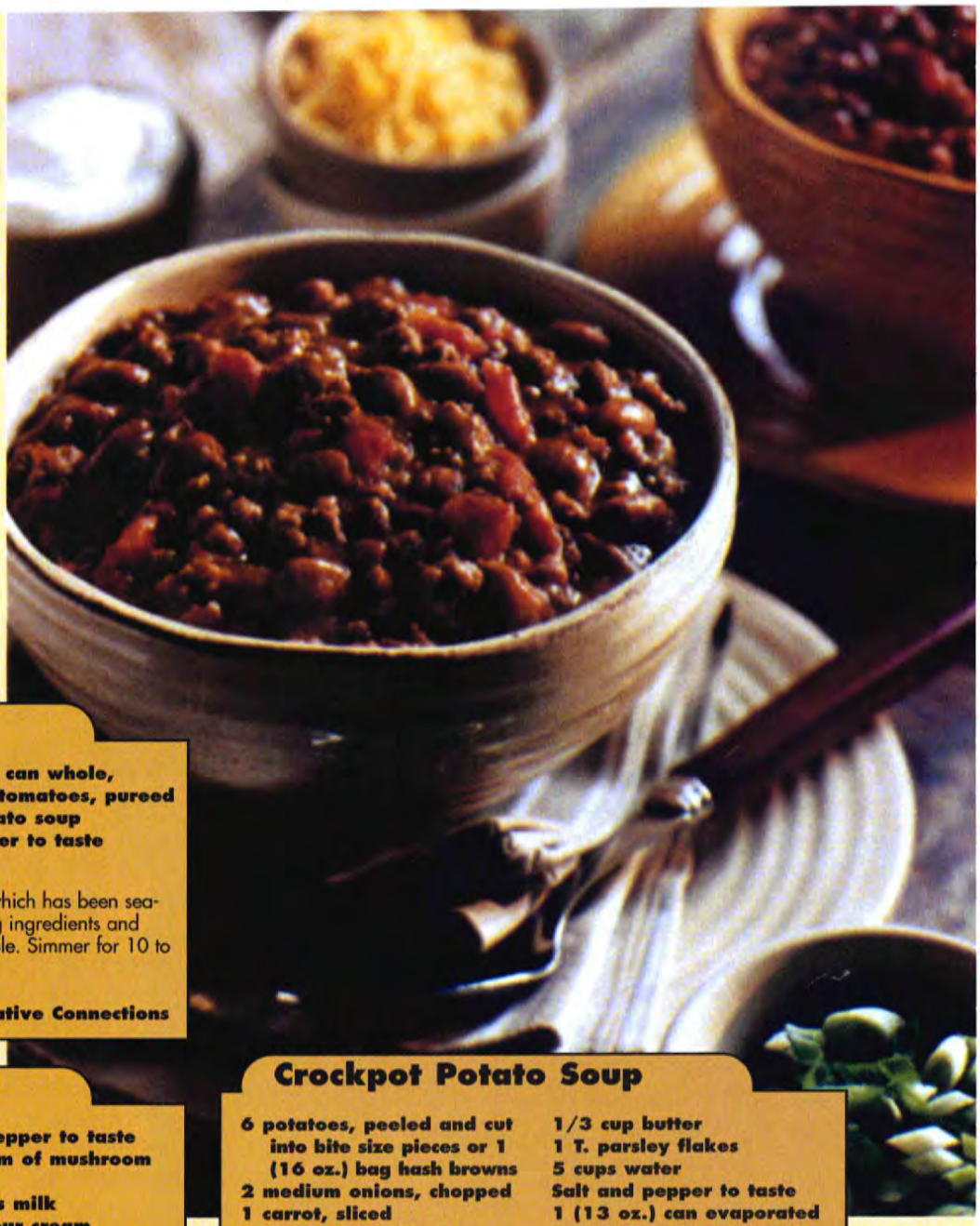
Crescent Pinwheel Hamburger Skillet Pie

1 lb. lean ground beef
2 T. instant minced onion
1 (12 oz.) jar beef gravy
1/4 cup ketchup
1 (1 lb.) pkg. frozen mixed vegetables
2 cups frozen diced southern-style hash brown potatoes
1 (8 oz.) can refrigerated crescent dinner rolls

In a 12-inch oven-proof nonstick skillet, combine ground beef and onion. Cook over medium-high heat until beef is thoroughly cooked; stirring frequently. Drain. Add beef gravy, ketchup, frozen mixed vegetables and hashbrown potatoes. Bring to a boil. Reduce heat to medium; cover and simmer 5 to 8 minutes or until vegetables are tender, stirring occasionally. Meanwhile, separate crescents into 8 triangles. Starting at the wide end, roll each dough triangle once towards the tip. Arrange partially rolled crescents on top of hot beef mixture, placing points toward center. Bake at 375°F. for 14 to 19 minutes or until crescents are golden brown and beef mixture is bubbly.

(Pictured Above) **Cooperative Connections**

Super Soups



Chili Soup

1 lb. ground beef
1/2 cup chopped onion
Salt and pepper to taste
1 can beans in chili sauce
1 can red beans, drained
1 (29 oz.) can whole, peeled tomatoes, pureed
1 can tomato soup
Chili powder to taste

In a large kettle, brown ground beef and onion, which has been seasoned with salt and pepper; drain. Add remaining ingredients and heat over medium heat until mixture starts to bubble. Simmer for 10 to 15 minutes.

Karen Larsen, Viborg, S.D. **Cooperative Connections**

Bacon Potato Chowder

8 slices bacon, cut-up
1 cup chopped onion
1 cup chopped celery
3 medium potatoes, diced
1 can chicken broth
1 soup can water
Salt and pepper to taste
1 can cream of mushroom soup
1-1/2 cups milk
1/2 cup sour cream

Saute bacon, onion and celery until tender; drain. Add potatoes, broth, water and seasonings. Cover and simmer until potatoes are tender. Stir in soup, milk and sour cream. Heat, but do not boil.

Judy Harms, Tea, S.D. **Cooperative Connections**

Crockpot Potato Soup

6 potatoes, peeled and cut into bite size pieces or 1 (16 oz.) bag hash browns
2 medium onions, chopped
1 carrot, sliced
1 stalk celery, diced
4 chicken bouillon cubes
1/3 cup butter
1 T. parsley flakes
5 cups water
Salt and pepper to taste
1 (13 oz.) can evaporated milk

In a crockpot, combine all ingredients except milk. Cook 10 to 12 hours on low or 3 to 4 hours on high. Stir in milk last hour of cooking.

Betty Littau, Winner, S.D. **Cooperative Connections**

Cream of Broccoli Soup

1-1/2 cups chopped onion
4 T. butter
1 bay leaf
1-1/2 cups chopped green pepper
4 cups chopped broccoli
2-1/2 cups chicken broth
1 tsp. salt
2 cups milk
1/2 cup sour cream
Seasonings to taste
1 cup broccoli florets, thinly sliced

Saute onions in butter with bay leaf until translucent. Add green pepper, chopped broccoli, chicken broth and salt. Cook covered about 10 minutes, until broccoli is tender but still bright green. Remove bay leaf. Puree while adding milk until absolutely smooth (texture is very important to the success of this soup). Whisk in sour cream and seasonings. Steam broccoli florets just until done. Stir into soup ands serve immediately.

Norma Johnson, Eden, S.D. **Cooperative Connections**

Bean Soup

1 to 2 cups diced ham
1/4 lb. fried bacon, crumbled
1 onion, chopped
1/4 cup brown sugar
1/4 cup white sugar
2 cans navy beans
1 can butter beans
1 can kidney beans
1 can pork and beans
1 bay leaf
Salt and pepper to taste
1+ quarts water
1/4 cup flour
1 T. shortening or bacon grease

In a large saucepan or kettle, combine all ingredients except flour and shortening/bacon grease. Heat to boiling then simmer 1-1/2 to 2 hours. At the end of 1-1/2 to 2 hours, melt shortening/bacon grease in a skillet. Add flour and stir until nicely browned. Bring soup back to boiling and stir in flour mixture; mixing well. Serve.

Rosina Hilgemann, Rapid City, S.D. **Cooperative Connections**

GOING BANANAS!



Quick Berry Smoothie

1 (8 oz.) can crushed pineapple, drained
1 ripe banana, sliced
1 cup milk
1 cup fresh or frozen strawberries, raspberries or blueberries

Combine all ingredients in blender or food processor container. Cover; blend until smooth. Garnish with banana slice and strawberry, if desired.

Pictured **Cooperative Connections**

Banana Muffins

1-1/2 cups flour
1 cup sugar
1 tsp. baking soda
1/2 tsp. salt
3 medium ripe bananas
1 egg
1/3 cup vegetable oil
1 tsp. vanilla

In a large bowl, combine dry ingredients. In a separate bowl, mash bananas. Add egg, oil and vanilla, mixing well. Stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups half full. Bake at 375°F. for 18 to 22 minutes or until a toothpick inserted in center comes out clean.

Gladys Rose, Pierre, S.D. **Cooperative Connections**

Waichilci Banana Bars

1/4 cup shortening
1 cup brown sugar, packed
1/2 tsp. vanilla
1/2 tsp. lemon extract
1/2 cup sifted flour
1-1/2 tsp. baking powder
1/2 tsp. salt
1 cup mashed bananas
1/2 cup chopped nuts
2 T. powdered sugar
1 tsp. cinnamon

Cream together shortening and sugar. Blend in vanilla and lemon extract. Sift together flour, baking powder and salt. Gradually add flour mixture to shortening/sugar mixture, alternating with mashed bananas; mix well after each addition. Stir in nuts. Pour into a greased 7x11-inch pan. Bake at 350°F. for 30 to 35 minutes. Sift powdered sugar and cinnamon over top. Let cool in pan and cut into bars.

Sophia Hoff, Tripp, S.D. **Cooperative Connections**

Banana Cake

1-1/2 cups sugar
2 eggs
3/4 cup butter
3 bananas, mashed
1/2 cup sour milk with 1 tsp. baking soda dissolved in it
2 cups flour
1 tsp. baking powder
1-1/2 tsp. cinnamon
3/4 tsp. nutmeg
1/4 tsp. cloves
Pinch of salt

In a bowl, mix together sugar, eggs and butter. Add bananas and sour milk. In a separate bowl, blend together remaining ingredients. Add to liquid mixture. Pour into a greased and floured 9x13-inch pan. Bake at 350°F. for 35 minutes or until a toothpick inserted in center comes out clean.

Dallas Uthe, Presho, S.D. **Cooperative Connections**

Tropical Pork Chops

1 firm banana
2 tsp. vegetable oil, divided
2 lean pork chops
1 clove garlic, finely chopped
1/4 tsp. ground ginger
2 T. raspberry jelly or honey
2 tsp. prepared mustard
1/2 cup water

Cut banana in half crosswise, then lengthwise into 4 pieces. Cook bananas in 1 tsp. hot oil in a nonstick skillet. If necessary, add 1/2 tsp. additional oil. Remove browned bananas to warm plate. Rub pork chops with garlic. Sprinkle with ginger. Add remaining oil to skillet. Brown chops on both sides. Remove chops to plate. Melt jelly in skillet. Add mustard and water; stir to blend. Return chops to skillet; spooning sauce over chops. Cover, simmer 8 to 10 minutes or until cooked through. Remove chops to dinner plates, top with bananas. Spoon sauce over pork chops.

Pictured **Cooperative Connections**

We will be featuring recipes for fish, grilling and wraps in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.



Chocolate

Reese Bars

1 cup margarine
1 cup + 2 T. peanut butter, divided
2 cups powdered sugar
2 cups graham cracker crumbs
2 cups chocolate chips

In a large pan over low heat, melt margarine and 1 cup peanut butter. Stir in powdered sugar and graham cracker crumbs. Spread mixture in a 9x13-inch pan. Melt together chocolate chips and remaining peanut butter. Spread on top of bars. Cool before cutting.

Sophia Hoff, Tripp, S.D. **Cooperative Connections**

Honey-kissed Chocolate Drop Cookies

1 cup honey
6 T. butter or margarine, softened
2 cups flour
1/2 tsp. baking soda
1 cup unsweetened cocoa powder
Rainbow candy sprinkles
Chocolate candy kisses

In a medium bowl, cream honey and butter until light and fluffy. Beat in flour, cocoa powder and baking soda. Pour rainbow sprinkles into separate bowl. With hands, shape dough into 1-inch balls. Drop balls into rainbow sprinkles and roll gently to coat. Place balls on well-greased baking sheet and gently press one chocolate kiss into center of each cookie. Bake at 350°F. for 10 minutes. Do not overbake. Remove cookies from sheet and cool on wire rack. Makes 3 dozen cookies.

(pictured) **Cooperative Connections**

Chocolate Eclair Cake

Graham crackers
2 (3.4 oz.) pkgs. vanilla instant pudding
3 cups + 2 T. milk, divided
1 large container whipped topping
6 T. margarine
2 squares baking chocolate
2 T. corn syrup
1 tsp. vanilla
1-1/2 cups powdered sugar

Lightly butter a 9x13-inch pan. Place a layer of whole graham crackers on bottom of pan. Combine pudding and 3 cups milk. Fold in whipped topping. Put half of this mixture over the graham crackers. Place a second layer of graham crackers over the pudding. Then put the last half of the pudding mixture over the graham crackers. Finish with a layer of whole graham crackers. Melt margarine and chocolate. Mix in remaining ingredients; beat well. Pour over top of graham crackers. Refrigerate.

Velma Johnson, Lake Preston, S.D. **Cooperative Connections**

German Chocolate Cake Deluxe

1-1/3 cups flaked coconut
1 cup chopped walnuts or pecans
1 (18-1/4 oz.) German chocolate cake mix
1 egg
1 (8 oz.) pkg. cream cheese, softened
1/2 cup butter or margarine, softened
4 cups powdered sugar

Sprinkle coconut and nuts in a well-greased and floured 9x13-inch pan. Prepare cake mix according to package directions. Pour batter into prepared pan. In a mixing bowl, beat cream cheese and butter until smooth. Add egg and sugar; beat until smooth. Drop by tablespoonfuls over batter. Carefully spread to within one inch of edges. Bake at 325°F. for 55 to 60 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes. Invert onto a serving plate.

Betty Littau, Winner, S.D. **Cooperative Connections**



FISH

Scallop Casserole

8 oz. scallops
3/4 cup cream
3 cups bread crumbs
1/2 cup butter, melted
1 tsp. salt
1/4 tsp. pepper
1 T. celery seeds
Paprika

Arrange scallops in a 11x17-inch baking dish. Pour 1/2 cup cream over scallops. Mix bread crumbs, butter, salt, pepper and celery seeds together; sprinkle over scallops. Pour remaining cream over scallops. Sprinkle paprika over all. Bake at 375°F. for 35 minutes.

Kathy Hahn, Sioux Falls, S.D. **Cooperative Connections**

Salmon Loaf with Lemon Wedges

2 (16 oz.) cans salmon, drained and flaked
2 cups fresh bread crumbs
2 eggs
1 small onion, grated
1 can cream of celery soup
1/2 cup water
2 large lemons, cut in wedges

In a medium bowl, mix together salmon, bread crumbs, eggs, onion and 1/3 cup soup; spoon into a greased loaf pan, pressing evenly into pan. Bake at 375°F. for 50 to 55 minutes or until a knife inserted in center comes out clean. To serve, invert loaf on to warm platter. In a one-quart saucepan over medium heat, heat water and remaining soup to boiling. Pour over salmon loaf. Serve with lemon wedges.

Dorothy Weinberger, Artesian, S.D. **Cooperative Connections**

Filet de Sole Bonne Femme

2 T. butter, melted
3 T. lemon juice
1/4 cup + 1 tsp. chopped onions, divided
1 lb. sole or flounder fillets
1 cup sliced mushrooms
1/4 cup butter
1/4 cup flour
1/4 tsp. salt
1/8 tsp. pepper
1 cup milk

Combine melted butter, lemon juice and 1/4 cup onions. Coat fish with mixture. Bake in shallow baking dish at 350°F. for 25 minutes. Place on a hot serving platter. Pour mushroom sauce over fish. To make mushroom sauce, saute mushrooms and remaining onion in butter for 5 minutes. Add flour, salt and pepper. Cook over low heat until smooth and bubbly. Remove from heat; stir in milk. Bring to a boil and boil 1 minute. Pour over baked fish.

Kathy Hahn, Sioux Falls, S.D. **Cooperative Connections**

Steamed Alaska Salmon Dinner with Walnut Vinaigrette

4 (3 oz. each) Alaska salmon fillets
1 lb. asparagus, trimmed
1 cup low-fat honey Dijon vinaigrette
1-1/3 lbs. small red potatoes, washed and cut in quarters
1/2 cup finely chopped walnuts

In a three-tier steamer, place the salmon in one basket, the potatoes in another and the asparagus in the third. Set over boiling water. Steam for 15 minutes or until the fish flakes easily with a fork. While the dinner is steaming, combine the Dijon vinaigrette and nuts in a saucepan over medium heat. Stir to blend and heat until hot but not boiling. Serve warm sauce with the dinner, to be drizzled over the salmon, potatoes and asparagus.

(Pictured Above) **Cooperative Connections**

Salmon and Rice Supper

3 strips bacon, diced
1 (16 oz.) can salmon, drained and flaked
2 eggs, slightly beaten
1/2 tsp. lemon juice
Salt and pepper to taste
Prepared rice

In a skillet over low heat, fry bacon until brown. Remove bacon; add salmon to pan with juices. Chop and heat thoroughly. Add eggs. Stir and chop just until eggs are cooked. If too dry, add a small amount of milk. Serve a helping of rice with salmon mixture on top. Sprinkle with bacon.

Joy Hagen, Webster, S.D. **Cooperative Connections**

Recipe Correction

The recipe for Waichilci Banana Bars that was published in the April issue of *Cooperative Connections* requires 1-1/2 cups flour. We are sorry for any inconvenience this may have caused.

Grilled to perfection



Tangy Barbecue Drumettes

1/2 cup ketchup
1/4 cup apricot preserves
1-1/2 T. spicy seasoning
1/2 tsp. chili powder
3 lbs. chicken wing drumettes

In a large bowl, combine first 4 ingredients. Microwave 2 minutes; stir. Cool slightly. Add chicken drumettes and mix until evenly coated. Grill drumettes 4 to 6 inches from medium-high heat 12 to 15 minutes, turning frequently until done.

Cooperative Connections

Can-can Chicken

1 (4 to 5 lb.) chicken
3 T. tomato-basil-garlic seasoning blend
1 (16 oz.) can beer
1 to 2 tsp. olive oil

Remove giblets, fat, etc. from inside of chicken. Clean, wash and pat chicken dry with paper towel. Sprinkle 1 tablespoonful of seasoning blend inside body cavity. Rub outside of chicken with light layer of olive oil, then rub seasoning blend all over outside of chicken. Open can of beer and pour out half. Pre-heat barbecue grill to 450°F. Holding the chicken upright, with the opening of the body cavity down, set the chicken down onto the half-full beer can. Place on indirect heat on barbecue grill. To help support the body on top of the can, place the legs off to the side to form a tripod. Close barbecue lid and roast for approximately 1-1/2 hours or until the meat is falling off the bone tender. To serve, remove the bird from the grill using tongs. Be sure to have a platter nearby and be careful not to burn yourself with hot beer. Let stand 5 minutes before carving. Discard the beer can.

Bob Blumer, The Surreal Gourmet Cooperative Connections

Best Barbecued Burgers

2 lbs. extra-lean ground beef
2 large eggs
1/4 cup onion and herb seasoning
1/2 cup bread crumbs

In a large bowl, combine all ingredients. Mix well and shape into 8 patties. Grill 4 to 6 inches from medium-high heat for 3 to 4 minutes per side or until done as desired.

Cooperative Connections

Grilled Corn on the Cob

8 ears corn in husks, outer layer of husks discarded or torn into strips for tying corn
Cold water
Butter

Peel back corn husks carefully, without breaking off, and discard silks. Fold husks back into place and tie ends together with strips of outer husk or kitchen string. In large bowls, cover corn with cold water and soak 10 minutes. Drain corn and grill on a rack set 5 to 6 inches over high heat, turning occasionally, for 15 minutes or until done. Carefully strip the remaining husk from the corn. Serve with butter.

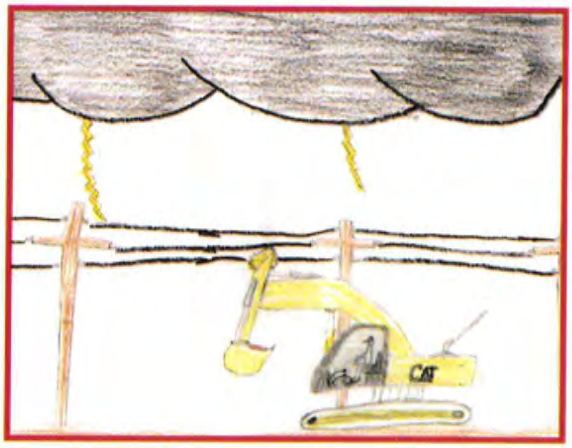
Cooperative Connections

SAFETY POSTER

"Use caution when operating heavy equipment near power lines."

Rylan Eddington, 9 years old

Rylan's parents are Brian and Robin Eddington, Sturgis, S.D. They are members of West River Electric Association, Wall, S.D.



Kids, send your drawing with an electrical safety tip to your local electric cooperative. All entries should contain your name, age, mailing address and the names of your parents.

Jammin'



Rhubarb-Cherry Jam

6 cups rhubarb
4 cups sugar
1 can cherry pie mix
1 (3 oz.) pkg. cherry gelatin

In a large saucepan, combine rhubarb, sugar and cherry pie mix; cook until rhubarb is tender. Add gelatin, stirring until gelatin is dissolved. Pour into jars. Can be kept in the refrigerator, frozen or sealed with wax. May substitute different flavored pie mix with corresponding flavor of gelatin.

Sophia Hoff, Tripp, SD — **Cooperative Connections**

Zucchini Jam

12 cups ground, peeled zucchini, drained
8 cups sugar
1 cup bottled lemon juice
2 cups crushed pineapple, undrained
4 (3 oz.) pkg. apricot gelatin

In a large saucepan, bring zucchini, sugar, lemon juice and pineapple to a boil; boil for 20 to 25 minutes. Add gelatin, stirring until dissolved. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Sophia Hoff, Tripp, SD — **Cooperative Connections**

Peach-Papaya Preserves

3-1/2 cups thinly sliced, pitted, peeled peaches
2 cups 3/4-inch cubed, seeded, peeled papayas
1/4 cup lemon juice
1/4 cup water
1 6-inch vanilla bean
1 pkg. pectin
5 cups sugar

In a large saucepan, combine peaches, papayas, lemon juice, water and vanilla bean. Simmer mixture 10 to 15 minutes, stirring occasionally. Stir in pectin; bring to a boil over high heat, stirring constantly. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Remove vanilla bean. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Cooperative Connections

We will be featuring artichoke recipes and recipes containing peanut butter in upcoming issues. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.

Green Tomato-Raspberry Jam

6 cups ground green tomatoes
5 cups sugar
2 (3 oz.) pkg. raspberry gelatin

In a large saucepan, bring tomatoes and sugar to a boil; boil for 15 minutes. Add gelatin, stirring until dissolved. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Margaret Harty, Milesville, SD — **Cooperative Connections**

Pear Marmalade

4 cups chopped, cored, peeled pears
1/2 cup thinly sliced orange peel
1/2 cup chopped orange pulp
1/2 cup thinly sliced lemon
1/2 cup water
1 T. lemon juice
8 sticks cinnamon
1-1/4 tsp. whole cloves
1 pkg. pectin
5 cups sugar

In a large saucepan, combine pears, orange peel, orange pulp, lemon, water and lemon juice. Tie whole spices in a spice bag and add to mixture. Cover and simmer 10 minutes, stirring occasionally. Stir in pectin; bring to a boil over high heat, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Remove spice bag. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Cooperative Connections



Tropical Cooler

1 cup pineapple juice
1 mango, peeled, seeded and chopped
1 banana
8 ice cubes

Combine pineapple juice, mango, banana and ice cubes in blender or food processor container. Cover; blend until smooth. Serve immediately. Garnish with mango wedge; if desired.

Pictured Above **Cooperative Connections**

Fruity Burrito

2 (8-inch) flour tortillas
2 tsp. sugar
1/4 tsp. ground cinnamon
2 tsp. strawberry jam
2 medium bananas

Place tortillas on baking sheet. Sprinkle sugar and cinnamon evenly over tortillas. Broil tortillas 1 minute or until hot and lightly brown. Spread jam down center of tortillas. Place one banana over center of each tortilla; roll up tortillas.

Pictured Above **Cooperative Connections**

School Fuel

3/4 cup brown sugar
6 T. butter
3 T. light corn syrup
1/4 tsp. baking soda
4 cups corn cereal squares
4 cups rice cereal squares
1/4 cup chocolate chips

Cover a cookie sheet with waxed paper. Microwave brown sugar, butter and corn syrup in an uncovered bowl on high power for 1 to 2 minutes, stirring after 1 minute until butter is melted. Stir in baking soda. Stir in cereals. Microwave mixture on high power for 3 minutes, stirring every minute. Spread mixture on covered cookie sheet. Cool 10 minutes. Break into bite-size pieces. Microwave chocolate chips until smooth. Drizzle chocolate over cereal. Refrigerate for 30 minutes. Makes 8 cups.

Ann Schartz, Humboldt **Cooperative Connections**

Purple Cow

3/4 cup frozen concentrate grape juice
2 cups milk
2 cups vanilla ice cream

Combine all ingredients in blender or food processor container. Cover; blend until smooth. Serve immediately. Makes 3 servings.

Diane Neth, Menno **Cooperative Connections**

Honey Balls

3 T. honey
4 T. peanut butter
1/2 cup nonfat dry milk
1/4 cup dry cereal flakes, crushed

Combine honey and peanut butter. Gradually add dry milk; mix well. Form into balls with greased hands. Roll in dry cereal flakes. Chill until firm. Makes 18 balls.

Diane Neth, Menno **Cooperative Connections**

Peanut Butter Brownies

2 3oz. pkg. cream cheese
1/2 cup peanut butter
3 eggs
2 T. milk
1 cup butter
2 cups sugar
2 tsp. vanilla
3 eggs
3/4 cup cocoa
1-1/4 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
1 cup chocolate chips

Peanut butter filling can be made then set aside until brownies are made. Take cream cheese, peanut butter, 1 egg, milk and beat together until smooth and creamy. Set aside.

Melt butter and stir in sugar, vanilla, add eggs one at a time, beat well. Add cocoa and. Add flour, baking powder and salt, beat well. Stir in chocolate chips. Put mix in 9x13 pan. Spread evenly. Swirl peanut butter filling throughout the brownie mix. Bake at 350° F. for 35 to 40 minutes.

Jolene Hoverstadt, Box Elder, SD **Cooperative Connections**

Pumpkins

The recipe for Peanut Butter Brownies published in the September issue of *Cooperative Connections* requires only 3 eggs instead of 6. We are sorry for any inconvenience this may have caused.

We will be featuring favorite holiday goodie recipes, diabetic recipes and recipes containing popcorn in upcoming issues of *Cooperative Connections*. Please send your recipes to your local electric cooperative. All entries must contain your name, mailing address and phone number.

Pumpkin Bread with Topping

- 3 cups sugar
- 1 cup cooking oil
- 4 eggs
- 2 cups pumpkin
- 2/3 cup water
- 3-1/2 cups flour
- 2 tsp. soda
- 1-1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 cup nuts, optional
- 1 cup crushed pineapple, drained
- 1 small container whipped topping

In a mixing bowl, combine first 5 ingredients. Sift dry ingredients together. Add to egg mixture, mixing well. Stir in nuts. Pour into two greased and floured loaf pans. Bake at 350°F. for 1 hour. Cool. Stir the pineapple into the whipped topping. Serve bread slices with pineapple topping.

Marilyn Matson, Ramona, SD — **Cooperative Connections**

Pumpkin Pie Dessert

- 1 pkg. yellow cake mix, reserve 1 cup
- 3/4 cup butter, melted and divided
- 3 eggs, beaten and divided
- 3 cups pumpkin pie mix
- 1 (12 oz.) can evaporated milk
- 1 tsp. cinnamon
- 1/4 cup sugar

Blend cake mix, 1/2 cup butter and 1 egg together. Press into a 9x13-inch pan. Combine pumpkin, milk and eggs until smooth. Pour over crust. Mix together reserved cake mix, cinnamon, sugar and remaining butter. Sprinkle over pumpkin mixture. Bake at 350°F. for 1 hour or until a knife inserted in center comes out clean. Top with whipped topping, if desired.

Diane Neth, Menno, SD — **Cooperative Connections**

Easy Pumpkin Cheesecake

- 1 (10.5 oz. or 12 oz.) pkg. no-bake cheesecake
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. ground cloves
- 3/4 cup milk
- 3/4 cup canned pumpkin
- 1/2 tsp. vanilla
- Whipped cream

Prepare graham cracker crust in the cheesecake mix according to package directions. Press into a 9-inch pie plate. Chill in freezer while preparing filling. In a small mixing bowl, combine cheesecake filling mix, cinnamon, nutmeg and cloves. Add milk (different than milk called for on package directions). Add pumpkin and vanilla; beat at low speed. Pour mixture into crust. Chill at least 1 hour. Garnish with whipped cream and let set 5 minutes before serving.

Dottie Cohen, Kyle, SD — **Cooperative Connections**

Frosty Pumpkin Ice Cream

- 1-1/2 cups graham cracker crumbs
- 1/2 cup melted butter
- 1/4 cup white sugar
- 1 cup pumpkin
- 1/2 cup brown sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. salt
- 1/2 gallon vanilla ice cream, softened
- Walnuts, optional

Combine first 3 ingredients. Press into a 9x13-inch pan. Chill 45 minutes. Meanwhile, mix together pumpkin, brown sugar, cinnamon, ginger and salt. Stir ice cream to soften. Fold in pumpkin mixture. Pour into graham cracker crust. Swirl top. Trim with walnuts; freeze.

Ruth Ruen, Arlington, SD — **Cooperative Connections**

Pumpkin Pickles

- 1 (5 lb.) pumpkin
- 4-1/2 cups vinegar
- 4-1/2 cups water
- 1-1/2 cups wine vinegar
- 7-1/2 cups sugar
- 1 lemon, sliced and quartered
- 1 tsp. ginger

Cut pumpkin into pieces and remove seeds. Peel and cut pumpkin into 1/2-inch to 1-inch cubes – about 4 quarts of cubes. Place in a large glass bowl; add 4-1/2 cups vinegar and water to cover. Let set overnight. Drain vinegar liquid, reserving 2 cups. Place pumpkin cubes in large saucepan. Add 2 cups reserved vinegar liquid, wine vinegar, sugar, lemon and ginger. Heat to boiling and cook until pumpkin is transparent, about 30 minutes, stirring occasionally. Fill jars with pumpkin and liquid, leaving 1/2 inch space at top and seal with vacuum seal lids. Process in simmering water bath at 200°F. to 205°F. for 5 minutes. Makes 7 pints.

Maxine Roberson, Rapid City, SD — **Cooperative Connections**

Peanut Butter



Peanut Butter Fudge

2 cups sugar
2/3 cup milk
1 tsp. vanilla
1 cup peanut butter
1 cup marshmallow creme

In a saucepan, combine sugar and milk. Cook until a candy thermometer reaches soft ball stage; remove from heat. Add vanilla and peanut butter, stirring well. Mix in marshmallow creme. Pour into a buttered 8x8-inch square pan. Cool and cut into squares.

May Kratochvil, Hawarden, IA **Cooperative Connections**

We will be featuring favorite holiday goodie recipes, diabetic recipes and recipes containing popcorn in upcoming issues. Please send your recipes to your local electric cooperative (address found on Page 3). All entries must contain your name, mailing address and phone number.

Peanut Butter Pie

1 cup light corn syrup
1/3 cup crunchy peanut butter
1 cup sugar
3 eggs, beaten
Pinch of salt
1 tsp. vanilla
1 9-inch unbaked pie shell

Combine corn syrup and peanut butter. Gradually stir in sugar and eggs. Add salt and vanilla. Pour mixture into a pie shell. Bake at 425°F. for 10 minutes. Reduce heat to 350°F. and bake an additional 30 to 40 minutes. The peanut butter will rise to the top and form a crust.

Kathy Hahn, Sioux Falls, SD **Cooperative Connections**

Peanut Butter Frosting

1/2 cup peanut butter
1/3 cup boiling water
1 pkg. creamy frosting mix

In a mixing bowl, combine peanut butter and water. Beat in dry frosting mix on low speed, scraping bowl occasionally, until creamy – about 1 minute. Stir in 1 tsp. hot water, if necessary, until spreading consistency. Will fill and frost two 8- or 9-inch layer cakes or one 9x13-inch cake.

Jolene Hoverstadt, Box Elder, SD **Cooperative Connections**

Peanut Butter Muffins

1-3/4 cups flour
1/2 cup sugar
1 T. baking powder
1/2 tsp. salt
3/4 cup milk
1/2 cup peanut butter
1/3 cup cooking oil
1 egg
1/2 cup raisins, optional

In a large bowl with a fork, combine flour, sugar, baking powder and salt. In a medium bowl, beat together milk, peanut butter, oil and egg until smooth. Stir peanut butter mixture into flour mixture just until moistened; do not overmix. Stir in raisins. Spoon batter into greased or lined muffin cups two-thirds full. Bake at 400°F. for 20 minutes. Makes 12 muffins.

Karen Page, Artesian, SD **Cooperative Connections**

Sister Nancy's Peanut Butter-Chocolate Chip Cookies

1 cup shortening
1 cup chunky peanut butter
1 cup sugar
1 cup brown sugar
2 eggs
2-1/2 cups flour
1-1/2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 heaping cup chocolate chips

Cream together shortening and peanut butter. Add sugars and beat on high speed until light and fluffy. Add eggs and beat until batter is again light and fluffy. Blend in flour, baking soda, baking powder and salt. Add chocolate chips. Shape dough into 1-inch balls. Flatten with your fingers. Bake at 375°F. for 10 to 12 minutes or until barely brown around the edges. Makes 50 to 60 cookies.

Gail Kelly, Rapid City, SD **Cooperative Connections**

Gifts from the Kitchen



Fruited Curry Rice Mix

3/4 cup long grain rice
1 chicken bouillon cube, crushed
1/2 tsp. curry powder
2 T. dried minced onion
1/4 cup mixed dried fruits
2 T. slivered almonds

Layer ingredients, in the order given, into a 12-oz. quilted crystal jelly jar. Adjust cap. Makes one 12-oz. jar.

For Fruited Curry Rice:
1 T. butter
2-1/2 cups water
1 jar Fruited Curry Rice Mix

In a medium saucepan, bring butter and water to a boil. Add Fruited Curry Rice Mix. Cover and reduce heat. Simmer for 20 minutes. Makes about 3 cups of cooked Fruited Curry Rice.

Cooperative Connections

Savory Dried Bean Soup Mix

1/2 cup pinto beans
1/2 cup navy beans
1/2 cup kidney beans
1/2 cup Great Northern beans
1/2 cup split peas
1/2 cup lentils
1/4 cup chick peas
1/4 cup blackeye peas
1 T. tarragon
1 T. summer savory
2 bay leaves

Layer beans in quart jar in the order given. Place tarragon and summer savory in a small plastic bag or plastic wrap and secure. Arrange spice packet and bay leaves on top of bean mixture in jar. Adjust cap. Makes 1 quart jar.

For Savory Dried Bean Soup:
1 jar Savory Dried Bean Soup Mix
Water
1-1/2 cups diced ham, optional
Salt and pepper to taste
1 med. onion, chopped
1 clove garlic, minced

Remove spice packet and bay leaves from jar. Placed dried bean mixture in an 8-qt. saucepan. Cover dried beans with cold water and soak 12 to 18 hours in a cool place. Drain. Cover beans with water by 1 to 2 inches (approx. 12 cups water) in a large saucepan. Add ham, salt and pepper to taste. Add bay leaves and spices from spice packet. Cover and bring to a boil. Reduce heat and simmer until desired tenderness is reached, about 1-1/2 hours. Add onion and garlic. Simmer 30 minutes, stirring occasionally. Remove bay leaves before serving. Makes about 14 cups of soup.

Cooperative Connections

Please send your recipes to your local electric cooperative (address found on Page 3). All entries must include your name, mailing address and phone number.

White Chocolate Brownie Mix

1-1/4 cups all-purpose flour
1 tsp. baking powder
1 tsp. salt
2/3 cup cocoa
2-1/4 cups sugar
1/2 cup chopped pecans
1/2 cup white chocolate chips

Combine flour, baking powder and salt. Place into a quart jar. Layer remaining ingredients in jar in order listed, packing firmly after each ingredient. Adjust cap. Makes 1 quart jar.

For White Chocolate Brownies:
1 jar White Chocolate Brownie Mix
3/4 cup butter, softened
4 eggs, slightly beaten

Place White Chocolate Brownie Mix in a large mixing bowl and stir to combine. Add butter and eggs. Mix until completely blended. Spread into a lightly greased 9x9-inch pan. Bake at 350°F. for 35 minutes or until brownies just begin to pull away from the sides of the pan.

Cooperative Connections

Triple Chip Cookie Mix

2 cups all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 tsp. powdered vanilla
1/2 cup sugar
1 cup brown sugar
1/3 cup white chocolate chips
1/3 cup butterscotch chips
1/3 cup semi-sweet chips

Combine flour, baking soda, salt and powdered vanilla. Place into quart jar. Layer sugars into jar. Combine the three flavors of chips and place in jar. Adjust cap. Makes 1 quart jar.

For Triple Chip Cookies:
1 jar Triple Chip Cookie Mix
1/2 cup butter, softened
1/2 cup shortening
1 egg, beaten

Remove chips from jar and set aside. In a medium bowl, beat butter and shortening until creamy. Add dry ingredients from jar; mix until well-blended. Beat in eggs. Stir in chips. Drop by rounded teaspoonfuls onto greased cookie sheet. Bake at 375°F. for 8 to 10 minutes or until lightly browned. Makes about 4 dozen cookies. *Note: If powdered vanilla is not available, it can be omitted from the dry ingredients and 1 tsp. of liquid vanilla may be added with the egg in preparation of Triple Chip Cookies.*

Cooperative Connections

COOPERATIVE CONNECTIONS

2002 Reader Recipes

January

Popcorn

1. Chocolate Popcorn Fantasy
2. Popcorn Salad
3. Peanut Butter Popcorn Balls
4. Harvest Popcorn
5. Rocky Road Peanut Butter Popcorn Bars

February

Diabetic Recipes

1. Skillet Beef and Noodles
2. Chicken Tetrazzini
3. Quick Chocolate Chip Cookie Cakes
4. Lemon Meringue Pie

March

Tasty Soups

1. Mom's Secret Recipe Beef Stew
2. Easy Cheese Soup
3. Potato Soup
4. Cream of Vegetable Soup
5. Meatball Soup

April

Create-a-cake

1. Lemon Poppyseed Fizz Cake
2. Snow White Almond'n Raspberry Cake
3. Chocolate Macaroon Ring Cake
4. Apple Cinnamon Cake
5. Angel Food Cake

(3 Corrections on Angel Food Cake recipe: 1-1/2 cups powdered suger, 1 cup cake flour and a pinch of salt)

May

30 Minutes or Less

1. 5-Can Hot Dish
2. Snicker Bars
3. Hamburger-Macaroni Skillet
4. Sausage Skillet Scramble
5. Green Bean Delite
6. Cheesy Nacho Beef

June

Dairy Delights

1. Breakfast Souffle
2. Corn Casserole
3. Cheese Soup
4. Easy Cheeseburger Pie
5. Lemon Cream Cheese Pie

July

Say Cheesecake

1. Rhubarb Cheesecake
2. Caramel Banana Cheesecake
3. Best Ever Cheesecake
4. Brownie Caramel Cheesecake

August

Tasty Tuna

1. Hot Tuna Sandwiches
2. Tuna Hot Dish
3. Tuna Cheese Biscuit Bake
4. Tuna Supper Salad
5. Alfredo Tunna Noodle Casserole

September

Mucho Mushrooms

1. Meatloaf Surprise
2. Pickled Mushrooms & Onions
3. Wild Rice Casserole
4. Zucchini Dish
5. Special Lemony Chicken
6. Sauteed Mushroom Chowder

October

After School Snack Supplies

1. Fudgesicles
2. Honey Balls
3. Chocolate Snack Cake
4. Oyster Cracker Snacks
5. Peanut Butter & Jelly Sandwich Cookies
6. School Fuel

November

Perfectly Pecan

1. Pumpkin Ribbon Bread
2. Pecan Crispies
3. Pecan Bars
4. Spiced Pecans
5. Toffee-Topped Bars
6. Classic Thumbprint Cookies

December

Turkey

1. Easy Turkey Divan
2. Grilled Turkey Tenderloin
3. Turkey-Crescent Almondine
4. Hot Turkey and Cheddar Casserole
5. Turkey Casserole
6. Turkey-Asparagus Casserole
7. Turkey Puffs



Popcorn

Chocolate Popcorn Fantasy

12 cups popped corn
2 cups mini pretzels
4 oz. white chocolate coating, coarsely chopped
1 cup toasted pecan halves
1/4 cup butter, melted
2 oz. milk chocolate coating, coarsely chopped

In a large bowl, combine popcorn, pretzels and pecans. Drizzle with butter and toss well. Place white chocolate in a one-quart glass cup or microwave safe bowl. Microwave on high 1 to 1-1/2 minutes. Stir to melt completely.
Drizzle chocolate over popcorn mixture. Toss gently to coat. Spread mixture on foil-lined cookie sheet. In same bowl, microwave milk chocolate coating about 45 seconds. Stir to melt completely. With a fork, drizzle over popcorn mixture. Let stand in cool place until chocolate is set. Store in covered container. Makes about 14 cups. Note: chocolate coatings are available in small blocks, chips or round wafers in the baking section of most supermarkets.

(pictured above) **Cooperative Connections**

Popcorn Salad

1/2 cup chopped onion
1 cup salad dressing
10 pieces bacon, fried and crumbled
1 can sliced water chestnuts
3/4 cup celery
1 cup grated Cheddar cheese
1 bag microwave popcorn, popped with old maids removed

Combine all ingredients except cheese and popcorn. Just before serving, toss with cheese and popcorn.

Lois Heuer, Summit, S.D. **Cooperative Connections**

Please send your recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address and telephone number.

Peanut Butter Popcorn Balls

1/2 cup light corn syrup
1/4 cup sugar
1/2 cup peanut butter
2 quarts popped corn

Heat corn syrup and sugar to boiling, stirring constantly. Remove from heat. Stir in peanut butter. Immediately pour mixture over popped corn. Stir until coated. Shape into balls with greased hands. Makes about 10. Wrap in plastic wrap.

Janice Jacobs, Lodgepole, S.D. **Cooperative Connections**

Harvest Popcorn

1/3 cup melted butter
1 tsp. dill weed
1 tsp. lemon pepper
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
2 quarts popped corn
2 cups shoestring potatoes
1 cup mixed nuts

Mix all ingredients together and spread in a 10x15-inch pan. Bake at 325°F. for 5 to 10 minutes, stirring once.

Martha Mehlhaff, Mina, S.D. **Cooperative Connections**

Rocky Road Peanut Butter Popcorn Bars

3 quarts popped corn
1/2 cup raisins
1 cup light corn syrup
1 T. butter or margarine
1/2 cup peanut butter pieces
1/2 cup peanuts
1/3 cup chunky or creamy peanut butter
3/4 cup miniature marshmallows
1/2 cup semi-sweet chocolate pieces
1 tsp. vegetable shortening

Place popped corn and raisins in large bowl. In saucepan, heat corn syrup and butter to a boil; boil 3 minutes. Remove from heat. Stir in peanut butter pieces and peanut butter until smooth. Pour mixture over popcorn, tossing gently to coat all pieces. Press into buttered 9-inch square baking pan. Sprinkle marshmallows and peanuts over top, pressing lightly into popcorn mixture. Melt chocolate pieces and shortening over very low heat. Drizzle over top. Cool several hours before serving.

Cooperative Connections

Diabetic Recipes



Skillet Beef and Noodles

Makes 6 servings
1 can (10-3/4 oz.) reduced-fat condensed cream of mushroom soup
3/4 cup nonfat milk
1/2 cup fat-free sour cream
1/2 tsp. salt (optional)
1/2 tsp. black pepper
1 (14 oz.) can pearl onions, drained or 2 cups thinly sliced onions
1 clove garlic, minced
1 T. low-fat margarine
1 tsp. sugar
1 T. white wine vinegar
1-1/2 cups sliced mushrooms
12 oz. sirloin steak, cut into 2x1/4-inch slices
4 cups hot cooked yolk free egg noodles
1 T. minced fresh parsley

Blend soup, milk, sour cream, salt and pepper in small bowl; set aside. Cook and stir onions and garlic in hot margarine in nonstick skillet over medium heat until lightly brown. Add sugar; cook until golden, stirring constantly. Stir in vinegar; cook 1 minute. Remove from skillet; set aside. Add mushrooms to skillet; cook and stir until lightly brown. Remove from skillet; set aside. Add steak; cook and stir over high heat until browned on both sides. Remove from skillet; drain skillet. Add soup mixture to skillet; cook over low heat until heated through. Return onions, mushrooms and steak to skillet. Heat 2 minutes (do not boil). Serve over hot cooked noodles; garnish with parsley. Nutrients per serving: Calories – 330; Percent calories from fat – 14; Total fat – 5 g; Sat. fat – 2 g; Protein – 14 g; Carbohydrates – 56 g; Cholesterol – 35 mg; Sodium – 541 mg; Dietary fiber – 1 g. Dietary exchanges: 3 Starch, 1 Meat, 2 Vegetable

Cooperative Connections

Chicken Tetrazzini

Makes 6 servings
8 oz. vermicelli or other thin noodle
2 tsp. margarine
8 oz. fresh mushrooms, sliced
1/4 cup chopped green onions
1 can (about 14 oz.) fat-free reduced-sodium chicken broth
1 cup low-fat (1 percent) milk, divided
2 T. dry sherry
1/4 cup all-purpose flour
1/4 tsp. ground nutmeg
1/4 tsp. salt
1/8 tsp. white pepper
2 oz. chopped pimiento, drained
4 T. (2 oz.) grated Parmesan cheese, divided
1/2 cup reduced-fat sour cream
2 cups cooked skinless chicken breasts, cut into bite-sized pieces

Cook noodles according to package directions, omitting salt. Drain; set aside. Melt margarine in large nonstick skillet over medium-high heat. Add mushrooms and onions; cook and stir until onions are tender. Add chicken broth, 1/2 cup milk and sherry to onion mixture. Pour remaining 1/2 cup milk into small jar with tight-fitting lid; add flour, nutmeg, salt and pepper. Shake well. Slowly stir flour mixture into skillet. Bring to a boil; cook 1 minute. Reduce heat; stir in pimiento and 2 T. Parmesan cheese. Stir in sour cream; blend well. Add chicken and noodles; mix well. Lightly coat 1-1/2-quart casserole with nonstick cooking spray. Spread mixture evenly into prepared casserole. Sprinkle with remaining 2 T. Parmesan cheese. Bake at 350°F. for 30 to 35 minutes or until hot. Let cool slightly before serving. Nutrients per serving: Calories – 338; Percent calories from fat – 16; Total fat – 6 g; Sat. fat – 2 g; Protein – 23 g; Carbohydrates – 44 g; Cholesterol – 40 mg; Sodium – 343 mg; Dietary fiber – 1 g. Dietary exchanges: 2-1/2 Starch, 2 Meat, 1 Vegetable

Cooperative Connections

We will be featuring favorite soy recipes in upcoming issues. Please send your recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address and telephone number.

Quick Chocolate Chip Cookie Cakes

Makes 48 cookies
1 pkg. (18.25 oz.) reduced-fat yellow cake mix
1/2 cup cholesterol-free egg substitute
1/4 cup vegetable oil
1/4 cup reduced-fat sour cream
2 cups uncooked old-fashioned oats
1/2 cup reduced-fat semi-sweet chocolate chips

Lightly coat cookie sheet with nonstick cooking spray; set aside. Combine cake mix, egg substitute, oil and sour cream in medium bowl. Add oats and chocolate chips. Drop dough by teaspoonful onto prepared cookie sheet. Bake at 350°F. for 12 minutes or until lightly browned. Remove to wire rack and cool completely. Nutrients per serving: Calories – 79; Percent calories from fat – 29; Total fat – 3 g; Sat. fat – 1 g; Protein – 1 g; Carbohydrates – 13 g; Cholesterol – 1 mg; Sodium – 74 mg; Dietary fiber – 1 g. Dietary exchanges: 1 Starch

Cooperative Connections

Lemon Meringue Pie

Makes 8 servings
Pastry for single crust, 9-inch pie
2-1/4 cups water
1/2 cup lemon juice
1/3 cup plus 2 T. cornstarch
10-3/4 tsp. EQUAL® for Recipes or 36 packets EQUAL® sweetener or 1-1/2 cups EQUAL® spoonful™
2 eggs
2 egg whites
1 tsp. finely grated lemon peel (optional)
2 T. margarine
1 to 2 drops yellow food color (optional)
3 egg whites
1/4 tsp. cream of tartar
3-1/2 tsp. EQUAL® for Recipes or 12 packets EQUAL® sweetener*

Roll pastry on lightly floured surface into circle 1 inch larger than inverted 9-inch pie pan. Ease pastry into pan; trim and flute edge. Pierce bottom and side of pastry with fork. Bake at 425°F oven until pastry is browned, 10 to 15 minutes. Cool on wire rack. Mix water, lemon juice, cornstarch and 10-3/4 tsp. Equal® for Recipes in medium saucepan. Heat to boiling over medium-high heat, stirring constantly; boil and stir 1 minute. Beat eggs, 2 egg whites and lemon peel, if desired, in small bowl; stir in about half of hot cornstarch mixture. Stir this egg mixture into remaining cornstarch mixture in saucepan; cook and stir over low heat 1 minute. Remove from heat; add margarine, stirring until melted. Stir in food color, if desired. Pour mixture into baked pie shell. Beat 3 egg whites in medium bowl until foamy; add cream of tartar and beat to soft peaks. Gradually beat in 3-1/2 tsp. Equal® for Recipes, beating to stiff peaks. Spread meringue over hot lemon filling, carefully sealing to edge of crust to prevent shrinking or weeping. Bake at 425°F until meringue is browned, about 5 minutes. Cool completely on wire rack before cutting. *Equal® Spoonful™ cannot be used in meringue recipes. Nutrients per serving: Calories – 187; Percent calories from fat – 43; Total fat – 9 g; Protein – 5 g; Carbohydrates – 22 g; Cholesterol – 58 mg; Sodium – 149 mg. Dietary exchanges: 1-1/2 Starch, 2 Fat

Cooperative Connections

Tasty Soups



Mom's Secret Recipe Beef Stew

1-1/2 lbs. beef for stew, cut in 1-inch pieces
1/3 cup flour
3 T. vegetable oil
1 (28 oz.) can Italian-style stewed tomatoes, undrained
1 (14-1/2 oz.) can beef broth
1 medium onion, chopped
1/2 tsp. pepper
1/2 tsp. dried thyme leaves
3 medium potatoes, peeled and cut into 1-inch pieces
2 cups baby carrots or 2 cups sliced carrots, 1-inch thick

In a medium bowl, toss beef with flour to coat. In heavy large saucepan or Dutch oven, heat oil over medium-high heat until hot. Add beef; cook 5 minutes or until browned, stirring occasionally. Add tomatoes, broth, onion, pepper and thyme; bring to a boil over high heat. Reduce heat to low; cover and simmer 45 minutes or until beef is almost tender. Add potatoes and carrots; return to a boil. Reduce heat; cover and simmer 45 minutes or until beef and vegetables are tender. Pictured

Cooperative Connections

Easy Cheese Soup

1 lb. hamburger
1 pkg. frozen mixed vegetables
Water
1 large jar processed cheese spread
1 tsp. hot sauce
Milk, if desired

Brown hamburger, drain and set aside. Cook vegetables in enough water to cover just until firm; do not drain water. Add hamburger, cheese spread and hot sauce. Cook until warm. Add milk if desired.

Scotti Tolton, Midland, SD **Cooperative Connections**

Potato Soup

6 medium potatoes, cubed
1 carrot, grated
1 small onion, chopped
1 tsp. salt
1/4 tsp. pepper
2-1/2 cups water
2 cups milk
2 T. butter
1 cup diced ham

Place first 5 ingredients in large kettle and add water. Simmer until vegetables are tender. Mash vegetables and add milk, butter and ham. Simmer 15 to 20 minutes.

Joyce Hinders, Gary, SD **Cooperative Connections**

Please send your favorite "ready in 30 minutes or less" recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address, telephone number and cooperative name.

Cream of Vegetable Soup

2 quarts water
2 stalks celery, diced
onion to taste
1/2 green pepper, diced
3 T. butter
1 large (1/2-inch thick) slice ham, diced
1 (16 oz.) can potatoes, quartered and undrained
1 (16 oz.) can carrots, diced and undrained
1 (16 oz.) can cut green beans, undrained
1 (16 oz.) can corn, drained
7 T. flour
1-1/2 cups milk

Put water in large soup kettle. Add celery, onion, green pepper, butter and ham; boil 20 minutes. Add canned vegetables and juice. Blend flour into 1 cup milk. Add this mixture, plus remaining milk, to soup; stir to thicken. Simmer 10 minutes.

Dona Meiers, Avon, SD **Cooperative Connections**

Meatball Soup

1 lb. hamburger
1 egg
3 T. milk
1/2 cup bread crumbs
6 beef bouillon cubes
6 cups water
2 potatoes, cubed
3 carrots, diced
1 (14 oz.) can tomatoes with juice
1 pkg. dry onion soup mix
1/4 tsp. oregano
2 to 3 cups water
1/2 to 1 cup frozen peas

Dumplings:
2 eggs
1/4 cup milk
1 cup flour

Combine first 4 ingredients. Brown until completely cooked; set aside. Dissolve bouillon cubes in 6 cups water. Add remaining soup ingredients; bring to a boil and simmer until vegetables are tender. Add meatballs; cooking another 10 minutes. For dumplings, mix together eggs, milk and flour. Drop by teaspoonfuls into boiling soup. Cook 10 to 15 minutes

Rebecca Walz, Tripp, SD **Cooperative Connections**

SAWDUST & SHAVINGS

Woodworking: Getting Started

By Ted Martin

To most people, they're only boards. But to a woodworker, those pine, walnut or cherry planks are a beautiful piece of furniture or a family heirloom just waiting to be built. Woodworking is one of America's fastest-growing hobbies. It's fun, relaxing, creative and productive – and it needn't be any more expensive than you want it to be.

Usually, some event inspires us to begin working with wood. For me, it was a frustrating hike through furniture stores looking for a bookcase. "Something sturdy and not too expensive," I told salespeople. "It's for my daughter's bedroom." They'd scratch their heads and say, "Actually, we don't carry many of those." Most of what they showed me was too flimsy, too expensive – or both. Finally, my wife turned to me and asked, "Could you build one?" A week later, in my garage, I scrounged-up a few boards, some nails, a hammer and a saw. "This'll be a cinch," I told myself.

Yeah, right. Within minutes, I found that cutting two boards (for the sides of my bookcase) to an equal length would be, apparently, impossible. I'd cut one board and use it to trace the length for the second. Somehow, though, the second wound-up a hair longer than the first. What to do? Simple! Shorten it a smidge. But, invariably, I would shorten it a smidge and a half, making it shorter than the first. "Hey, no big deal! I'll just whack another little bit off that first one."

Forty-five minutes later my wife popped-in: "How's it coming?"

"Not so good," I muttered, lips drawn tight with frustration. "It's gonna wind-up about the right size for a birdhouse."

She thought I'd beaned myself with the hammer. With a concerned gaze she said, "But Honey, a bookcase for birds doesn't make much sense..." Believe me, that little bookcase came within an inch of landing in the garbage can. But I kept at it and it's been standing (a little lopsided) in my daughter's room for years.

So, if your first attempts at woodworking are a little shaky, hang in there. Before you know it, you'll be building furniture you'll be proud of. That's the beauty of woodworking; you can get as good as your vision, your equipment, your materials and your time will allow.

Next month, the tools you'll need. ■

Editor's Note: You can contact Ted Martin at sawdustandshavings@svtv.com. Suggestions for future columns are welcome.

RECIPES

Lemon Poppyseed Fizz Cake

1 box lemon cake mix
4 eggs
1 tsp. butter flavoring
2 tsp. poppyseeds
3/4 cup oil
1 (3.4 oz) pkg. instant lemon pudding
1 tsp. lemon flavoring
1 (10 oz.) bottle of 7-up

In a large mixing bowl, combine all ingredients except pop; mix well. Add 7-Up gradually as it will foam. Pour into a greased and floured 9x13-inch pan. Bake at 300°F. for 50 minutes.

Marie Reagle, Valentine, NE **Cooperative Connections**

Snow White Almond'n Raspberry Cake

Cake:
1 box white cake mix
1-1/4 cups water
1/4 cup oil
3 egg whites
2 tsp. almond extract

Frosting:
1/2 cup whipping cream
1 (16 oz.) can creamy vanilla frosting
1 tsp. almond extract
1/2 cup seedless raspberry jam

Filling:
1/3 cup seedless raspberry jam

Grease and flour two 8- or 9-inch round cake pans. Prepare cake as directedon package using water, oil, egg whites and 2 tsp. almond extract. Bake as directed on package. Cool 1 hour or until completely cooled. Place one baked cake layer top-side down on plate; spread 1/3 cup jam to within 1 inch of edge. Place second layer top-side up on first layer. In a small bowl, beat whipping cream until soft peaks form. Add vanilla frosting and 1 tsp. almond extract; beat until light and fluffy. Spread frosting over sides of cake, bringing frosting over top edge. Spread 1/2 cup jam evenly over top of cake. If desired, garnish with fresh raspberries or white chocolate curls. Store in refrigerator.

Pictured **Cooperative Connections**

KIDS' CORNER SAFETY POSTER

"Always watch for overhead lines when playing."



Celina Halbert, 10 years old

Celina is the daughter of Larry and Debbie Halbert of Browns Valley, Minn. They are members of Traverse Electric Cooperative, Wheaton, Minn.

Kids, send your drawing with an electrical safety tip to your local electric cooperative.
All entries should contain your name, age, mailing address and the names of your parents.

Create-a-cake

Please send your favorite recipes containing mushrooms to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address, telephone number and cooperative name.

Chocolate Macaroon Ring Cake

Macaroon:
2 egg whites
1/2 tsp. almond extract
1/2 cup sugar
1/2 cup coconut
1/4 cup flour

Cake:
1 box devils food cake mix
1/2 cup oil
1 cup water
2 egg yolks
1 whole egg

Glaze:
1 cup powdered sugar
1 T. + 1 tsp. milk
1 tsp. oil
1/4 tsp. vanilla

Whip egg whites and extract until frothy. Gradually add sugar and beat at high speed until peaks form. Mix in coconut and flour. In another bowl, combine cake ingredients; mix 2 minutes at medium speed. Spread one-half the batter in a 10-inch greased and floured bundt pan. Spoon coconut mixture over over batter. Cover carefully with remaining batter. Bake at 350°F. for 55 to 65 minutes. Cool 25 minutes before removing from pan. Combine glaze ingredients and spoon over cooled cake. May need to add additional powdered sugar or milk to get glaze consistency.

Rebecca Walz, Tripp, SD **Cooperative Connections**

Apple Cinnamon Cake

1 box spice cake mix
1 (21 oz.) cn apple pie filling
3 eggs
1 tsp. cinnamon
3 T. sugar
Chopped walnuts, optional

Grease the bottom only of a 9x13-inch pan. In a mixing bowl, beat dry cake mix, pie filling and eggs on low speed for 2 minutes. Spread one-half of mixture in pan. Combine cinnamon and sugar. Sprinkle one-half of cinnamon-sugar mixture over batter. Spread remaining batter over top and sprinkle remaining cinnamon-sugar mixture over all. Bake at 350°F. for 35 to 45 minutes or until a toothpick inserted in center comes out clean. Note: Chopped walnuts may be scattered over both layers on top of sugar mixture if desired.

Jewell Brown, Onida, SD **Cooperative Connections**

Angel Food Cake

14 egg whites
1-1/2 tsp. cream of tartar
1 cup sugar
1 tsp. vanilla
1 tsp. almond extract
1-1/2 cups of powdered sugar
1 cup cake flour
onion to taste

Beat egg whites with cream of tartar. Gradually add sugar beating until stiff. Add vanilla and almond extract. Fold in powdered sugar, cake flour and salt. Pour into tube pan. Bake at 370°F. for 40 minutes.

Joyce Hinders, Gary, SD **Cooperative Connections**

SAFETY TIPS

Look Out Above!

You've heard it before: be careful when using any ladder, especially a metal ladder, around power lines. If you can, replace metal ladders with wood or fiberglass if you're going to use it anywhere near a power line or electricity source. If you must use a metal ladder, here are a few additional cautions to keep in mind:

• Never use metal ladders when handling an improperly grounded power tool or contacting an electrical source, such as a light socket. Metal stepladders and extension ladders meeting Underwriters Laboratories and American National Standards Institute voluntary standards have labels warning about this hazard.

• Carefully check the location of all overhead wires before using a ladder, especially where the lines connect to the house. Any power line (including the line running from the street to your house) can permit electricity to flow into a piece of metal or other object, such as a wet tree branch, that touches it.

• Power lines and phone lines often appear similar. Assume that all overhead wires carry electricity. Some overhead lines are coated to extend the life of the line. The coating is not intended to protect against electrocution.

• Lower the ladder when carrying or moving it to avoid touching an overhead wire.

• Never work on a windy day when a gust of wind can cause the ladder to shift and touch an overhead wire.

• Never place a ladder where it could slide into an overhead line. Make sure the distance to the nearest overhead line is at least twice the length of the ladder.

• Place the ladder's feet on solid, level ground before climbing it. When the ground is not level or is soft, put a flat piece of wood under one or both feet of the ladder to provide a solid, level base. If possible, tie off the ladder to prevent it from moving.

• If the ladder should start to fall into an overhead line, let it go. Never try to move it. Do not leave the ladder unattended. Call your cooperative and report the problem.

• If someone is holding the ladder when it contacts the overhead line, never try to pull them away with your hands. ■

Source: Consumer Product Safety Commission (www.cpsc.gov)

30 Minutes or Less



Please send your favorite cheesecake recipes and tuna recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address, telephone number and cooperative name.

5-Can Hot Dish

1 can tuna, drained
1 can cream of mushroom soup
1 can cream of celery soup
1 can chow mein noodles
1 can chow mein vegetables, drained
1 cup warm milk

Combine all ingredients and pour into casserole. Bake, covered, at 350°F. for 30 minutes or until hot. Uncover last 10 minutes.

Elaine Aker, Waubay — **Cooperative Connections**

Snicker Bars

Graham crackers
1 cup brown sugar
2 T. white syrup
1 cup margarine
2 cups peanuts
1-1/2 cups chocolate chips

Line a 9x13-inch pan with whole graham crackers. In a saucepan, boil together for 2 minutes brown sugar, white syrup and margarine; remove from heat. Add peanuts. Pour over crackers. Let stand 5 minutes. Sprinkle chocolate chips over all. Spread chips when melted.

Elaine Aker, Waubay — **Cooperative Connections**

Hamburger-Macaroni Skillet

1 lb. hamburger
3 onions, sliced thin
1 green pepper, chopped
3 T. margarine
2 cups cooked tomatoes
1/2 cup catsup
1 cup uncooked macaroni
1 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce

In a skillet, brown hamburger, onion and green pepper in margarine. Add remaining ingredients. Cover and simmer about 20 minutes or until macaroni is cooked.

Joy Hagen, Webster — **Cooperative Connections**

Sausage Skillet Scramble

1 lb. smoked sausage, cut into slices
2 med. onions, thinly sliced
2 apples, cored and thinly sliced
2 T. vegetable oil or butter

In a large skillet, saute sausage, onions and apples in oil until onions and apple slices are tender, stirring constantly.

Joy Hagen, Webster — **Cooperative Connections**

Green Bean Delite

3 ribs celery, cut diagonally into 1/2-inch pieces
2 T. margarine
1 T. cornstarch
3/4 cup chicken stock or bouillon
2 T. soy sauce
2 tsp. sesame seeds, toasted
1/8 tsp. garlic salt
2 (14.5 oz.) cans French-cut green beans, drained
1 (4 oz.) can sliced mushrooms, drained
Chopped parsley

In a large skillet, saute celery in margarine until tender-crisp. Blend in cornstarch with chicken stock, soy sauce, sesame seeds and garlic salt. Cook with celery, stirring constantly, until thickened. Add beans and mushrooms; cook and stir until heated through. Garnish with parsley.

June Herke, Watertown — **Cooperative Connections**

Cheesy Nacho Beef

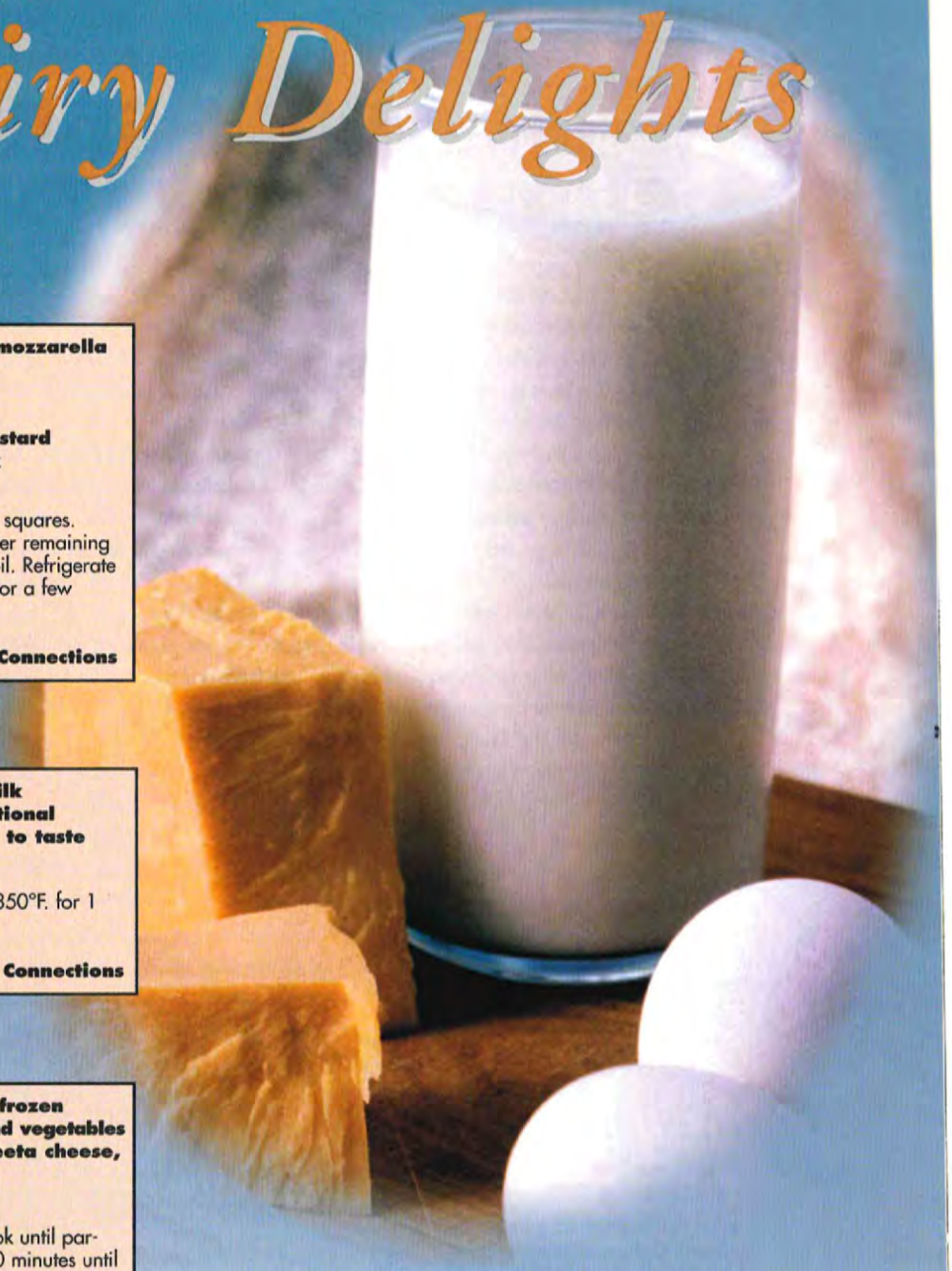
1 (6.8 oz.) pkg. Rice-a-Roni Spanish rice
1/2 lb. lean ground beef
2 cups water
1 cup salsa
1 cup corn
1 med. tomato, chopped
1 cup canned black beans, drained and rinsed
1 cup shredded Cheddar cheese
1/2 cup sour cream
Tortilla chips

In a large skillet, saute rice-vermicelli mix with ground beef over medium-high heat until beef is browned. Stir in water, salsa, corn, beans and special seasonings packet; bring to a boil. Reduce heat to low. Cover; simmer 15 to 20 minutes or until rice is tender. Stir in chopped tomato. Sprinkle with cheese and top with sour cream. Serve with tortilla chips and your favorite garnishes or wrapped in warm tortillas.

Pictured — **Cooperative Connections**

The recipe for Angel Food Cake published in the April issue of *Cooperative Connections* should read 1-1/2 cups powdered sugar, 1 cup cake flour and a pinch of salt. We are sorry for any inconvenience this error may have caused.

Dairy Delights



Breakfast Souffle

- 8 slices white bread with crusts removed, each slice cut into 9 squares
- 1 lb. Jimmy Dean sausage, browned and drained
- 8 oz. shredded Cheddar cheese
- 8 oz. shredded mozzarella cheese
- 7 eggs
- 1/2 tsp. salt
- 1/2 tsp. dry mustard
- 3-1/2 cups milk

Butter a 9x13-inch pan. Cover bottom of pan with bread squares. Place sausage on bread. Cover with cheeses. Beat together remaining ingredients; pour over casserole. Cover with aluminum foil. Refrigerate overnight. Bake, covered, at 325°F. for 1 hour. Uncover for a few additional minutes to brown top.

Maxine Myers, Gregory — **Cooperative Connections**

Corn Casserole

- 1 cup broken spaghetti
- 1 cup diced Velveeta cheese
- 1 can creamed corn
- 1 can whole-kernel corn
- 1/2 to 1 cup milk
- Diced onion, optional
- Salt and pepper to taste

Combine all ingredients in a 2-quart casserole. Bake at 350°F. for 1 hour, stirring after the first 30 minutes.

Dee Battest, Doland — **Cooperative Connections**

Cheese Soup

- 1-1/2 quarts water
- 3 tsp. chicken bouillon
- 3 cups diced potatoes
- 1-1/2 cups sliced onions
- 1-1/2 cups diced celery
- 1 (16 oz.) pkg. frozen California blend vegetables
- 1-1/2 lbs. Velveeta cheese, cubed

Combine water, bouillon, potatoes, onions and celery; cook until partially done. Add frozen vegetables. Cook an additional 10 minutes until done. Add cheese cubes. Simmer.

Janice Schoenfelder, Dimock — **Cooperative Connections**

Easy Cheeseburger Pie

- 1 lb. ground beef
- 1 cup chopped onion
- 1/2 tsp. salt
- 1-1/4 cups shredded Cheddar cheese
- 1 tomato, chopped (optional)
- 2 eggs
- 1/2 cup Bisquick baking mix
- 1 cup milk

Spray a 9-inch glass pie plate with vegetable spray. Brown beef and onion; drain. Stir in salt. Spread beef in pie plate. Sprinkle cheese and tomato over top. Stir remaining ingredients with fork until blended. Pour over all. Bake at 375°F. for 25 minutes or until center is set.

Leola Bartels, Davis — **Cooperative Connections**

Lemon Cream Cheese Pie

- 1 cup sugar
- 1/2 cup cornstarch
- 2-1/2 cups hot water
- 3 egg yolks
- 1/2 cup + 2 T. lemon juice, divided
- 1/8 cup + 1 T. butter
- 1 (8 oz.) pkg. cream cheese, softened
- 1 tsp. salt
- 1 can Eagle Brand sweetened condensed milk
- 1 (3.4 oz.) pkg. instant lemon pudding
- 1 baked 9-inch pie shell or graham cracker crust
- 1 (16 oz.) container whipped topping

In a saucepan, combine sugar, cornstarch and hot water; cook until thick. Add egg yolks; cook an additional minute. Add 1/4 cup + 1 T. lemon juice, butter and salt. In separate bowl, mix together cream cheese, condensed milk, remaining lemon juice and pudding. Add to egg mixture. Spread in pie shell and top with whipped topping.

Marla Gilbert, Corsica — **Cooperative Connections**

Please send your favorite recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2002. All entries must include your name, mailing address, telephone number and cooperative name.

Say Cheesecake

Rhubarb Cheesecake

1-1/2 cups finely crushed Zwieback or Rusk toasts
1-5/6 cups sugar, divided
3/4 tsp. cinnamon
6 T. butter, melted
3 eggs
2 (8 oz.) pkgs. cream cheese,softened
2 tsp. vanilla
1/2 tsp. nutmeg
1/4 tsp. salt
3 cups dairy sour cream
1/2 cup + 1 T. water
2 cups cubed fresh rhubarb (1-inch pieces)
1 pint fresh strawberries
2 tsp. cornstarch
7 to 8 drops red food coloring

Combine crushed Zwieback or Rusk toasts with 1/3 cup sugar and cinnamon. Add butter; mix until blended. Press crumb mixture on bottom and 2 inches up sides of a buttered 9-inch springform pan. Chill. In a bowl, beat eggs until foamy. Add cream cheese, 1 cup sugar, vanilla, nutmeg and salt; beat until smooth. Blend in sour cream. Pour into crust. Bake at 375°F. for 45 to 50 minutes or just until set; filling will be soft. Cool. In a saucepan, combine 1/2 cup sugar and 1/2 cup water. Heat and stir to dissolve sugar. Add rhubarb, bringing to a boil. Reduce heat and simmer uncovered about 1 minute or until almost tender, being careful not to break-up rhubarb. Remove from heat and remove rhubarb carefully with slotted spoon. Reserve 1/2 cup of liquid. In a blender container, combine 3/4 cup strawberries and reserved rhubarb liquid. Cover and blend until smooth. In a small saucepan, blend cornstarch and 1 T. water. Add strawberry mixture. Cook and stir until thickened and bubbly; cook 1 minute longer. Remove from heat; stir in food coloring. Cool. Halve remaining strawberries. Arrange strawberries on cheesecake, along with rhubarb. Spoon cooked strawberry mixture over top. Cover and chill.

Lucille Donelan, Montrose **Cooperative Connections**

Caramel Banana Cheesecake

1 cup graham craker crumbs
1/2 cup finely chopped pecans
1-1/3 cups sugar, divided
1/3 cup butter, melted
4 (8 oz.) pkgs. cream cheese, softened
4 eggs, room temperature
1/2 cup caramel ice cream topping, divided
1/2 tsp. cinnamon
1 cup mashed banana (about 2 ripe bananas)
2 bananas, thinly sliced

Spray a 9- or 10-inch springform pan with cooking spray. In a bowl, combine graham cracker crumbs, pecans and 1/3 cup sugar. Mix in butter until mixture holds together. Press onto bottom and 1-inch up sides of springform pan. In a large mixing bowl, beat cream cheese until smooth. Gradually beat in remaining sugar until fluffy. Add 1/4 cup caramel topping and cinnamon until well combined. Add eggs, one at a time, beating well after each addition. Add mashed banana until well blended. Pour filling into pan. Bake at 375°F. for 50 to 70 minutes or until center is almost set. Cool on wire rack; refrigerate. Arrange banana slices over top of cheesecake. Carefully drizzle and spread remaining caramel topping over bananas. Chill until serving time.

Pictured **Cooperative Connections**

Best Ever Cheesecake

22 graham crakers, crushed
1/2 cup butter, melted
1 (3 oz.) pkg. lemon gelatin
1 cup hot water
1 cup sugar
1 (8 oz.) pkg. cream cheese, softened
1 tsp. vanilla
Pinch of salt
1 pint whipping cream

Combine graham cracker crumbs and butter. Press onto bottom of a 9x13-inch pan. Dissolve gelatin in hot water; chill until syrupy. Mix together sugar, cream cheese, vanilla and salt. Whip cream; add gelatin and cream cheese mixture, beating until smooth. Pour into crust. Refrigerate. Garnish with pineapple slices, strawberries or fruit topping of your choice before serving.

Mary Kay Rezac, Dante **Cooperative Connections**

Brownie Caramel Cheesecake

1 (9 oz.) pkg. brownie mix
3 eggs, divided
1 T. cold water
1 (14 oz.) pkg. caramels
1 (5 oz.) can evaporated milk
1/2 cup sugar
2 (8 oz.) pkgs. cream cheese, softened
1 tsp. vanilla
1 cup chocolate fudge topping
1/4 cup finely chopped walnuts

Combine brownie mix, 1 egg and water. Spread in a greased 9-inch springform pan. Bake at 350°F. for 25 minutes. In a saucepan, melt caramels with evaporated milk over low heat. Pour two-thirds caramel mixture over brownie crust. Reserve one-third for topping. In a mixing bowl, beat cream cheese, sugar and vanilla until smooth. Add eggs, one at a time. Pour over caramel mixture. Bake for 40 minutes. Chill in pan. When cool, transfer to plate. Top with warm caramel, fudge topping and walnuts.

Carol Borchard, Aberdeen **Cooperative Connections**

Tasty Tuna



Hot Tuna Sandwiches

2 (6.5 oz.) cans tuna, drained
1/2 cup diced cheese
1/4 cup salad dressing
1/2 cup chopped celery
2 T. minced onion
Salt and pepper to taste
6 hamburger buns

Combine first 6 ingredients. Fill buns with tuna mixture and wrap in aluminum foil. Bake at 350°F. for 15 minutes.

Gloria Schneiderman, Lennox **Cooperative Connections**

Tuna Hot Dish

1 can cream of chicken soup
1 can mushroom soup
1 can chow mein noodles
1 (6.5 oz.) can tuna, drained
1 (5 oz.) can evaporated milk

Combine all ingredients; pour into greased baking dish. Bake at 350°F. for 45 minutes.

Gayle Rush, Philip **Cooperative Connections**

Tuna Cheese Biscuit Bake

1 can refrigerated biscuits
1 (6.5 oz.) can tuna, drained
1 T. parsley flakes
1 cup milk
2 T. minced onion
1 can cheddar cheese soup

Arrange biscuits in an ungreased 8x12-inch baking dish or a 9-inch square pan. Mix together remaining ingredients; pour over biscuits. Bake at 400°F. for 25 to 30 minutes.

Karen Boden, Beresford **Cooperative Connections**

Tuna Supper Salad

1 cup shredded carrots
1/2 cup diced celery
1/4 tsp. prepared mustard
1/2 cup salad dressing
1 T. cream
1 (6.5 oz.) can tuna, drained
1-1/2 cups canned shoestring potatoes
1 hard-cooked egg

Combine first 6 ingredients. Chill. Just before serving, stir in shoestring potatoes. Garnish with sliced hard-cooked egg.

Alexa Kleppin, Wessington Springs **Cooperative Connections**

Alfredo Tuna Noodle Casserole

4 oz. egg noodles, dry
1 cup chopped celery
1 cup carrot strips
1/4 cup diced onion
1 T. butter of margarine
1 (16 oz.) jar alfredo pasta sauce
2 T. flour
1/2 cup milk
1 (6.5 oz.) can tuna, drained
2 T. grated parmesan cheese
1-1/2 T. bread crumbs
Fresh chopped parsley, optional

Cook noodles according to package directions; set aside. Saute celery, carrot and onions in butter until slightly tender. Add alfredo pasta sauce and flour; mix well. Slowly add milk to mixture. Heat until sauce thickens. Stir in tuna and cooked noodles. Place mixture in greased 9x9-inch glass dish. Top casserole with parmesan cheese and bread crumbs. Bake at 375°F. for 20 to 25 minutes.

Pictured **Cooperative Connections**

Please send your favorite berry, pecan and after-school snack recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2002. All entries must include your name, mailing address, telephone number and cooperative name.

Mucho Mushrooms

Meatloaf Surprise

1-1/2 lbs. ground beef
2/3 cup evaporated milk
1 tsp. salt
1/2 tsp. onion salt
1/4 tsp. garlic powder
1/2 cup dry bread crumbs
1/2 cup shredded cheddar cheese
1/2 cup diced mushrooms drained
1/2 cup finely chopped onion

Mix together first 6 ingredients. Divide in half and pat into 2 rectangles. Put cheese, mushrooms and onion on one. Top with second rectangle. Seal edges. Place in pan and bake at 400°F. for 20 to 25 minutes or until done. May garnish with cheese and tomato if desired.

May Kratochvil, Hawarden, IA **Cooperative Connections**

Pickled Mushrooms & Onions

1 lb. fresh mushrooms
2 onions, thinly sliced and separated into rings
1-1/2 cups red wine vinegar
1-1/2 cups water
1/2 cup packed brown sugar
4 tsp. pickling salt
1 tsp. dried tarragon

Wash mushrooms and trim stems. In a saucepan, combine onion rings, vinegar, water, brown sugar, pickling salt and tarragon; heat to boiling. Add mushrooms; simmer 5 minutes. Pack hot jars with mushrooms and onions. Cover with pickling liquid. Process in water bath for 5 minutes. Yields 4-1/2 pints

Sally Norris, Lead **Cooperative Connections**

Wild Rice Casserole

6 oz. wild rice
1 (10 oz.) pkg. frozen broccoli, thawed
1-1/2 cups cubed, cooked chicken
1 cup cubed ham
1 cup shredded cheddar cheese
1 (4 oz.) can sliced mushrooms, drained
1 cup mayonnaise
1 tsp. prepared mustard
1/2 tsp. curry powder
1 can cream of mushroom soup
1/4 cup grated parmesan cheese

Cook wild rice according to package directions. In a greased 2-quart casserole, layer first 6 ingredients in order listed. Combine mayonnaise, mustard, curry powder and soup. Spread mixture over casserole and sprinkle with parmesan cheese. Bake at 350°F. for 45 to 60 minutes or until top is light golden brown.

Darlene Willert, Lake Benton, MN **Cooperative Connections**

Zucchini Dish

1/2 lb. ground beef
2 T. chopped onion
4 oz. fresh or canned mushrooms
1 (4 oz.) can green chilies
3 medium zucchini, sliced 1/2-inch thick
1-1/2 tsp. chili powder
1 tsp. salt
1/2 tsp. garlic powder
1-1/2 cups cooked rice
1/2 cup sour cream
1/2 cup shredded monterey jack cheese

Brown ground beef and onion; drain. Add mushrooms and green chiles; heat through. Add zucchini. Meanwhile, in a separate bowl, combine seasonings, rice, sour cream and 1/4 cup cheese. Add meat mixture, stirring well. Pour into a greased 9x13-inch pan. Top with remaining cheese. Bake at 350°F. for 25 to 30 minutes or until zucchini is tender-crisp.

Rebecca Walz, Tripp **Cooperative Connections**

Special Lemony Chicken

1/4 cup flour
1 tsp. salt
1/4 tsp. pepper
1/4 cup margarine
1/4 cup Real Lemon juice
2 cups fresh mushrooms
6 boneless chicken breasts

Coat chicken in flour, salt and pepper. In large skillet, fry chicken in margarine until golden brown. Add lemon juice and mushrooms. Reduce heat, cover and simmer 20 minutes or until tender. Serve over rice.

Shari Karels, Millbank **Cooperative Connections**

Sautéed Mushroom Chowder

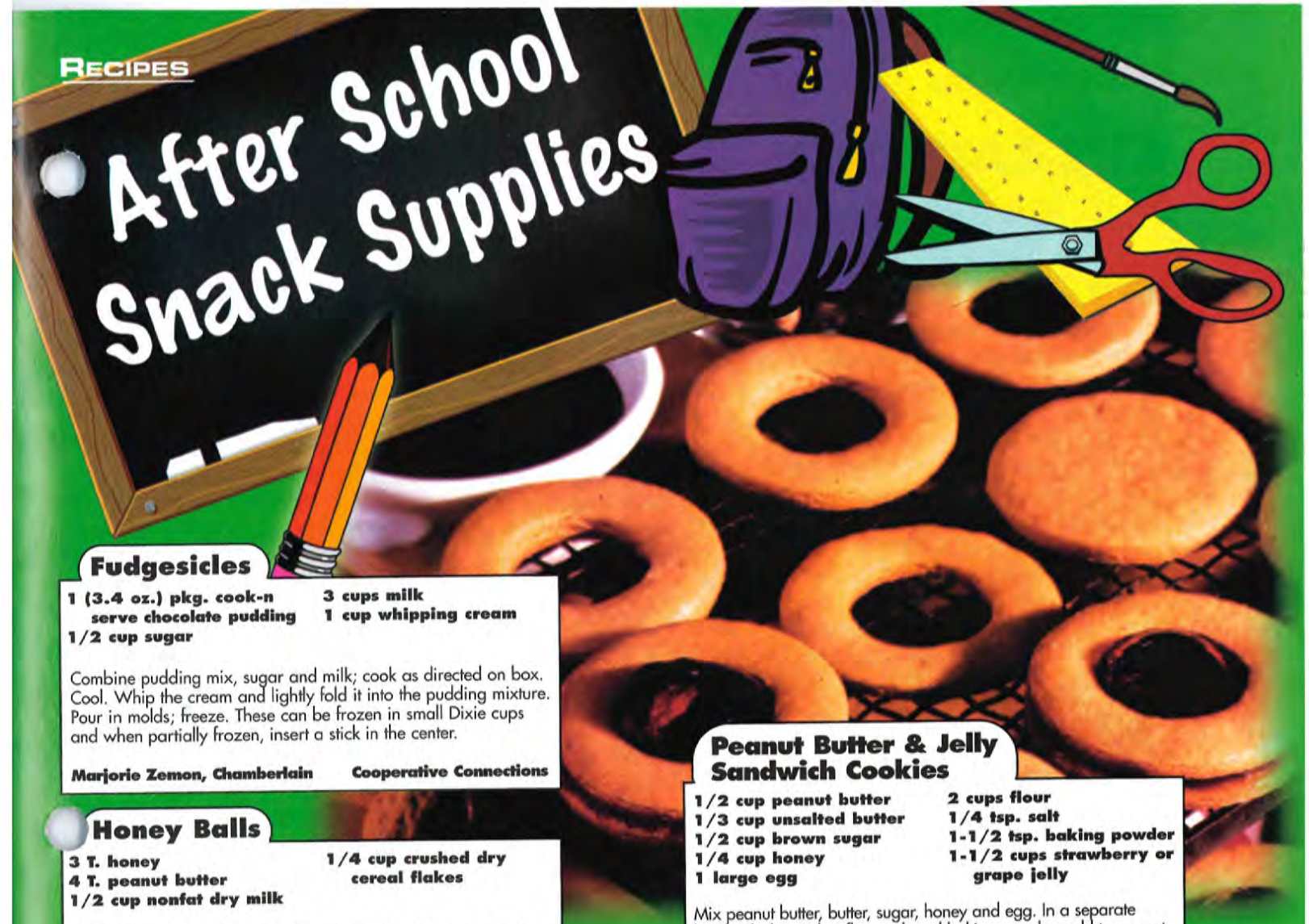
6 T. butter or margarine, divided
1 small to medium onion, halved and thinly sliced
2 tsp. Herb de Provence (a mixture of savory, thyme, marjoram, rosemary, oregano, sage, fennel and basil)
1/4 to 1/2 cup premium sherry
1 tsp. cornstarch blended with 2 tsp. water
1/4 cup flour
8 potatoes, peeled and diced
2 T. dried thyme
Salt and pepper to taste
4 cups half-and-half
1/2 cup each Shitake, Oyster and Chanterelle mushrooms thinly sliced (or substitute your favorite domestic or imported mushrooms)

Melt 4 T. butter in a large, nonstick frying pan. Add onion; sauté 1 to 2 minutes or until translucent. Add mushrooms; sauté 5 to 8 minutes, stirring constantly, until mushrooms soften. In a small bowl, mix remaining 2 T. butter with the Herb de Provence. Add sherry, herb mixture, salt and pepper to sautéed mushrooms. Reduce heat and stir in cornstarch paste to thicken. Gradually stir flour into mushroom sauté. Put this mixture in a medium saucepan, along with the potatoes, thyme, pepper and half-and-half. Cover and simmer for 20 to 30 minutes, stirring frequently, taking care not to let the chowder burn.

Pictured **Cooperative Connections**

Please send your favorite turkey recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2002. All entries must include your name, mailing address, telephone number and cooperative name.

After School Snack Supplies



Fudgesicles

1 (3.4 oz.) pkg. cook-n serve chocolate pudding
1/2 cup sugar
3 cups milk
1 cup whipping cream

Combine pudding mix, sugar and milk; cook as directed on box. Cool. Whip the cream and lightly fold it into the pudding mixture. Pour in molds; freeze. These can be frozen in small Dixie cups and when partially frozen, insert a stick in the center.

Marjorie Zemon, Chamberlain **Cooperative Connections**

Honey Balls

3 T. honey
4 T. peanut butter
1/2 cup nonfat dry milk
1/4 cup crushed dry cereal flakes

Combine honey and peanut butter, gradually adding nonfat dry milk. Making sure hands are greased, form into balls. Roll in dry cereal flakes. Chill until firm.

Diane Neth, Menno **Cooperative Connections**

Chocolate Snack Cake

1-1/2 cups flour
1 cup sugar
1/4 cup cocoa
1 tsp. baking soda
1/2 tsp. salt
1 cup water
1/2 cup oil
2 T. vinegar
2 tsp. vanilla

In a mixing bowl, combine first 5 ingredients. In a separate bowl, combine remaining ingredients. Add to dry ingredients, mixing just until blended. Pour into 9-inch pan. Bake at 375°F. for 20 to 25 minutes or until toothpick inserted in center comes out clean. Dust with powdered sugar or frost.

Ruth Ruen, Arlington **Cooperative Connections**

Oyster Cracker Snacks

2 (10 oz.) pkgs. oyster crackers
1 cup hot oil
1/2 tsp. dill weed
1 pkg. Hidden Valley Ranch dressing mix
1/2 tsp. lemon juice
1/4 tsp. garlic salt

Place crackers in a shallow bowl; stir in hot oil. Combine remaining ingredients. Mix all together. Bake at 250°F. for 1 hour, stirring every 15 minutes.

Lenora Pawlowski, Gann Valley **Cooperative Connections**

Peanut Butter & Jelly Sandwich Cookies

1/2 cup peanut butter
1/3 cup unsalted butter
1/2 cup brown sugar
1/4 cup honey
1 large egg
2 cups flour
1/4 tsp. salt
1-1/2 tsp. baking powder
1-1/2 cups strawberry or grape jelly

Mix peanut butter, butter, sugar, honey and egg. In a separate bowl, whisk together flour, salt and baking powder; add to peanut butter mixture and mix well. Divide dough into 4 equal portions. Wrap each portion in plastic wrap or waxed paper and refrigerate 2 hours or overnight. Remove portions from refrigerator and place each portion between two sheets of plastic wrap or waxed paper. Roll each portion into a "sheet" about 1/8-inch thick. Refrigerate dough again if it becomes too soft to handle. Using a drinking glass or cookie cutter, cut dough into circles. Using a smaller drinking glass or cookie cutter, cut smaller circles or "windows" in half the circles. Transfer cookies to a nonstick baking sheet, leaving 1/2-inch between them. Bake all cookies at 350°F. for 5 to 6 minutes or until they're just starting to brown. Transfer cookies to cooking rack. When cookies have cooled, spread jelly on the plain cookies and top them with the "window" cookies.

Pictured **Cooperative Connections**

School Fuel

3/4 cup brown sugar
6 T. butter
3 T. light corn syrup
1/4 tsp. baking soda
4 cups Corn Chex cereal
4 cups Rice Chex cereal
1/4 cup chocolate chips

Cover a cookie sheet with waxed paper. Microwave brown sugar, butter and corn syrup in an uncovered bowl on High power for 1 to 2 minutes, stirring after 1 minute until butter is melted. Stir in baking soda. Stir in cereals. Microwave mixture on High power for 3 minutes, stirring every minute. Spread mixture on covered cookie sheet. Cool 10 minutes. Break into bite-size pieces. Microwave chocolate chips until smooth. Drizzle chocolate over cereal. Refrigerate for 30 minutes.

Ann Schartz, Humboldt **Cooperative Connections**

Perfectly Pecan

Pumpkin Ribbon Bread

Filling:

2 (3 oz.) pkgs. cream cheese, softened
1/3 cup sugar
1 T. flour
1 egg
2 tsp. grated orange peel

Bread:

1 cup cooked pumpkin
1/2 cup vegetable oil
2 eggs
1 cup sugar
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. cloves
1-2/3 cups flour
1 tsp. baking soda
1 cup chopped pecans

For filling, beat cream cheese, sugar and flour together. Add egg, mixing to blend. Stir in orange peel; set aside. For bread, combine pumpkin, oil and eggs. Add remaining ingredients; mix to blend. Pour one-quarter of batter into two greased and floured loaf pans. Carefully spread cream cheese mixture over batter. Top with remaining batter, covering filling. Bake at 325°F. for 1-1/2 hours or until toothpick inserted in center comes out clean. Cool 10 minutes before removing from pans. Store in refrigerator.

Gayle Rush, Philip **Cooperative Connections**

Pecan Crispies

1 cup shortening
1 cup butter
5 cups brown sugar
4 eggs, beaten
5 cups flour
1/2 tsp. salt
1 tsp. baking soda
2 tsp. vanilla
2 cups chopped pecans

Combine all ingredients and drop by teaspoonful onto cookie sheet. Bake at 350°F. for 15 to 18 minutes.

Sophia Hoff, Tripp **Cooperative Connections**

Pecan Bars

Crust:

3 cups flour
1/2 cup sugar
1 cup butter
1/2 tsp. salt

Topping:

4 eggs, slightly beaten
1-1/2 cups white syrup
1-1/2 cups sugar
3 T. margarine
1/2 tsp. vanilla
2-1/2 cups chopped pecans

Mix crust ingredients together and press into a jelly roll pan. Bake at 350°F. for 15 to 20 minutes. Combine remaining ingredients; pour over baked crust. Bake an additional 15 to 25 minutes. Note: These bars bubble up and may spill over into your oven.

Karen Boden, Beresford **Cooperative Connections**

Spiced Pecans

1 egg white
1 tsp. water
4 cups pecans
1/2 cup sugar
1/2 tsp. cinnamon
1/2 tsp. salt

Beat egg white and water until frothy, but not dry. Pour in nuts; stir until coated. Mix sugar, cinnamon and salt. Pour over nuts and stir until coated. Spread on cookie sheet. Bake at 250°F. for 1 hour.

Mildred Schaeffer, Viborg **Cooperative Connections**

Toffee-topped Bars

2 cups brown sugar
2 cups flour
1 stick butter
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1 cup milk
1 egg
1 cup chocolate chips
1/2 cup chopped pecans
1/2 cup coconut

Mix together brown sugar and flour. Cut in butter until mixture resembles coarse crumbs. Remove 1 cup of mixture; set aside. To remaining mixture, add baking powder and salt. Using a fork, lightly beat in vanilla, milk and egg. Continue beating to smooth batter. Pour into greased 9x13-inch pan. Combine chocolate chips, pecans and coconut. Sprinkle reserved cup of crumbs over batter and top with chips, nuts and coconut mixture. Bake at 350°F. for 35 minutes or until toothpick inserted in center comes out clean.

Ruth Ruen, Arlington **Cooperative Connections**

Classic Thumbprint Cookies

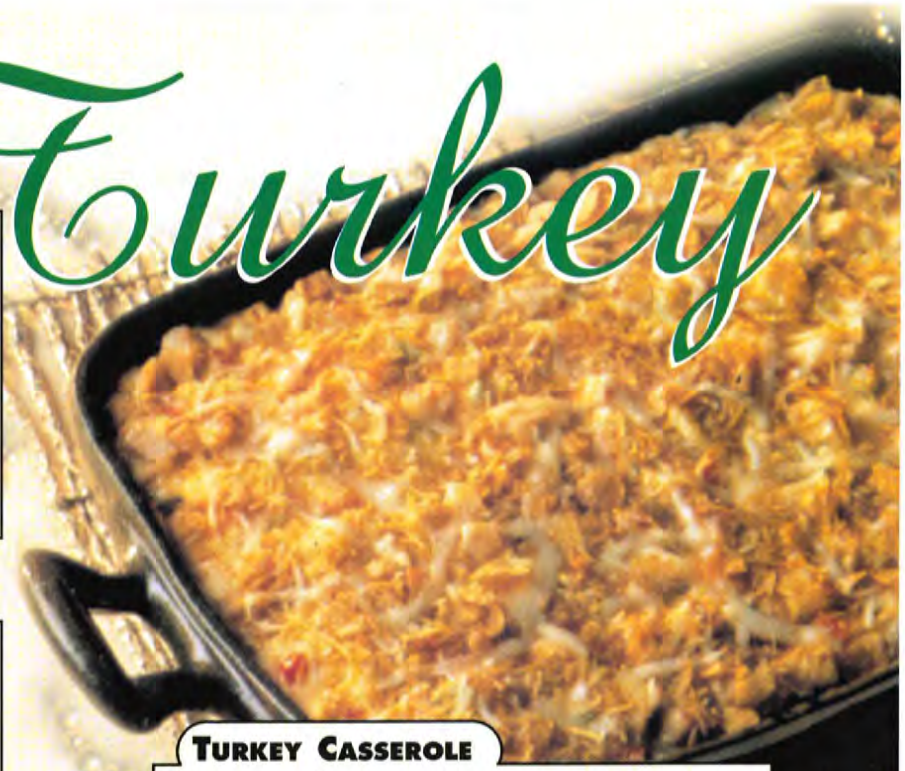
1/2 cup brown sugar
1 cup butter, softened
2 large eggs, separated
1-1/2 tsp. vanilla
1/4 tsp. salt
2 cups flour
2 cups chopped pecans
1 cup preserves or jam, any flavor or combination of flavors

Beat together sugar, butter, egg yolks, vanilla and salt. Slowly add flour and stir until well blended. In a separate bowl, beat egg whites until foamy. Put nuts in a separate bowl. Using a teaspoon, scoop out dough and shape into 1-inch balls. Dip each ball into the egg whites, then roll in the nuts and place on greased baking sheet. Using a teaspoon or your thumb, make a round indentation in the top of each cookie, being sure not to make a hole all the way through the dough. Bake cookies at 350°F. for 8 minutes; remove from oven. Using teaspoon or other small spoon, scoop the preserves into the indentation of each cookie. Return cookies to oven to bake an additional 6 to 10 minutes or until lightly browned. Remove from oven; cool on a wire rack.

Pictured **Cooperative Connections**

Please send your favorite bread machine, oatmeal and sauerkraut recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2002. All entries must include your name, mailing address, telephone number and cooperative name.

Turkey



Easy Turkey Divan

- 2 (10 oz.) pkgs. frozen broccoli spears (may use fresh)
- 6 slices or 2 cups cubed leftover turkey
- 6 slices cheese
- 1 (14.5 oz.) can evaporated milk
- 1 can cream of mushroom soup
- 1 (3.5 oz.) can french fried onion rings

Cook broccoli to crisp-tender stage. Arrange in bottom of oblong baking dish. Cover with turkey. Top with cheese slices. Combine milk and soup, spreading over top of cheese slices. Bake at 350°F. for 25 minutes. Top with onion rings and back an additional 5 minutes.

Joy Hagen, Webster — **Cooperative Connections**

Grilled Turkey Tenderloin

- 1 lb. turkey tenderloins, 3/4- to 1-inch thick
- 1/4 cup soy sauce
- 1/4 cup oil
- 1/4 cup sherry wine
- 2 T. lemon juice
- Dash black pepper
- Dash garlic salt
- 2 T. crushed onion
- 1/4 tsp. ginger

Blend all ingredients except turkey together in a plastic bag. Add turkey. Seal bag and turn to marinate all sides. Refrigerate for several hours, turning occasionally. Grill steaks over hot coals 8 to 10 minutes per side, depending on thickness. Turkey steaks are done when there is no pink in center of meat. Do not overcook.

Marilyn Grable, Kadoka — **Cooperative Connections**

Turkey-Crescent Almondine

- 3 cups cubed leftover turkey
- 1 can cream of chicken or mushroom soup
- 1 cup sliced water chestnuts, drained
- 1/2 cup mushrooms
- 2/3 cup mayonnaise
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup sour cream
- 1 (8 oz.) can crescent dinner rolls
- 2/3 cup shredded Swiss or American cheese
- 1/2 cup slivered or sliced almonds

Combine first 8 ingredients; cook over medium heat until hot and bubbly. Pour into an ungreased 9x13-inch pan. Separate crescent dough into 2 rectangles. Place over hot mixture. Sprinkle with shredded cheese and top with almonds. Bake at 375°F. for 20 to 25 minutes or until crust is deep golden brown.

Joan Hiles, Mitchell — **Cooperative Connections**

Hot Turkey and Cheddar Casserole

- Butter
- 3 cups cubed leftover turkey
- 3/4 cup chopped celery
- 1 (5 oz.) can sliced water chestnuts, drained
- 1/2 cup chopped red bell pepper
- 1-1/3 cups mayonnaise
- 1 T. grated onion
- 2 T. lemon juice
- 2 cups shredded sharp Cheddar cheese, divided
- 1 cup shredded mozzarella cheese, divided
- 1 cup cornflakes, crushed

Lightly coat a 9x13-inch baking dish with butter. In a medium bowl, combine turkey, celery, water chestnuts, red bell pepper, mayonnaise, onion, lemon juice, 1 cup Cheddar cheese and 1/2 cup mozzarella cheese; mix well. Place mixture in baking dish. Bake at 350°F. for 25 to 30 minutes or until heated through. Meanwhile, in a medium bowl, combine remaining 1 cup Cheddar cheese, 1/2 cup mozzarella cheese and cornflakes. Sprinkle cheese mixture over baked turkey casserole. Bake an additional 5 to 8 minutes or until cheese melts.

Pictured — **Cooperative Connections**

Turkey Casserole

- 7 to 8 cups cubed leftover turkey
- 1 can cream of chicken soup
- 1 cup sour cream
- 1 stick margarine, melted
- 1 box stove-top stuffing

Layer turkey in bottom of casserole. Combine soup, sour cream and margarine; pour over turkey. Prepare stuffing according to package directions. Spoon over top of soup mixture. Bake at 350°F. for 45 minutes.

Jennifer Raddatz, Colton — **Cooperative Connections**

Turkey-Asparagus Casserole

- 3 cups cubed leftover turkey
- 2 pkgs. frozen asparagus
- 1 (4 oz.) can mushrooms, drained
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 cup grated American cheese
- Salt and pepper to taste
- 1 cup mayonnaise
- 1 jar pimento, optional
- 1 medium can sliced water chestnuts, drained
- 1 green pepper, diced
- 1 onion, chopped
- 1 (8 oz.) pkg. noodles, cooked
- 1-1/2 cups crushed potato chips

Combine all ingredients except potato chips. Place in 9x13-inch pan. Top with crushed potato chips. Bake at 350°F. for 45 minutes.

Norma Moser, Milbank — **Cooperative Connections**

Turkey Puffs

- 1-1/2 cups chopped onion
- 1-1/2 cups diced celery
- 3 T. margarine
- 8 cups cubed leftover turkey
- 3 cans cream of mushroom soup
- 1-1/2 cups half-and-half
- 6 T. diced pimento
- 3 (3 oz.) cans mushroom slices and pieces, drained
- 1-1/2 cups slivered toasted almonds
- 1-1/2 tsp. salt
- 1-1/2 tsp. pepper
- 12 eggs, separated
- 1-1/2 cups shredded Cheddar cheese

Sauté onion and celery in margarine. Add turkey, soup, cream, mushrooms, pimento, almonds, salt and pepper; blend well. Cook over low heat until just hot. Pour into buttered casserole. Beat yolks; add cheese. Beat egg whites until stiff but not dry; fold into yolk-cheese mixture. Pour egg-cheese mixture over top of casserole. Bake at 350°F. for 30 minutes. Serves 24.

Sophia Hoff, Tripp — **Cooperative Connections**

COOPERATIVE CONNECTIONS

2003 Reader Recipes

January

Butter Me Up

1. Swedish Rye Bread
2. Caraway Herb Bread
3. Cheddar Bacon Bread
4. Potato Bread
5. Peanut Butter Bread
6. Oatmeal Bread
7. Herbal Onion Bread

February

Oatmeal

1. Oatmeal to Die For
2. Caramel Oatmeal Chewies
3. Chocolate Raspberry Streusel Squares
4. Best Oatmeal Cookies
5. Oatmeal Cake and Frosting

March

Cabbage Cooks

1. Sauerkraut Salad
2. Hasty Tasty Kraut Casserole
3. Sauerkraut Cake
4. Sauerkraut Relish
5. Sauerkraut Casserole
6. Rueben Lasagna

April

An Apple A Day

1. Health Waldorf Salad
2. Caramel Apple Salad
3. Raw Apple Cake
4. Apple Crisp
5. Sauteed Apples and Raisins
6. Apple Pie Jam

May

Cuckoo For Coconut

1. Five Layer Bars
2. Coconut Cake
3. Almond Macaroon Brownies
4. No-Bake Cookies
5. Grandma Betty's Christmas Bars
6. Neiman Marcus Bars
7. Krispy Dessert

June

Rhubarb-a-licious

1. Rhubarb Upside Down Cake
2. Rhubarb-Raspberry Pie
3. Strawberry-Rhubarb Jam
4. Rhubarb Bread
5. Spiced Rhubarb Sauce
6. Nutty Rhubarb Muffins
7. Cherry-Rhubarb Cobbler

July

Dip It

1. Spinach Dip
2. Apple Dip
3. Egg Dip
4. Crab Dip
5. Vegetable Dip
6. Tuna Dip
7. Easy Cheese Dip
8. Caramel Apple Dip

August

Great Grilling

1. Barbecue Pork ribs
2. Honey Garlic Grilled Chicken
3. Beef Steaks with Parmesan Grilled Vegetables
4. Cajun Grilled Shrimp
5. Easy Kabobs

September

Can It Be Cranberries

1. Cranberry Applesauce
2. Cranberry Nut Bars
3. Sour Cream Cranberry Muffins
4. Cranberry Salad
5. Cranberry Delight Spread
6. Cranberry Honey Pecan Crunch Pie

October

Graham Goodies

1. No-Bake Snicker Bars
2. Seven Item Bars
3. Streusel Cake
4. Sawdust Pie
5. Butterscotch Bars
6. S'More Puddin' Dessert

November

Let It Be Onions

1. Sunday Best Beans
2. Onion Pie
3. Four Onion Soup
4. Heavenly Onion Casserole
5. Skillet Rice Ole'

December

Go Nuts

1. Peanut Butter Snacks
2. Peanut Butter Fudge
3. Peanut Butter-Banana Bread Pudding
4. Peanut Butter Pizza
5. Peanut Butter Bread
6. Peanut Butter Brownies

Butter Me Up!

National Bread Machine Month



SWEDISH RYE BREAD

1-1/2 tsp. active dry yeast
2-1/2 cups flour
1 cup rye flour
1-1/2 T. vegetable oil
1/3 cup molasses
1 tsp. salt
1 cup + 1 T. warm water

Place all ingredients in bread machine pan as recommended by the manufacturer. Set bread machine to basic white bread cycle and light crust setting.

Judy Blankenship, Keystone Cooperative Connections

CARAWAY HERB BREAD

1 1 oz. warm milk
2 T. butter
2 tsp. salt
3-1/3 cups bread flour
3 T. sugar
3 T. dried parsley flakes
2 T. caraway seeds
2 T. dried dill weed
1-1/2 tsp. active dry yeast

Place all ingredients in bread machine pan as recommended by the manufacturer. Set bread machine to basic white bread cycle and desired color setting. Makes a 2-lb. loaf

Dana Davis, Ivanhoe, MN Cooperative Connections

CHEDDAR BACON BREAD

3/4 cup + 1 T. water
2 T. nonfat dry milk
1 tsp. salt
2 T. sugar
3 cups bread flour
2-1/4 tsp. active dry yeast
1-1/2 cups shredded Cheddar cheese
5 to 6 slices bacon, fried crisp and crumbled

Put first 6 ingredients in bread machine in order listed. Select the basic white bread cycle and desired crust setting. Before the end of the last kneading, add cheese and bacon. Note: All ingredients must be at room temperature. Makes a 1-1/2-lb. loaf.

Shirley Dreher, Clark Cooperative Connections

POTATO BREAD

1 tsp. active dry yeast
2-1/4 cups bread flour
1 T. nonfat dry milk
1 tsp. salt
1 T. sugar
1 T. margarine
3 T. instant mashed potato flakes
1 cup water

Place all ingredients in bread machine pan as recommended by the manufacturer. Select the basic white bread cycle and desired color setting.

Virginia Hochstatter, Lynd, MN Cooperative Connections

PEANUT BUTTER BREAD

1-1/8 cups tap water
3/8 cup peanut butter, room temperature
3 cups bread flour
1 tsp. salt
2 T. brown sugar
1-1/2 tsp. active dry yeast

Place all ingredients in bread machine pan as recommended by the manufacturer. Select the rapid cycle.

Karen Van Beek, Holland, MN Cooperative Connections

OATMEAL BREAD

1 cup water
1/2 cup oatmeal
3 T. vegetable oil
1 pkg. active dry yeast
1/3 cup brown sugar
1 tsp. salt
3 cups flour

Boil water and pour over oats in bread machine pan; let cool slightly. Add remaining ingredients as recommended by the manufacturer. Select the basic white bread cycle and desired color setting.

Sharon Coyle, Philip Cooperative Connections

HERBAL ONION BREAD

1 cup + 1 T. warm water
2 T. butter or margarine, softened
1-1/4 tsp. salt
3 cups bread flour
2 tsp. dried minced onion
1-1/2 tsp. dill weed
1 tsp. poppy seed
2 T. nonfat dry milk
1-1/2 tsp. active dry yeast

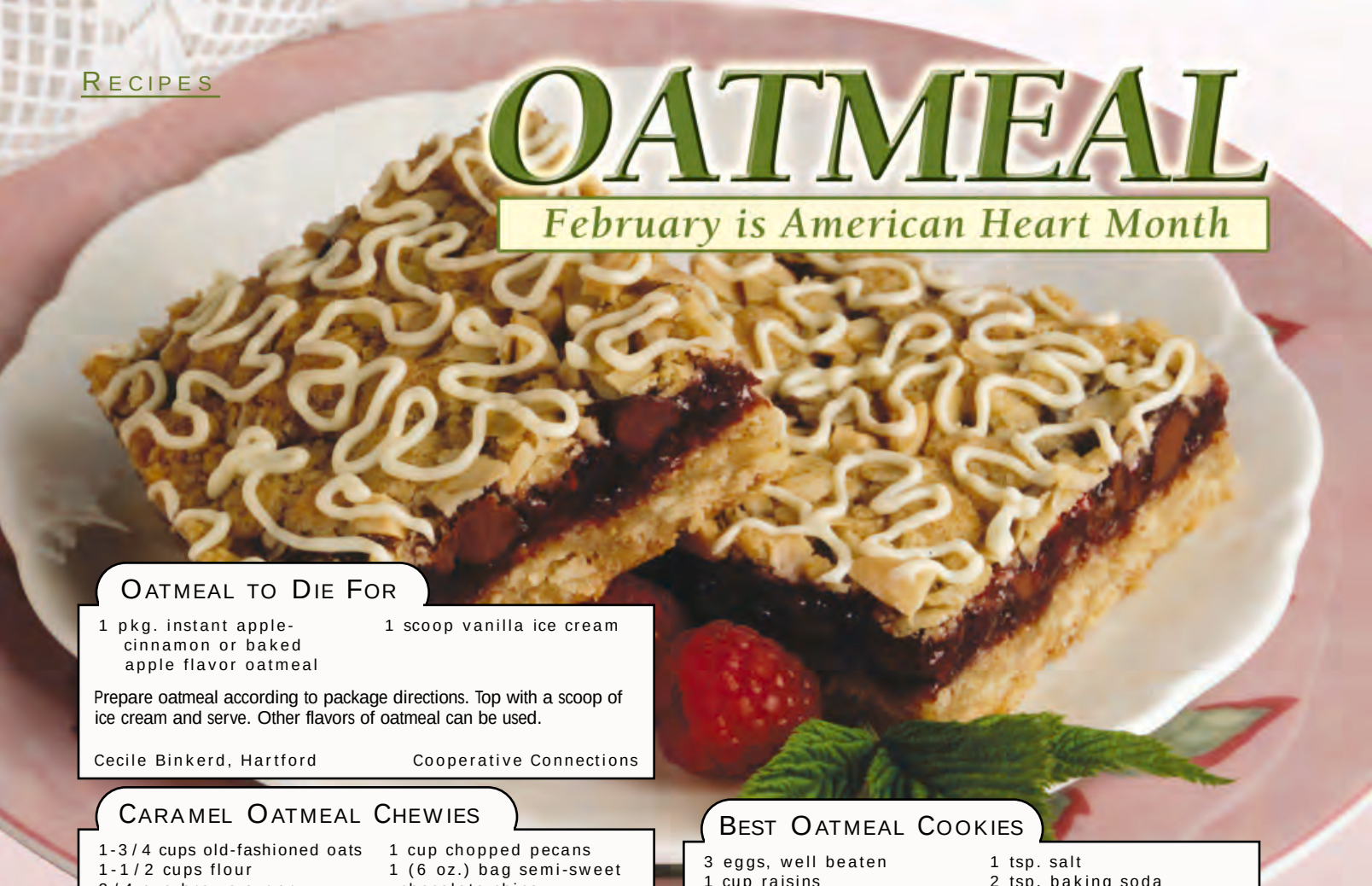
Place all ingredients in bread machine pan as recommended by the manufacturer. Check after 5 minutes to see if more flour or water is needed. Select a loaf setting that takes 2-1/2 to 3 hours.

Diane Bartnick, New Effington Cooperative Connections

Please send your favorite recipes featuring apples, cranberries or rhubarb to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2003. All entries must include your name, mailing address, telephone number and cooperative name.

OATMEAL

February is American Heart Month



OATMEAL TO DIE FOR

1 pkg. instant apple-cinnamon or baked apple flavor oatmeal
1 scoop vanilla ice cream

Prepare oatmeal according to package directions. Top with a scoop of ice cream and serve. Other flavors of oatmeal can be used.

Cecile Binkerd, Hartford — Cooperative Connections

CARAMEL OATMEAL CHEWIES

1-3/4 cups old-fashioned oats
1-1/2 cups flour
3/4 cup brown sugar
1/2 tsp. baking powder
1/4 tsp. salt
1-1/2 sticks butter or margarine, melted
1 cup chopped pecans
1 (6 oz.) bag semi-sweet chocolate chips
1 (14 oz.) bag vanilla caramels
1/4 cup water

Combine first 5 ingredients; add butter and mix until crumbly. Reserve 1 cup for topping. Press onto bottom of greased 9x13-inch baking dish. Bake at 350°F. for 10 minutes. Cool then top with nuts and chocolate chips. In a medium saucepan, melt caramels with water, stirring until smooth. Remove from heat and drizzle over chocolate chips and nuts to within 1/4-inch of pan's edge. Sprinkle with reserved oat mixture. Bake an additional 15 to 18 minutes or until golden brown.

Arlene Bryenldson, Centerville — Cooperative Connections

CHOCOLATE RASPBERRY STREUSEL SQUARES

1-1/4 cups flour
1-1/4 cups oats
1/3 cup sugar
1/3 cup brown sugar
1/2 tsp. baking powder
1/4 tsp. salt, optional
1-1/2 sticks butter or margarine, chilled and cut into pieces
3/4 cup raspberry preserves or jam
1 cup semi-sweet chocolate chips
1/4 cup chopped almonds, optional
1/2 cup white chips, melted, optional

Combine first 6 ingredients. Cut in margarine with pastry blender or two knives until mixture is crumbly. Reserve 1 cup oat mixture for streusel. Press remaining oat mixture onto bottom of ungreased 8-inch square baking dish. Bake at 375°F. for 10 minutes. Spread preserves evenly over hot crust to within 1/2-inch of edges. Sprinkle evenly with chocolate chips. Combine reserved oat mixture with almonds. Sprinkle evenly over chocolate chips, patting gently. Bake an additional 30 to 35 minutes or until golden brown. Cool completely in pan on wire rack. Drizzle with melted white chips, if desired. Let chocolate set before cutting into squares.

Pictured — Cooperative Connections

BEST OATMEAL COOKIES

3 eggs, well beaten
1 cup raisins
1 tsp. vanilla
1 cup butter or margarine
1 cup brown sugar
1 cup sugar
2-1/2 cups flour
1 tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
2 cups oatmeal
1 cup coconut
3/4 cup chopped pecans

Combine eggs, raisins and vanilla; let stand for 1 hour in bowl covered with plastic wrap. Cream together butter and sugars. Add flour, salt, soda and cinnamon; mix well. Blend in egg and raisin mixture, oatmeal, coconut and chopped nuts. Drop by heaping teaspoonfuls on ungreased cookie sheet. Flatten slightly and bake at 350°F. for 10 to 12 minutes.

Melba McCoy, Belle Fourche — Cooperative Connections

OATMEAL CAKE AND FROSTING

Cake:
1-1/4 cups boiling water
1 cup quick-cooking oats
1/2 cup margarine
1 cup sugar
1 cup brown sugar
2 eggs
1 tsp. vanilla
1-1/2 cups flour
1 tsp. soda
1/2 tsp. salt
3/4 tsp. cinnamon
1/4 tsp. nutmeg

Frosting:
3/4 cup margarine, melted
3/8 cup or 6 T. evaporated milk
3/4 cup brown sugar
1-1/2 cups flaked coconut
3/4 cup chopped walnuts

Pour boiling water over oats and let stand while mixing the following. Combine margarine, sugars, eggs and vanilla; mix well. Add dry ingredients. Stir in oatmeal, blending well. Pour into a greased and floured 9x13-inch pan. Bake at 350°F. for 25 to 30 minutes or until a toothpick inserted in center comes out clean. Before the cake is finished baking, prepare the following frosting: Stir together margarine and milk. Add remaining ingredients. When cake is done, remove from oven and set oven temperature to broil. Spread frosting on cake immediately when done. Place on top rack under broiler until frosting is bubbly and coconut is well browned.

Darleen Bauer, Mitchell — Cooperative Connections



SAUERKRAUT SALAD

- 1 large can sauerkraut, drained and chopped
- 1 cup sugar
- 1/4 cup vinegar
- 1/4 cup oil
- 1 cup chopped celery
- 1 green pepper, chopped
- 1 small onion, chopped
- 1/4 cup pimento, chopped

Combine all ingredients and let stand several hours before serving. Refrigerate.

Pat Becker, Sisseton — Cooperative Connections

SAUERKRAUT RELISH

- 2 cups sauerkraut
- 1 medium apple, peeled, cored and diced (tart apples work best)
- 1 small onion, diced
- 1 T. brown sugar
- 1 tsp. caraway seed

Combine all ingredients in saucepan; bring to a boil. Reduce heat and simmer, covered, until apple and onion are tender, about 10 minutes. This is a great accompaniment with pork and chicken.

Pat Becker, Sisseton — Cooperative Connections

HASTY TASTY KRAUT CASSEROLE

- 1 lb. ground beef
- 1 medium onion, chopped
- 2 cups sauerkraut, drained
- 2 T. butter
- 1 cup instant rice, uncooked
- 1/2 cup milk
- 1 egg, beaten
- 1 cup sour cream

Brown ground beef and onion, drain. Heat together sauerkraut and butter. Fill greased 1-1/2 quart casserole with alternating layers of meat, rice and kraut. Mix together milk, egg and sour cream. Pour over casserole. Bake at 350°F. for 30 to 35 minutes.

Helen Grimli, Browns Valley, Minn. — Cooperative Connections

SAUERKRAUT CASSEROLE

- 2 lbs. ground beef, browned and drained
- 1 can sauerkraut, drained
- 2 cups cooked noodles
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 cup milk
- 12 to 16 oz. shredded cheese (Mozzarella/Cheddar mix)

Place ground beef in a greased 9x13-inch pan. Top with sauerkraut. Layer noodles over sauerkraut. Combine soups and milk and pour over all. Top with cheese. Bake covered at 350°F. for 1 hour. Remove cover and bake an additional 15 minutes. Remove from oven and let stand 15 minutes before serving. Note: You may place cheese in-between each layer as you go.

Sandi Knippling, Chamberlain — Cooperative Connections

SAUERKRAUT CAKE

Cake:

- 1/2 cup butter or margarine
- 1-1/2 cups sugar
- 3 eggs
- 1 cup water
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup cocoa
- 1 cup sauerkraut, drained, washed and snipped

Frosting:

- 1 cup sugar
- 3 egg yolks
- 1 cup milk
- 1-1/2 cups coconut

Cake: Cream butter and sugar. Beat in eggs one at a time. Add vanilla, flour, baking soda, baking powder, salt and cocoa, alternating with water to creamed mixture. Stir in sauerkraut. Bake in a 9x13-inch pan at 350°F. for 40 minutes. Cool in pan. Frosting: Boil sugar, yolks and milk for 10 to 12 minutes. Add coconut and frost cooled cake.

Dar Duncan, Milbank — Cooperative Connections

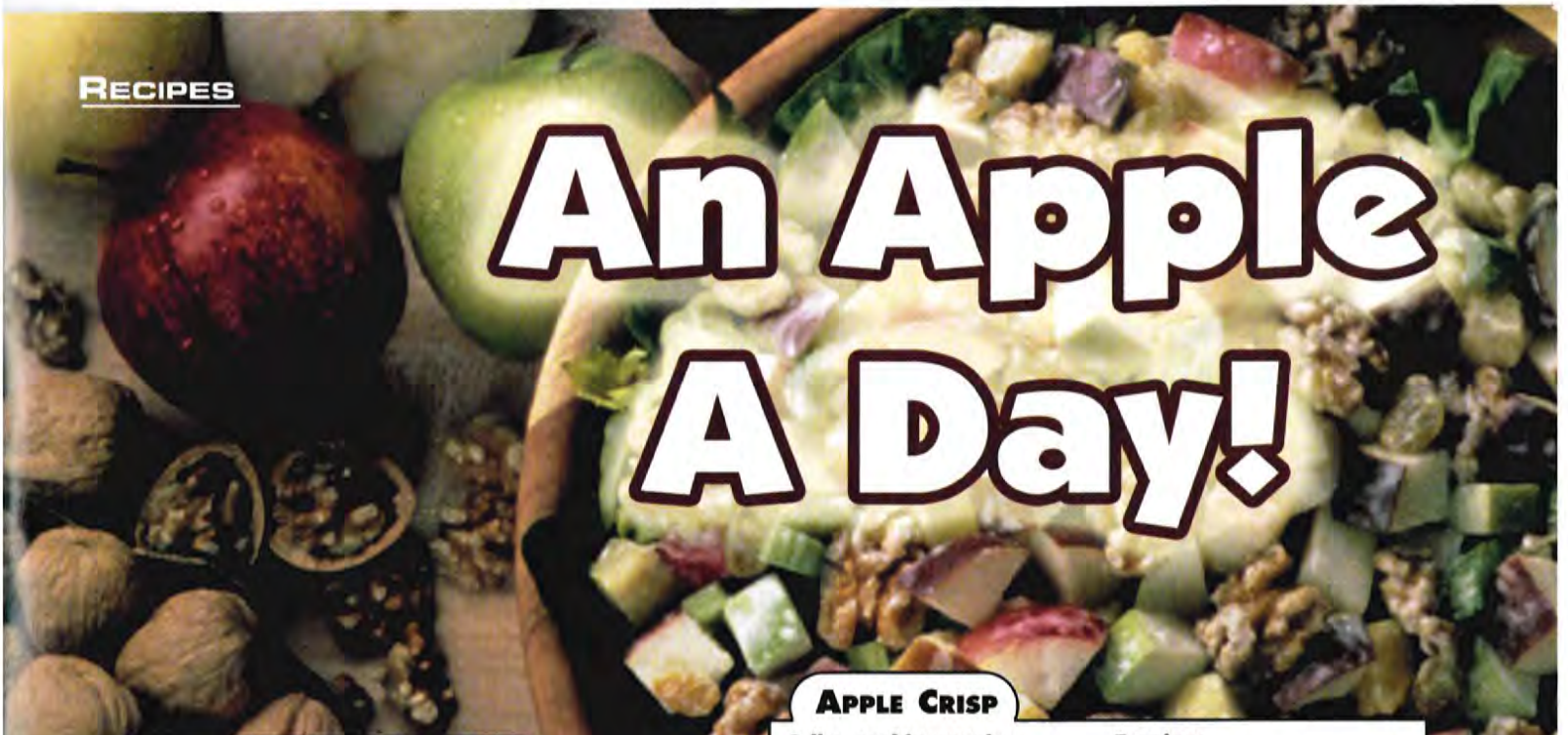
RUEBEN LASAGNA

- 1 (27 oz.) can sauerkraut, rinsed and drained
- 1 lb. sliced deli corned beef, coarsely chopped
- 1 can cream of mushroom soup
- 1 (8 oz.) bottle Thousand Island dressing
- 1-1/4 cups milk
- 1 medium onion, chopped
- 1 tsp. dry mustard
- 9 cooked lasagna noodles
- 1 cup shredded Swiss cheese
- 1/2 cup bread crumbs
- 1 tsp. butter

Combine sauerkraut and corned beef; mix well. In a separate bowl, mix together soup, dressing, milk, onion and mustard. Spread 1/2 cup soup mixture on bottom of a greased 9x13-inch pan. Place 3 noodles over soup. Top with one-half of kraut-beef mixture. Repeat layers until done. Sprinkle cheese over all and cover with buttered bread crumbs. Cover pan with foil and bake at 350°F. for 45 to 50 minutes.

Phyllis Blain, Rapid City — Cooperative Connections

An Apple A Day!



Healthy Waldorf Salad

1/3 cup low-fat mayonnaise
1/3 cup fat-free yogurt
3 medium apples cut into bite-size pieces
3/4 cup chopped walnuts, toasted
2 celery stalks, diced
1/2 fresh pineapple, peeled and cut into bite-size chunks or 1 (15 oz.) can pineapple chunks, drained
1/3 cup golden raisins

In a medium bowl, mix mayonnaise and yogurt until blended. Add remaining ingredients and stir until well blended. Refrigerate.

Pictured **Cooperative Connections**

Caramel Apple Salad

1 (8 oz.) can crushed pineapple
1 (3 oz.) pkg. instant butterscotch pudding
1 cup dry-roasted peanuts
1 (8 oz.) container whipped topping
1 cup marshmallows
3 cups diced, unpeeled apples

Mix together undrained pineapple and pudding. Fold in whipped topping. Add peanuts, marshmallows and apples. Refrigerate until serving time.

Kathy Hahn, Sioux Falls **Cooperative Connections**

Raw Apple Cake

Cake:
4 cups peeled, cored and sliced tart apples
1/2 cup brown sugar
1-1/2 cups sugar
1/2 cup vegetable oil
2 eggs
1 tsp. vanilla
1 cup chopped walnuts
2 cups flour
1/4 tsp. salt
2 tsp. soda
2 tsp. cinnamon

Caramel Sauce:
1/2 cup butter
3/4 cup sugar
3/4 cup brown sugar
3/4 cup cream
Dash cinnamon
Dash nutmeg

Cake: Combine apples with brown sugar and let stand while preparing remainder of recipe. Cream together sugar, oil, eggs and vanilla. Add the sifted dry ingredients. Stir in apples and walnuts. Pour into a 9x13-inch pan. Bake at 350°F. for 40 minutes. Serve cake warm with the following caramel sauce and whipped cream. Caramel Sauce: Combine all ingredients in a heavy saucepan and bring to a boil. Serve warm over cake.

Mrs. Deloit Van Beek, Holland, Minn. **Cooperative Connections**

Apple Crisp

3 lbs. cooking apples, peeled and sliced
1/2 cup sugar
1/2 tsp. cinnamon

Topping:
1 cup flour
1 cup sugar
1/2 cup margarine, softened

Spray a 9x13-inch pan with cooking spray. Mix together first 3 ingredients in prepared pan and spread evenly. Mix next three ingredients together and crumble over top of apples. Bake at 350°F. for 40 minutes.

Margene Paige, Presho **Cooperative Connections**

Sautéed Apples and Raisins

4 large tart apples, peeled and cored
1/4 cup butter or margarine
2 tsp. cornstarch
1/2 cup water
1/2 cup brown sugar
1/4 cup golden raisins
1 tsp. lemon juice

Cut apples in half and then into 1/4-inch thick slices. Melt butter in a large skillet; add apples. Cook and stir over medium heat 6 to 7 minutes or until almost tender. Dissolve cornstarch in water; add to skillet. Add brown sugar and raisins; bring to a boil. Boil for 2 minutes, stirring constantly. Remove from heat, stir in lemon juice and serve warm.

Darlis Bunde, Watertown **Cooperative Connections**

Apple Pie Jam

4 cups peeled, cored and finely chopped apples
1/4 cup lemon juice
1 tsp. margarine
5-1/2 cups sugar
1 box powdered fruit pectin
3/4 tsp. nutmeg
1-1/4 tsp. ground cinnamon

Combine apples, lemon juice, margarine and pectin in a large pan. Bring to a full boil (some apples have little moisture content which will keep them from actually boiling but be sure they're at boiling point before adding sugar). Add sugar, nutmeg and cinnamon. Return to a boil and boil hard for 1-1/2 minutes, stirring constantly. Skim foam off and pour into hot, sterile jars, filling to within 1/8-inch of tops. Wipe rims and cover with two-piece lids. Invert (turn jars upside down) 5 minutes. After 5 minutes, turn jars upright. Makes 7 half-pints of jam.

Jolene Hoverstadt, Rapid City **Cooperative Connections**

Please send your favorite crockpot and/or dip recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2003. All entries must include your name, mailing address, telephone number and cooperative name.

Cuckoo For COCONUT



PHOTO COURTESY OF KRAFT FOODS INC. USED WITH PERMISSION.

Five Layer Bars

- 1-1/2 cups crushed corn flakes
- 1/2 cup sugar
- 1/2 cup butter or margarine, melted
- 1 cup butterscotch chips
- 1 cup semi-sweet chocolate chips
- 1-1/2 cups flaked coconut
- 1/2 cup chopped walnuts
- 1 (14 oz.) can sweetened condensed milk

Combine corn flake crumbs, sugar and butter in a bowl. Pour into an ungreased 9x13-inch pan. Press mixture evenly and firmly with back of spoon to form crust. Layer chips, coconut and walnuts evenly over crust. Pour sweetened condensed milk evenly over all. Bake at 350°F. for 25 minutes or until browned around the edges. Cool completely before cutting.

Sophia Hoff, Tripp — Cooperative Connections

Coconut Cake

Cake:
- 1 yellow cake mix
- 1 pkg. instant vanilla pudding
- 1-1/3 cups water
- 4 eggs
- 1/4 cup vegetable oil
- 2 cups coconut
- 1 cup chopped nuts

Frosting:
- 4 T. butter or margarine
- 2 cups coconut
- 4 oz. cream cheese, softened
- 4 T. milk
- 1/2 tsp. vanilla
- 3-1/2 cups powdered sugar

Cake: Combine all ingredients. Pour into a greased and floured 9x13-inch pan. Bake at 350°F. for 35 minutes. Frosting: Melt butter in a skillet. Add coconut and toast until light brown. In a mixing bowl, mix together cream cheese, milk and vanilla. Add powdered sugar and toasted coconut. Frost cooled cake.

Maxine Meyers, Gregory — Cooperative Connections

Almond Macaroon Brownies

- 6 squares semi-sweet baking chocolate
- 1/2 cup butter or margarine
- 1 cup sugar, divided
- 3 eggs, divided
- 1 tsp. vanilla
- 1 cup + 1 T. flour, divided
- 2/3 cup chopped slivered almonds, divided
- 4 oz. cream cheese, softened
- 1 cup coconut
- Whole almonds

Line an 8- or 9-inch square baking pan with foil extending over edges to form handles. Grease foil. Microwave chocolate and butter in large microwavable bowl on high 2 minutes or until butter is melted. Stir until chocolate is completely melted. Stir 2/3 cup of sugar into chocolate mixture. Add 2 eggs and vanilla; stir until well blended. Stir in 1 cup flour and 1/3 cup of almonds. Spread batter into prepared pan. Mix cream cheese, remaining 1/3 cup sugar, remaining egg and flour in bowl until smooth. Stir in coconut and remaining 1/3 cup chopped almonds. Spread over brownie batter. Sprinkle with whole almonds. Bake at 350°F. for 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE. Cool in pan. Cut into squares.

Pictured — Cooperative Connections

No-Bake Cookies

- 2 cups sugar
- 1/2 cup butter
- 1/2 cup milk
- 1/2 cup cocoa
- 3 cups quick-cooking oats
- 1 cup coconut

Combine all ingredients and bring slowly to soft boil stage. Drop by spoonful onto waxed paper.

Angie Coulson, Yankton — Cooperative Connections

Grandma Betty's Christmas Bars

- 1 cup white syrup
- 1 cup sugar
- 1 cup cream
- 6 cups corn flakes
- 1 cup peanuts
- 1/2 cup coconut

Combine syrup, sugar and cream; boil to soft ball stage. Remove from heat and add remaining ingredients. Pat into 9x13-inch pan. Cut into bars.

Betty Van Beek, Pollock — Cooperative Connections

Neiman Marcus Bars

- 1 yellow cake mix with pudding
- 1/2 cup margarine
- 3 eggs, divided
- 8 oz. cream cheese, softened
- 1 lb. powdered sugar
- 1/2 cup flaked coconut
- 1/2 cup chopped pecans

Mix together cake mix, margarine and 1 egg. Press into a greased 15x11-inch pan. Beat remaining eggs and cream cheese together. Add remaining ingredients and spread mixture over first layer. Sprinkle with extra coconut and pecans, if desired. Bake at 350°F. for 30 minutes. Cut into bars.

Diane Neth, Menno — Cooperative Connections

Krispy Dessert

- 1/2 cup butter or margarine
- 2 cups coconut
- 3 cups crushed rice cereal
- 1/2 cup brown sugar
- 1/2 cup chopped walnuts
- 1/2 gallon vanilla ice cream
- 1 can cherry or blueberry pie filling

Melt butter in a skillet. Add coconut and toast until light brown; cool slightly. Combine coconut, cereal, brown sugar and walnuts. Reserving 1 cup of crumbs, pat remaining mixture into a sheet cake pan; chill. Slice ice cream 1/2-inch thick. Lay on chilled crust. Smooth edges of ice cream with knife. Sprinkle remaining crumbs over all. Before serving, spoon a dollop of pie pilling on top. Store remaining dessert in freezer.

Phyllis Niemann, Clear Lake — Cooperative Connections

Please send your favorite graham cracker recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2003. All entries must include your name, mailing address, telephone number and cooperative name.

Rhubarb-a-licious



Rhubarb Upside Down Cake

5 cups diced rhubarb
1 (3 oz.) pkg. strawberry gelatin
1 cup sugar
2 cups miniature marshmallows
1 box white cake mix

Spray a 9x13-inch pan with cooking spray. Arrange rhubarb in pan. Sprinkle gelatin and sugar over rhubarb. Top with marshmallows. Prepare cake mix as directed on package. Carefully pour cake batter over all and spread evenly. Bake at 350°F. for 50 minutes or until toothpick inserted in center comes out clean. Turn cake onto serving plate.

Margene Paige, Presho — Cooperative Connections

Rhubarb-Raspberry Pie

1 cup sugar
1/4 tsp. ground allspice
1/4 tsp. ground cinnamon
3 T. cornstarch or 1/3 cup flour
2 cups chopped, fresh rhubarb
1 (10 oz.) pkg. fresh or frozen (thawed) raspberries
2 T. lemon juice
1 double-crust pie shell

Combine first 4 ingredients. Add rhubarb and toss to coat. Add raspberries and lemon juice. Let stand 1 minute then pour into pie crust. Top with lattice-style crust. Brush top with milk and sprinkle with sugar. Bake at 400°F. for 35 to 40 minutes.

Arlene Bryenldson, Centerville — Cooperative Connections

Strawberry-Rhubarb Jam

4 cups strawberries, washed, stemmed and crushed
2 cups chopped rhubarb
1/4 cup lemon juice
1 pkg. powdered pectin
5-1/2 cups sugar

In a large saucepan, combine first 4 ingredients. Bring to a rolling boil over high heat. Add sugar and return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat; skim foam if necessary. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Jolene Hoverstadt, Rapid City — Cooperative Connections

Rhubarb Bread

1-1/2 cups brown sugar
2/3 cup oil
1 egg
1 cup sour milk (1/2 cup buttermilk mixed with 1/2 cup milk)
1 tsp. salt
1 tsp. baking soda
1 tsp. vanilla
2-1/2 cups flour
1-1/2 cups chopped rhubarb
1/2 cup nuts
1/4 cup sugar
1/4 cup brown sugar
1 T. butter, softened
1/2 to 1 tsp. cinnamon

Stir together first 10 ingredients in order given. Pour into two greased loaf pans. For topping, combine remaining ingredients. Sprinkle over loaves. Bake at 350°F. for 60 minutes.

LaVonne Smith, Kennebec — Cooperative Connections

Spiced Rhubarb Sauce

4 cups chopped rhubarb
2 T. cornstarch
1 tsp. grated orange peel or zest
1/2 tsp. cinnamon
1 cup sugar
1/2 cup orange juice

Combine all ingredients in a 1-1/2 quart glass casserole. Microwave on High 8 to 10 minutes or until mixture boils or thickens, stirring once.

Martha Mehlhoff, Mina — Cooperative Connections

Nutty Rhubarb Muffins

3/4 cup brown sugar
1/2 cup buttermilk
1/3 cup oil
1 egg, beaten
1 tsp. vanilla
2 cups flour
1/2 tsp. baking soda
1/2 tsp. salt
1 cup diced rhubarb
1/2 cup chopped nuts

Topping:
1/4 cup brown sugar
1/4 cup chopped nuts
1/2 tsp. cinnamon

In a mixing bowl, combine first 5 ingredients. Add flour, soda and salt. Stir in rhubarb and nuts just to mix together. Spoon into greased muffin pan. Combine topping ingredients and sprinkle over muffins. Bake at 375°F. for 20 minutes.

Wanda Sweeney, Presho — Cooperative Connections

Cherry-Rhubarb Cobbler

3 cups chopped rhubarb
1 can cherry pie filling
2 cups sugar, divided
4 T. margarine
1/2 cup shortening
1 egg
1 cup flour
1 tsp. baking powder
1/2 cup milk

Arrange rhubarb in a 9x13-inch pan. Spread pie filling over rhubarb. Sprinkle with 1 cup sugar and dot with margarine. Cream together shortening and remaining sugar. Add egg. In separate bowl, combine flour and baking powder. Add alternately with milk to creamed mixture. Pour over fruit. Bake at 350°F. for 50 to 60 minutes. May sprinkle with cinnamon if desired.

Dorene Nelson, Martin — Cooperative Connections

Please send your favorite grilling recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2003. All entries must include your name, mailing address, telephone number and cooperative name.



Dip It!

Spinach Dip

1 pkg. frozen spinach, thawed
1 cup sour cream
1 cup salad dressing
1 pkg. Knorr vegetable soup mix

Place spinach in colander and press out excess liquid. Combine all ingredients. Chill. Serve with assorted snack crackers.

Catherine Jungwirth, Ashton — Cooperative Connections

Apple Dip

1 (8 oz.) pkg. cream cheese, softened
3/4 cup brown sugar

Mix together cream cheese and brown sugar. Add chopped nuts if desired.

Dorene Nelson, Martin — Cooperative Connections

Egg Dip

6 hard-boiled eggs, chopped
1/4 cup chopped celery
1 cup salad dressing
8 oz. shredded Cheddar cheese
Seasoned salt, to taste
Dill weed, to taste

Combine all ingredients. Serve with assorted snack crackers.

Shirley Dreher, Clark — Cooperative Connections

Crab Dip

1 (8 oz.) can crab
1 (8 oz.) container sour cream
1 cup mayonnaise
1/2 onion, chopped
1 T. lemon juice
1 clove garlic, chopped

Combine all ingredients. Serve with assorted snack crackers.

Gerry Robinson, Frankfort — Cooperative Connections

Please send your favorite recipes featuring breakfast cereals to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2003. All entries must include your name, mailing address, telephone number and cooperative name.

Vegetable Dip

3/4 cup sugar or honey
2 T. mustard
1 T. oil
1-1/2 cups salad dressing
3/4 tsp. garlic powder or garlic salt

Combine first 3 ingredients. Add remaining ingredients. Chill 24 hours.

Joan Zimbelmann, Hamill — Cooperative Connections

Tuna Dip

1 (6 oz.) pkg. cream cheese, softened
1 can tuna, drained
3 to 4 T. mayonnaise
1/2 to 1 T. lemon juice
Dash of salt
2 green onions, finely sliced

Combine all ingredients. Chill for 1 hour. Serve with assorted snack crackers.

Emerald Diez, Winner — Cooperative Connections

Easy Cheese Dip

1 jar processed cheese spread
1 can chili with no beans
1 (8 oz.) pkg. cream cheese, softened

Combine all ingredients in a microwave-safe bowl. Microwave a couple minutes, stirring every 30 seconds, until mixture is warm. Serve with assorted chips or snack crackers.

Lillian Zajic, Tyler, MN — Cooperative Connections

Caramel Apple Dip

1 can sweetened condensed milk
2 T. butter or margarine
1 cup sugar or 24 packets Equal
2 tsp. vanilla

Using a large kettle, cover can of milk with water and boil for 3 hours; cool. Combine milk, sugar and butter in microwave-safe bowl. Cook, stirring every 30 seconds, until sugar and butter are dissolved and mixed in well. Stir in vanilla. Serve warm or cold with apple wedges. If too thick, may be thinned with water.

Marianne Thompson, Colome — Cooperative Connections

Great Grilling



Barbecue Pork Ribs

1 cup barbecue sauce
2 tsp. chili powder
1 tsp. ground cumin
4 lbs. ribs

In a small bowl, combine first 3 ingredients. Place ribs on grill; cover and grill over medium heat 10 minutes. Remove cover and baste ribs with sauce and grill an additional 20 minutes or until cooked through, turning and basting frequently.

Josephine Kissack, Whitewood — Cooperative Connections

Honey Garlic Grilled Chicken

2 T. oil
2 T. cilantro
1 T. honey
1 T. lime juice or lemon juice
2 large garlic cloves, minced
1 tsp. salt
1/2 tsp. pepper
4 boneless chicken breasts

Mix together first 7 ingredients and marinate chicken in a plastic zip-lock bag at room temperature for 30 minutes. Grill over medium heat for 10 minutes or until done.

Michelle Franken, Viborg — Cooperative Connections

Beef Steaks with Parmesan-Grilled Vegetables

1 T. minced garlic
2 tsp. dried basil
1 tsp. pepper
2 beef Porterhouse or T-bone steaks, cut 1 inch thick (about 2 pounds)
2 T. olive oil
1/4 cup grated Parmesan cheese
2 T. red wine vinegar
2 medium red or yellow bell peppers, quartered
1 large red onion, sliced (1/2-inch)

Combine garlic, basil and pepper. Remove 4 teaspoons; press onto beef steaks. Add cheese, oil and vinegar to remaining seasoning; mix well. Place steaks in center of grid over medium heat; arrange vegetables around steaks. Grill steaks, uncovered, 14 to 16 minutes for medium rare to medium doneness, turning occasionally. Grill bell peppers 12 to 15 minutes and onion 15 to 20 minutes or until tender, turning once. Brush vegetables with cheese mixture during last 10 minutes. Carve steaks and serve with vegetables.

Pictured — Cooperative Connections

Cajun Grilled Shrimp

3 green onions, minced
2 T. lemon juice
3 cloves garlic, minced
2 tsp. paprika
1 tsp. salt
1/4 to 1/2 tsp. black pepper
1/4 to 1/2 tsp. cayenne pepper
1 T. olive oil
1-1/2 lbs. shrimp, shelled with tails intact, deveined
Lemon wedges

Combine first 7 ingredients in a 2-quart glass dish; stir in oil. Add shrimp; turn to coat. Cover and refrigerate at least 15 minutes. Thread shrimp onto metal or wooden skewers. (Soak wooden skewers in hot water 30 minutes to prevent burning.) Grill shrimp over medium-hot heat about 2 minutes per side until opaque. Serve immediately with lemon wedges.

Ed Anderson, Pierre — Cooperative Connections

Easy Kabobs

1 to 1-1/2 lbs. meat, cubed (pork, beef or chicken)
1 bottle golden Italian salad dressing
2 (15 oz.) cans whole potatoes
1 medium red onion
2 bell peppers (green, red or yellow)
Whole mushrooms
Cherry or grape tomatoes

Place meat in shallow bowl. Pour salad dressing over meat to cover and refrigerate for 3 hours or overnight. Drain potatoes. Cut onion and peppers into 1-inch chunks. Thread meat, onion, peppers and mushrooms onto metal or wooden skewers. (Soak wooden skewers in hot water 30 minutes to prevent burning.) Grill kabobs over medium heat until meat is cooked thoroughly. Place tomatoes on end of kabobs toward end of cooking time.

Brenda Kleinjan, Pierre — Cooperative Connections

CAN IT BE Cranberries



CRANBERRY APPLESAUCE

6 apples, peeled and sliced
1 cup cranberries
1/2 cup water
2/3 cup sugar
1 T. lemon juice
1/2 tsp. cinnamon

In a large saucepan, combine first 3 ingredients. Bring to a boil, reduce heat and simmer covered. Add sugar, lemon juice and cinnamon; stir well. Transfer to bowl, cover and chill until ready to serve.

Karen Van Beek, Holland, Minn. Cooperative Connections

CRANBERRY NUT BARS

2 eggs
1 cup sugar
1 cup flour
1/2 cup chopped walnuts
1/3 cup butter or margarine, melted
1-1/4 cups fresh or frozen cranberries

Beat eggs in a medium mixing bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly into a greased 8-inch square pan. Bake at 350°F. for 45 minutes or until golden brown.

Pictured Cooperative Connections

SOUR CREAM CRANBERRY MUFFINS

1/2 cup butter
1-1/2 cups sugar
1/2 tsp. salt
4 eggs, well beaten
1 tsp. baking soda
1-1/2 cups sour cream
2-3/4 cups flour
1 bag cranberries

Cream together butter and sugar. Add salt, eggs, baking soda and sour cream. Mix in flour. Gently fold in cranberries. Spoon into greased muffin tins or use paper liners. Bake at 425°F. for 15 minutes.

Lorraine Van Dyke, Pipestone, Minn. Cooperative Connections

Please send your favorite onion recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2003. All entries must include your name, mailing address, telephone number and cooperative name.

CRANBERRY SALAD

1 pkg. fresh cranberries, ground
1-1/4 cups sugar
1 (15-oz.) can crushed pineapple, drained
4 sliced bananas
1-1/2 cups miniature marshmallows
1 (12-oz.) container whipped topping

Combine first 3 ingredients; refrigerate overnight. Add remaining ingredients and serve.

Mrs. Gert Pfeifle, Timber Lake Cooperative Connections

CRANBERRY DELIGHT SPREAD

1 (8-oz.) pkg. cream cheese, softened
2 T. concentrated orange juice
1/8 tsp. cinnamon
1 T. sugar
1/4 cup finely chopped dry cranberries
1 zest of orange
1/4 cup chopped pecans

Combine first 4 ingredients and mix with an electric mixer until smooth. Fold in remaining ingredients; refrigerate. Serve with assorted breads, bagels or crackers.

Sonia Mack, Brookings Cooperative Connections

CRANBERRY HONEY PECAN CRUNCH PIE

2 cups fresh or frozen cranberries
1 cup fresh orange juice
1/2 cup honey
2 T. cold water
2 T. cornstarch
1/2 tsp. orange extract
1 9-inch baked piecrust

Topping:
1/3 cup packed brown sugar
3 T. honey
3 T. butter or margarine
1-3/4 cups pecan halves

In a saucepan, combine cranberries, juice and honey. Cook covered over low heat for 15 minutes; cool. Puree mixture in blender; return to saucepan. Mix water and cornstarch. Stir into cranberry mixture. Bring to a boil and cook until thickened. Stir in orange extract; cool. Pour into pie shell. Spoon topping (recipe below) over cranberry mixture. Bake at 350°F. for 20 minutes or until top is bubbly. Topping: In a medium saucepan, combine brown sugar, honey and butter. Cook and stir 2 minutes or until mixture is smooth. Stir in pecan halves.

Krecia Leddy, Stockholm Cooperative Connections

Graham Goodies

NO-BAKE SNICKER BARS

Graham crackers
1 cup margarine or butter
1 cup sugar
1 T. white syrup
1 cup peanuts, crushed
1 cup chocolate chips

Line a 9x13-inch pan with graham crackers. Combine butter, sugar and syrup; boil 2 minutes. Add crushed peanuts; pour over graham crackers. Cool 5 minutes. Sprinkle chocolate chips over all, wait a few minutes and spread like frosting.

Janet Sorum, Canton — Cooperative Connections

SAWDUST PIE

1-1/2 cups coconut
1-1/2 cups graham cracker crumbs
1-1/2 cups pecans
1-1/2 cups sugar
1 cup egg whites, unbeaten
1 unbaked pie shell

Combine first 4 ingredients; mix in egg whites. Pour mixture into pie shell. Bake at 350°F. for 35 minutes.

Connie Howard, Bath — Cooperative Connections

SEVEN ITEM BARS

1/2 cup butter
1-1/2 cups graham cracker crumbs
1 (6-oz) pkg. butterscotch chips
1 (6-oz.) pkg. chocolate chips
1 cup coconut
1 cup chopped nuts
1 can sweetened condensed milk

Melt butter in bottom of a 9x13-inch pan. Sprinkle graham cracker crumbs over butter. Add chips, cononut and nuts. Pour milk over all. Do not stir. Bake at 350°F. for 25 to 30 minutes.

Cecelia Oakland, Harrison — Cooperative Connections

BUTTERSCOTCH BARS

2 eggs
1 cup sugar
3/4 cup margarine
2-1/2 cups graham cracker crumbs
1/2 cup flaked coconut
1/2 cup nuts
2 cups miniature marshmallows
1 (6-oz.) bag butterscotch chips
3 T. peanut butter

Combine first 3 ingredients over low heat; boil 2 minutes, stirring constantly. Add graham cracker crumbs, coconut, nuts and marshmallows. Press into a 9x13-inch pan. Melt butterscotch chips and peanut butter; spread on bars.

Pat Gergen, Watertown — Cooperative Connections

STREUSEL CAKE

Streusel:
2 cups graham cracker crumbs
3/4 cup chopped walnuts
3/4 cup packed brown sugar
1-1/4 tsp. cinnamon
3/4 cup melted margarine

Batter:
1 box white or yellow cake mix
1 (3-oz.) pkg. instant vanilla pudding
2 T. vegetable oil
1-1/3 cups water
2 eggs

Mix together streusel ingredients and set aside. Combine batter ingredients, beat 2 minutes at medium speed. Pour one-half batter into a greased 9x13-inch pan. Sprinkle with one-half streusel mixture. Repeat with remaining batter and ending with streusel mixture. Bake at 350°F. for 45 to 50 minutes. Drizzle with powdered sugar or vanilla glaze, if desired.

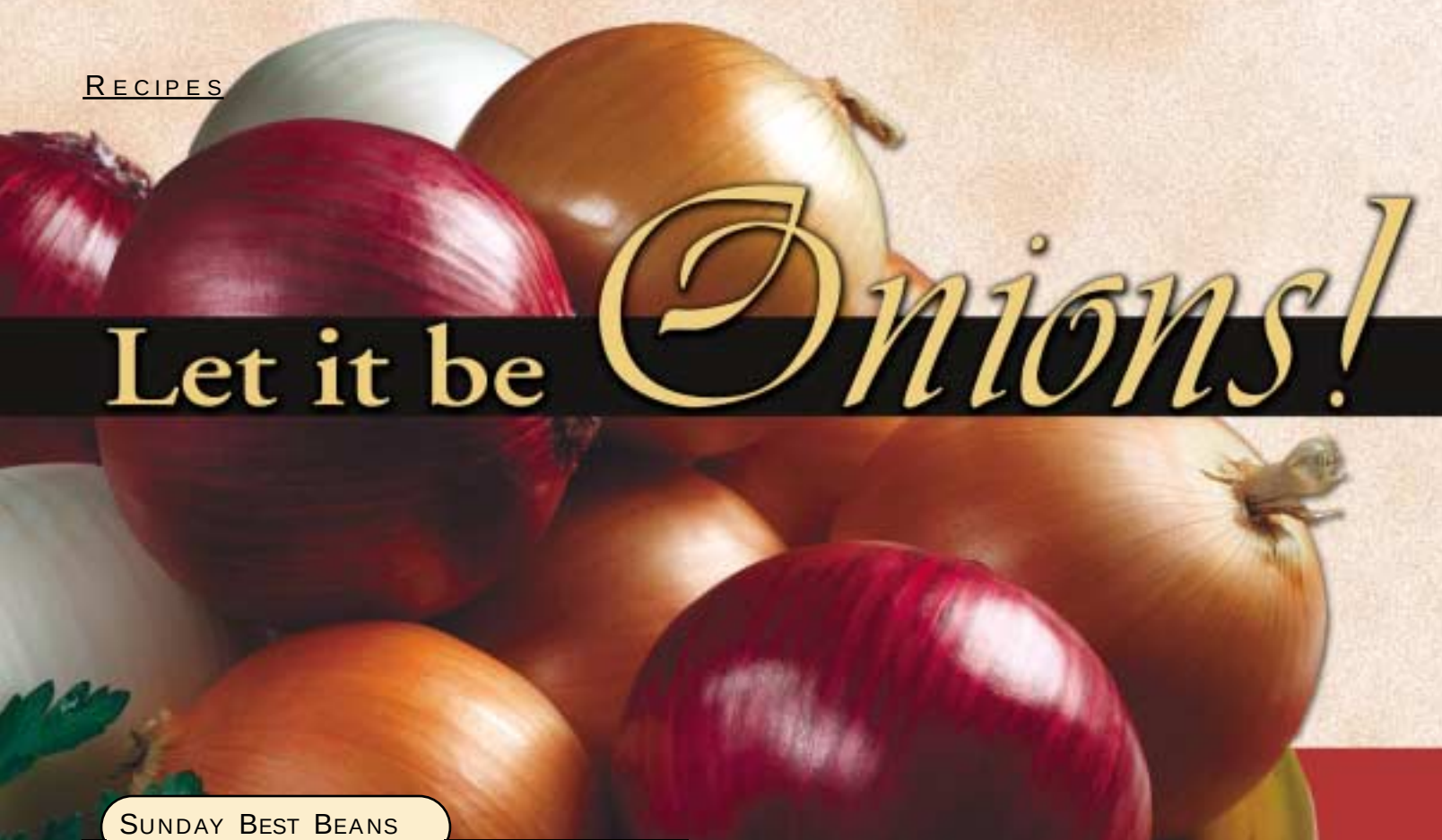
Betty Littau, Winner — Cooperative Connections

S'MORE PUDDIN' DESSERT

9 honey graham crackers
2-3/4 cups milk
1 (5-1/4 oz.) pkg. vanilla pudding
3 plain milk chocolate candy bars
2-1/2 cups miniature marshmallows

Line bottom of a 8-inch baking pan with 3 graham crackers. In a medium saucepan, combine milk and pudding mix. Cook over low heat until mixture comes to a full boil. Cool 5 minutes. Spread half of the pudding over crackers; top with second layer of crackers. Place candy bars on crackers. Spread remaining pudding over candy bars; top with third layer of crackers. Sprinkle with marshmallows. Place under broiler until golden brown, about 2 minutes. Serve warm or chill in refrigerator.

Pictured — Cooperative Connections



Let it be Onions!

Sunday Best Beans

6 slices bacon
1/4 cup chopped onion
2 (9 oz.) bags frozen green beans, cooked and drained
1 (8 oz) jar processed cheese spread
1 (4 oz.) can mushrooms, drained

Fry bacon until crisp; drain fat, reserving 1 tablespoonful. Crumble bacon. Cook onion in reserved bacon fat. Add bacon, green beans, cheese spread and mushrooms. Heat through, stirring occasionally.

Mae Van Beek, Holland, MN — Cooperative Connections

Onion Pie

2 cups chopped onion
2 T. butter
1 cup crushed soda crackers
1/4 cup butter, melted
3/4 cup milk
2 eggs, slightly beaten
3/4 tsp. salt
Cheese

Sauté onions in 2 T. butter; do not brown. Combine soda crackers and melted butter. Put in 9x13-inch pan. In bowl combine milk, eggs and salt. Stir onions into milk mixture; pour over crackers. Top with cheese. Sprinkle with paprika. Bake uncovered at 350°F. for 30 minutes or until thickened.

Darla Wommack, Chester — Cooperative Connections

Four Onion Soup

1 yellow onion
1 white onion
1 red onion
5 green onions with tops
1 clove garlic, minced
2 T. butter
2 cans beef broth
1 can beef consommé
1 tsp. Worcestershire sauce
1/2 tsp. nutmeg
1 cup shredded Swiss cheese, divided
6 slices toasted French bread, 3/4-inch thick
6 T. grated Parmesan cheese

Slice all onions. In a large saucepan, sauté onions and garlic in butter for 15 minutes, stirring occasionally. Add broth, consommé, Worcestershire sauce and nutmeg; bring to a boil. Reduce heat, cover and simmer 30 minutes. Sprinkle 1 tablespoonful Swiss cheese each in the bottom of six ovenproof 8-oz. bowls. Top with bread and cheeses. Broil until cheese melts.

Donna Melber, St. Lawrence — Cooperative Connections

Heavenly Onion Casserole

3 medium onions, sliced 1/2-inch thick
8 oz. fresh mushrooms
2 T. butter
1 cup shredded Swiss cheese
1 can mushroom soup
1 (5 oz.) can evaporated milk
2 T. soy sauce
6 to 8 slices French bread, cut 1/2-inch thick
6 to 8 slices Swiss cheese

Sauté onions and mushrooms in butter until tender. Pour into a 12x7-1/2x2-inch dish. Sprinkle shredded cheese over all. Combine soup, milk and soy sauce. Mix well and pour over onion mixture. Place French bread slices over top and cheese slices over bread. Cover and refrigerate overnight. Bake loosely covered at 375°F. for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 5 minutes before serving.

Judy Harms, Tea — Cooperative Connections

Skillet Rice Ole'

1 lb. ground beef
1/2 lb. sausage
1 pkg. taco seasoning
3 cups water
1 onion, chopped
1 (15 oz.) can tomato sauce
1-1/2 cups uncooked rice
1 lb. Monterey-Jack cheese, shredded
1 can black olives, sliced

In a Dutch oven, brown ground beef and sausage; drain. Mix in next 5 ingredients. Cover and simmer 25 minutes or until rice is tender. Spread olives over all and sprinkle with cheese. Heat until cheese is melted. May also add mushrooms or omit sausage.

Dolly Hoiland, Harrisburg — Cooperative Connections

Please send your favorite peanut butter recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2003. All entries must include your name, mailing address, telephone number and cooperative name.

GO NUTS!



PEANUT BUTTER SNACKS

1/4 cup honey
1/2 cup dark syrup
1 cup sugar
1 (12 oz.) jar chunky peanut butter
4 cups Cocoa Puffs cereal

In a saucepan, combine honey, syrup and sugar and bring to a boil; remove from heat. Add peanut butter and cereal, stirring until well-coated. Drop by teaspoonfuls onto waxed paper; cool.

Rosemarie Hoerner, Bowdle — Cooperative Connections

PEANUT BUTTER FUDGE

2 cups sugar
2/3 cup milk
1 pint marshmallow crème
1 cup chunky peanut butter
1 tsp. vanilla

In a saucepan, combine sugar and milk and cook to softball stage (234°); remove from heat. In a warm mixing bowl, combine marshmallow crème, peanut butter and vanilla. Add sugar/milk mixture, mixing well. Pour into a buttered 8x8-inch pan. Cut into small squares.

Kathy Hahn, Sioux Falls — Cooperative Connections

PEANUT BUTTER-BANANA BREAD PUDDING

Cooking spray
3 cups day-old bread cubes, about 3 slices
1 cup peanut butter morsels
1 to 1-1/2 cups sliced bananas, about 2 medium
4 eggs
2 cups skim or low-fat milk
1/3 cup sugar
1 tsp. vanilla

Evenly coat a 9x9-inch baking dish with spray. In coated dish, toss together bread cubes, morsels and banana slices. In medium bowl, beat together eggs, milk, sugar and vanilla until well blended. Pour over bread cube mixture. Bake at 350°F. for 40 to 45 minutes or until a knife inserted in center comes out clean. Serve hot, warm or chilled.

Pictured — Cooperative Connections

PEANUT BUTTER PIZZA

1/2 cup sugar
1/2 cup brown sugar
1/2 cup butter or margarine
1/2 cup peanut butter
1/2 tsp. vanilla
1 egg
1-1/2 cups flour
1 cup chocolate chips
2 cups miniature marshmallows

Combine first 6 ingredients. Add flour. Press into a lightly greased pizza pan. Bake at 375°F. for 10 minutes. Top with chocolate chips and marshmallows. Bake an additional 5 to 8 minutes or until marshmallows are puffy and light brown.

Belle Kvale, Lemmon — Cooperative Connections

PEANUT BUTTER BREAD

1 cup brown sugar
1/2 cup peanut butter
1 egg
1/2 tsp. maple flavoring
1/2 tsp. vanilla
1-3/4 cups flour
1/2 tsp. salt
1 tsp. soda
1 cup buttermilk

Cream together sugar and peanut butter. Add egg, maple flavoring and vanilla. Sift together flour, salt and soda. Add to sugar/peanut butter mixture, alternating with buttermilk; blend well. Pour into a greased and floured loaf pan. Bake at 350°F. for 40 to 50 minutes.

Isabelle Christopherson, Rapid City — Cooperative Connections

PEANUT BUTTER BROWNIES

1 cup butter or margarine
1-2/3 cups peanut butter
2 cups sugar
1-1/3 cups white syrup
2 tsp. salt
2 large eggs
2-3/4 cups flour
3/4 cup water

Frosting:
1/2 cup butter or margarine
2 T. cocoa
Dash salt
1/2 tsp. vanilla
Powdered sugar
2 T. chopped peanuts

Combine first 6 ingredients. Add flour and water, alternating. Mix well and spread into a well-greased 9x13-inch pan. Bake at 350°F. 20 to 30 minutes or until a toothpick inserted in center comes out clean. Do not overbake. Frosting: In a small saucepan over medium heat, combine all ingredients except peanuts, adding enough powdered sugar for desired consistency for spreading. Spread on brownies. Sprinkle with nuts.

June Herke, Watertown — Cooperative Connections

Please send your favorite soup recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2004. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2004 Reader Recipes

January

It's why we love…Peanut Butter

1. Corn Chip Bars
2. Favorite Barbecued Chicken
3. Peanut Butter Cream Pie
4. Peanut Butter Brownie Cups
5. Peanut Butter Bars
6. Peanut Butter Popcorn
7. Peanut Butter Cookies

February

Soup Supper

1. Hearty Tomato Beef Soup
2. Mac-n-Cheese Soup
3. Hearty Three Bean Soup
4. Potato Soup
5. Cabbage Soup
6. Classic Chicken Noodle Soup

March

Cream Cheese Creations

1. South Dakota Corn
2. Tortilla Roll-Ups
3. Cheese Ball
4. Basic Cream Cheese Dip
5. Thelma's Plantation Supper
6. Elegant French Toast
7. Vegetable Pizza

April

Soup It Up

1. Creamy Pesto Chicken and Bow Tie
2. Vegetables and Stuffing
3. Party Casserole
4. Chicken Enchiladas
5. Hamburger Hot Dish

May

Let's Go Bananas

1. Mom's Banana Fritters
2. Banana Peanut Butter Bread
3. Banana Walnut Scones
4. Oatmeal, Banana and Chocolate Chip Cookies
5. Banana Mallow Pie

June

Graham Cracker Creations

1. Easy Mix Bars
2. Frozen Chocolate Cheese Cake
3. Easy Toffee Bars
4. Graham Streusel Cake
5. Graham Cracker Pudding

July

Gelatin Delights

1. Ice Cream Gelatin
2. Lemon Cucumber Salad
3. Macho Mincemeat Salad
4. Strawberry-Raspberry Pretzel Dessert
5. Cinnamon Applesauce Salad
6. Luncheon Salad
7. Honey Strawberry Chiffon Pie

August

Our Best Barbeque

1. Perfect Grilled Chops
2. Barbecue Pot Roast
3. Spicy Western Beef Steaks with Cowboy Bean
4. Grilled Potatoes
5. Marinated Beef Kabobs
6. Grilled Chicken in Tart Fruit Sauce

September

Awesome Apricots

1. Apricot Dessert
2. Toasted Almond Apricot Bars
3. Apricot Gelatin Salad
4. Apricot Jam
5. Apricot Cobbler
6. Apricot Banana Loaf

October

Wanna Wrap

1. Low Fat Wrap
2. Quick Chili Wraps
3. Party Wraps
4. Western Wraps
5. Chocolate Dessert Wraps

November

Perfectly Pumpkin

1. Chocolaty Pumpkin Bars
2. Pumpkin Roll
3. Pumpkin Ice Cream Pie
4. Pumpkin Bars
5. Pumpkin Waffles

December

Holiday Treats

1. Christrmas Eve Dip
2. Shrimp Mousse
3. Maraschino Chocolate Thumbprint Cookies
4. Snow Balls
5. Powdered Sugar Cookies
6. Cream Caramels

It's why we love...

Peanut Butter!



Corn Chip Bars

1 bag corn chips
1 cup white corn syrup
1 cup sugar
1 cup peanut butter

Spread corn chips in greased jelly roll pan. In a saucepan, combine syrup and sugar; boil 1 minute. Add peanut butter and boil additional minute. Pour mixture over corn chips. Cool.

Ruth Burnham, Platte — **Cooperative Connections**

Favorite Barbecued Chicken

1/4 cup butter or margarine, melted
1/4 cup peanut butter
1/4 cup dry sherry or white wine
1/4 cup lime juice or 2 T. lemon juice
1/4 cup soy sauce
2 T. brown sugar or honey
1 cut-up frying chicken

Combine all ingredients except chicken; mix well. Pour over chicken in non-metallic bowl or plastic bag. Cover at least two hours or overnight. Remove chicken, saving marinade for basting. Grill 20 to 25 minutes per side, basting occasionally.

Phyllis Dewald, Belmont — **Cooperative Connections**

Peanut Butter Cream Pie

1 (8 oz.) pkg. cream cheese, softened
3/4 cup powdered sugar
1/2 cup creamy peanut butter
6 T. milk
1 (8 oz.) container whipped topping
1 9-inch graham cracker crust
1/4 cup chopped peanuts

Beat cream cheese until fluffy. Add sugar and peanut butter; mix well. Gradually add milk. Fold in whipped topping. Spoon into crust. Sprinkle with peanuts. Chill overnight.

Lorraine Van Dyke
Pipestone, MN — **Cooperative Connections**

Peanut Butter Brownie Cups

1 (21.5 oz.) pkg. fudge brownie mix
15 to 18 miniature peanut butter cups

Mix brownies according to package directions. Fill lined muffin cups two-thirds full. Place one peanut butter cup in each muffin cup; press down until batter meets top edge of candy. Bake at 350°F. for 20 to 25 minutes.

Rosemarie Hoerner, Bowdle — **Cooperative Connections**

Peanut Butter Bars

1 cup butter or margarine, melted
1-3/4 cups graham cracker crumbs
2-1/3 cups powdered sugar
1 cup peanut butter
1 pkg. chocolate chips
1 pkg. butterscotch chips

Combine first 4 ingredients. Pat into a 9x13-inch pan. Melt together chocolate and butterscotch chips. Spread over bars.

Dorene Nelson, Martin — **Cooperative Connections**

Peanut Butter Popcorn

1 bag popcorn
1/2 cup white corn syrup
1/2 cup sugar
1/2 cup peanut butter
1/2 tsp. vanilla

Pop corn; set aside. Combine syrup and sugar in microwave-safe bowl. Bring mixture to a boil for 1 minute. Add peanut butter and vanilla; mix well. Place popped corn in large container and pour peanut butter mixture over all. Stir until evenly coated.

Martha Mehlhaff, Mina — **Cooperative Connections**

Peanut Butter Cookies

1/2 cup shortening
1/2 cup peanut butter
1/2 cup sugar
1/2 cup brown sugar
1 egg
1 tsp. vanilla
1-1/2 cups flour
1/2 tsp. baking powder
3/4 tsp. soda
1/2 tsp. salt

Mix together first 6 ingredients. Stir in remaining ingredients. Form into balls. Place on a greased cookie sheet and press down with fork in crosshatch pattern. Bake at 350°F. for 10 to 12 minutes.

Pictured
Elfrieda Postma, Sioux Falls — **Cooperative Connections**

Please send your favorite cream cheese recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2004. All entries must include your name, mailing address, telephone number and cooperative name.

SOUPER Supper

HEARTY TOMATO BEEF SOUP

- 1 lb. lean ground beef
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 T. butter
- 1 (1 lb. 12 oz.) can tomatoes
- 2 beef bouillon cubes
- 1/3 cup regular rice, uncooked
- 1 tsp. salt
- 1/2 tsp. chili powder
- 2-1/2 cups water

Sauté ground beef, onion and celery in melted butter until beef is browned. Stir in remaining ingredients; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

Mary Ann Kasal, Wagner — Cooperative Connections

MAC-N-CHEESE SOUP

- 1 pkg. deluxe macaroni and cheese dinner
- 2 cups chopped broccoli
- 1/2 cup chopped onion
- 1 cup water
- 2-1/2 cups milk
- 1 can Cheddar cheese soup
- 1 cup cubed cooked ham

Cook macaroni according to package directions; drain and set aside. Combine broccoli, onion and water; bring to a boil. Boil 2 minutes; do not drain. Stir in cooked macaroni, cheese sauce, milk, cheese soup and ham; bring to a boil, stirring occasionally.

Shirley Dreher, Clark — Cooperative Connections

HEARTY THREE BEAN SOUP

- 1 (14 oz.) can beef broth
- 1 (14-1/2 oz.) can whole tomatoes, undrained and chopped
- 1/2 cup chunky-style salsa
- 1 (15 oz.) can pinto beans, rinsed and drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1/2 can kidney beans, rinsed and drained
- 1-1/2 cups taco-flavored shredded cheese
- Chopped fresh cilantro, optional

Combine broth, tomatoes and salsa in large saucepan; heat to boil. Reduce heat, cover and simmer 10 minutes. Add all beans; cover and simmer 10 minutes. Ladle into 6 bowls. Stir 1/4 cup cheese into each bowl. Sprinkle with cilantro.

Pictured — Cooperative Connections

POTATO SOUP

- 1 cup chopped celery
- 3/4 cup chopped carrots
- 3/4 cup chopped onion
- 4 big potatoes, diced
- 2-1/2 cups vegetable water
- 4 tsp. chicken bouillon
- 8 slices bacon
- 1/3 cup flour
- 2 cups milk
- 1/4 lb. Velveeta cheese
- 1 stick butter
- Salt, pepper and garlic salt to taste

In a saucepan, cover celery, carrots and onion with water; simmer until almost tender. Add potatoes and more water to cover. Cook until potatoes are tender; drain, reserving 2-1/2 cups liquid. To this liquid, add chicken bouillon. Fry bacon. Add flour to small amount of bacon grease. Add chicken bouillon liquid; cook until thickened. Pour over vegetables. Add milk, bacon pieces, cheese and butter. Heat until bubbly.

Joyce Dubois, Wolsey — Cooperative Connections

CABBAGE SOUP

- 1 medium cabbage, chopped
- 3 carrots, sliced
- 2 celery ribs, chopped
- 1/4 cup butter
- 3 T. flour
- 2 cups light cream
- 2 cups milk
- 2 cans chicken broth
- 2 cups cubed ham
- 1/2 T. thyme
- Salt and pepper to taste

In a large pot, cover cabbage, carrots and celery with water and cook until tender. In separate pan, melt butter. Add flour. Add alternately cream and milk. Cook, stirring constantly until thickened. Add to cooked vegetables. Stir in chicken broth, ham, thyme, salt and pepper. Simmer for 15 to 30 minutes.

Candy DeLong, Wood — Cooperative Connections

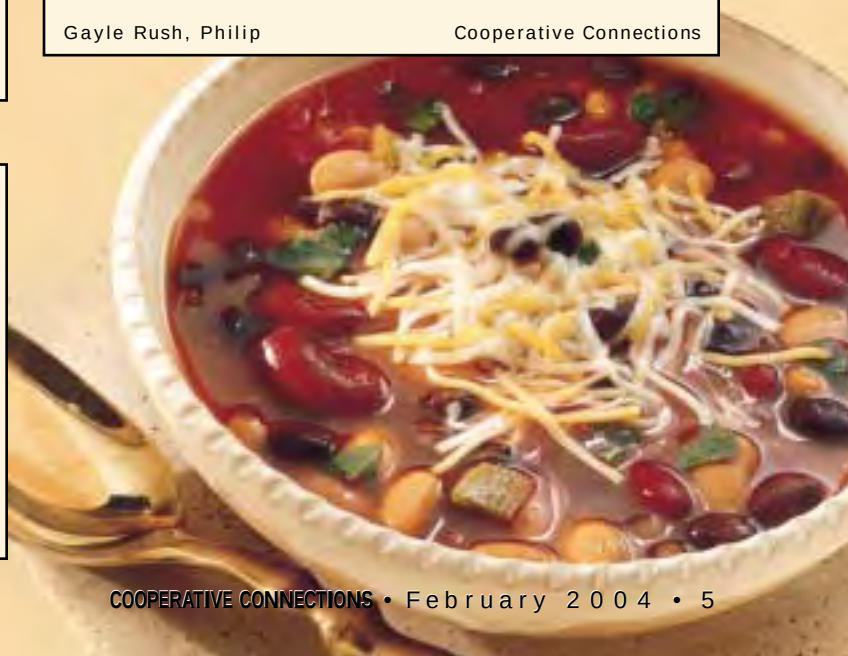
CLASSIC CHICKEN NOODLE SOUP

Soup stock:
- 1 boiler/fryer chicken, cut-up
- 10 cups water
- 1 large carrot, sliced
- 1 large onion, sliced
- 1 celery rib, sliced
- 1 garlic clove, minced
- 1 bay leaf
- 1 tsp. dried thyme
- 1 tsp. salt
- 1/4 tsp. pepper

Soup ingredients:
- 2 large carrots, sliced
- 2 celery ribs, sliced
- 1 medium onion, chopped
- 2 cups uncooked fine egg noodles
- 1 cup frozen peas
- 1/2 cup frozen green beans

In a large soup kettle or Dutch oven, combine first 10 ingredients; bring to a boil. Reduce heat, cover and simmer for 1-1/2 to 2 hours or until meat is tender. Remove chicken; cool. Remove and discard skin and bones. Chop chicken; set aside. Strain broth, discarding vegetables and bay leaf. Return broth to pan. Add carrots, celery and onion; bring to a boil. Reduce heat, cover and simmer for 10 minutes or until vegetables are tender. Add noodles and chicken; bring to a boil. Reduce heat, cover and simmer for 6 minutes. Stir in peas and beans. Cook for 2 to 4 minutes or until beans and noodles are tender.

Gayle Rush, Philip — Cooperative Connections



Cream Cheese CREATIONS

SOUTH DAKOTA CORN

1 bag frozen corn
4 oz. cream cheese
1/4 cup butter
2 T. sugar

Combine all ingredients in a crockpot and heat on low for at least 2 hours or bake at 350°F. for 30 to 40 minutes.

Bev Austin, Fairburn — Cooperative Connections

TORTILLA ROLL-UPS

1 (8 oz.) pkg. cream cheese, softened
4 oz. shredded Cheddar cheese
1 (8 oz.) container sour cream
1 cup salsa
2 to 3 green onions, diced
1/2 packet taco seasoning
Flour tortillas

Beat together first 6 ingredients. Spread on tortilla, roll up and cut in slices.

Mary June Gaffrey, Dickinson, N.D. — Cooperative Connections

CHEESE BALL

8 oz. cream cheese, softened
2 cans deviled ham
1 pkg. dry ranch dressing mix
1/2 cup dried tomatoes
1/2 cup diced green pepper
2 cups shredded Cheddar cheese
1/2 cup roasted unsalted sunflower seeds

In a medium bowl, combine all ingredients except sunflower seeds. Refrigerate until firm enough to handle; form into a ball. Roll in seeds. Refrigerate until ready to serve.

Barbara Putzier, Colton — Cooperative Connections

BASIC CREAM CHEESE DIP

8 oz. cream cheese, softened
1/4 cup milk or cream
2 T. sugar

Beat above ingredients together with a mixer or in a food processor.

Citrus Cream Cheese Dip:
To basic dip, add 1 tsp. grated lemon, orange or lime zest and 1 T. lemon, orange or lime juice. Or add all three. (pictured)

Raspberry Cream Cheese Dip:
Gently stir in 6 oz. rinsed and drained raspberries into Basic Cream Cheese Dip. Add citrus zest and juice as above, if you wish. (pictured)

Lemon Poppy Seed Cream Cheese Dip:
To basic dip, add 1 T. grated lemon zest, 1/4 cup lemon juice and 1 T. poppy seed.

Ginger Cream Cheese Dip:
To basic dip, add 1/4 cup minced candied ginger.

Strawberries and Cream Cheese Dip:
To basic dip, add 1 cup chopped strawberries.

Cooperative Connections

THELMA'S PLANTATION SUPPER

1 lb. ground beef
1/2 cup chopped onion
3/4 cup milk
1 can cream of mushroom soup
8 oz. cream cheese
1-1/2 cups whole kernel corn
8 oz. noodles, cooked
1-1/2 tsp. salt
Dash of pepper

Brown ground beef and onion and cook until tender; drain. Stir in milk, soup and cheese until well blended. Add remaining ingredients and heat through.

Brenda Warnke, Fairfax — Cooperative Connections

ELEGANT FRENCH TOAST

2 eggs
1/4 tsp. salt
1 T. sugar
1/2 cup milk
1/4 tsp. nutmeg
6 slices raisin bread
4 oz. cream cheese, softened
1 T. milk

Beat together first 5 ingredients. Add milk to cream cheese and spread on 3 slices bread. Put remaining bread on top (sandwich style). Soak in egg mixture. Fry in non-stick skillet. Cut in half diagonally and sprinkle with powdered sugar. Serve with syrup.

Debbie Jonjak, Watertown — Cooperative Connections

VEGETABLE PIZZA

2 pkg. refrigerated crescent rolls
2 (8 oz.) pkgs. cream cheese, softened
1 pkg. dry ranch dressing mix
1/2 tsp. dill weed
Dash garlic salt
2/3 cup mayonnaise
Chopped raw vegetables of choice: carrots, celery, broccoli, cauliflower, onions, mushrooms, etc.
Shredded cheese, if desired.

Unroll crescent rolls and press firmly into a pizza pan or cookie sheet to form crust. Bake as directed on package. Combine cream cheese, ranch dressing mix, dill weed, salt and mayonnaise. Spread on cooled crust. Arrange vegetables on top of cream mixture. Sprinkle cheese over all.

Darlene Ireland, Tabor — Cooperative Connections

Please send your favorite banana recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2004. All entries must include your name, mailing address, telephone number and cooperative name.

SOUP It Up!

Creamy Pesto Chicken and Bow Ties

- 3 cups uncooked bow tie pasta
- 2 T. butter or margarine
- 1 lb. boneless chicken breasts, cubed
- 1 can cream of chicken soup
- 1/2 cup pesto sauce
- 1/2 cup milk

Cook pasta according to package directions; drain. Meanwhile, heat butter in skillet. Add chicken and cook until browned, stirring often. Add soup, pesto sauce and milk. Bring to a boil. Cook over low heat 5 minutes or until done. Stir in drained pasta and heat through.

Pictured — Cooperative Connections

Vegetables and Stuffing

- 1 pkg. California blend vegetables
- 1 can cream of mushroom soup
- 1 cup sour cream
- Onion to taste
- 1 (6 oz.) pkg. stove-top stuffing

Cook vegetables according to package directions, drain. Add soup, sour cream and onion. Prepare stove-top stuffing according to package directions. Pat half of dressing into a greased 9x13-inch pan. Spread vegetable mixture over this. Top with remaining dressing. Bake at 375°F. for 30 minutes.

Catherine Jungwirth, Ashton — Cooperative Connections



Party Casserole

- 1/2 cup milk
- 1 can cream of mushroom soup
- 1 T. chopped onion
- 1 tsp. prepared mustard
- 1 cup sour cream
- 4 oz. noodles, cooked and drained
- 2 cups diced cooked ham
- 1/4 cup slivered toasted almonds

For sauce, combine first 5 ingredients in saucepan; heat through, stirring constantly. Arrange alternate layers of noodles, ham and sauce in a buttered casserole. Garnish with slivered almonds. Bake at 325°F. for 25 minutes.

Judy Harms, Tea — Cooperative Connections

Chicken Enchiladas

- 2 cans cream of chicken soup
- 2 cans chunk white chicken
- 1 onion, chopped
- 1 small can mild green chilies
- 1 pint sour cream
- 1 bag nacho cheese Doritos, crushed
- 2 cups shredded Cheddar cheese
- 2 cups shredded mozzarella cheese

Mix together first 5 ingredients. In a greased 9x13-inch baking dish, place 1 layer Doritos, 1 layer chicken/soup mixture and 1 layer each of cheeses. Repeat layers, ending with Doritos on top. Bake at 325°F. for 45 minutes. Let set 10 minutes before serving.

Luann Donner, Sioux Falls — Cooperative Connections

Hamburger Hot Dish

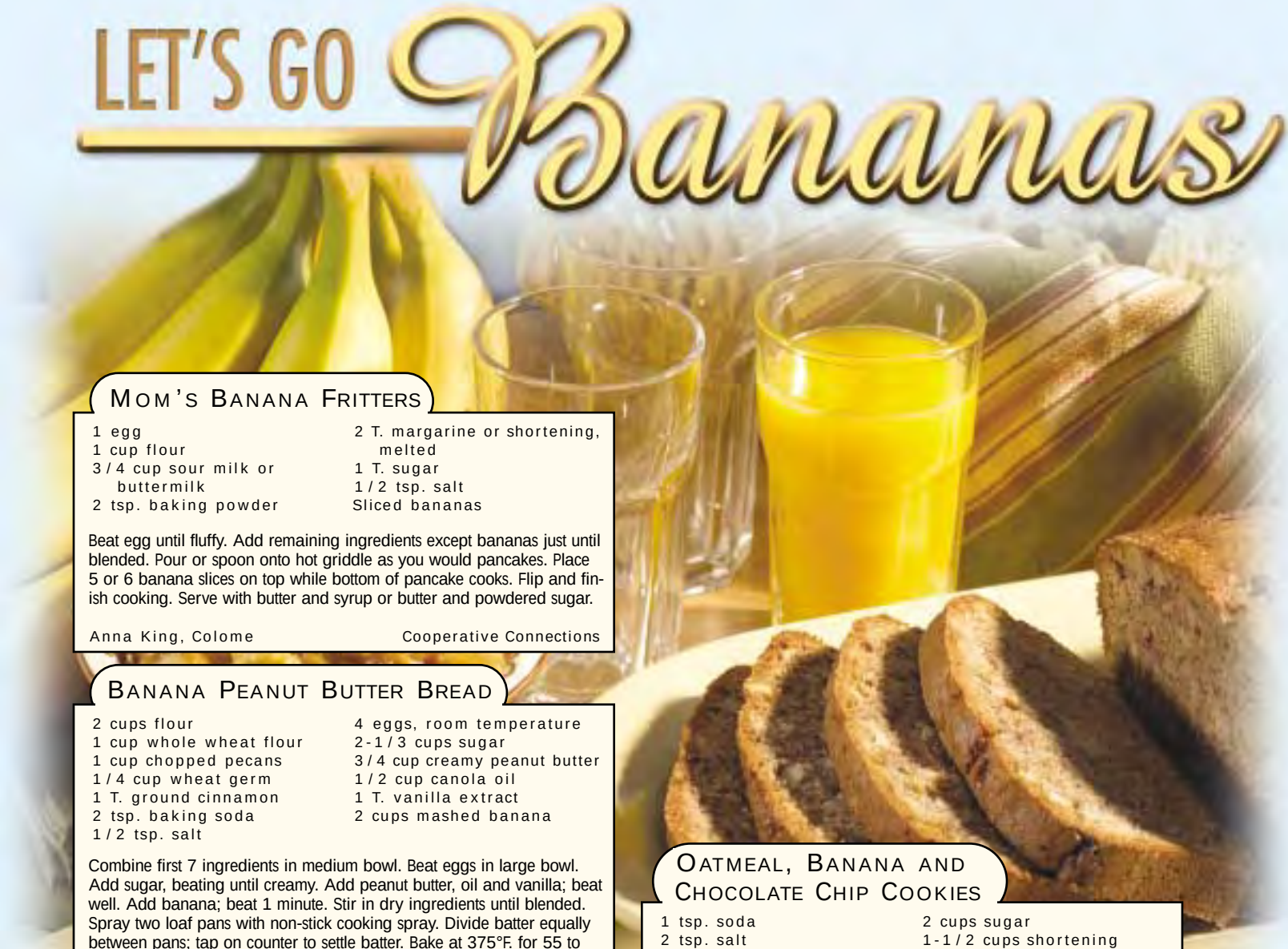
- 1/2 lb. lean ground beef
- 1/2 cup uncooked rice
- 1 can cream of chicken soup
- 1-1/4 cups water
- 1 tsp. salt
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- Crushed corn-flavored flakes cereal

Combine all ingredients except corn flakes. Bake in a butter casserole at 350°F. for 45 minutes. Remove from oven, cover with crushed corn flakes and bake an additional 15 minutes.

Karen Van Beek, Holland, MN — Cooperative Connections

Please send your favorite gelatin recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2004. All entries must include your name, mailing address, telephone number and cooperative name.

LET'S GO Bananas



MOM'S BANANA FRITTERS

1 egg
1 cup flour
3/4 cup sour milk or buttermilk
2 tsp. baking powder
2 T. margarine or shortening, melted
1 T. sugar
1/2 tsp. salt
Sliced bananas

Beat egg until fluffy. Add remaining ingredients except bananas just until blended. Pour or spoon onto hot griddle as you would pancakes. Place 5 or 6 banana slices on top while bottom of pancake cooks. Flip and finish cooking. Serve with butter and syrup or butter and powdered sugar.

Anna King, Colome — Cooperative Connections

BANANA PEANUT BUTTER BREAD

2 cups flour
1 cup whole wheat flour
1 cup chopped pecans
1/4 cup wheat germ
1 T. ground cinnamon
2 tsp. baking soda
1/2 tsp. salt
4 eggs, room temperature
2-1/3 cups sugar
3/4 cup creamy peanut butter
1/2 cup canola oil
1 T. vanilla extract
2 cups mashed banana

Combine first 7 ingredients in medium bowl. Beat eggs in large bowl. Add sugar, beating until creamy. Add peanut butter, oil and vanilla; beat well. Add banana; beat 1 minute. Stir in dry ingredients until blended. Spray two loaf pans with non-stick cooking spray. Divide batter equally between pans; tap on counter to settle batter. Bake at 375°F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes.

Pictured — Cooperative Connections

BANANA WALNUT SCONES

3 cups flour
1/2 cup + 1 T. packed brown sugar, divided
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. baking soda
3 T. chilled stick margarine
1/4 cup low-fat buttermilk
1 tsp. vanilla
2 large egg whites
1 cup mashed banana
1/3 cup chopped walnuts

Combine flour, 1/2 cup brown sugar, baking powder, salt and soda in a bowl. Cut in margarine with a pastry blender until the mixture resembles coarse meal. Combine buttermilk, vanilla and egg whites in a bowl, stirring well with a whisk. Add buttermilk mixture and banana to flour mixture, stirring just until moist; dough will be wet and sticky. Turn dough out onto a lightly floured surface. With floured hands, knead lightly 4 times. Pat dough into a 9-inch circle on a baking sheet coated with cooking spray. Sprinkle walnuts and 1 T. brown sugar over dough, pressing gently into dough. Cutting into dough but not through it, cut dough into 12 wedges. Bake at 400°F. for 20 minutes.

Amy Douglas, Sioux Falls — Cooperative Connections

OATMEAL, BANANA AND CHOCOLATE CHIP COOKIES

1 tsp. soda
2 tsp. salt
1/2 tsp. nutmeg
1-1/2 tsp. cinnamon
3 cups flour
2-1/2 cups oatmeal
2 cups sugar
1-1/2 cups shortening
2 eggs
2 cups mashed bananas
1 (16 oz.) pkg. chocolate chips

Mix soda, salt and spices with flour and oatmeal. In separate bowl, cream sugar and shortening. Add eggs, beating well. Add bananas, chocolate chips and flour mixture. Bake at 375°F. for 8 minutes or less.

Darlene Schissel, Hurley — Cooperative Connections

BANANA MALLOW PIE

2 cups shredded coconut
1/3 cup margarine, melted
1 (3-1/4 oz.) pkg. cook-n-serve vanilla pudding
1-3/4 cups milk
1/2 cup cream, whipped
1-1/2 cups miniature marshmallows
2 bananas, sliced

Combine coconut and margarine in a sauce pan or skillet. Cook over low heat, stirring often, until coconut is toasted and golden brown. Press coconut into a 9-inch pie plate to form crust. Chill. Prepare pudding according to package directions using 1-3/4 cups milk. Chill. Fold whipped cream and marshmallows into pudding mixture. Line crust with sliced bananas. Spread filling over bananas.

Shirley Dreher, Clark — Cooperative Connections

Graham Cracker CREATIONS

EASY MIX BARS

1/4 cup butter or margarine, melted
1 cup graham cracker crumbs
1 cup coconut
1 cup chocolate chips
1 cup butterscotch chips
1 can sweetened condensed milk
1 cup nuts

Mix together butter and graham cracker crumbs. Press into the bottom of a 9x13-inch pan. Layer the remaining ingredients in order given. Bake at 350°F. for 20 to 25 minutes.

Donna Beck, Worthing — Cooperative Connections

FROZEN CHOCOLATE CHEESE CAKE

1-1/4 cups graham cracker crumbs
1/4 cup sugar
1/2 cup butter or margarine, melted
8 oz. cream cheese, softened
1 (4 oz.) can sweetened condensed milk
2/3 cup chocolate syrup
2 cups whipped topping

Mix together graham cracker crumbs, sugar and butter. Press into the bottom of a 9x13-inch pan. Bake at 350°F. for 10 minutes; cool. In a mixing bowl, beat cream cheese, milk and chocolate syrup; fold in whipped topping. Pour onto crust. Cover and freeze 6 hours or until firm.

Mae Van Beek, Holland, MN — Cooperative Connections

EASY TOFFEE BARS

15 graham crackers
1 cup brown sugar, packed
1 cup butter
6 oz. chocolate chips
1/2 cup chopped nuts

Line a 9x13-inch pan with foil; grease with butter. Arrange crackers in pan. In a saucepan, mix brown sugar and butter; bring to a boil. Remove from heat; pour over graham crackers. Bake at 400°F. for 5 minutes. Remove from oven and sprinkle chocolate chips over all. When soft, spread over top and sprinkle with nuts. Chill 30 minutes until chocolate is set. Break into pieces and store in refrigerator.

Shirley Dreher, Watertown — Cooperative Connections

GRAHAM STREUSEL CAKE

Streusel:
2 cups crushed graham crackers
3/4 cup walnuts
3/4 cup butter or margarine, melted
3/4 cup brown sugar

Batter:
1 pkg. white or yellow cake mix
1 cup water
1/4 cup vegetable oil
3 eggs

Combine streusel ingredients; set aside. In a mixing bowl, combine batter ingredients. Pour half of batter into a greased 9x13-inch pan. Sprinkle with half of streusel mixture. Repeat with remaining batter and top with streusel. Bake at 350°F. for 35 to 40 minutes.

Wanda Bryant, Rapid City — Cooperative Connections



GRAHAM CRACKER PUDDING

Cooking spray
22-1/2 sheets of graham crackers (45 squares)
4 eggs
3 cups skim milk
1/2 cup sugar
1-1/2 tsp. vanilla
1 tsp. ground cinnamon
Optional: Whipped Cream, Berries & Mint

Whipped cream, strawberries and mint leaves, optional Evenly coat an 8-inch baking pan with spray. Layer crackers on bottom of pan, using 4-1/2 sheets per layer. As necessary, break sheets in half to make 5 layers. In medium bowl, beat together eggs, milk, sugar, vanilla and cinnamon until blended. Pour over crackers. Cover pan with plastic wrap or aluminum foil. Refrigerate 30 minutes to overnight. Uncover pan. Place in center of middle rack in preheated 350°F. oven. Bake until knife inserted near center comes out clean and pudding is puffed in center, about 40 to 45 minutes. Cool at least 5 minutes. Serve hot, warm or chilled. Garnish with whipped cream, berries and mint, if desired. Refrigerate any leftovers.

Pictured — Cooperative Connections

Please send your favorite grilling recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2004. All entries must include your name, mailing address, telephone number and cooperative name.



Gelatin Delights

ICE CREAM GELATIN

1 (3 oz.) box gelatin, any flavor
1 cup very hot water
2 cups vanilla ice cream

Dissolve gelatin in hot water. Add ice cream. Whip 5 minutes. Pour into dessert dishes. Refrigerate until set.

Dot Rosenbaum, Elk Point — Cooperative Connections

LEMON CUCUMBER SALAD

1 (3 oz.) box lemon gelatin
1 cup boiling water
3/4 cup cold water
1 T. vinegar
1 T. horseradish
1 cup peeled and diced cucumber
1 cup salad dressing
1 T. minced onion

Dissolve gelatin in boiling water. Add cold water and vinegar. Refrigerate until gelatin starts to set. Fold in remaining ingredients. Refrigerate.

Thelma Sayler, White River — Cooperative Connections

MACHO MINCEMEAT SALAD

1 (6 oz.) box cherry gelatin
1-1/2 cups boiling water
2 cups ice water
1/2 cup broken walnuts
1 (27- to 29-oz.) jar moist mincemeat
Whipped topping

In a large bowl, dissolve gelatin in boiling water. Add ice water, stirring until ice is melted. Refrigerate until gelatin starts to set. Stir in nuts and mincemeat. Refrigerate until firm. Serve with whipped topping.

Richard Gergen, Watertown — Cooperative Connections

STRAWBERRY/RASPBERRY PRETZEL DESSERT

2-2/3 cups pretzels, crushed
3/4 cup butter or margarine, melted
1 cup + 3 tsp. sugar, divided
1 (8 oz.) pkg. cream cheese, softened
1 (8 oz.) container whipped topping
1 large box red gelatin
2 cups boiling water
2 (10 oz.) pkgs. frozen strawberries or raspberries

Mix together pretzels, butter and 3 tsp. sugar. Press into a 9x13-inch pan. Bake at 400°F. for 10 minutes. Cool. Combine cream cheese, remaining sugar and whipped topping. Spread over pretzels. Dissolve gelatin in hot water. Add frozen strawberries or raspberries, stirring until melted. Pour over cream cheese mixture. Cool and top with whipped cream.

Louise Folk, Milbank — Cooperative Connections

CINNAMON APPLESAUCE SALAD

2 cups water
2/3 cup cinnamon candies
2 (3 oz.) pkgs. strawberry gelatin
2 cups applesauce

In a saucepan, bring water to a boil. Add cinnamon candies, stirring until dissolved. Add gelatin, stirring until dissolved. Add applesauce. Pour into bowl and chill until firm.

Maxine Roberson, Rapid City — Cooperative Connections

LUNCHEON SALAD

2 (3 oz.) boxes lemon gelatin
2 cans chicken rice soup, undiluted
Hot water
1 can tuna
2 cups chopped celery
1 cup cream, whipped
1/2 cup chopped nuts
1 cup Miracle Whip salad dressing

Dissolve gelatin in hot soup; cool and refrigerate until partially set. Pour hot water over tuna in strainer; drain. Whip gelatin/soup mixture. Fold in remaining ingredients. Place in a 9x13-inch pan. Refrigerate. Prepare salad the day before needed so it has time to set.

Zona Schanzenbach, Westport — Cooperative Connections

HONEY STRAWBERRY CHIFFON PIE

2 cups fresh or frozen strawberries, thawed if frozen
3/4 cup honey, divided
1 envelope unflavored gelatin
1/4 cup cold water
1 cup light sour cream
1 9-inch graham cracker pie crust

In a small bowl, mix strawberries with 1/4 cup honey; set aside. In a small saucepan, sprinkle gelatin over cold water; let stand 5 minutes. Stir in remaining honey. Warm over low heat until gelatin dissolves. Remove from heat; stir in sour cream. Refrigerate 10 to 15 minutes or just until mixture begins to thicken. Beat mixture at medium speed until light. Stir in strawberries; pour into prepared crust. Cover and refrigerate at least 3 hours.

Pictured — Cooperative Connections

Our Best BARBEQUE

Perfect Grilled Chops

1 tsp. lemon pepper
1 tsp. crushed rosemary
1/2 tsp. salt
1 tsp. sage
4 boneless chops

Combine first 4 ingredients. Rub each chop with spices. Grill chops over medium heat, turning once. Chops are done when juices run clear and internal temperature is 160 degrees.

Agnes Gran, Irene — Cooperative Connections

Barbecue Pot Roast

4 lb. chuck roast, 1-1/2-inches thick
Salt and pepper
2-1/2 cups barbecue sauce
4 carrots, peeled and quartered
2 stalks celery, sliced
4 small onions, peeled
4 small potatoes, peeled
1 green pepper, seeded and quartered

Brown roast on grill for 30 minutes. Season with salt and pepper and place on a 2-1/2-foot long piece of heavy-duty foil, padding sharp bone with pieces of foil. Spread barbecue sauce over roast. Arrange vegetables over meat and seal foil in tight double folds. Place on grill over medium heat for 1-1/2 to 2 hours. Turn once during grilling.

Rosemarie Hoerner, Bowdle — Cooperative Connections

Spicy Western Beef Steaks With Cowboy Beans

2 boneless beef chuck shoulder steaks, cut 1-inch thick (about 2 pounds)
4 slices bacon
1 cup chopped onion
1/2 cup chopped green bell pepper
1 clove garlic, minced
1 can (15 to 16 oz.) each kidney and pinto beans, drained
1 T. packed brown sugar

Western BBQ Sauce:
1 cup ketchup
1/2 cup each cider vinegar water
3 T. packed brown sugar
1 T. Worcestershire sauce
1 tsp. hot pepper sauce

Combine sauce ingredients in medium saucepan; bring to a boil. Reduce heat; simmer 10 minutes. Refrigerate 3/4 cup for beans. Refrigerate 1/4 cup for basting. Cool remaining sauce for marinade. Place beef steaks and cooled sauce in food-safe plastic bag; turn to coat. Close bag; marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Cook bacon in large skillet until crisp; crumble. Discard all but 2 T. drippings. Add onion, bell pepper and garlic; cook and stir over medium heat 5 minutes. Stir in bacon, beans, 3/4 cup sauce and brown sugar; heat through. Remove steaks; discard marinade. Grill steaks on grid over medium heat, uncovered, 16 to 20 minutes for medium rare to medium doneness, turning occasionally. Brush both sides with 1/4 cup sauce during last 5 to 6 minutes. Carve into thin slices. Serve with beans.

Pictured — Cooperative Connections

Grilled Potatoes

Potatoes, peeled and sliced
Onions, peeled and sliced
Salt and pepper
Butter

Spray two foil pie tins with non-stick cooking spray. Fill pan heaping full with potatoes and onions. Salt and pepper to taste. Put 5 pats of butter on top. Cover with second foil pan and wrap with foil. Place on grill over medium heat, turning every 15 minutes for about 1 hour, 15 minutes.

Sharon Stuefen, Sioux Falls — Cooperative Connections

Marinated Beef Kabobs

3/4 cup pineapple juice
1/4 cup cooking oil
3 T. soy sauce
2 T. brown sugar
3/4 tsp. ground ginger
1 clove garlic, minced
1 lb. chuck eye or other beef steak
1 (15.5 oz.) can pineapple chunks, drain, reserving 3/4 cup juice
1 large onion, cut into chunks
2 sweet green or assorted colored peppers, cut into chunks

Combine first 6 ingredients to make marinade; place into ziplock plastic bag. Add beef and marinate in refrigerator at least 8 hours or overnight. Drain beef and reserve marinade. Thread beef alternately on scewers with remaining ingredients. Grill, turning occasionally, basting with reserved marinade until beef is cooked to desired doneness.

June Herke, Watertown — Cooperative Connections

Grilled Chicken in Tart Fruit Sauce

2 (4 oz.) boneless, skinless chicken breast halves
1/2 tsp. pepper
3 cloves garlic, minced
1 tsp. vegetable oil
1/2 green bell pepper, cut into julienne strips
1/3 cup unsweetened orange juice
1-1/2 tsp. red wine vinegar
1-1/2 tsp. water
2 tsp. cornstarch
1 (11 oz.) can unsweetened mandarin oranges, drained

Sprinkle chicken with pepper. Grill over medium heat 15 minutes, turning once. Saute garlic in oil in a nonaluminum saucepan. Add bell pepper; saute 30 seconds, stirring constantly. Add orange juice and vinegar; bring to boil. Combine water and cornstarch, stirring well. Add to orange juice mixture; cook until thickened and bubbly, stirring constantly. Arrange chicken on individual plates, topping each with orange segments. Spoon sauce evenly over all.

Sophia Hoff, Tripp — Cooperative Connections

Please send your recipes using apricots and your favorite wrap recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2004. All entries must include your name, mailing address, telephone number and cooperative name.

Awesome APRICOTS



Apricot Dessert

1 (29 oz.) can apricot halves with syrup
1 pkg. butter brickle cake mix
1/2 cup margarine, melted
1 cup flaked coconut
1/2 to 1 cup chopped nuts

Layer ingredients in order given in an ungreased 9x13-inch pan. Bake at 325°F. for 55 to 60 minutes. Let set at least 15 minutes before serving. Serve with whipped topping.

Irene Murphy, Huron — Cooperative Connections

Apricot Jam

2 cups diced rhubarb
1 (30 oz.) can apricots
1-3/4 cups sugar

Cook rhubarb; drain. Drain and mash apricots, reserving 1/2 cup juice. Add apricots, juice and sugar to rhubarb. Cook for 5 minutes. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Catherine Jungwirth, Ashton — Cooperative Connections

Toasted Almond Apricot Bars

1-3/4 cups vanilla wafer crumbs
3/4 cup powdered sugar, divided
1/2 cup finely chopped dried apricots
1/4 cup light corn syrup
2 T. orange juice or apricot brandy
1 cup chopped toasted almonds

In a large bowl, mix together crumbs, 1/2 cup powdered sugar and apricots. Stir in syrup and juice until well blended. Add toasted almonds. Place in baking pan and sprinkle remaining powdered sugar over all. Bake at 350°F. for 12 minutes.

Marilyn Lauritzen, Centerville — Cooperative Connections

Apricot Cobbler

6 cups fresh apricot halves
3/4 cup sugar
2 T. flour
1/2 tsp. cinnamon
3/4 cup all-purpose flour
1-1/2 tsp. baking powder
1/4 tsp. salt
1/4 cup unsalted butter, cold
1/4 cup milk
1/2 cup chopped walnuts

Toss apricots with next 3 ingredients; arrange evenly in an ungreased 11x7-inch glass baking dish. Combine 3/4 cup flour and next 3 ingredients; cut in butter until mixture resembles fine crumbs. Stir in milk until mixture pulls away from sides of bowl and forms clumps. Gently stir in walnuts. Drop 8 spoonfuls of dough on top of apricots. Bake at 425°F. until dough is golden brown and filling bubbles, about 30 minutes.

Pictured — Cooperative Connections

Apricot Gelatin Salad

2 (3 oz.) pkgs. orange gelatin
1 large can crushed pineapple, drained, reserve juice
1 large can apricots, drained and mashed, reserve juice
2 cups boiling water
1 cup reserved juices
Marshmallows

Topping:
1 cup reserved juices
1/2 cup sugar
1 egg
2 T. butter
2 T. flour
1 cup whipping cream, whipped

Combine reserved juices. Dissolve gelatin in boiling water. Add remaining ingredients. Pour into a 9x13-inch pan and let set.
Topping: Combine first 5 ingredients and cook until thickened, stirring constantly. Let cool. Add whipped cream. Spread over gelatin and cut into squares.

Gerry Robinson, Frankfort — Cooperative Connections

Apricot Banana Loaf

3/4 cup apricots
1 cup sugar, divided
1 tsp. grated orange rind
1-3/4 cups flour
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 eggs
3/4 cup mashed bananas
1/3 cup cooking oil
1/2 cup chopped walnut

Combine apricots, 1/2 cup sugar and orange rind; set aside. Sift together flour, remaining sugar, baking powder, soda and salt in a bowl. Combine beaten eggs, bananas and oil in separate bowl; stir well. Add banana mixture to dry ingredients; stir just enough to moisten. Stir in apricot mixture and nuts. Pour into a greased 9-inch loaf pan. Bake at 350°F. for 1 hour or until golden brown.

Kathy Hahn, Sioux Falls — Cooperative Connections

WANNA WRAP?

LOW FAT WRAP

2 T. fat-free ranch dressing
2 oz. thinly sliced deli turkey
1 slice reduced fat process cheese
1 (6 inch) fat-free flour tortilla
6 slices cucumber, peeled, seeded and halved
6 strips red pepper

Spread 1T. ranch dressing on one side of tortilla. Layer on turkey and cheese. Spread on remaining dressing. Place cucumbers and red peppers in center. Roll. Serve whole or cut into bite-sized pieces.

Cooperative Connections

QUICK CHILI WRAPS

1 (15 oz.) can chili with no beans
1 (15 oz.) can diced tomatoes, drained
1-1/2 cups shredded Mexican blend cheese, divided
1/2 cup chopped green onion
6 (8 inch) flour tortillas, warmed
2 cups cooked white rice
Chopped lettuce
Sour cream
Salsa

In a large bowl, combine chili, diced tomatoes, 1 cup shredded cheese and onion. Fill each tortilla with chili mixture. Fold burrito-style. Place on a baking sheet. Bake at 350°F. for 8 to 10 minutes or until hot. Serve with remaining cheese, rice, lettuce, sour cream and salsa.

Pictured Cooperative Connections



PARTY WRAPS

1 (8 oz.) pkg. cream cheese, softened
1/2 cup mayonnaise
1/2 cup shredded Cheddar cheese
1/2 cup shredded Mozzarella cheese
3/4 cup salsa
1/4 cup chopped black olives
1/4 cup chopped green chiles
Flour tortillas

Mix together all ingredients; spread on tortillas. Roll up and chill overnight. Slice into bite-sized pieces.

Kathy Hahn, Sioux Falls Cooperative Connections

WESTERN WRAPS

1 (8 oz.) pkg. cream cheese, softened
2 T. smoky barbecue sauce
Lettuce
Thin-sliced roast beef
Shredded Cheddar cheese
Sliced tomatoes
Thin-sliced red onion
Flour tortillas

Combine cream cheese and barbecue sauce. Spread 2 T. of cream cheese mixture on tortilla to within 1/4-inch of edge. Layer with remaining ingredients, roll up tightly and serve.

Michele Lewellen, Sioux Falls Cooperative Connections

CHOCOLATE DESSERT WRAPS

1/2 cup creamy peanut butter
4 (8 inch) flour tortillas
1 cup miniature marshmallows
1/2 cup miniature semi-sweet chocolate chips
Vanilla ice cream
Chocolate shavings, optional

Spread 2 T. peanut butter on each tortilla. Sprinkle 1/4 cup marshmallows and 2 T. chocolate chips on half of each tortilla. Roll up beginning with the topping side. Wrap each tortilla in heavy-duty foil and seal tightly. Grill, covered, over low heat for 5 to 10 minutes or until heated through. Remove from foil and serve with vanilla ice cream. Garnish with chocolate shavings if desired.

Shirley Dreher, Clark Cooperative Connections

Please send your favorite holiday treat and ethnic recipes to your local electic cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2004. All entries must include your name, mailing address, telephone number and cooperative name.



Perfectly Pumpkin

CHOCOLATY PUMPKIN BARS

1 cup flour
1 cup whole-wheat flour
1 cup sugar
1 cup chopped pecans
2 tsp. baking powder
1 tsp. ground cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
4 large eggs, beaten
1 (15 oz.) can 100% pure pumpkin
1/2 cup canola oil
1/4 cup 1% lowfat milk
1/2 cup miniature chocolate chips

Lightly oil or coat a 15x10x1-inch jelly roll pan with nonstick cooking spray and set aside. In a large bowl, whisk together the first 8 ingredients. In a separate bowl, combine the eggs, pumpkin, oil and milk. Add to dry mixture along with the chocolate chips and stir to combine. Spread batter evenly in prepared pan. Bake at 350°F. for 25 minutes or until a wooden toothpick inserted in the center comes out clean.

Pictured — Cooperative Connections

PUMPKIN ROLL

3 eggs
1 cup sugar
1/3 cup pumpkin
1 tsp. lemon juice
3/4 cup flour
1 tsp. baking powder
1 tsp. ginger
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1 cup chopped walnuts, optional

Filling:
8 oz. softened cream cheese
1 T. softened butter
1 cup powdered sugar
1 tsp. vanilla

Beat eggs on high speed for 5 minutes. Gradually beat in sugar. Stir in pumpkin and lemon juice. In separate bowl, sift together dry ingredients. Fold flour mixture into pumpkin mixture. Spread into jelly roll pan which has been greased and lined with waxed paper. Top with nuts. Bake at 375°F. for 15 minutes. Turn out immediately onto a towel which has been sprinkled with powdered sugar. Starting at the narrow end, roll towel and cake together. Cool for 10 to 15 minutes. For filling, beat cream cheese with butter. Add powdered sugar and vanilla; beat until smooth. Unroll cake. Spread with filling. Reroll cake, cover and chill. Sprinkle with powdered sugar before serving.

Arlis Johnson, Vermillion — Cooperative Connections

PUMPKIN ICE CREAM PIE

1/2 cup packed brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 cup canned pumpkin
1/4 tsp. ginger
1 qt. vanilla ice cream
1 9-inch baked or graham cracker pie shell

Mix together first 5 ingredients, making sure brown sugar isn't lumpy. Add slightly softened ice cream. Turn into pie shell; freeze. Before serving, let set briefly at room temperature.

Robin Neth, Scotland — Cooperative Connections

PUMPKIN BARS

2 cups sugar
1 cup oil
4 eggs
2 cups flour
2 tsp. baking powder
2 tsp. soda
1/2 tsp. salt
2 tsp. cinnamon
1 can pumpkin

Blend together sugar, oil and eggs. Add dry ingredients. Fold in pumpkin. Pour into a greased jelly roll pan. Bake at 350°F. for 25 minutes. Frost with powdered sugar or cream cheese frosting.

Shirley Thedorff, Centerville — Cooperative Connections

PUMPKIN WAFFLES

2 large eggs
2 T. brown sugar
1 cup half-n-half
4 T. butter, melted and cooled
1 cup flour
1-1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. pumpkin pie spice
1/2 cup canned pumpkin
1/2 Granny Smith apple, pared, cored and diced
1/2 cup chopped walnuts

In a mixing bowl, whisk together eggs and brown sugar. Add half-n-half and butter; whisk until well blended. In separate bowl, combine flour, baking powder, salt and pumpkin pie spice. Add egg mixture and stir just until blended. Stir in pumpkin; fold in apples and walnuts. Spoon into preheated waffle iron according to manufacturer's directions. Cook about 5 minutes or until waffles are brown and crisp. Serve with butter and maple syrup.

Maxine Roberson, Rapid City — Cooperative Connections

Holiday TREATS



CHRISTMAS EVE DIP

1 to 1-1/2 lbs. ground beef
Chili powder
2 lbs. Velveeta cheese, cubed (may use Mexican)
1 (10 oz.) can tomatoes
Tabasco sauce, to taste
Corn or tortilla chips

Brown and drain ground beef; sprinkle with chili powder to taste. Put in crock pot with cheese, tomatoes and Tabasco sauce. Cook on high for 1 to 1-1/2 hours, stirring occasionally. Turn to low and cook until thick. You may add corn starch or flour to thicken. Serve with chips.

Sherry Perrion, Ipswich — Cooperative Connections

SHRIMP MOUSSE

1 (8 oz.) pkg. cream cheese
1 can cream of mushroom soup
1 envelope Knox gelatin
1/4 cup cold water
1 cup mayonnaise
1 (6.5 oz.) can shrimp, drained and rinsed
1/2 cup diced celery
1/4 cup diced onion
2 T. pimento, optional

Melt cream cheese in double boiler; blend in soup until melted and remove from heat. Dissolve gelatin in water; add to cream cheese mixture. Fold in remaining ingredients. Pour into mold and refrigerate. Serve with assorted crackers. Note: Make a day or two ahead so flavors can blend. Also, may use cooked, cooled and chopped shrimp.

Pam Hofer, Carpenter — Cooperative Connections

MARASCHINO CHOCOLATE THUMBPRINT COOKIES

2 (10 oz.) jars maraschino cherries without stems
1-1/2 cups all-purpose flour
1/2 cup unsweetened cocoa
1/4 tsp. salt
1/2 tsp. baking powder
1/2 cup butter or margarine, softened
1 cup sugar
1 egg
1-1/2 tsp. vanilla
1 cup semisweet chocolate chips
2 T. 2% milk
No-stick baking spray

Drain maraschino cherries, reserving 1 teaspoon juice. Combine flour, cocoa, salt and baking powder in a large mixing bowl; mix well. In separate bowl, beat butter and sugar with an electric mixer on medium speed 3 to 4 minutes or until well blended. Add egg and vanilla; mix well. Add flour mixture; mix well. Put chocolate chips and milk in a small saucepan. Stir constantly over low heat until chocolate melts. Stir in reserved maraschino cherry juice. Let cool slightly. Shape dough into 1-inch balls. Place on baking pan prepared with baking spray. Push in centers with thumb; spoon 1 teaspoon chocolate mixture into each thumbprint and top with a cherry. Bake at 350°F. for 10 to 12 minutes or until cookies are firm.

Pictured — Cooperative Connections

SNOW BALLS

1 cup powdered sugar
1/2 cup peanut butter
3 T. butter, softened
1 lb. white almond bark

Mix together first 3 ingredients and shape into 1-inch balls; place on wax paper-lined cookie sheet. Chill for 30 minutes. Melt almond bark over low heat or in microwave safe dish. Dip balls in bark and place on waxed paper to harden.

Shirley Dreher, Clark — Cooperative Connections

POWDERED SUGAR COOKIES

1 cup butter or margarine
1/2 cup powdered sugar
2 cups cake flour
1 T. water
1 tsp. vanilla
1 cup finely chopped walnuts or pecans

Combine first 3 ingredients. Add water, vanilla and nuts. Roll into balls the size of walnuts and bake at 350°F. for 10 minutes. Roll in powdered sugar while warm. When cool, store in a little powdered sugar.

Marilyn Smith, Mitchell — Cooperative Connections

CREAM CARAMELS

2 cups sugar
3/4 cup light corn syrup
1/2 cup butter, softened
2 cups cream, divided

In a saucepan, bring sugar, corn syrup, butter and 1 cup cream to a boil over low heat stirring constantly. Gradually add remaining cream. Continue to stir as mixture thickens and reaches 250°F. on a candy thermometer. Remove from heat and pour into an 8-inch square pan. When cold, cut into squares and wrap in waxed paper, if desired.

Dorene Nelson, Martin — Cooperative Connections

Please send your favorite bread, brunch and crock pot recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2005 Reader Recipes

January

Cooking With Crock Pots

1. Crock Pot Candy
2. Slow Cooker Chicken Dinner
3. Polish Kraut 'N' Apples
4. Slow Cooker Stuffing
5. Crock Pot Beef Stew
6. Easy French Dip Sandwiches

February

Brunches of Bread

1. Egg Bake
2. Overnight Caramel French Toast
3. Chocolate Chip Banana Bread
4. Cheesy Treasure Muffins
5. Crunch Granola
6. Strawberry Bread

March

Soups for Supper

1. Cheeseburger Soup
2. Creamy Pea Soup
3. Cheesy Chicken Chowder
4. Hearty Three Bean Soup
5. Mexican Chicken Tortilla Soup
6. Taco Soup
7. Hearty Potato Sauerkraut Soup

April

Bring on the Party

1. Buffalo Chips
2. Sweet & Sour Chicken Wings
3. Bagel Dip
4. Frothy Orange Drink
5. Caramel Apple Dip
6. Italian Pepperoni Bits
7. Madhouse Punch
8. Swiss Cheese Vegetable Dip

May

Can-Do Casseroles

1. Stack-A-Roll Stroganoff
2. Crescent Chicken Casserole
3. Crunchy Vegetable Casserole
4. No-Fuss Beef Lasagna
5. Cheesy Wild Rice and Meat Casserole
6. Ham and Broccoli Casserole

June

Dairy Delicious

1. Cream Puff Dessert
2. Smooth Strawberry Cheesecake
3. Earthquake Cake
4. Cheesy Corn Meal Biscuit Twists
5. Almond Crunch Macaroni Custard
6. Mom's No Bake Cookies

July

Divine Desserts

1. Cherry-topped Dessert
2. Rhubarb-Pineapple Cobbler
3. Rhubarb Custard Cake
4. Chocolate Caramel Supremes
5. Easy Cake Cookies
6. Ice Cream Sandwich Dessert

August

Sensational Salads

1. Frozen Strawberry Salad
2. Caramel Apple Salad
3. Oriental Noodle Salad
4. Fudge-striped Cookie Salad
5. Perfect Pasta Salad Toss
6. Perfection Salad
7. Tortellini Salad

September

Garden Delights

1. Favorite Vegetable Hot Dish
2. Yam Yomp
3. Zucchini Dish
4. Bratwurst Kabobs
5. Refridgerator Pickels
6. Sweet and Sour Green Beans

October

Succulent Seafood

1. Shrimp Salad
2. Heavenly Fish
3. Seafood/Chicken Pasta
4. Walnut Crusted Fish
5. Salmon Ball
6. Seafood Salad

November

Wild Game Delicacies

1. Pheasant Oven Salad
2. Baked Goose with Mushrooms
3. Venison Oven Steak Dinner
4. Hawaiian Venison
5. Pheasant Calzones
6. Corned Venison

December

Holiday Favorites

1. Peppermint Meltaways
2. Creamy Chocolate-Covered Candy
3. Butter Pecan Bars
4. Pear, Apple and Cranberry Cobbler
5. Cherry Pecan Bread
6. Chocolate Snowswirl Fudge

Cooking With Crock Pots

Crock Pot Candy

1 (16 oz.) jar unsalted dry roasted peanuts
1 (16 oz.) jar salted dry roasted peanuts
1 (12 oz.) pkg. semi-sweet chocolate chips
1 (4 oz.) bar German chocolate, broken into pieces
3 lbs. white almond bark, broken into pieces

Put all ingredients into a 4- or 5-quart crock pot in the order listed. Cover and cook on low for 3 hours. Do not remove lid. Turn off and cool slightly – 10 to 15 minutes. Mix thoroughly and drop by spoonfuls onto waxed paper.

Arla Neeman, Oacoma
Cooperative Connections

Slow Cooker Chicken Dinner

6 red potatoes, cut in chunks
4 carrots, cut in 1/2-inch pieces
1 onion, sliced
1 small can mushrooms, optional
4 boneless, skinless chicken breast halves
1 can cream of chicken soup, undiluted
1 can cream of mushroom soup, undiluted
1/8 tsp. garlic
2 to 4 T. potato flakes, optional
Salt and pepper to taste

Place first 4 ingredients in slow cooker. Top with chicken. Combine soups and garlic; pour over chicken. Cover and cook on low for 8 hours. To thicken, stir potato flakes into gravy and cook for an additional 30 minutes.

JoEllen Davidson, Webster
Cooperative Connections

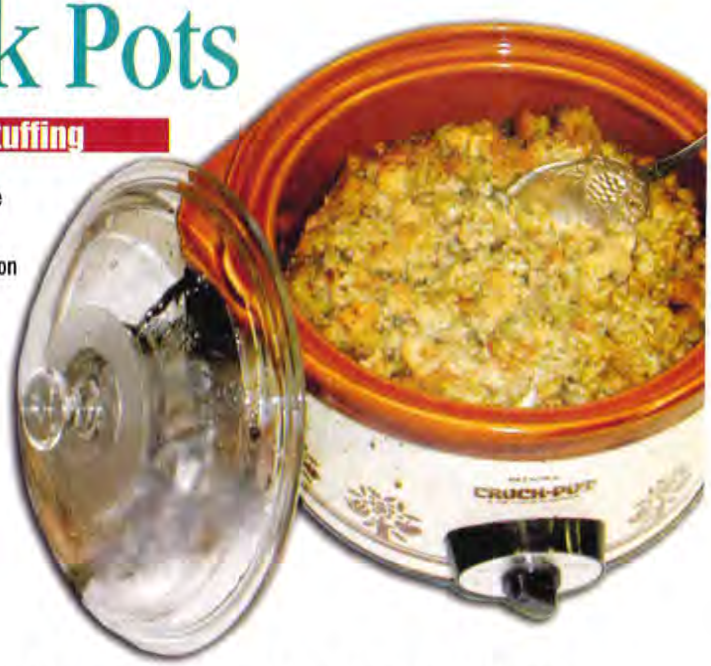
Polish Kraut 'N' Apples

1 lb. fresh or canned sauerkraut
1 lb. lean smoked Polish sausage
3 tart cooking apples, thickly sliced
1/2 cup packed brown sugar
3/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. caraway seeds, optional
3/4 cup apple juice or cider

Rinse sauerkraut and squeeze dry. Place half of sauerkraut in slow cooker. Cut sausage into 2-inch pieces. Place in slow cooker. Continue to layer in slow cooker in order given – apples, brown sugar, salt, pepper and caraway seed. Top with remaining sauerkraut. Add apple juice. DO NOT STIR. Cover and cook on high 3 to 3-1/2 hours or on low 6 to 7 hours or until apples are tender. Stir before serving. Serve with boiled potatoes and French or rye bread.

Joy Hagen, Webster
Cooperative Connections

Slow Cooker Stuffing



1 cup butter or margarine
2 cups chopped celery
2 cups finely chopped onion
1 tsp. chopped garlic
1 (8 oz.) can mushrooms with liquid
4 cups chicken broth
1 lb. browned sausage
1/4 cup chopped parsley
1/2 tsp. salt
2 tsp. poultry seasoning
1/2 tsp. pepper
2 eggs, well beaten
12 cups bread cubes

Melt butter in skillet. Add celery, onions and garlic and sauté until tender. Add mushrooms, broth, browned sausage, parsley and seasonings. Cook 30 minutes longer. (For better flavor, refrigerate this mixture for a day or two before adding bread and eggs.) Toss celery mixture, eggs and bread cubes until well combined. Spoon lightly into a slow cooker and set on high for 1 hour, then reduce to low and cook an additional 1 to 2 hours.

Mike Chase, Custer, *Cooperative Connections*

Crock Pot Beef Stew

2 to 3 lbs. chuck roast, cubed
3 cups diced potatoes
2 cups sliced carrots
1/2 cup chopped celery
1 (12 oz.) jar beef gravy
1 (14 oz.) can diced tomatoes
1 can beer
3 T. flour
1 envelope dry onion soup mix

Layer first 4 ingredients in crock pot. In a separate bowl, combine gravy, tomatoes, beer and flour; stir until flour is dissolved. Pour over all. Top with dry onion soup mix. Cook on high 6 to 7 hours or low 8 to 9 hours.

Arlene Mardian, Mina, *Cooperative Connections*

Easy French Dip Sandwiches

4 lb. boneless arm roast
1 can beef broth
1 pkg. au jus mix
1 cup water
1 pkg. Good Seasons Italian salad dressing mix
Buns

Place roast in crock pot. In a large bowl, combine broth, au jus mix, salad dressing mix and water; mix well and pour over meat. Cook on high 5 to 6 hours. Remove roast from crock pot. Shred with fork, return to crock pot and cook on low for an additional hour or until ready to serve. Serve on buns with juice for dipping.

Cindy Robinson, Mitchell, *Cooperative Connections*

Please send your favorite bread, breakfast and soup recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Brunches of Bread



Egg Bake

4-1/2 cups Rice Krispies cereal
12 or 16 oz. sausage, browned
3 cups Cheddar cheese
6 eggs, slightly beaten
2 cans cream of celery soup
1 onion, chopped
1/3 cup raw rice, cooked

Mix together all ingredients except Rice Krispies and place in 9x13-inch pan; refrigerate overnight. In a.m., stir in Rice Krispies. Cover with foil and bake at 350°F. for 1 hour. Remove foil and continue to bake until top is brown.

Gayle Rush, Philip
Cooperative Connections

Overnight Caramel French Toast

1 cup brown sugar
1/2 cup butter or margarine
2 T. corn syrup
12 slices bread
1/4 cup sugar
1 tsp. cinnamon, divided
6 eggs
1-1/2 cups milk
1 tsp. vanilla

In a saucepan over medium heat, bring to a boil brown sugar, butter or margarine and corn syrup, stirring constantly. Pour into a 9x13-inch pan. Top with 6 slices of bread. Combine sugar and 1/2 tsp. cinnamon. Sprinkle 1/2 of this mixture over bread. Top with remaining 6 slices of bread. Sprinkle with remaining cinnamon/sugar mixture. Mix together remaining ingredients and pour over all. Cover and chill overnight. Remove 30 minutes before baking. Bake uncovered at 350°F. for 30 to 35 minutes.

Glenda Morton, Sioux Falls
Cooperative Connections

Chocolate Chip Banana Bread

2 cups flour
1 cup sugar
1 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1/2 cup butter or margarine
1 cup mashed bananas (about 3 small)
2 eggs
1 cup chocolate chips
1/2 cup chopped walnuts, optional

In a large mixing bowl, combine all ingredients except chips and walnuts; blend well on medium speed. Stir in chips and walnuts. Pour into lightly greased loaf pan. Bake at 350°F. until a wooden pick inserted in center comes out clean. Cool 10 minutes and remove from pan. Makes great muffins, too!

Stacey Nelson, New Underwood
Cooperative Connections

Cheesy Treasure Muffins

1 egg, beaten
1 cup milk
1/4 cup butter, melted
1/4 cup sugar
2 cups self-rising cake flour
1/4 cup green onions, chopped
4 slices bacon, cooked, drained and crumbled
1/2 cup shredded Swiss cheese
1/2 cup shredded sharp Cheddar cheese
8 oz. Jalapeno Jack or Colby Jack cheese, cut into 3/4-inch cubes

In a bowl, mix egg, milk, butter and sugar. Slowly stir in flour. Fold in green onions, bacon, Swiss cheese and 1/4 cup Cheddar cheese. Fill muffin compartments 1/3 full. Place 1 cube of Jalepeno Jack cheese in middle of each muffin compartment on top of batter. Continue to fill muffin compartments with batter until 2/3 full. Top with remaining Cheddar cheese. Bake at 400°F. for 15 to 20 minutes or until golden brown. Let stand 5 minutes before removing from pan. Serve warm.

Pictured, *Cooperative Connections*

Crunch Granola

1-1/2 cups brown sugar
1-1/2 cups honey
3/4 cup water
3/4 cup canola oil
1 cup pecans (optional)
42 oz. oats, old-fashioned or quick-cooking
2 T. vanilla
10 oz. tropical trio dried fruit

In a large mixing bowl, stir together first 4 ingredients. Heat mixture in microwave until warm. Add oats, pecans and vanilla, stirring to coat. Let set 10 minutes. Spread mixture into 2 large, greased baking pans. Bake at 300°F. for 45 minutes or until desired browness, stirring every 15 minutes. Add dried fruit. Let cool. Store in airtight container.

Maureen Friesen, Freeman, *Cooperative Connections*

Strawberry Bread

4 eggs
1 cup oil
2 cups sugar
2 (10 oz.) pkgs. frozen strawberries, thawed
1 cup chopped pecans
3 cups flour
1 T. cinnamon
1 tsp. baking soda
1 tsp. salt

In a mixing bowl, beat eggs until light in color. Add oil, sugar, strawberries and pecans; mix well. Sift in flour, cinnamon, baking soda and salt; mix well. Pour into 2 greased loaf pans. Bake at 350°F. for 1 hour and 10 minutes. Cool on wire rack. Note: You may substitute 1 (16 oz.) bag frozen raspberries.

Pam Hofer, Carpenter, *Cooperative Connections*

Please send your favorite appetizer, beverage and casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Soups for Supper

Cheeseburger Soup

1-1/2 cups chopped onion
2 cups shredded carrots
1 cup diced celery
2 tsp. dried basil
2 tsp. parsley flakes
1-1/2 sticks butter, divided
1 lb. ground beef, browned and drained
6 to 8 cups chicken broth
8 cups diced potatoes
1/2 cup flour
16 oz. Velveeta cheese
3 cups milk
1-1/2 tsp. salt
1/2 tsp. pepper
1/2 cup sour cream

Saute the first five ingredients in 1/4 c. butter for approximately 10 min. Add broth, potatoes and ground beef. Bring to a boil. Reduce heat, cover and simmer for 10 to 12 min. or until potatoes are tender. Meanwhile, in a small pan, melt remaining butter. Add flour; cook and stir for 3 to 5 min. or until bubbly. Add to soup and bring to a boil. Cook and stir for 2 min. Reduce heat to low. Add cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and stir in sour cream.

Donna Beck, Worthing, *Cooperative Connections*

Creamy Pea Soup

1 (15 oz.) can peas
2 T chopped onion
1/4 cup butter or margarine
1/4 cup flour
1 tsp. sugar
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. rubbed sage
2 cups water
1 large can evaporated milk
4 bacon strips, cooked and crumbled

Drain peas, reserving 1/3 c. liquid. Place peas and liquid in blender or processor; puree until smooth and set aside. In a saucepan, saute onions in butter until tender. Stir in flour, sugar, salt, pepper and sage until smooth. Gradually add water. Bring to a boil; boil for 2 min., stirring constantly. Stir in milk and peas. Heat through. Garnish with bacon.

Betty Littau, Winner, *Cooperative Connections*

Cheesy Chicken Chowder

3 cups chicken broth
2 cups diced, peeled potatoes
1 cup diced carrots
1 cup diced celery
1/2 cup diced onion
1-1/2 tsp. salt
1/4 tsp. pepper
1/4 cup butter or margarine
1/3 cup flour
2 cups milk
2 cups shredded Cheddar cheese
2 cups cut-up cooked chicken

In a 4-quart saucepan, bring chicken broth to a boil; add potatoes, carrots, celery, onions, salt and pepper. Reduce heat, cover and simmer 15 min. Meanwhile, melt butter in a medium saucepan; add flour and mix well, gradually stirring in milk. Cook over low heat until slightly thickened. Stir in cheese. Cook until melted. Add to broth, along with chicken. Cook and stir over low heat.

Delaine McLaughlin, Rapid City *Cooperative Connections*

Hearty Three Bean Soup

1 (14 oz.) can beef broth
1 (14-1/2 oz.) can whole tomatoes, undrained and chopped
1/2 cup chunky-style salsa
1 (15 oz.) can pinto beans, rinsed and drained
1 (15 oz.) can black beans, rinsed and drained
1/2 can kidney beans, rinsed and drained
1-1/2 cups shredded taco-flavored cheese



Combine first 3 ingredients in a large saucepan. Heat to a boil; reduce heat. Cover and simmer 10 min. Add all beans; cover and simmer 10 min. When serving, top with shredded cheese.

Pictured, *Cooperative Connections*

Mexican Chicken Tortilla Soup

1 lb. chicken breast, cubed and browned
1 can fiesta nacho cheese soup
1 can cream of chicken soup
1 soup can milk
1 can mild enchilada sauce
Crushed tortilla chips
Shredded Cheddar cheese

Combine all ingredients except for chips and cheese in crockpot. Cook on low for 3 to 4 hours. Serve with chips and cheese on top.

Cindy Robinson, Mitchell, *Cooperative Connections*

Taco Soup

1 lb. ground beef
1 onion, chopped
1 pkg. ranch dressing mix
1 pkg. taco seasoning mix
1 cup water
29 oz. chopped tomatoes
30 oz. canned pinto beans
15 oz. canned black beans
15 oz. cream-style corn

Brown beef with onions in a medium-sized soup pot; drain. Add remaining ingredients and simmer for 20 min. May serve with sour cream, shredded cheese and corn chips.

Margene Paige, Presho, *Cooperative Connections*

Hearty Potato Sauerkraut Soup

4 cups chicken broth
1 can cream of mushroom soup
16 oz. sauerkraut, rinsed and drained
8 oz. fresh mushrooms, sliced
1 medium potato, cubed
2 medium carrots, chopped
1 medium onion, chopped
2 stalks celery, chopped
3/4 lb. smoked Polish sausage, cubed
2 T vinegar
2 tsp. dill weed
1/2 tsp. pepper

Mix together all ingredients in a 4-quart kettle. Cover and cook until vegetables are tender.

Susan Biggins, Sioux Falls, *Cooperative Connections*

Please send your favorite dairy and dessert recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Bring on the PARTY!

Buffalo Chips

1 lb. ground beef
1 lb. hot sausage
1 lb. Velveeta cheese, cubed
1/2 tsp. garlic salt
1 tsp. oregano
2-1/2 lbs. party rye

Brown meat and drain. Add cheese and seasonings, heating until melted. Spread on bread. Bake at 400°F. for 5 to 10 minutes.

Juanita O'Gorman, Viborg
Cooperative Connections

Sweet & Sour Chicken Wings

25 chicken wings
1 cup water
1 cup soy sauce
1/4 cup salad oil
1/4 cup frozen pineapple juice, undiluted
1 tsp. garlic powder
1 tsp. ginger

Mix and pour over chicken wings. Refrigerate and marinate for 24 hours. Bake, uncovered, on a cookie sheet at 350°F for 1 hour.

Cooperative Connections

Bagel Dip

1 cup sour cream
1 cup mayonnaise
2 tsp. Accent seasoning salt
Green onions, diced
2 pkgs. dried beef, chopped

Mix together all ingredients until creamy. Refrigerate overnight. Serve with cut-up bagels.

Jean Cave, Sioux Falls
Cooperative Connections

Frothy Orange Drink

1 (6 oz.) can frozen orange juice concentrate, thawed
1 cup water
1 cup milk
1/2 cup sugar
1 tsp. vanilla
8 to 10 ice cubes

Combine all ingredients in a blender. Cover and process until thick and slushy.

Shirley Dreher, Clark
Cooperative Connections

Caramel Apple Dip

1 (8 oz.) pkg. cream cheese
3/4 cup brown sugar
1/4 cup sugar
2 tsp. vanilla

Mix all ingredients together until smooth. Cover and refrigerate for 2 hours.

Shary Herrboldt, Olivet
Cooperative Connections

Italian Pepperoni Bites

1 (3.5 oz.) pkg. sliced pepperoni, chopped
1 cup shredded Swiss cheese
1 tomato, chopped
3/4 cup mayonnaise
2 T. prepared pesto
2 (10 oz.) pkgs. refrigerated flaky biscuits

In a bowl, combine first 5 ingredients. Cut each biscuit in half. Place biscuit halves into greased miniature muffin cups, pressing gently to fit cups. Spoon 1 T. of filling into each cup. Bake at 350°F. for 20 to 25 minutes.

Pictured
Cooperative Connections



Madhouse Punch

1 (6 oz.) pkg. lime gelatin
1-1/2 cups hot water
2 (12 oz.) cans frozen limeade concentrate
1/2 to 1 cup bottled lime juice
90 oz. Sprite
1 tsp. almond extract

Dissolve gelatin in hot water. Stir in frozen limeade. Add lime juice. To serve, pour into bowl over 1-1/2 quarts crushed ice. Add Sprite and almond extract.

Joy Hagen, Webster
Cooperative Connections

Swiss Cheese Vegetable Dip

8 oz. Swiss cheese, grated
1 cup sour cream
1 cup mayonnaise or Miracle Whip
1 T. parsley flakes
1 tsp. Lowrey's seasoning salt
1 tsp. beau monde
1 tsp. Accent seasoning salt
1 tsp. dill weed
1 tsp. minced onion

Mix together all ingredients. Cover and refrigerate overnight for best flavor.

Amanda Schaal, Spearfish
Cooperative Connections

Please send your favorite dessert and salad recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Can-Do Casseroles

Stack-A-Roll Stroganoff

1 lb. ground beef
1 (4 oz.) can mushrooms
1 (3.5 oz.) can fried onion rings, reserve 1/2 cup
1 can cream of mushroom soup
1 cup sour cream, divided
1 (10 oz.) can refrigerated buttermilk biscuits
1 egg
1 tsp. celery seed
1/2 tsp. salt

Brown ground beef in large skillet over medium heat; drain. In an ungreased 3-quart casserole, combine ground beef, mushrooms and onion rings; toss lightly. Bring soup and 1/2 cup sour cream to a boil. Separate biscuits and cut in half length-wise, forming half circles. Pour soup mixture over meat evenly. Arrange biscuits, cut side down, around casserole. Put reserved 1/2 cup onions rings in center. Combine remaining sour cream, egg, celery seed and salt until blended. Pour over biscuits. Bake at 375°F. for 25 to 30 minutes.

Byrdi Naasz, Spearfish
Cooperative Connections

Crescent Chicken Casserole

1 can cream of chicken soup
1/2 cup sour cream
3 cups cubed chicken
1 (4 oz.) can mushrooms
2/3 cup mayonnaise
2 T. onion
1 (8 oz.) can sliced water chestnuts
1/2 cup chopped celery
1 (8 oz.) can crescent rolls
1/2 cup slivered almonds
2/3 cup shredded cheese
2 T. melted butter

Combine first 8 ingredients and cook until hot and bubbly. Pour into a 9x13-inch pan. Place rectangle crescent rolls on top. Sprinkle almonds and shredded cheese over all. Drizzle with melted butter. Bake at 375°F. for 20 to 25 minutes.

Shirley Skonhovd, Viborg
Cooperative Connections

Crunchy Vegetable Casserole

1 (16 oz.) can French-cut green beans, drained
1 (15 oz.) can whole kernel corn, drained
1 (8 oz.) can sliced water chestnuts, drained
1/2 cup chopped onion
1 (8 oz.) container sour cream
1 can cream of celery soup
1/2 cup grated cheese
35 Ritz crackers, crushed
1/2 cup butter or margarine, melted

Layer first 4 ingredients in a greased 9x13-inch pan. Combine sour cream and soup; spread over vegetables. Sprinkle cheese over soup mixture. Mix together crushed crackers with melted butter; spread over all. Bake at 350°F. for 45 minutes.

Sharyl Herrboldt, Olivet
Cooperative Connections

No-Fuss Beef Lasagna



1 lb. ground beef
1/4 tsp. salt
1 (26 to 30 oz.) jar spaghetti sauce
1 (14.5 oz.) can Italian-style diced tomatoes, undrained
1/4 tsp. ground red pepper
1 (15 oz.) carton ricotta cheese
1/4 cup grated Parmesan cheese
1 egg, slightly beaten
10 uncooked lasagna noodles
1-1/2 cups shredded mozzarella cheese

Brown ground beef in large skillet over medium; drain and season with salt. Stir in spaghetti sauce, tomatoes and red pepper. Combine ricotta cheese, Parmesan cheese and egg in medium bowl. Spread 2 cups beef sauce in bottom of 9x13-inch baking dish. Top with 4 noodles, arranged lengthwise in single layer; place fifth noodle crosswise at end of dish, breaking noodle to fit. Press noodles lightly into sauce. Spread all the ricotta mixture over noodles. Sprinkle with 1 cup mozzarella cheese; top with 1-1/2 cups beef sauce. Top with remaining noodles in single layer; press into sauce. Top with remaining beef sauce. Bake at 375°F. for 45 minutes or until noodles are tender. Sprinkle with remaining 1/2 cup mozzarella cheese. Let stand 15 minutes.

Pictured, *Cooperative Connections*

Cheesy Wild Rice and Meat Casserole

2 cups cooked meat (chicken, turkey, beef, ham or shrimp), diced
2-1/4 cups boiling water
1/3 cup milk
1/4 cup chopped onion
1 can cream of mushroom soup
1 (6 oz.) pkg. seasoned long grain and wild rice
1 (4oz.) can mushrooms
1 bag frozen broccoli
1 to 2 cups shredded Cheddar cheese

Combine all ingredients except cheese with seasoning mix from rice and pour into a greased 9x13-inch baking dish. Cover and bake at 350°F. for 55 to 60 minutes. When rice is tender, remove lid and bake until liquid is absorbed. During the last 5 minutes of baking, sprinkle with shredded cheese.

Jean Cave, Sioux Falls
Cooperative Connections

Ham and Broccoli Casserole

1 cup macaroni
1 can cream of mushroom soup
1/2 cup sour cream
1 soup can milk
1 cup chopped ham
1/2 pkg. frozen broccoli
1 cup shredded mozzarella cheese

Cook macaroni; drain. Combine soup, sour cream and milk. Fold in remaining ingredients; pour into a greased 9x13-inch pan. Bake at 350°F. for 45 to 60 minutes.

Rebecca Walz, Tripp
Cooperative Connections

Please send your favorite garden produce recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Dairy Delicious

Cream Puff Dessert

1/2 cup butter or margarine
1 cup water
1 cup flour
4 eggs
3 (3.4 oz.) pkgs. instant vanilla pudding
3 cups milk, divided
1 (8 oz.) pkg. cream cheese, softened
8 oz. whipped topping
1/4 cup Hershey's chocolate syrup

Bring butter and water to a boil; remove from heat. Add flour. Add eggs, one at a time and beat as each one is added. Mixture will form a ball. Pat in a lightly greased 9x13-inch pan. Bake at 400°F. for 35 minutes. Remove from oven and lightly press down with spatula and cool. Mix together pudding and 2-3/4 cups milk. Add cream cheese that has been mixed with 1/4 cup milk. Spread over cooled crust. Spread whipped topping over pudding and drizzle with chocolate syrup. Refrigerate.

Rita Huber, Bowdle
Cooperative Connections

Smooth Strawberry Cheesecake

1 cup graham cracker crumbs
3 T. plus 1/2 cup sugar, divided
3 T. margarine
1 envelope unflavored gelatin
1/4 cup cold water
Dash salt
1 (8 oz.) pkg. cream cheese, softened
1 (10 oz.) pkg. frozen strawberries, thawed
Milk
1 cup whipping cream, whipped

Combine graham cracker crumbs, 3 T. sugar and margarine and press into a 9-inch spring form pan. Bake at 325°F. for 10 minutes. Soften gelatin in water; stir over low heat until dissolved. Combine cream cheese, 1/2 cup sugar and salt, mixing at medium speed with an electric mixer until well blended. Drain strawberries, reserving liquid. Add enough milk to liquid to measure 1 cup. Gradually add combined milk mixture and gelatin to cream cheese, mixing until well blended. Chill until slightly thickened. Fold in whipped cream and strawberries. Pour over crust. Chill until firm.

Jan Barron, Sioux Falls
Cooperative Connections

Earthquake Cake

1 cup chopped pecans
1 cup coconut
1 Devils Food cake mix
1 stick butter, softened
1 (8 oz.) pkg. cream cheese, softened
2 cups powdered sugar

Spray a 9x13-inch pan with cooking spray. Spread pecans and coconut in bottom of pan. Prepare cake mix according to package directions and pour over pecans and coconut. Mix together butter, cream cheese and powdered sugar; spoon over batter. Bake at 375°F. for 40 minutes or until a toothpick inserted in center comes out clean. Top will crack.

Olenda Morton, Sioux Falls
Cooperative Connections

Cheesy Corn Meal Biscuit Twists

1-1/2 cups flour
1/2 cup yellow corn meal
1/2 cup shredded cheese
1 T. baking powder
2 T. parsley, optional
1/4 tsp. salt
1/2 cup cold butter, cut in chunks
2/3 cup milk

In a large bowl, stir together first 6 ingredients. Add butter chunks and cut in with pastry blender or two knives until mixture resembles coarse crumbs. Gradually add milk to flour mixture until just moistened. Gather dough into a ball and turn out onto lightly floured surface. Knead 12 times. Roll or pat out to a rectangle about 8 by 10 inches. Cut lengthwise in 1-inch strips (a pizza cutter is handy for this), then cut strips crosswise in half. Gently twist each strip and arrange on greased baking sheet. Bake at 450°F. until browned, about 10 to 14 minutes.

Pictured, *Cooperative Connections*



Almond Crunch Macaroni Custard

1/2 cup ring macaroni
2 eggs
1 cup plus 1 T. fat-free milk
1/4 cup flour
14 T. brown sugar, divided
6 T. butter, softened and divided
1-1/2 tsp. almond extract
1/2 cup slivered almonds

Cook macaroni according to package directions and drain. In blender, place eggs, 1 cup milk, flour, 8 T. brown sugar, 4 T. butter and almond extract; blend on medium speed for 2 minutes. Pour mixture into a bowl; fold in macaroni. Spoon into a greased and floured 8x8-inch pan. Bake at 350°F. for 40 to 45 minutes or until custard is set. Remove custard and turn oven broiler on. While custard is baking, mix together remaining milk, brown sugar, butter and slivered almonds. Spread on custard and place under broiler for 2 to 3 minutes until bubbly and golden brown.

Karen Page, Artesian
Cooperative Connections

Mom's No Bake Cookies

4 T. cocoa
2 cups sugar
1/2 cup margarine
1/2 cup milk
3 cups oatmeal
1 cup coconut
1 tsp. vanilla

In a saucepan, combine first 4 ingredients and bring to a boil for 3 minutes. Mix in oatmeal, coconut and vanilla. Drop by teaspoonfuls onto wax paper.

Marianne Thompson, Colome
Cooperative Connections

Please send your favorite pasta and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in July 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Divine Desserts

Cherry-topped Dessert

1 pkg. fudge brownie mix
1 (8 oz.) pkg. cream cheese, softened
1 large container whipped topping
2 heaping T. powdered sugar
1 can cherry pie filling

Bake brownie mix according to package directions in a well-greased pizza pan or 9x13-inch pan. Combine cream cheese, whipped topping and powdered sugar until creamy. Spread over cooled brownies. Top with cherry pie filling.

Polly Sternhagen, Dante
Cooperative Connections

Rhubarb-Pineapple Cobbler

1 (3.4 oz.) pkg. sugar-free cook-n-serve vanilla pudding
1 (3 oz.) pkg. sugar-free strawberry gelatin
8 oz. crushed pineapple, drained
1/2 cup water
2 cups chopped rhubarb
1 tsp. vanilla
1 can buttermilk biscuits
2 T. Sugar Twin
2 T. chopped walnuts

Spray an 8x8-inch baking dish with cooking spray. In a large saucepan, combine first 4 ingredients. Stir in rhubarb. Cook over medium heat for 10 minutes or until mixture thickens and starts to boil, stirring often; remove from heat. Stir in vanilla. Pour mixture into prepared baking dish. Separate biscuits and cut each into 4 pieces. Evenly sprinkle biscuit pieces over top. Lightly spray with cooking spray. Evenly sprinkle Sugar Twin and walnuts over all. Bake at 350°F. for 20 to 25 minutes or until top is golden brown.

Margene Paige, Presho
Cooperative Connections

Rhubarb Custard Cake

1 pkg. yellow cake mix (not pudding)
4 cups chopped rhubarb
1-1/2 cups sugar
1 pint whipping cream

Prepare cake mix according to package directions; pour into ungreased 9x13-inch glass baking dish. Mix together rhubarb and sugar; spread over cake batter. Pour unwhipped whipping cream over all. Bake at 325°F. for 1 hour. If using a metal pan, bake at 350°F.

Glenda Morton, Sioux Falls
Cooperative Connections

Chocolate Caramel Supremes

50 light caramels
2/3 cup evaporated milk, divided
1 pkg. German chocolate cake mix
3/4 cup melted margarine
1 cup chopped nuts, optional
1 cup chocolate chips

In a heavy pan, cook caramels and 1/3 cup evaporated milk on low heat until melted, stirring constantly. Combine cake mix, margarine, remaining milk and nuts; stir until dough holds together. Press one-half of dough into a 9x13-inch pan. Bake at 350°F. for 6 minutes. Spread melted caramels over top and sprinkle with chocolate chips. Crumble remaining dough over all. Bake for 15 to 18 minutes at 350°F.

Krista Niezwaag, Sioux Falls
Pictured, *Cooperative Connections*



Easy Cake Cookies

1 pkg. cake mix
1 egg
4 oz. whipped topping
Powdered sugar

Mix together first 3 ingredients and place in refrigerator to stiffen. Shape into balls, roll in powdered sugar and place on a greased cookie sheet. Bake at 350°F. for 10 to 12 minutes.

Variations:
Chocolate cake – add chocolate chips and nuts; Orange or lemon cake – add lemon or orange peel or juice; Spice cake – add grated carrots or raisins; Yellow cake – add cinnamon or coconut flavoring.

Harold Stoltenburg, Piedmont
Cooperative Connections

Ice Cream Sandwich Dessert

12 ice cream sandwiches
12 oz. whipped topping
1 tsp. almond flavoring
Heath Bits

Layer ice cream sandwiches in a 9x13-inch pan. Combine whipped topping and almond flavoring. Spread over ice cream sandwiches. Sprinkle Heath Bits over all. Freeze. Thaw for 10 minutes before serving.

Betty Sandberg, Brandon
Cooperative Connections

Please send your favorite pasta and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Sensational Salads

Frozen Strawberry Salad

1 (8 oz.) pkg. cream cheese, softened
3/4 cup powdered sugar
1 pkg. frozen strawberries, thawed
1 large can crushed pineapple, drained
1/2 cup chopped walnuts
2 bananas, sliced
1 large container whipped topping

Cream together cream cheese and powdered sugar. Add remaining ingredients. Pour into a 9x13-inch pan. Freeze overnight.

Alberta Olson, Pierre
Cooperative Connections

Caramel Apple Salad

1 (8 oz.) can crushed pineapple
1 (3.4 oz.) pkg. butterscotch instant pudding
1 (8 oz.) container whipped topping
1 cup dry-roasted peanuts
1 cup miniature marshmallows
3 cups unpeeled, chopped apples

Mix together pineapple and pudding. Fold in whipped topping. Add remaining ingredients. Refrigerate until serving time.

Kathy Hahn, Sioux Falls
Cooperative Connections

Oriental Noodle Salad

3/4 to 1 cup salad dressing
1 tsp. lemon juice
1 tsp. or more soy sauce
Salt to taste
1 can or 2 cups bean sprouts, drained and rinsed
2 cups drained and rinsed shrimp or diced chicken
1/4 to 1/2 cup diced celery
1/4 cup diced green onion
1 can sliced water chestnuts
Chow mein noodles
Cashews or peanuts

Combine first 4 ingredients. Add next 5 ingredients. Refrigerate overnight. Just before serving, add chow mein noodles and cashews or peanuts.

Martha Mehlhaff, Mina
Cooperative Connections

Fudge-striped Cookie Salad

1 (3.4 oz.) pkg. instant vanilla pudding
1/2 cup milk
1 can mandarin oranges, drained
1 can pineapple, drained
1 (8 oz.) container whipped topping
1/2 pkg. fudge-striped cookies, crushed

Mix together ingredients in order given; refrigerate before serving.

Catherine Jungwirth, Athol
Cooperative Connections

Perfect Pasta Salad Toss

8 oz. penne pasta, uncooked
4 oz. sliced salami, cut into strips
1 (7 oz.) jar roasted red bell peppers, drained and cut into thin strips
1 (6.5 oz.) jar marinated, quartered artichoke hearts, drained
1/3 cup halved pitted kalamata olives
1/4 cup packed sliced fresh basil leaves
1/2 cup bottled Italian or Caesar salad dressing
1 cup blend of parmesan, mozzarella and romano cheeses

Cook pasta according to package directions. Drain; rinse with cold water and drain well. Meanwhile, in large bowl, combine next 5 ingredients. Add pasta and salad dressing; toss well. Add cheeses; toss well. Cover; refrigerate at least 30 minutes before serving.

Pictured, *Cooperative Connections*



Perfection Salad

1 (3 oz.) pkg. lemon gelatin
1 cup hot water
1 cup cold water
1 tsp. salt
1 tsp. vinegar
1 cup shredded cabbage
1/2 cup chopped celery
1 T. minced onion
1/2 cup crushed pineapple
1/2 cup shredded carrots
1/2 cup chopped green pepper

Dissolve gelatin in hot water. Add cold water, salt and vinegar; chill until syrupy. Add remaining ingredients and chill.

Janet Louder, Draper
Cooperative Connections

Tortellini Salad

1 pkg. tortellini salad, cooked and drained
4 cups chopped broccoli, tomatoes, carrots, celery, black olives, red or green peppers and onion
1 (8 oz.) bottle oil and vinegar dressing
1 small can V-8 juice
1 T. Worcestershire sauce
1/4 tsp. mustard
1/2 cup vinegar
Garlic salt to taste

Toss all ingredients together; refrigerate.

Judy Bickel, Firesteel
Cooperative Connections

Please send your favorite wild game recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Garden Delights

Favorite Vegetable Hot Dish

1 medium zucchini
1/2 cup uncooked rice
Fresh tomatoes, sliced
Italian seasoning
Salt and pepper to taste
Fresh onions, sliced
1 green pepper, diced
Velveeta cheese
Bacon

Cut ends off zucchini and dice into buttered casserole so layer is about 2 inches deep; spread evenly. Sprinkle rice over zucchini. Place a 1-inch layer of tomato slices over rice. Sprinkle layers with seasonings. Now place a 1-inch layer of onion slices over all. Spread diced green peppers over onions. Slice Velveeta cheese so the top of the casserole is covered. Cut bacon into 1-inch width pieces and arrange to completely cover cheese. Cover and bake at 350°F. for 1 hour or until rice is cooked.

Pam Hofer, Carpenter
Cooperative Connections

Yam Yomp

1-1/2 cups quick-cooking oats
1-1/2 cups flour
2-1/4 cups dark brown sugar
1/4 tsp. salt
3 sticks butter
1 tsp. cinnamon
2 eggs
2 cups cooked, mashed sweet potatoes
1 (14 oz.) can Eagle Brand sweetened condensed milk

Combine first 6 ingredients. Put half of mixture in a greased 9x13-inch pan. Bake at 350°F. for 10 minutes. While that is baking, mix together the eggs, sweet potatoes and sweetened condensed milk. Pour into baked crust and top with remaining crust mixture. Bake at 350°F. for about 50 minutes. Cool and serve with ice cream or whipped topping.

Karen Heuther, Tripp
Cooperative Connections

Zucchini Dish

1/2 lb. ground beef
2 T. chopped onion
4 oz. fresh or canned mushrooms
1 (4 oz.) can green chilies
3 medium zucchini, sliced 1/2-inch thick
1-1/2 tsp. chili powder
1 tsp. salt
1/2 tsp. garlic powder
1-1/2 cups cooked rice
1/2 cup sour cream
1/2 cup shredded Monterey Jack cheese

Brown ground beef and onion; drain. Add mushrooms and green chilies; heat through. Add zucchini. In separate bowl, combine seasonings, rice, sour cream and 1/4 cup cheese; add meat mixture, stirring well. Pour into a greased 9x13-inch pan. Top with remaining cheese. Bake at 350°F. for 25 to 30 minutes or until zucchini is tender-crisp.

Rebecca Walz, Tripp
Cooperative Connections

Bratwurst Kabobs

1/2 cup soy sauce
1/4 cup frozen apple juice concentrate, thawed
3 T. hot mustard
1 pkg. bratwurst, sliced into 1/2-inch pieces
1 onion, cut into 2-inch pieces
1 yellow squash, sliced
2 red peppers, seeded and cut into 2-inch pieces
1 green pepper, seeded and cut into 2-inch pieces
Metal or wooden skewers

In a resealable plastic bag or bowl, combine first 3 ingredients. Add onions, squash and peppers; refrigerate for 1 hour. Drain and reserve marinade. Thread bratwurst and vegetables alternately on skewers. Brush with reserved marinade. Grill over medium heat; turn and baste often until vegetables are soft and bratwurst is cooked, approximately 15 to 20 minutes.

Pictured, *Cooperative Connections*



Refrigerator Pickles

7 cups sliced, unpeeled cucumbers
1 cup diced green pepper
1 cup sliced onion
1 T. salt
2 cups sugar
1 cup vinegar
1 T. celery salt

Combine first four ingredients, let stand 1 hour and drain. Add remaining ingredients. Refrigerate in pint or quart jars. Will keep for months in refrigerator.

Pauline Schmidt-Forbes, DeSmet
Cooperative Connections

Sweet and Sour Green Beans

1 lb. green beans
4 slices bacon
1 medium onion, diced
2 tsp. flour
1/2 cup water
1/8 cup vinegar
2 T. sugar
Salt and pepper to taste

Cook green beans until tender-crisp; drain. Fry bacon until crisp, reserving 3 T. drippings; crumble bacon on a paper towel. Saute onion in reserved bacon drippings. Stir in flour and cook until bubbly. Add water, vinegar and sugar; cook until thick. Add beans and bacon.

Donna Raterman, Fairfax
Cooperative Connections

Please send your favorite holiday treat recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Succulent Seafood



Shrimp Salad

1 pkg. shell macaroni, cooked
1 or 2 cucumbers, diced
2 tomatoes, diced
1 green pepper, diced
5 stalks celery, diced
Chopped onion, to taste
2 small cans shrimp, washed and drained
1 cup mayonnaise
1 cup sour cream
1/2 cup sugar
Salt and pepper, to taste

Combine first 7 ingredients in large bowl. Mix together remaining ingredients and pour over salad. Refrigerate for a few hours or overnight.

Luella DeJong, Harrisburg
Cooperative Connections

Heavenly Fish

1/2 cup grated Parmesan cheese
1/4 cup margarine
3 T. mayonnaise
3 T. chopped green onions
Dash Tabasco sauce
2 lbs. fish fillets, no skin
2 T. lemon juice

Combine first 5 ingredients; set aside. Broil fish with lemon juice for 4 to 6 minutes. Spread fish with cheese mixture and continue to broil until lightly browned and fish flakes when tested with a fork.

Joan Patton, Milesville
Cooperative Connections

Seafood/Chicken Pasta

2 chicken breasts, cubed
1/4 cup margarine
1/2 lb. raw bay scallops
1 lb. raw salad shrimp
1/2 cup diced onion
3 ribs celery, chopped
1 chicken bouillon cube
1 pt. half and half
1 to 2 cups milk
3 to 4 T. flour
Salt, pepper, onion powder and celery salt, to taste
1 cup raw spinach leaves, chopped
1 lb. penne pasta, cooked

Sauté chicken breast in margarine until no longer pink; add scallops and shrimp, continuing to sauté for several minutes. Remove from pan; set aside. In same pan, sauté onion and celery; add bouillon cube, half and half and 1 cup milk. Make a flour paste to make a white sauce. Add to mixture; use additional milk to achieve desired thickness. Return chicken and seafood to white sauce. Add spices and spinach. Place in large baking dish. Bake at 300°F. for 30 to 45 minutes. Serve over penne pasta.

Marlin Bultena, Davis
Cooperative Connections

Walnut Crusted Fish

1 lb. firm white fish
1 cup buttermilk
1/2 tsp. Tabasco sauce
1/2 cup ground or crushed walnuts

Place fish in a glass baking dish. Combine buttermilk and Tabasco sauce and pour over fish, turning to coat both sides. Cover tightly and refrigerate all day or overnight. Put walnuts on a plate or in a shallow bowl. Remove fish from buttermilk and press into the walnuts, coating each side evenly. Place coated fish on baking sheet that has been sprayed with non-stick cooking spray. Spray fish lightly with cooking spray. Bake at 400°F. for 12 to 15 minutes or until golden brown and fish flakes when tested with a fork.

Pictured, *Cooperative Connections*

Salmon Ball

2 cans flaked salmon
1/4 cup Vidalia onion relish
Chopped onions
1 (8 oz) pkg. cream cheese, softened
Prepared mustard
1/4 to 1/2 cup salad dressing
Pepper
Crushed walnuts

Combine first 7 ingredients and roll into a ball. Refrigerate until firm. Roll in walnuts and chill overnight.

Elaine Johnson, Aberdeen
Cooperative Connections

Seafood Salad

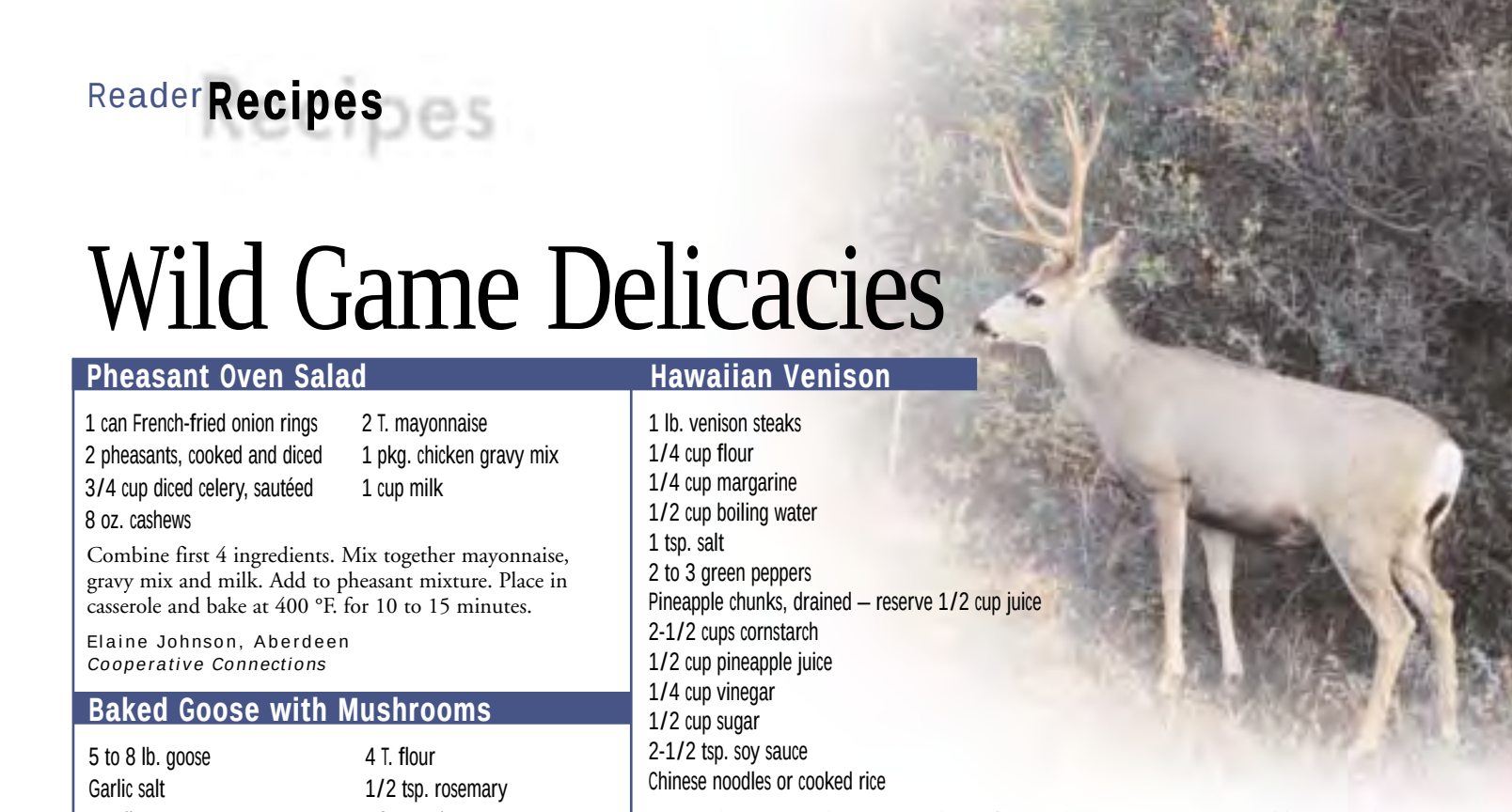
2 (3 oz.) pkgs. lemon gelatin
2 cups boiling water
1 cup condensed milk
1 cup salad dressing
1 can shrimp or crab, drained
3 hard-cooked eggs
3 cups diced celery
1/2 cup American cheese
1/2 cup nuts
1 medium cucumber
1 T. diced green pepper
1 tsp. onion
1 tsp. salt

Dissolve gelatin in water; chill until starts to set. Combine milk and salad dressing. Add to remaining ingredients. Add all to gelatin. Let set until firm.

May Kratochvil, Alcester
Cooperative Connections

Please send your favorite holiday treat recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Wild Game Delicacies



Pheasant Oven Salad

1 can French-fried onion rings
2 pheasants, cooked and diced
3/4 cup diced celery, sautéed
8 oz. cashews
2 T. mayonnaise
1 pkg. chicken gravy mix
1 cup milk

Combine first 4 ingredients. Mix together mayonnaise, gravy mix and milk. Add to pheasant mixture. Place in casserole and bake at 400 °F. for 10 to 15 minutes.

Elaine Johnson, Aberdeen
Cooperative Connections

Baked Goose with Mushrooms

5 to 8 lb. goose
Garlic salt
Paprika
1-1/2 stalks celery, chopped
1 carrot, chopped
1 onion, chopped
Fat sufficient for browning
4 T. flour
1/2 tsp. rosemary
1/4 tsp. thyme
1-1/4 tsp. salt
1 cup thick sour cream
1 (4 oz.) can button mushrooms, drained

Wash and dry goose inside and out. Cut off neck and wing tips. Season inside and out with garlic salt and paprika. Place on rack in shallow pan. Roast uncovered in 325° oven for 1hour or until browned and fat has cooked off. Simmer giblets, neck and wing tips in water to cover. Brown celery, carrots and onion in fat until soft and golden. Stir in 2 T. flour then blend in liquid from giblets (1 cup stock.) Season with rosemary, thyme and remaining salt. Stir remaining 2 T. flour into sour cream to keep it from curdling during roasting. Blend into gravy. Remove goose from shallow pan and place in roasting pan. Pour gravy and mushrooms over all. Cover and continue roasting another 2 hours or until tender.

Bunny Tesch, Estelline
Cooperative Connections

Venison Oven Steak Dinner

3 slices bacon, diced
2 onions, sliced
1 (3.5 oz.) can mushrooms
4 venison rib steaks, trimmed
1/4 cup flour
1 tsp. salt
1/8 tsp. pepper
2 medium potatoes, quartered
1 small bay leaf
3/4 cup tomato sauce (or juice)
1 (8 oz.) can green beans, drained
Grated Parmesan cheese

Cook bacon. Sauté onions and mushrooms in bacon drippings until light golden;remove from pan. Mix together flour,salt and pepper. Rub flour mixture into steaks and brown slowly on both sides. Place browned steaks in casserole. Add onions,mushrooms,bacon,potatoes and bay leaf. Pour tomato sauce over all. Bake at 350 °F. for 1-1/2 hours or until meat is tender. Add beans and bake an additional 10 minutes. Sprinkle with Parmesan cheese just before serving.

Norma Purington, Rapid City
Cooperative Connections

Hawaiian Venison

1 lb. venison steaks
1/4 cup flour
1/4 cup margarine
1/2 cup boiling water
1 tsp. salt
2 to 3 green peppers
Pineapple chunks, drained – reserve 1/2 cup juice
2-1/2 cups cornstarch
1/2 cup pineapple juice
1/4 cup vinegar
1/2 cup sugar
2-1/2 tsp. soy sauce
Chinese noodles or cooked rice

Cut steaks into 1-inch cubes. Dredge in flour and brown in margarine. Add water and salt; simmer until tender. Cut peppers into 1-inch squares. Boil for 10 minutes;drain. Add pepper squares and pineapple chunks to browned meat. Meanwhile,combine cornstarch, pineapple juice, vinegar, sugar and soy sauce. Cook until thickened. Pour sauce over meat mixture; simmer for 5 minutes. Serve over Chinese noodles or rice.

Carolyn Wickert, Baltic, *Cooperative Connections*

PHOTO BY: SOUTH DAKOTA DEPARTMENT OF TOURISM

Pheasant Calzones

1/2 yellow onion, diced
3 small cloves garlic, crushed
1 stalk celery, diced
1 to 3 T. butter
1 pheasant, cubed
Greek seasoning
1 can cream of chicken with herb soup
1 packet Lipton Recipe Secrets Savory Herb with Garlic (will not use whole packet)
1 loaf frozen bread dough, thawed and cut into 4 pieces
1/4 cup milk
Parmesan cheese
Italian seasoning

Sauté onion, garlic and celery in butter. Add pheasant and Greek seasoning; cook until done. Meanwhile, mix can of soup with some of the Savory Herb with Garlic seasoning to taste. Also, roll out bread dough portions into 6-inch circles. On each of the circles, spread soup mixture. Leave approximately 1/2-inch between the sauce and the edge of the dough. Top with meat mixture. Sprinkle with Parmesan cheese if desired. Fold over dough to form a pocket. Pinch edges together with tines of a fork. Brush top of pocket with milk. Sprinkle Parmesan cheese and Italian seasoning over all. Bake at 350°F. for 20 minutes or until golden brown. Note: Use leftover soup mixture as a dipping sauce for calzones.

Bonnie Ruesch, Vermillion, *Cooperative Connections*

Corned Venison

1 cup Tenderquick
3 cups water
1 large onion, sliced
2 cloves garlic, diced
1 tsp. pickling spice
1 or 2 bay leaves
4 lb. venison roast

Make a brine of the first 6 ingredients. Place roast in an ice cream pail, gallon jar or covered bowl. Pour brine over roast and cure in refrigerator for 1 week. Drain and rinse. Place in large kettle,cover with water and boil for 2 hours or until done or bake at 325 °F. for 2 hours or until done.

Thelma Sayler, White River, *Cooperative Connections*

Please send your favorite soup recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2005. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Favorites



Peppermint Meltaways

1/2 cup powdered sugar
2 sticks butter, softened
1 tsp. peppermint extract
1-1/4 cups flour
1/2 cup cornstarch

Combine first 3 ingredients in mixer bowl; beat on medium speed until creamy. Reduce speed to low and add flour and cornstarch. Mix well, cover and refrigerate until firm. Shape rounded teaspoonfuls of dough into 1-inch balls. Place 2 inches apart on ungreased cookie sheet. Bake at 350°F. for 12 to 15 minutes. Let stand 1 minute; remove from cookie sheet. Cool completely.

Cookie glaze:

3/4 cup powdered sugar
1 T. butter, softened
1/4 tsp. peppermint extract
1/2 T. milk
1 drop red food coloring
Crushed candy canes

Combine first 5 ingredients; mix until creamy. Drizzle over cooled cookies. Immediately sprinkle with crushed candy canes.

Gwen Swanson, Pukwana
Cooperative Connections

Creamy Chocolate-Covered Candy

2 sticks butter
1 can Eagle Brand sweetened condensed milk
1 bag or 2 boxes powdered sugar
1 T. vanilla extract
2 cups flaked coconut
2 cups finely chopped pecans
2 pkgs. chocolate almond bark

Melt butter. Stir in milk and powdered sugar. Add vanilla. Stir in coconut and pecans. Drop by teaspoonful onto a cookie sheet and chill in refrigerator for 30 minutes. In the meantime, melt almond bark. When candy is finished chilling, roll them lightly to make them round. Dip into melted chocolate until covered. Place on waxed paper until hardened.

Julie Jennen, Sisseton
Cooperative Connections

Butter Pecan Bars

1 butter pecan cake mix
1 stick butter, melted
1 (8 oz.) pkg. cream cheese, softened
1 stick butter
2 eggs
2 cups powdered sugar
1 cup chopped pecans

Combine cake mix and melted butter; press into a 9x13-inch pan. Cream together cream cheese, butter, eggs and powdered sugar. Spread over crust. Top with chopped pecans. Bake at 300°F. for 45 minutes.

Tabea Koehn, Marion
Cooperative Connections

Pear, Apple and Cranberry Cobbler

Topping:

1/2 cup brown sugar, packed
1/2 cup sugar
1 cup flour
1 stick butter, cut into small pieces
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 cup walnut pieces

Filling:

2 (15 oz.) cans pear slices in juice, drained
1 (21 oz.) can spiced apple pie filling
1 (16 oz.) can whole berry cranberry sauce

Combine first 6 topping ingredients in food processor container. Pulse on and off until mixture resembles coarse crumbs. Add walnuts and pulse 3 to 4 times to chop nuts; set aside. In large bowl, combine filling ingredients. Pour into greased 9x13-inch pan and cover evenly with topping mixture. Bake at 375°F. for 35 to 40 minutes or until topping is browned.

Pictured, *Cooperative Connections*

Cherry Pecan Bread

2 cups flour
3/4 cup sugar
1 tsp. baking soda
1/2 tsp. salt
2 eggs, beaten
1/2 cup vegetable oil
1 cup buttermilk
1 tsp. vanilla
1 cup chopped pecans
1/2 cup each red and green maraschino cherries, drained and quartered

In a mixing bowl, stir together first 4 ingredients; set aside. In another bowl, combine eggs, oil, buttermilk and vanilla. Add to dry ingredients, stirring just until mixed. Fold in nuts and cherries. Pour into a 9-inch greased loaf pan. Bake at 350°F. for 50 to 55 minutes or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes then on a wire rack.

Donna Beck, Worthing, *Cooperative Connections*

Chocolate Snowswirl Fudge

18 oz. semi-sweet chocolate chips
14 oz. Eagle Brand sweetened condensed milk
4 T. butter, divided
1-1/2 tsp. vanilla
Dash salt
2 cups miniature marshmallows

Melt chocolate chips with milk, 2 T. butter, vanilla and salt. Spread evenly into foil-lined 9-inch square pan. Melt marshmallows with remaining 2 T. butter. Spread on top of fudge. Using a table knife, swirl through fudge. Chill at least 2 hours or until firm. Turn fudge onto cutting board; peel off foil and cut into squares.

Margene Paige, Presho, *Cooperative Connections*

Please send your favorite Bread and Breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2006 Reader Recipes

January

Super Soups

1. White Chili Soup
2. Onion Soup
3. Hearty Bean Soup
4. Cream Soup Mix
5. World's Best Potato Soup
6. Mom's Quick Soup For a Crowd
7. Bacon Cheeseburger Chowder

February

Bread & Breakfast

1. Bacon Quiche Tarts
2. Monkey Bread
3. Breakfast Bake
4. Triple Berry Oatmeal Scones
5. French Toast
6. Lemon Bread

March

Seafood Sensations

1. Stuffed Mushrooms
2. Baked Fish and Rice
3. Scalloped Oysters
4. Cheddar Ranch Crab Spread
5. Fish and Cheese Chowder
6. Crab Salad

April

A Party Prelude

1. Orange Frost
2. Nacho Cheese Dip
3. Cheesy Crab Dip
4. Pickle Wraps
5. Berry Chocolate Smoothie
6. Barbecued Meatballs
7. Taco Dip

May

Casserole Creations

1. Ham-Broccoli-Cheese Casserole
2. Corned Beef Casserole
3. Potato Casserole
4. Hurry-Up Casserole
5. No-Fuss Beef Lasagna
6. Chicken Crescent Casserole

June

Ethnic Entrees

1. Bohemian Ribs, Kraut and Dumplings
2. Stay Crisp Rosettes
3. Stirrum
4. Kuchen
5. Frickadeller-The National Dish of Denmark

July

Delicious Desserts

1. Four-Layer Rhubarb Dessert
2. Too Easy Peach Cobbler
3. Apple Dumplings
4. Berry Patriotic Trifle
5. Strawberry Sour Cream Pie
6. Different Angel Food Cake

August

Summer Salads

1. Strawberry-Pretzel Salad
2. Green Goddess Delight
3. Spring Salad
4. Frozen Fruit Salad
5. Glorified Cottage Cheese Salad
6. Pie Salad
7. Coconut Salad

September

Garden Produce

1. Marinated Tomatoes
2. Easy Veggie Salad
3. Copper Carrots
4. Delicious Slaw
5. California Vegetable Pie
6. Pat's Tangy Cucumbers
7. Fresh Squash Casserole

October

Perfect Pasta

1. Spaghetti Pie
2. Pasta Rustica
3. Summer Pasta Salad
4. Bow-Tie Spinach Scramble
5. Chicken Spaghetti
6. Spaghetti Corn

November

Wonderful Wild Game

1. Venison Meat Balls
2. Pheasant Wild Rice Soup
3. Cajun Pheasant Strips
4. Pheasant Casserole
5. Spice-rubbed Duck Breasts with Cranberry-Apple Chutney
6. Elk Swiss Steak

December

Holiday Treats

1. Perky Popcorn
2. Cream Puff Dessert
3. Mound Bars
4. Black Forest Torte
5. Sensational Peppermint Patty Brownies
6. Pecan Turtle Bars

Super Soups



White Chili Soup

3 (15 oz.) cans drained beans (white kidney, pinto or northern)
2-1/2 cups cooked and diced chicken
1 cup diced onion
1-1/2 cups diced green, red or yellow peppers
2 fresh jalapeños, seeded and chopped
2 cloves garlic, minced
2 tsp. cumin
1/2 tsp. salt
1/2 tsp. oregano
3-1/2 cups chicken broth

In a 3-1/2-quart crock-pot, combine all ingredients. Cover and cook on low for 8 to 10 hours or high for 4 to 5 hours. Garnish with crushed tortilla chips, green onions and Monterey jack cheese.

Ashley Doeden, Sioux Falls
Cooperative Connections

Onion Soup

3 medium onions, sliced thin
4 chicken bouillon cubes
3 cups water
1/2 tsp. Worcestershire sauce

Combine all ingredients. Cover and simmer for 30 minutes.

Judy Thomssen, Lake Benton, MN
Cooperative Connections

Hearty Bean Soup

3 cups chopped parsnips
2 cups chopped carrots
1 cup chopped onion
1-1/2 cups dry great northern beans
5 cups water
1-1/2 lbs. smoked ham hocks or shanks
2 cloves garlic, minced
2 tsp. salt
1/2 tsp. pepper
1/8 to 1/4 tsp. hot pepper sauce

In a 5-quart crock-pot, combine all ingredients. Cover and cook on high 6 to 7 hours. Remove bones from ham and cut meat into bite-sized pieces.

Patricia Dunnam, Hawarden, IA
Cooperative Connections

Cream Soup Mix

2 cups nonfat dry milk
3/4 cup cornstarch
1/4 cup chicken bouillon
1 tsp. pepper
1 tsp. crushed basil
1 tsp. dried crushed thyme
Favorite seasonings

Combine all ingredients in an air-tight container. To use, mix 1/3 cup mix with l cup water. Cook to thicken.

Luella DeJong, Harrisburg
Cooperative Connections

World s Best Potato Soup

5 chicken bouillon cubes
2 cups water
6 potatoes, cubed
1 cup diced onion
1-1/2 cups finely sliced carrots
1-1/2 cups finely sliced celery
2-1/4 cups milk
1/2 cup flour
1 can evaporated milk
1-1/2 to 2 cups diced ham
1 tsp. Tabasco sauce
Black pepper to taste
1 cup shredded Cheddar cheese
3/4 cup real Hormel bacon bits or pieces

Combine bouillon, water and potatoes in a large soup pot; heat to boiling. Turn down heat, cover and simmer 5 minutes. Add onion, carrots and celery. Simmer until tender, about 10 minutes. Wisk milk and flour together; add to vegetables. Add evaporated milk. Cook over medium heat until thick and bubbly, about 5 minutes. Add remaining ingredients. Heat until cheese is melted.

Angi Friedt, Rapid City, Pictured, *Cooperative Connections*

Mom s Quick Soup For A Crowd

2 cans cream of chicken soup
1 can chicken rice soup
1 (14.5) oz. can chicken broth
1 (5 oz.) can chicken chunks (may use leftover chicken or turkey)
1 can Swanson chicken a la king
1 cup frozen or canned corn
3 cups milk
2 cups water
1 small can mushrooms, undrained
Salt and pepper to taste

Combine all ingredients in large crock-pot or round roaster pan. Heat to just under boiling, stirring occasionally.

Jon Louder, Mitchell, *Cooperative Connections*

Bacon Cheeseburger Chowder

4 cups diced potatoes
1 cup sliced carrots
1 cup sliced celery
1/2 cup diced onion
1 tsp. salt
1/4 tsp. pepper
2 cans cream-style corn
1/2 lb. diced bacon
1 lb. ground beef
1/2 cup butter
4 cups half & half or milk
2 cups Velveeta cheese
1/2 cup flour

Place first 6 ingredients in kettle. Just cover with water and cook until vegetables are tender. Add corn. While vegetables are cooking, fry bacon; drain. Brown ground beef; drain. Make a white sauce in microwave of butter, half & half, cheese and flour. Pour over vegetables. Stir often so it thickens evenly. Add bacon and ground beef. Stir to mix and serve.

Amy Schoenfelder, Cavour, *Cooperative Connections*

Please send your favorite seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Bread & Breakfast



Bacon Quiche Tarts

- 2 (3 oz.) pkgs. cream cheese, softened
- 5 tsp. milk
- 2 eggs
- 1/2 cup shredded Colby cheese
- 2 T. chopped green pepper
- 1 T. finely chopped onion
- 1 (8 oz.) tube refrigerated crescent rolls
- 5 bacon strips, cooked and crumbled

In a small mixing bowl, beat cream cheese and milk until smooth. Add eggs, cheese, green pepper and onion; mix well. Separate dough into eight triangles; press onto the bottom and up the sides of greased muffin cups. Sprinkle half of the bacon into cups. Pour egg mixture over bacon; top with remaining bacon. Bake at 375°F. for 18 to 22 minutes or until a knife inserted in center comes out clean.

Delaine McLaughlin, Rapid City
Cooperative Connections

Monkey Bread

- 18 Rhodes frozen dinner rolls
- 1 (3.4 oz.) pkg. butterscotch cook-n-serve pudding
- 3/4 c. brown sugar
- 1 stick butter
- 1 tsp. cinnamon

Place dinner rolls in a greased bundt pan. Sprinkle pudding over rolls. Melt brown sugar, butter and cinnamon in microwave. Pour over rolls. Cover with aluminum foil and let rise overnight. Bake at 350°F. for 25 minutes with foil on. Flip out onto serving plate immediately. Serve with sliced apples to dip in caramel sauce.

Kristi Hofer, Dolton
Cooperative Connections

Breakfast Bake

- 2 tubes refrigerated buttermilk biscuits
- 12 eggs
- 7 oz. Canadian bacon, chopped
- 4 oz. shredded Cheddar cheese
- 4 oz. shredded mozzarella cheese
- 1/2 cup finely chopped onion

Spray a 9x13-inch baking pan with nonstick cooking spray. Arrange biscuits in bottom of pan. In a bowl, combine remaining ingredients; pour over biscuits. Bake, uncovered, at 350°F. for 30 to 35 minutes or until a knife inserted in center comes out clean.

Margene Paige, Presho
Cooperative Connections

Triple Berry Oatmeal Scones

- 2-1/2 cups all-purpose flour
- 3/4 cup rolled oats
- 1 T. baking powder
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1 tsp. lemon or orange zest, optional
- 2 T. sugar
- 6 T. unsalted butter, softened
- 1 cup buttermilk
- 1-1/2 cups any combination fresh raspberries, blackberries, blueberries and strawberries, rinsed (chop strawberries)

Line baking sheet with parchment paper. In a bowl, combine first 7 ingredients; stir together briefly. Using electric mixer on low, add butter and mix until crumbly. Slowly add buttermilk, then fold in berries, mixing gently. On well-floured work surface, turn out dough and knead together gently 8 to 10 times (with floured hands). Pat into 8-inch circle about 3/4-inch thick. Using a floured spatula, cut straight down through dough to make 8 wedges. Don't saw or drag the spatula. Transfer wedges to the baking sheet, keeping them separate. Bake at 425°F. for 18 to 20 minutes, until just starting to brown evenly. Remove and cool on wire racks.

Pictured, *Cooperative Connections*

French Toast

- Hawaiian or French bread
- 1/4 cup sugar
- 1/2 tsp. vanilla
- 1/8 tsp. baking soda
- 1/8 tsp. nutmeg
- 1/8 tsp. cardamom
- 1/4 tsp. cinnamon
- 4 eggs
- 1/2 cup milk

Freeze bread; slice into 1-inch thick pieces. Combine sugar and spices; mix well. Add eggs and milk. Dip slices in mixture and cook on hot, buttered or oiled grill until golden brown on both sides.

Judy Blankenship, Keystone
Cooperative Connections

Lemon Bread

- 1 pkg. lemon cake mix
- 1 (3.4 oz.) pkg. lemon instant pudding
- 4 eggs
- 1/2 cup vegetable oil
- 1/4 cup poppy seeds

Blend all ingredients with mixer for 2 minutes on medium speed. Pour into two greased bread pans. Bake at 350°F. for 30 to 35 minutes.

Judith Materna, Hettinger, ND
Cooperative Connections

Please send your favorite seafood and appetizer/beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Seafood Sensations



Stuffed Mushrooms

18 large mushrooms, cleaned, with stems removed and chopped fine
2 T. melted butter
1 tsp. garlic salt
2 T. minced onion
1 tsp. Worcestershire sauce
4 oz. jumbo lump crab
1 T. mayonnaise
3 oz. Brie, cut into 18 pieces

Place mushroom caps on a cookie sheet. Brush caps with some butter and sprinkle with garlic salt. In a skillet, sauté mushroom stems with onion, Worcestershire sauce and remaining butter. In a bowl, combine crab and mayonnaise. Fill caps with mushroom and onion mixture; top with crab mixture and 1 piece of cheese. Bake at 350°F. for 10 to 15 minutes or until mushrooms are tender and cheese is melted.

Debra Weaver, Box Elder
Cooperative Connections

Baked Fish and Rice

1-1/2 cups boiling chicken broth
1/2 cup uncooked long grain rice
1/4 tsp. Italian seasoning
1/4 tsp. garlic powder
1 (10 oz.) pkg. frozen chopped broccoli, thawed and drained
1 T. grated Parmesan cheese
1 (2.8 oz.) can French-fried onions, divided
1 lb. fresh or frozen fish fillets, thawed
Dash paprika
1/2 cup shredded Cheddar cheese

In a greased 11x7x2-inch baking dish, combine broth, rice, Italian seasoning and garlic powder; cover and bake at 375°F. for 10 minutes. Add broccoli, Parmesan cheese and 1/2 of the onions. Top with fish fillets and sprinkle with paprika; cover and bake an additional 20 to 25 minutes or until fish flakes easily with a fork. Uncover and sprinkle with cheese and remaining onions. Return to oven for 3 minutes or until cheese is melted.

Arlys Kays, Florence
Cooperative Connections

Scalloped Oysters

2 cups freshly rolled cracker crumbs
1 pint whole oysters, drained
1 stick butter
1/2 cup heavy cream
1 tsp. salt
1/8 tsp. pepper
1/8 tsp. nutmeg

Cover bottom of greased 1-1/2-quart baking dish with 2/3 cup cracker crumbs. Top with 1 cup oysters, dot with 1/3 of the butter. Repeat layers. Combine cream and seasonings; pour over casserole. Top with remaining cracker crumbs and dot with remaining butter. Bake at 425°F. for 20 to 25 minutes.

Maxine Roberson, Rapid City
Cooperative Connections

Note: the lemon bread recipe in the February issue should be baked for 50 to 55 minutes.

Cheddar Ranch Crab Spread

1 (8 oz.) pkg. cream cheese, softened
1 (6 oz.) can lump crab, drained
1 cup shredded sharp Cheddar cheese
1 packet Hidden Valley Ranch Salad Dressing & Seasoning Mix
3 T. chopped green onions
1 tsp. hot sauce
Toasted baguette slices
Fresh thyme, if desired

Combine all ingredients except toast slices and thyme; mix well. Refrigerate, covered, at least 1 hour to allow flavors to blend. Garnish with fresh thyme. Serve with toasted baguette slices. Note: Spread also can be heated in microwave for 1 to 2 minutes for a warm dip.

Pictured, *Cooperative Connections*

Fish and Cheese Chowder

2 T. butter
6 T. chopped onion
6 T. chopped celery
1 cup chopped carrots
1/4 cup flour
1/2 tsp. salt
Dash paprika
2 (10 oz.) cans chicken broth
3 cups milk
1 cup grated processed cheese
1 lb. fresh or frozen fish fillets, cut into 1-inch cubes

Melt butter in a large saucepan. Add vegetables, cooking until onion is transparent. Blend in flour, salt and paprika; cook 1 minute, stirring constantly. Gradually add broth and milk; cook, stirring constantly until thickened. Add fish; simmer until fish flakes easily – 5 minutes for fresh fish or 10 minutes for frozen. Add cheese, stirring until blended.

Phyllis Holtz, Rosholt
Cooperative Connections

Crab Salad

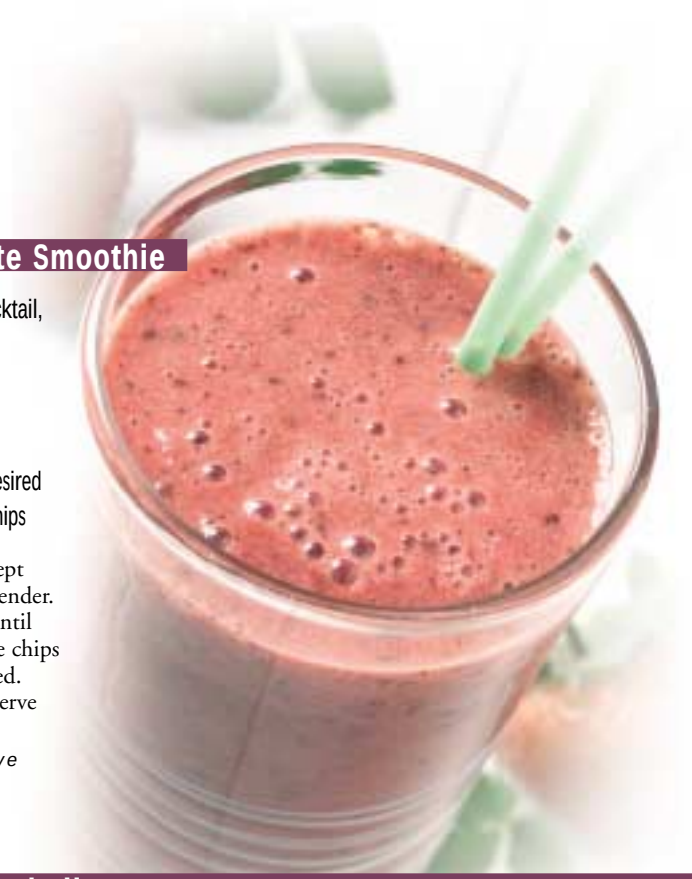
1 pkg. imitation crab, shredded
1/2 cup mayonnaise
1/2 cup chopped black olives
1/2 cup chopped celery
1/2 cup chopped green onion
1/2 cup shredded cheese
1/2 tsp. onion salt
Ground black pepper

Combine all ingredients; serve on assorted crackers.

Dorene Nelson, Martin
Cooperative Connections

Please send your favorite casserole recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

A Party Prelude



Orange Frost

1-3/4 cups Cool Whip
1 (6 oz.) can frozen orange juice concentrate
1 can water
1-1/2 cups crushed ice

Place all ingredients in blender. Cover and blend 1 minute or until mixture is smooth and ice is melted.

Rebecca Walz, Tripp
Cooperative Connections

Nacho Cheese Dip

2 lbs. Velveeta cheese
1 can mushroom soup
1/2 to 1 cup milk
1 (7 oz.) can green chilies
1 lb. sausage, crumbled
1/2 cup chopped onion

Melt cheese in crock-pot with soup and milk. Meanwhile, brown sausage and onions; drain. Add chilies and sausage to cheese mixture. Serve with tortilla chips.

Arlene Mardian, Mina
Cooperative Connections

Cheesy Crab Dip

1 (8 oz) pkg. cream cheese, softened
1/2 cup mayonnaise
1 garlic clove, pressed
1 (8 oz.) pkg. imitation crabmeat, chopped
1 cup shredded Swiss cheese
1/2 cup thinly sliced green onions with tops
1/4 cup diced red bell pepper
1 T. lemon juice
1 tsp. Tabasco sauce
1/4 cup sliced almonds, chopped

Combine cream cheese and mayonnaise; mix well. Add remaining ingredients except for almonds. Spoon into oven-safe bowl. Sprinkle with chopped almonds. Bake at 350°F. for 25 to 30 minutes or until golden brown around edges. Serve with French bread slices or tortilla chips.

Cheryl Smejkal, Wagner
Cooperative Connections

Pickle Wraps

1 jar whole pickles
1 pkg. thinly sliced dried beef
1 (8 oz.) pkg. cream cheese, softened

Drain pickles and dry with paper towel. Frost each pickle with cream cheese. Wrap a thin slice of dried beef around each frosted pickle. Chill and slice each pickle into 1-inch slices. Serve with a toothpick.

Marla Gilbert, Corsica
Cooperative Connections

Berry Chocolate Smoothie

2 cups cranberry juice cocktail, chilled
1 cup strawberry yogurt
2-1/2 cups frozen whole strawberries
2 T. powdered sugar, if desired
1/4 cup mini chocolate chips

Put all ingredients except chocolate chips in a blender. Blend on high speed until smooth. Add chocolate chips and pulse until chopped. Pour into glasses and serve immediately.

Pictured, *Cooperative Connections*

Barbecued Meatballs

1-3/4 cups water
1/3 cup vinegar
1 tsp. chili powder
1/2 tsp. salt
1-1/2 cups ketchup
1/2 cup brown sugar
1/4 cup Worcestershire sauce
1/2 cup bread crumbs
1/2 cup milk
1 lb. ground beef
1 tsp. salt
1/4 tsp. pepper
Oil

For sauce, combine first 7 ingredients. Simmer for 30 minutes. Soak bread crumbs in milk for 5 minutes. Combine bread crumbs, beef, salt and pepper. Shape into balls. Brown meatballs in a small amount of oil; drain. Add 1 cup barbecue sauce. Simmer in sauce 25 to 35 minutes.

Michelle Noble, Vermillion
Cooperative Connections

Taco Dip

1 (8 oz.) carton jalapeno dip
1 (8 oz.) carton French onion dip
1 (8 oz.) pkg. cream cheese, softened
8 oz. shredded Cheddar cheese
8 oz. shredded mozzarella cheese
1/2 medium onion, chopped
1/2 green pepper, diced
1 medium tomato, diced

Combine first 3 ingredients and spread in an oblong serving dish. Top with remaining ingredients. Serve with crackers. Note: 1 carton sour cream with taco sauce added may be substituted for the jalapeno dip.

Marilyn Hartman, Tripp
Cooperative Connections

Please send your favorite ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Casserole Creations



Ham-Broccoli-Cheese Casserole

- 1 (20 oz.) pkg. frozen broccoli, cut-up
- 1/2 cup chopped onion
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 can milk
- 1 cup shredded Cheddar cheese
- 2 cups cubed cooked ham
- 2 cups quick-cooking rice, uncooked
- 1-1/2 tsp. Worcestershire sauce

Cook broccoli according to package directions. Sauté onions. Combine all ingredients. Pour into a greased casserole. Bake at 350°F. for 45 to 50 minutes.

Lisa Christie-Perkins, Egan
Cooperative Connections

Corned Beef Casserole

- 1 (12 oz.) can corned beef
- 1 (10 oz.) pkg. noodles, cooked and drained
- 1 can cream of chicken soup
- 1/3 cup milk
- 2 T. finely chopped onion
- 1 cup crushed potato chips, optional

Break up corned beef into small pieces and mix with cooked noodles. Add soup, milk and onion. Pour into buttered casserole dish. Spread potato chips over top. Bake at 350°F. for 30 minutes.

Luella DeJong, Harrisburg
Cooperative Connections

Potato Casserole

- 2 lb. frozen hash browns
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 lb. raw ground beef
- 1 can Cheddar cheese soup

In 13x9-inch pan, layer 1/2 hash browns, cream soups, crumbled hamburger and remaining hash browns. Top with cheese soup. Bake uncovered at 350°F. for 1 hour.

Shirley Thedorff, Centerville
Cooperative Connections

Hurry-Up Casserole

- 2 cups uncooked macaroni
- 1 can cream of mushroom soup
- 1 cup milk
- 1 can tuna, drained and flaked

Prepare macaroni according to package directions; drain. Mix together all ingredients. Pour into a 1-1/2-quart casserole dish. Bake covered at 350°F. for 25 to 30 minutes. Variation: Luncheon meat, ham, hotdogs or chicken may be substituted for the tuna.

Maxine Roberson, Rapid City
Cooperative Connections

No-Fuss Beef Lasagna

- 1 lb. ground beef
- 1/4 tsp. salt
- 1 (26 to 30 oz.) jar spaghetti sauce
- 1 (14-1/2 oz.) can Italian-style diced tomatoes, undrained
- 1/4 tsp. ground red pepper
- 1 (15 oz.) carton ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 egg, slightly beaten
- 10 uncooked lasagna noodles
- 1-1/2 cups shredded mozzarella cheese

Brown ground beef; drain and season with salt. Stir in spaghetti sauce, tomatoes and red pepper. Combine ricotta cheese, Parmesan cheese and egg in medium bowl. Spread 2 cups beef sauce in bottom of 13x9-inch baking dish. Top with 4 noodles, arranged lengthwise in single layer; place fifth noodle crosswise at end of dish, breaking noodle to fit. Press noodles lightly into sauce. Spread all the ricotta mixture over noodles. Sprinkle with 1 cup mozzarella cheese; top with 1-1/2 cups beef sauce. Top with remaining noodles in single layer; press into sauce. Top with remaining beef sauce. Bake at 375°F for 45 minutes or until noodles are tender. Sprinkle with remaining 1/2 cup mozzarella cheese. Let stand 15 minutes.

Pictured, *Cooperative Connections*

Chicken Crescent Casserole

- 4 cups cubed cooked chicken or turkey
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 (8 oz.) can sliced water chestnuts, drained
- 1 (4 oz.) can mushroom stems and pieces, drained
- 1/2 cup sour cream
- 2/3 cup mayonnaise or salad dressing
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1 (8 oz.) can refrigerated crescent rolls
- 6 oz. shredded Swiss or American cheese
- 2 to 4 T. butter, melted

In a large saucepan, combine first 9 ingredients. Cook over medium heat until hot and bubbly. Pour into an ungreased 12x8-inch baking dish. Place rolls on top of hot chicken mixture. Combine cheese and butter; spread over rolls. Bake at 350°F. for 20 to 25 minutes or until crust is deep golden brown. Variation: Substitute 4 cups of imitation crabmeat for the chicken or turkey and 1 can cream of shrimp soup in place of the cream of chicken soup.

Mary Crane, Mitchell
Cooperative Connections

Please send your favorite dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Entrees

Bohemian Ribs, Kraut and Dumplings

3 to 4 lbs. spare ribs
1 or more (15 oz.) cans sauerkraut
1/4 cup chopped onion
1 tsp. caraway seed
2 tsp. brown sugar
4+ cans hot water

Season spare ribs and roast at 350°F. for 1-1/2 to 2 hours. Cut apart ribs. Add remaining ingredients to ribs and roast an additional 30 minutes or until kraut is very hot. Add dumplings on top of kraut and ribs 30 to 45 minutes before eating using either potato dumplings or baking powder dumplings. May need a little more water just to cover ribs and kraut but not dumplings.

Potato Dumplings:
4 cups cold mashed potatoes
1 egg
3 cups flour
1 tsp. Watkins chicken soup bullion or salt

Mix all ingredients well and roll into logs the size of large eggs. Place on kraut and ribs. Can be made ahead and frozen. Takes about 45 minutes to cook dumplings.

Baking Powder Dumplings:
2 eggs
2 cups flour
1 tsp. chicken bullion or salt
3-1/2 tsp. baking powder
1/2 cup milk

Mix all ingredients and knead with just enough flour to make a stiff dough. Make into 2-inch thick roll. Cut into 1-1/2-inch slices. Place on kraut and ribs. Turn in about 15 minutes. Cook an additional 10 minutes.

Sharon Steckley, Geddes
Cooperative Connections

Stay Crisp Rosettes

2 eggs, beaten
2 tsp. sugar
1/2 tsp. salt
1 cup milk
1/2 cup cornstarch
1/2 cup flour

Combine eggs, sugar and salt; beat well. Add remaining ingredients; beat until smooth. Heat rosette iron in deep, hot oil (350°F. to 375°F.) for 2 minutes. Drain excess oil from iron; dip in batter to 1/4-inch from top of iron, then immediately into hot oil. Fry rosette until golden, 10 to 30 seconds. Lift out; tip upside down to drain. With fork, push rosette off iron onto rack placed over paper towels. Reheat iron 1 minute; make next rosette. If you have two rosette irons, reheat one while using the other. Stir batter from time to time as you will get some oil in it. Sprinkle with powdered sugar if desired.

Janet Agre, Brandon, *Cooperative Connections*

Stirrum

2 eggs
1 cup milk
1 tsp. baking powder
1/2 tsp. salt
Flour
3 T. shortening

Beat eggs in bowl; add milk, baking powder, salt and enough flour to make a batter the consistency of medium-firm pancakes. Melt shortening in heavy skillet. Pour mixture in pan when hot. Brown on both sides. Cut into small pieces, stirring until all sides are browned. Serve with lettuce and onion in a cream-vinegar dressing.

Betty Littau, Winner, *Cooperative Connections*

Kuchen



1 package dry yeast
1/2 cup sugar + 1 T. sugar, divided
1/4 cup lukewarm water
2 cups warm milk
2 eggs
1/2 cup shortening
6 to 8 cups flour
1 tsp. salt

Dissolve yeast and 1 T. sugar in lukewarm water. Combine milk and eggs, beat well. Add shortening, beat again. In a large bowl, combine flour, remaining sugar and salt; add first mixture, mixing well.
Knead until dough is smooth and elastic, sprinkle with a little flour at a time. Put in warm place to rise until double in bulk. Divide dough into 8 equal parts. Roll each piece to fit a pie plate. Let rise 20 minutes. Put fruit on top – can use apples, peaches, raisins or prunes.

Filling:
2 cups sweet cream or sour cream
2 eggs, beaten
1/2 cup sugar
2 T. flour
1/2 tsp. vanilla
Cinnamon

Combine first 5 ingredients. Top fruit with cream filling. Sprinkle with cinnamon. Bake at 350°F. for 25 to 30 minutes or until brown.

Pictured, *Cooperative Connections*

Frickadeller – The National Dish of Denmark

1/2 lb. ground lean beef
1/2 lb. ground pork
4 slices whole wheat bread
1/2 cup heavy cream
1/2 tsp. nutmeg
1/4 tsp. salt
1/2 tsp. freshly ground black pepper
1 small yellow onion, finely minced
1 egg, well-beaten
1/2 cup club soda

If possible, have butcher grind both meats together twice. Soak bread slices in heavy cream. In a large bowl, mix meat, nutmeg, salt, pepper and onion. Add egg and cream-soaked bread, beating vigorously until thoroughly blended. Slowly add club soda, beating gently so mixture becomes slightly fluffy. Place bowl, covered, in refrigerator for approximately 45 minutes to chill. Remove mixture from frig and proceed making small oblong shapes or, if you prefer, small patties. Heat skillet, add small amount of vegetable oil and 1 pat of butter, coating bottom thoroughly. Place patties in skillet, lower heat to medium and cook until bottom of patties are crisp and crusty. Turn over patties, cooking until well done – about 8 minutes on each side. Continue this procedure until all patties are cooked, placing each batch on a warm platter. This dish is traditionally served with either pickled beets or red cabbage and boiled potatoes.

Nancy Brooks, Rosebud
Cooperative Connections

Please send your favorite salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Delicious Desserts



Four-Layer Rhubarb Dessert

First Layer:
2 cups graham cracker crumbs
3/4 cup sugar
3/4 cup melted butter

Combine ingredients, press into a greased 9x13-inch pan and bake at 350°F. for 10 minutes.

Second Layer:
4 cups cut-up rhubarb
1 cup sugar
3 T. cornstarch
1/2 cup water

Combine ingredients and cook over medium heat until thick and tender. Cool and spread over crust.

Third Layer:
1 (8 oz.) container Cool Whip
1-1/2 cups miniature marshmallows

Mix together ingredients and spread over rhubarb mixture.

Fourth Layer:
1 (3.4 oz.) pkg. instant vanilla pudding

Prepare pudding according to package directions and spread over Cool Whip mixture.

Marcella Enstad, Pierpont
Cooperative Connections

Too Easy Peach Cobbler

1 (29 oz.) can peaches, drained
5 slices white bread
1-1/2 cups sugar
2 T. flour
1 egg, beaten
1 stick butter or margarine, melted
1 T. cinnamon/sugar mixture

Place peaches in bottom of a greased 9x13-inch pan. Cut each slice of bread into 5 strips. Place bread strips over peaches. Combine sugar, flour, egg and butter; pour over bread. Sprinkle with cinnamon/sugar mixture. Bake at 350°F. for 35 to 40 minutes or until lightly browned.

Laura Lea Reuer, Herrick
Cooperative Connections

Apple Dumplings

3/4 cup butter or margarine, melted
1-1/2 cups sugar
1 tsp. vanilla
1 tsp. cinnamon
16 refrigerated crescent rolls (2 tubes)
8 apples, peeled and cut in half
1-1/4 cups Mountain Dew

Combine first 4 ingredients. Wrap a crescent roll around each apple half. Place apples in 9x13-inch pan. Top each apple with sugar mixture. Pour Mountain Dew over apples. Bake at 350°F. for 30 to 40 minutes or until apples are soft.

Mary Crane, Mitchell
Cooperative Connections

Berry Patriotic Trifle

1 (14 oz.) can sweetened condensed milk
1 (3.4 oz.) pkg. instant lemon pudding
1-1/2 cups milk
1/2 cup sour cream
1 (10-3/4 oz.) loaf frozen pound cake, thawed and cut into 1-inch cubes
1-1/2 cups fresh raspberries
1-3/4 cups fresh blueberries
Star Garnish (optional, recipe follows)

With mixer, beat sweetened condensed milk, pudding mix and milk in large bowl. Fold in sour cream. Chill 5 minutes. Set aside 1/4 cup of pudding mixture. In 2- to 2-1/2-quart clear glass bowl, layer half of the pound cake pieces, half of the remaining pudding and half of the raspberries and blueberries. Repeat layers. Spoon reserved pudding mixture on top. Cover and chill at least 2 hours. Store leftovers covered in refrigerator.

Star Garnish:
Place 1 (1 oz.) white baking bar in small heavy saucepan. Heat over low heat until melted, stirring constantly. Tint with red paste food coloring. Pipe mixture into star shapes on wax paper-lined baking sheet. Let stand until dry. Carefully peel from wax paper.

Pictured, *Cooperative Connection*

Strawberry Sour Cream Pie

1 unbaked 9-inch pastry shell
1 quart fresh strawberries
1 cup flour
1-1/2 cups sugar, reserve 2 T.
1/4 tsp. salt
1 cup sour cream

Rinse and halve berries. Place berries in shell. Sift flour, sugar and salt together in a bowl. Add sour cream; mix well. Pour mixture over berries and spread evenly. Sprinkle reserved sugar over all. Bake at 450°F. for 10 minutes. Reduce heat to 350°F. and bake an additional 30 minutes or until crust is golden brown.

Priscilla Mund, Lead
Cooperative Connections

Different Angel Food Cake

1 (20 oz.) can crushed pineapple, undrained
One-step angel food cake mix
Whipped topping or pie filling

Mix together pineapple and dry cake mix; do not beat. Pour into an ungreased 9x13-inch cake pan. Bake at 350°F. for 25 minutes. Do not under bake. Cool. Top with whipped topping or pie filling.

Mike Kjose, Vermillion
Cooperative Connections

Please send your garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Summer Salads


PHOTO BY: ECES

Strawberry-Pretzel Salad

Crust:

Combine 1-1/2 cups crushed pretzels with 1/2 cup melted butter. Place in 9x13-inch pan and bake at 400°F. for 8 to 10 minutes.

Filling:

Mix together 1 (8 oz.) pkg. softened cream cheese, 2-1/3 cups whipped topping and 1 cup sugar. Spread over pretzel crust.

Topping:

Combine 2 (3 oz.) pkgs. strawberry gelatin, 2 cups hot water and 2 small pkgs. frozen strawberries. Spread over creamed cheese mixture.

Refrigerate.

Marla Gilbert, Corsica
Cooperative Connections

Green Goddess Delight

- 1 can peas, drained
- 2 cans French-style green beans, drained
- 1 cup chopped celery
- 1 small onion, chopped
- 1 cup sliced green olives
- 1 green pepper, chopped
- 3/4 cup sugar
- 1/4 cup water
- 1/2 cup red wine vinegar
- 1/2 cup salad oil

Combine first 6 ingredients in air-tight bowl with cover. Mix together remaining ingredients. Combine all and marinate at least overnight.

Rita Downs, Willow Lake
Cooperative Connections

Spring Salad

- 3 small boxes shell pasta
- 3-4 celery stalks, sliced
- 1 green pepper, diced
- 8-10 radishes, sliced
- 1 red onion, diced
- 4 carrots, grated
- 2 cucumbers with skin, sliced
- 2 cups mayonnaise
- 1 cup vinegar
- 1 cup sugar
- 1 can sweetened condensed milk

Prepare pasta according to package directions. Combine pasta and vegetables in large bowl. Mix together remaining ingredients. Add to pasta/vegetable mixture. Refrigerate.

Joanne Pazour, Pukwana
Cooperative Connections

Frozen Fruit Salad

- 1 (8 oz.) pkg. cream cheese, softened
- 2 (20 oz.) cans crushed pineapple, undrained
- 1 (10 oz.) bag miniature marshmallows, halved
- 2 (12 oz.) jars Maraschino cherries without stems, drained and halved
- 1 (8 oz.) container whipped topping

Combine cream cheese and pineapple in large mixing bowl with electric mixer. On low speed, add marshmallows and cherries. Blend in whipped topping. Pour mixture in 9x13-inch pan, cover with plastic wrap and freeze for at least 24 hours. Size and shape of dessert depends on the pan/mold used.

Pictured, *Cooperative Connection*

Glorified Cottage Cheese Salad

- 1 (12 oz.) container small curd cottage cheese
- 1 (3 oz.) pkg. lemon gelatin
- 1 T. lemon juice
- 1 (8 oz.) container whipped topping
- 1 cup frozen blueberries

Combine cottage cheese and gelatin. Fold in lemon juice and whipped topping. Blend in blueberries. Chill and serve.

Ione Schmidt, Wheaton, Minn.
Cooperative Connections

Pie Salad

- 1 can apricot, peach or apple pie filling
- 1 large can fruit cocktail, drained

Mix together pie filling and fruit cocktail; chill. To make a larger amount, add cut-up apples, bananas or miniature marshmallows.

Louise Folk, Milbank
Cooperative Connections

Coconut Salad

- 1 cup miniature marshmallows
- 1 cup sour cream
- 1 cup crushed pineapple
- 1 cup mandarin oranges, drained
- 1 cup coconut

Combine marshmallows and sour cream. Wait 5 minutes and stir in remaining ingredients. Chill.

Doris Wilson, Clear Lake
Cooperative Connections

Please send your pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Garden Produce



Marinated Tomatoes

1/3 cup canola oil
1/4 cup red wine vinegar
1/4 tsp. pepper
1 tsp. salt
1 clove garlic, minced
2 T. parsley flakes
1 tsp. basil, crushed
2 T. finely chopped onion
3 large tomatoes, sliced

Combine first 8 ingredients and pour over tomatoes. Refrigerate.

Mary Crane, Mitchell
Cooperative Connections

Easy Veggie Salad

1 cup chopped tomatoes
1 cup chopped cucumbers
1/4 cup chopped green peppers
1/4 cup chopped radishes
Chopped onion to taste
Chopped celery to taste
1/2 cup sour cream
1/4 cup Miracle Whip salad dressing
One box Kraft macaroni and cheese, prepared

Combine all ingredients. Chill and serve.

Lisa Kellen-Anderson, Sioux Falls
Cooperative Connections

Copper Carrots

2 lbs carrots, sliced
1 cup sugar
3/4 cup white vinegar
1 tsp. prepared mustard
1 tsp. Worcestershire sauce
1 onion, chopped fine

Cook carrots in salt water to desired tenderness. Combine remaining ingredients and add carrots. Store in refrigerator. Note: I bring mixture to a boil before adding carrots.

Lucile Sterling, Parkston
Cooperative Connections

Delicious Slaw

2 (3 oz.) pkgs. chicken- or beef-flavored Ramen noodles
1 lb. pkg. cabbage slaw mix
1 cup shelled sunflower seeds
1 bunch green onions, chopped
3/4 cup peanut or sesame oil
1/3 cup sugar
2 flavor packets from Ramen noodles

In a medium bowl, crush Ramen noodles into bite-sized pieces. Stir in slaw mix, sunflower seeds and onions. Mix together remaining ingredients. Combine all and refrigerate at least 1 hour.

Dee Reed, Osmond, Neb.
Cooperative Connections

California Vegetable Pie

1 lb. ground beef
1/4 cup chopped onion
1/2 tsp. salt
1/8 tsp. pepper
1-1/2 cups sliced zucchini
1/4 cup diced green pepper
2 T. margarine
1 tsp. dill weed
1/4 tsp. salt
1 tube refrigerated crescent rolls
5 tomato slices
1 cup shredded Cheddar cheese

Brown ground beef and onion; drain. Stir in 1/2 tsp. salt and pepper; set aside. Saute zucchini and green pepper in margarine for 5 minutes, stirring often. Stir in dill weed and 1/4 tsp. salt. Separate dough into 8 triangles; place in an ungreased 9-inch pie pan; press over bottom and up sides to form crust. Spoon meat mixture evenly into crust; top with tomatoes. Bake at 375°F. for 10 minutes. Sprinkle shredded cheese over all and bake an additional 15 minutes. Cool 5 minutes before serving. Garnish with sour cream and alfalfa sprouts, if desired.

Barb Davison, Tintah, Minn.
Cooperative Connections

Pat's Tangy Cucumbers

1-1/2 cups salad dressing
1/2 cup sugar
2 T. vinegar
Salt and pepper to taste
Cucumber slices
Onion slices

Combine dressing ingredients. Pour over cucumbers and onions. Chill.

Lee Ann Birkeland, Dupree
Cooperative Connections

Fresh Squash Casserole

3 cups sliced zucchini or yellow squash
1/4 cup chopped onion
4 T. margarine
2 eggs, beaten
1/4 cup milk
1/2 tsp. salt
1/2 tsp. pepper
1 cup grated sharp Cheddar cheese
1 cup crushed Ritz crackers

Saute squash and onions with margarine until tender; drain. Add eggs, milk, salt and pepper. Spoon into a 9x13-inch casserole dish; top with cheese and crackers. Bake at 350°F. for 20 minutes.

Pat Dunnam, Hawarden, Iowa
Cooperative Connections

Please send your wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Perfect Pasta

Spaghetti Pie

7 oz. uncooked spaghetti
2 Tbsp. butter
1/3 cup grated parmeson cheese
2 eggs, beaten
1 cup cottage cheese
1 lb. ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1 (16 oz.) can diced tomatoes, undrained
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. dried oregano
1/2 tsp. garlic salt
1/2 cup shredded mozzarella cheese

Cook spaghetti according to package directions; drain. Combine hot spaghetti, butter, parmesan cheese and eggs in a large bowl. Turn into a greased 10-inch pie plate. Using your fingers, form a crust. Spoon cottage cheese evenly over crust; set aside. In a skillet, cook ground beef, onion and green pepper until beef is browned; drain. Stir in tomatoes, tomato paste, sugar, oregano and garlic salt; heat through. Pour meat mixture over cottage cheese layer. Bake uncovered at 350°F. for 20 minutes or until set. Sprinkle with mozzarella cheese. Bake an additional 5 minutes.

Judith Materna, Hettinger, ND
Cooperative Connections

Pasta Rustica

3/4 lb. spiral pasta
6 cups broccoli florets
6 slices bacon
1 lb. diced tomatoes
1 (6.5 oz.) carton garlic and herb cheese spread

Cook pasta according to package directions, adding broccoli the last 3 minutes. Cook bacon until crisp; crumble. Drain fat from pan and add tomatoes; cook until heated through. Add cheese spread; stirring to melt. In a large bowl, toss together all ingredients; season to taste.

Gayle Scheiterlein, Norcross, MN
Cooperative Connections

Summer Pasta Salad

1 lb. shells, ring or elbow pasta, cooked and cooled
1 green pepper, chopped
1 onion, chopped
1 to 2 cups shredded carrots
1 can sweetened condensed milk
3/4 cup white vinegar
1 cup sugar
2 cups Miracle Whip
Salt and pepper to taste

In a large bowl, combine first 4 ingredients. Mix together remaining ingredients. Pour over pasta/vegetables; stir.

Marlene Price, Langford
Cooperative Connections

Bow-Tie Spinach Scramble



PHOTO CREDIT: ECES

3/4 cup thinly sliced sweet red pepper
1/4 cup bottled reduced-fat Italian salad dressing, divided
4-1/2 cups chopped fresh spinach
6 oz. bow-tie or spiral pasta, cooked and drained
3 to 6 eggs
3 to 6 T. skim milk
Parmesan cheese, optional

In an omelet pan or skillet, stir together pepper and 2 T. of dressing; cover. Cook over medium heat until peppers are crisp-tender, about 1 to 3 minutes. Add spinach; cover. Cook until spinach is wilted, about 1 to 1-1/2 minutes. Stir in pasta and remaining 2 T. dressing. In small bowl, beat together eggs and milk until blended. Pour into pan. As eggs begin to set, gently turn eggs, vegetables and pasta with pancake turner or spatula, forming large, soft curds. Cook until eggs are thickened and no visible liquid egg remains. Do not stir constantly. Sprinkle with cheese, if desired.

Pictured, *Cooperative Connections*

Chicken Spaghetti

1 cup chopped onion
3 cups chopped celery
1 bell pepper, chopped
1 stick butter
1 T. sugar
1 T. chili powder
6 chicken breasts, cooked and cubed
1 can tomato soup
1 can cream of mushroom soup
2 cups chicken broth
Salt and pepper to taste
1 pkg. spaghetti
1 lb. shredded mozzarella cheese
1 lb. shredded Cheddar cheese

Saute onion, celery and and bell pepper in butter. Add sugar, chili powder, chicken, soups and broth. Prepare spaghetti according to package directions, drain. Combine pasta, chicken mixture and half of cheeses. Place in a 9x13-inch pan; top with remaining cheese. Bake at 350°F. for 15 minutes.

Lois Hanson, Howard
Cooperative Connections

Spaghetti Corn

1 can cream-style corn
2 cups broken spaghetti
1 stick butter, melted
1 can whole corn
1 cup shredded Monterey jack cheese
Diced onion, optional

Combine all ingredients. Pour into a buttered casserole. Bake uncovered at 350°F. for 25 minutes. Cover and back an additional 20 minutes.

Nikki Larson, Hayti
Cooperative Connections

Please send your favorite wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Wonderful Wild Game

Venison Meat Balls

1 lb. ground venison
1 lb. ground pork
1 small onion, chopped
Pepper and salt to taste
Dash garlic salt
1 tsp. parsley flakes
Dash oregano
2 eggs
1 tsp. parmesan cheese
Spaghetti sauce

Combine all ingredients except spaghetti sauce; shape into meat balls. Brown well on all sides. Add to spaghetti sauce and simmer until meat is cooked through.

Glenda Morton, Sioux Falls
Cooperative Connections

Pheasant Wild Rice Soup

1 pkg. long grain wild rice blend
1 can mushrooms, drained
1 large onion, diced
1/2 cup butter
1/2 cup flour
1 cup milk
8 cups chicken broth
1 pkg. onion soup mix
1 pheasant, cooked and cubed

Prepare long grain wild rice blend according to package directions. Saute mushrooms and onions in butter. Sprinkle in flour, stirring until flour is mixed in but not browned. Slowly add milk and broth with a wire whisk, stirring until well blended. Add rice blend, onion soup mix and cubed pheasant meat. Simmer for 30 to 45 minutes.

Christie Gabel, Pierre
Cooperative Connections

Cajun Pheasant Strips

Pheasant breasts
Beaten egg
Flour
Cajun seasoning

Cut pheasant breasts into thin strips. Dip in beaten egg and dredge in flour seasoned with Cajun seasoning. Fry in hot oil until golden brown. Drain on paper towel.

Kay Brandenburg, Alpena
Cooperative Connections

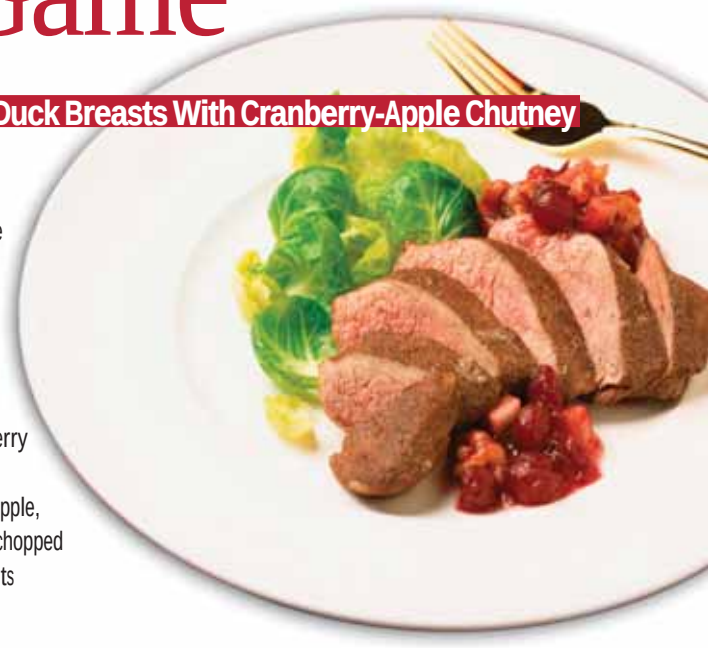
Pheasant Casserole

Pheasant, cut-up
1 medium onion, diced
6 to 8 slices bacon
Salt and pepper to taste
1 can cream of mushroom soup
1 tsp. soy sauce
1/2 cup diced celery
1 cup sour cream
1-1/2 cups grated Swiss cheese

Brown pheasant pieces; set aside. Saute onion and bacon and season with salt and pepper. Place pheasant pieces, bacon and onion in a large casserole. Combine soup, soy sauce, celery and sour cream; spoon over pheasant mixture. Top with Swiss cheese. Bake at 325°F. for 1-1/2 hours.

Catherine Jungworth, Ashton
Cooperative Connections

Spice-rubbed Duck Breasts With Cranberry-Apple Chutney



4 (6 oz.) duck breast halves
1/2 tsp. ground allspice
1/2 tsp. cinnamon
1/2 tsp. ground white pepper
1/2 tsp. salt
1/4 tsp. olive oil
1 (16 oz.) can whole berry cranberry sauce
1 small Granny Smith apple, peeled, cored and chopped
1/2 cup chopped walnuts
1/2 tsp. ground ginger

With small sharp knife, remove skin from duck breasts. Mix together allspice, cinnamon, pepper and salt; season breasts on both sides with spice mixture. In 10-inch nonstick skillet, heat oil over medium-high heat. Add duck breasts; brown on both sides, about 2 minutes per side. Place skillet in oven; bake duck breasts at 425°F. about 6 minutes for rare, 8 minutes for medium-rare and 10 minutes for medium, turning breasts once after 4 minutes. While duck breasts are in the oven, make Cranberry-Apple Chutney. In saucepan, combine cranberry sauce, apple, walnuts and ginger. Heat over medium heat, stirring occasionally, about 5 minutes or until hot. Cut each breast crosswise on a slight angle into 4 to 5 slices about 1/2-inch thick; fan 1 breast on each of 4 plates and spoon Cranberry-Apple Chutney alongside, dividing it equally.

Pictured, *Cooperative Connections*

Elk Swiss Steak

Elk steak
Flour
Salt and pepper
1/8 cup sherry
2 cups chicken broth, divided
1-1/2 T. butter

Lightly salt and pepper elk steak, then pound in flour. Pound in as much flour on both sides as steaks will hold. Cut into serving pieces and quickly brown on both sides in butter or margarine. Pour in sherry and 1 cup chicken broth. Cover and bake at 350°F. for 1 to 1-1/2 hours or until fork tender. Put steak on a warm platter. Add remaining chicken broth to pan drippings. Combine 1-1/2 T. butter and 1-1/2 T. flour; stir into broth. Cook until thick, smooth and bubbling. Season to taste. Pour over steak and serve with butter rice with herbs.

Sophia Hoff, Tripp
Cooperative Connections

Please send your favorite favorite holiday treat and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2006. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Treats



Perky Popcorn

12 cups popped popcorn
4 cups pretzels
4 cups chocolate-covered peanuts (or 2 cups peanuts and 2 cups chocolate chips)
2/3 cup sugar
1/2 cup honey
1/2 cup light corn syrup
2/3 cup creamy peanut butter
1 tsp. vanilla

Combine popcorn, pretzels and chocolate-covered peanuts in a large bowl. Combine sugar, honey and corn syrup in a heavy saucepan; bring to a full rolling boil, stirring constantly. Remove from heat; add peanut butter and vanilla. Mix until peanut butter is melted. Pour over popcorn mixture. Toss with two spoons to coat well. Spread on a waxed paper-lined cookie sheet. Cool and break into bite-sized pieces.

Mrs. Paul Smith, Kennebec
Cooperative Connections

Cream Puff Dessert

1/2 cup butter or margarine
1 cup water
1 cup flour
4 eggs
3 small pkgs. instant vanilla pudding
3 cups milk, divided
1 (8 oz.) pkg. cream cheese, softened
1 (8 oz.) container whipped topping
1/4 cup chocolate syrup

In a saucepan, bring butter and water to a boil; remove from heat. Add flour. Add eggs, one at a time, and beat as each one is added; mixture will form a ball. Pat in a lightly greased 9x13-inch pan. Bake at 400°F. for 35 minutes. Remove from oven and lightly press down with a spatula; cool. Mix together pudding and 2-3/4 cups milk. Beat together cream cheese and 1/4 cup milk. Combine pudding and cream cheese mixtures. Spread over cooled crust. Spread whipped topping over pudding and drizzle with chocolate syrup. Refrigerate.

Rita Huber, Bowdle
Cooperative Connections

Mound Bars

2 cups graham cracker crumbs
1/2 cup butter, melted
1/4 cup sugar
7 oz. coconut
1 can sweetened condensed milk
1 T. peanut butter
1 pkg. chocolate chips

Combine graham cracker crumbs, butter and sugar; spread in a 9x13-inch pan. Bake at 350°F. for 10 minutes. Mix together coconut and milk; spread over baked crust. Bake an additional 15 minutes. Melt peanut butter and chips; spread over bars.

Nanetta Larson, Canton
Cooperative Connections

Black Forest Torte

1 package chocolate cake mix
1 cup semi-sweet chocolate chips
1 (14 oz.) can sweetened condensed milk
1 T. milk
1 (21 oz.) can cherry pie filling
1/2 tsp. almond extract

Preheat oven to 350°F. Prepare and bake cake mix as package directs for two 9-inch round layers. Remove from pans; cool thoroughly. In heavy saucepan, over medium heat, melt chocolate chips with sweetened condensed milk. Cook and stir until slightly thickened, about 3 to 5 minutes. Stir in milk. Cool 10 minutes. Combine cherry filling and almond extract. Place 1 cake layer on serving plate, top side up. With sharp knife, remove crust from top of cake layer to within 1/2 inch of edge; top with half the chocolate mixture, then the cherries. Top with second cake layer and remaining chocolate mixture.

Pictured, *Cooperative Connections*

Sensational Peppermint Patty Brownies

3 cups sugar
3 sticks butter or margarine
1 T. vanilla
5 eggs
2 cups flour
1 cup cocoa
1 tsp. baking soda
1 tsp. salt
24 peppermint patties

In a large bowl, mix together sugar, butter and vanilla. Add eggs, beating until well blended. Stir in flour, cocoa, baking soda and salt. Pour half of batter into a greased 9x13-inch pan. Arrange patties in a single layer about 1/2-inch apart on batter. Spread remaining batter over all. Bake at 350°F. for 50 to 55 minutes.

Bridget Devlin, Sioux Falls
Cooperative Connections

Pecan Turtle Bars

2 cups flour
1-1/2 cups brown sugar, divided
1/2 cup and 2/3 cup butter, softened
1 cup pecan halves
1 cup chocolate chips

Combine flour, 1 cup brown sugar and 1/2 cup butter; mix well. Pat firmly into a 9x13-inch pan; sprinkle with pecans. In a saucepan over medium heat, cook 2/3 cup butter and 1/2 cup brown sugar, stirring constantly; boil 30 seconds to 1 minute. Pour evenly over crust. Bake at 350°F. for 18 to 22 minutes or until layer is bubbly. Remove from oven and immediately sprinkle chocolate chips over top. Allow to melt 2 to 3 minutes; swirl for marble effect. Cool.

Mary Jo Neisius, Parker
Cooperative Connections

Please send your favorite favorite bread and breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2007 Reader Recipes

January

Super Soups

1. Potato Cheese Soup
2. Corn Chowder
3. Buffalo Chili
4. Peppernoi Pizza Soup
5. Eight-can Soup
6. Cream of Cauliflower or Broccoli Soup

February

Bread and Breakfast

1. Overnight Apple French Toast
2. English Muffin Bread
3. Breakfast Souffle
4. Cherry Rugelach
5. Blueberry French Toast

March

Seafood Sensations

1. Seafood Lasagna
2. Toasted Almond-Crab Spread
3. Tuna Macaroni Salad
4. Salmon Cheese Pie
5. Seafood Chowder
6. Good Salmon Loaf

April

Delightful Dips and Drinks

1. Toasted Almond Party Spread
2. Mock Eggnog
3. Summer Tea
4. Provolone Onion Dip
5. Sauerkraut Dip
6. Fruit Dip
7. Sausage Dip
8. Cinnamon Cider

May

Creative Casseroles

1. Rueben Casserole
2. Hashbrown Casserole
3. Pizza Hot Dish
4. South-of-the Border Lasagna
5. Chicken Casserole
6. Electric Fry Pan Casserole

June

Ethnic Eatables

1. Beef Tortilla Pizza
2. Norwegian Lefse
3. Gnuniku Negimaki-Japanese Steak and Scallion Rolls
4. Senegalese Soup
5. Italian Bruschetta
6. Halupsi-German Pigs in a Blanket

July

Delectable Desserts

1. Strawberry Rhubarb Angel Squares
2. Cream Puff Dessert
3. Pumpkin Crunch
4. Cherry Angel Cream Cake
5. Cherries in the Snow
6. Caramel Pie

August

Summer Salads

1. Shrimp or Crab Salad
2. Lemon Lime Salad
3. Apple Salad
4. Avocado and Tomato Salad
5. Citrus Curried Chicken & Wild Rice Salad
6. Three-Mouth Cucumber Salad
7. Raw Vegetable Salad

September

Veggie Good Meal

1. Spaghetti Squash Salad
2. Canned Apple Pie Mix
3. Zucchini Boats
4. Vegetable Jumble
5. Zucchini Fries
6. Watermelon Pickles

October

Pasta Provisions

1. Easy to Stuff Manicotti
2. Lasagna
3. Veggie/Pasta Salad
4. Mushroom 'n' Beer Mac 'n' Cheese
5. Angel Hair Pasta Flan
6. Tortellini Salad

November

Wild Game Goodies

1. Pheasant A La Kiev
2. Venison Steak Rolls
3. Pheasant Too Easy
4. Venison Marinade
5. Pheasant Supreme
6. Cheese and Venison Enchiladas
7. Pheasant Nuggets

December

Holiday Treats

1. Christmas Nut Bread
2. Christmas Tea Cookies
3. Wonderful Caramels
4. Cranberry Pecan Pie
5. Figgy Pudding
6. Bing Bars

Super Soups



Potato Cheese Soup

3 cups chopped potatoes
1/2 cup sliced celery
1/2 cup sliced carrots
1/4 cup chopped onion
1 cup water or chicken broth
1 tsp. parsley flakes
1/4 tsp. salt
1 chicken bouillon cube
1-1/2 cups milk
2 T. flour
1/2 lb. cubed Velveeta cheese

Combine vegetables, liquid, seasonings and bouillon cube; simmer 15 to 20 minutes until tender. Add milk, slowly, to flour until well blended. Add to hot vegetables. Cook and stir constantly until it boils and thickens. Add cheese and stir until melted.

Melanie Schelske, Virgil
Cooperative Connections

Corn Chowder

2 cups diced potatoes
1 medium onion, chopped
1/2 cup chopped celery
1/2 cup chopped carrots
1 cup boiling water
2 cups milk
1/8 tsp. pepper
1 tsp. salt
2 cups cream-style corn
6 to 8 slices bacon

Combine first 5 ingredients and cook until potatoes are done, about 10 minutes. Add milk, pepper, salt and corn; heating an additional 15 minutes. Cook and crumble bacon and add before serving.

Patricia Dunnam, Hawarden, IA
Cooperative Connections

Buffalo Chili

3 lbs. ground buffalo
1 small onion, chopped
1 small green pepper, chopped
1 pkg. Carroll Shelby's chili seasoning
1 (15 oz.) can black beans
1 (16 oz.) can refried beans
1 (15 oz.) can red beans
1 (16 oz.) can black eye peas
1 (30 oz.) can chili beans
1 (28 oz.) can diced tomatoes
1 (10 oz.) can mild enchilada sauce

Brown buffalo; add onion and green pepper and continue to brown. Add remaining ingredients. Cook on low until heated through.

Connie Schumacher, Rapid City
Cooperative Connections

Pepperoni Pizza Soup

4 large Italian or sourdough rolls
1 T. olive oil
2 T. shredded parmesan cheese
1 (14-1/2 oz.) can chunky pasta-style stewed tomatoes
1 (14-1/2 oz.) can chicken broth
2 cups sliced zucchini, 1/2-inch thick
1 large red bell pepper, cut into 3/4-inch pieces
1 (2-1/4 oz.) can sliced black olives, drained
2 oz. thinly sliced pepperoni
1-1/2 cups shredded pizza blend cheese

Hollow out rolls, leaving 1/2-inch shell. Brush with oil; sprinkle with parmesan cheese. Place on baking sheet. Bake at 400°F. for 6 minutes or until golden brown. Combine tomatoes, chicken broth, zucchini and bell pepper in large saucepan. Heat to a boil; reduce heat. Simmer, uncovered, 5 minutes or until vegetables are crisp-tender. Stir in olives and pepperoni. Simmer 1 minute. Ladle soup into four bread bowls; sprinkle evenly with pizza blend cheese.

Pictured, *Cooperative Connections*

Eight-can Soup

1 can Hormel turkey chili with beans
1 can Hormel turkey chili without beans
1 can old-fashioned vegetable soup
1 can corn
1 can kidney beans
1 can veg-all
1 can diced potatoes
1 can diced tomatoes with green chilis

Combine all ingredients in crockpot; cook on low 6 to 8 hours.

Sylvia Ladenburger, Caputa
Cooperative Connections

Cream of Cauliflower or Broccoli Soup

1 head cauliflower or broccoli, steamed and mashed
2 cups milk
16 oz. canned chicken broth
1 slice onion
1 small jar Cheese Whiz

Combine all ingredients. Heat in microwave or saucepan to serving temperature, stirring until smooth. Variation: For a thicker soup, start with 6 T. melted butter and 6 T. flour. Blend together, then add rest of ingredients.

Marla Gilbert, Corsica
Cooperative Connections

Please send your favorite seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Bread and Breakfast

Overnight Apple French Toast

1 cup brown sugar
1/2 cup butter
2 T. light corn syrup
2 large apples, cut 1/4-inch thick
3 eggs
1 cup milk
1 tsp. vanilla
9 slices day-old French bread, cut 3/4-inch thick
1 cup applesauce
1 (10 oz.) jar apple jelly
1/2 tsp. cinnamon

In a small saucepan, cook brown sugar, butter and syrup until thick, about 5 to 7 minutes. Pour into an ungreased 9x13-inch pan. Arrange apples on top (fan-shape looks attractive). In mixing bowl, beat eggs, milk and vanilla. Dip bread slices into egg mixture. Place over apples. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Bake, uncovered, at 350°F. for 35 to 40 minutes. Combine remaining ingredients in a medium saucepan. Cook and stir until hot. Serve over French toast.

Isabell Biever, Luverne, MN
Cooperative Connections

English Muffin Bread

2 cups milk
1/2 cup water
2 pkg. yeast
1 T. sugar
5 to 6 cups flour, divided
1/4 tsp. baking soda
1 tsp. salt
Cornmeal

Heat milk and water until lukewarm. Add yeast and sugar. Mix in 3 cups flour, baking soda and salt. Add 2 to 3 cups more flour until a stiff dough forms (you should be able to mix all with a spoon – no kneading required). Spoon into 2 greased bread pans that have been coated with cornmeal. Sprinkle a little cornmeal on top. Let rise for 40 to 45 minutes. Bake at 400°F. for 20 to 25 minutes.

Rox Hunt, Carthage
Cooperative Connections

Breakfast Souffle

6 slices bread
6 eggs
3 cups milk
1/2 tsp. salt
1 cup cooked sausage
1/2 cup sliced mushrooms
1/4 cup chopped onion
1/4 cup chopped green pepper
1 cup shredded cheddar cheese

Line a 9x13-inch pan with bread slices buttered on both sides. Mix together eggs, milk and salt; beat well and pour over bread. Top with remaining ingredients. Refrigerate overnight. Bake, uncovered, for 1 hour at 300°F.

Ellen Paulton, Hot Springs
Cooperative Connections

Cherry Rugelach



PHOTO COURTESY ECES

Pastry:
1 cup butter or margarine, softened
1/3 cup (1/3 of an 8-oz. pkg) cream cheese, softened
2 cups all-purpose flour
1/4 cup granulated sugar
Filling:
1 (16 oz.) pkg frozen sweet cherries
1/2 cup granulated sugar
1 T. cornstarch
1/2 cup chopped walnuts
Egg wash (1 egg whisked with 2 T. cold milk or water)
Additional granulated sugar

For pastry, beat butter and cream cheese with electric mixer until smooth. Add flour and sugar; beat on low speed until crumbly. Turn mixture onto floured board; knead until dough forms. Cover and set aside while preparing filling. For filling, coarsely chop frozen cherries. Combine sugar and cornstarch; mix well. Combine chopped cherries and sugar mixture in a medium saucepan. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, 5 minutes, or until thickened, stirring occasionally. Remove from heat; stir in walnuts. Let cool in refrigerator 30 minutes. On a lightly floured surface, roll 1/3 of dough into a 10-inch circle. Spread dough with about 1/2 cup cherry filling, leaving a 1/2-inch border. Cut circle into 8 wedge-shape pieces. Roll up dough, beginning at wide end of each wedge. Place cookies, tip side down, about 2 inches apart on lightly greased cookie sheet. Repeat with remaining dough and filling. Brush each cookie lightly with egg wash and sprinkle with granulated sugar. Bake at 350°F. for 15 to 20 minutes or until golden brown. Transfer to wire racks to cool.

Pictured, *Cooperative Connections*

Blueberry French Toast

12 slices of day-old bread, crusts removed and cut into 1-inch cubes
2 (8 oz.) pkgs. cream cheese, softened and cut into 1-inch cubes
1 cup fresh or frozen blueberries
12 eggs
2 cups milk
1/3 cup maple syrup or honey
Sauce:
1 cup sugar
2 T. cornstarch
1 cup water
1 cup fresh or frozen blueberries
1 T. butter

Place half the bread cubes in a greased 9x13-inch baking dish. Place cream cheese cubes over bread. Top with blueberries and remaining bread. In a large bowl, beat eggs; add milk and syrup, mixing well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Cover and bake at 350°F. for 30 minutes. Uncover and bake an additional 25 to 30 minutes or until golden brown and the center is set. Meanwhile, in a saucepan combine sugar, cornstarch and water. Boil for 3 minutes over medium heat, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8 to 10 minutes or until berries have burst. Stir in butter until melted. Serve over French toast.

Chris Druin, Volin
Cooperative Connections

Please send your favorite appetizer and beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Seafood Sensations



Seafood Lasagna

4 T. butter
3 T. flour
3 cups half and half
1/2 cup grated parmesan cheese
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
1 cup cottage or ricotta cheese
1 cup shredded mozzarella cheese, divided
1/8 tsp. ground nutmeg
9 lasagna noodles, cooked and drained
1/2 lb. frozen cooked shrimp, thawed and drained
1/2 lb. frozen crab, thawed and drained

Melt butter over medium heat. Add flour; stir until well blended. Add half and half gradually; cooking and stirring until thickened. Add parmesan cheese; stir until well blended. Set aside. Combine spinach, cottage or ricotta cheese, 2/3 cup mozzarella cheese and nutmeg. Assemble as you would lasagna, starting with 1/4 of the sauce on the bottom of the pan. Top with remaining mozzarella cheese. Cover with foil. Bake at 350°F. for 25 minutes. Uncover and bake an additional 20 minutes.

Linda Sinclair, Midland
Cooperative Connections

Salmon Cheese Pie

1 9-inch pie shell, baked
1 cup shredded sharp Cheddar cheese, divided
1 (16 oz.) can salmon
1 T. flour
2 T. butter
1/3 cup chopped onion
1 can mushroom soup
1/4 cup sour cream
1/2 tsp. pepper
2 eggs, beaten

Sprinkle 1/2 cup cheese in bottom of baked pie shell. Break salmon into chunks, mix with flour and place in pie shell. Saute butter and onions until soft. Add soup, sour cream and pepper. Stir until boiling; remove from heat. Mix in eggs; pour over salmon. Top with remaining cheese. Bake at 325°F. for 30 minutes or until set. Let stand 10 minutes before cutting.

Maxine Meyers, Gregory
Cooperative Connections

Toasted Almond-Crab Spread

1 (8 oz.) pkg. cream cheese, softened
1-1/2 cups shredded Swiss cheese
1/3 cup sour cream
1/8 tsp. pepper
1/8 tsp. ground nutmeg
1 (6 oz.) can crab, drained and flaked
3 T. chopped green onion
1/3 cup sliced almonds, toasted
Assorted crackers

In a mixing bowl, combine first 5 ingredients. Stir in crab and onions. Spread into an ungreased 9-inch pie plate. Bake at 350°F. for 15 minutes. Sprinkle with almonds. Serve with crackers. Note: may subsitute 1 can of drained shrimp in place of the crab.

Penny Glanzer, Huron
Cooperative Connections

Seafood Chowder

2 T. butter
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
1 cup diced red bell pepper
5 to 6 medium red potatoes, cut into 1-inch cubes
2 (14 oz.) cans chicken broth
Salt and pepper to taste
2 cups half and half
3/4 cup flour
2 can clams, drained, reserving juice
1 lb. Bay scallops
1 lb. cooked deveined shrimp, remove shell from tails

Melt butter in a soup kettle. Add onions, cooking until clear. Add remaining vegetables, chicken broth and clam juice. Salt and pepper to taste. Bring to a boil then reduce temperature to simmer until potatoes are soft. In a separate container, mix together half and half and flour. Add clams, scallops and shrimp to soup mixture. Stir in half and half/flour mixture. Bring just to a boil, then reduce heat until ready to serve.

Crystal Grann, Carpenter
Cooperative Connections

Tuna Macaroni Salad

1 (7 oz.) box ring pasta, cooked and drained
1 cup frozen peas, cooked and drained
2 T. chopped onion
1/2 cup sliced green olives
2 (6 oz.) cans tuna, drained
2 T. salad dressing mixed with 1 T. oil

Cool pasta and peas. Combine all ingredients, mixing well. Refrigerate.

Darlene Price, Prairie City
Cooperative Connections

Good Salmon Loaf

1 can salmon, drained, reserving 1/4 cup liquid
1 can cream of celery soup
1 cup dry bread crumbs
2 eggs, beaten
1/2 cup chopped onion
1 T. lemon juice

Mix all ingredients thoroughly and place in greased loaf pan. Bake at 350°F. for 45 to 50 minutes or until light brown.

Joy Hagen, Webster
Cooperative Connections

Please send your favorite casserole recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Delightful Dips and Drinks

Toasted Almond Party Spread

- 1 (8 oz.) pkg. cream cheese, softened
- 1-1/2 cups shredded Swiss cheese
- 2 T. chopped green onions
- 1/3 cup Miracle Whip (do not use mayonnaise)
- 1/8 tsp. nutmeg
- 1/8 tsp. pepper
- 1/3 cup toasted sliced almonds

Combine all ingredients and place in a 9-inch pie plate. Bake at 350°F. for 15 minutes or until hot, stirring once at 8 minutes. Garnish with additional sliced almonds and serve with a variety of crackers.

Arlene DeVany, Vermillion
Cooperative Connections

Mock Eggnog

- 2 quarts cold milk
- 1 (3 oz.) pkg. vanilla instant pudding
- 1/4 cup sugar
- 1 tsp. nutmeg
- 1 tsp. vanilla
- 1/8 tsp. salt, optional
- 1 cup whipping cream

In a mixing bowl, combine milk and pudding mix; beat at low speed for 2 minutes. Beat in sugar, nutmeg, vanilla and salt. In a separate bowl, beat whipping cream at high speed for 3 minutes or until soft peaks form. Stir whipped cream into pudding mixture. Chill, covered, until ready to serve. Sprinkle with additional nutmeg, if desired.

Suzanne England, Midland
Cooperative Connections

Summer Tea

- 1 quart boiling water
- 6 regular tea bags
- 1 cup sugar
- 1/2 cup real lemon juice
- 1/2 cup orange juice (1/2 cup white grape juice may be substituted)
- 1 quart cold water

Pour boiling water over tea bags. Let set 15 minutes; discard tea bags. Combine with sugar, lemon juice and orange juice, stirring well. Add cold water and serve over ice.

Lois May Wirth, Viborg
Cooperative Connections

Provolone Onion Dip

- 2 cups chopped Vidalia onion
- 1 cup mayonnaise
- 2 cups shredded provolone cheese

In a medium bowl, mix together the onion, mayonnaise and provolone cheese. Transfer to a small casserole dish. Bake at 350°F for 30 minutes or until the onions are tender and top is golden.

Cooperative Connections

Sauerkraut Dip

- 1 can sauerkraut
- 2 (8 oz.) pkgs. cream cheese, softened
- 2 (8 oz.) pkgs. shredded Swiss cheese
- 2 pkgs. corned or dried beef, chopped

Combine all ingredients in crockpot. Cook until heated through. Serve with crackers or rye party bread.

Catherine Jungwirth, Ashton
Pictured, *Cooperative Connections*



Fruit Dip

- 1 (8 oz.) pkg. cream cheese, softened
- 1 small jar marshmallow crème

Combine and mix well. Serve with fruit slices.

Geraldine Robinson, Frankfort
Cooperative Connections

Sausage Dip

- 1 lb. sausage
- 1 can RO*TEL Tomatoes and Green Chilies
- 1 (8 oz.) pkg. cream cheese, softened
- 1 bag corn chips

Brown and drain sausage. Add RO*TEL Tomatoes and Green Chilies and cream cheese. Cook on low heat, continuing to stir until mixed well. Serve with chips.

James Eich, Rochford
Cooperative Connections

Cinnamon Cider

- 48 oz. apple cider
- 2/3 cup water
- 1/3 cup sugar
- 2 T. firmly packed brown sugar
- 2 cinnamon sticks
- 2 T. lemon juice

Combine first 5 ingredients. Over medium heat, stir until sugars are dissolved. Bring to a boil; reduce heat to low. Add lemon juice; heat thoroughly. Remove cinnamon sticks.

Betty Littau, Winner
Cooperative Connections

Please send your favorite ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Creative Casseroles



Rueben Casserole

1 lb. ground beef
1 small onion, chopped
Salt and pepper to taste
1 can cream of celery soup
1 can cream of mushroom soup
1 cup warm water
1 (16 oz.) can sauerkraut, drained
2 cups wide noodles, uncooked
2 cups cheddar cheese, grated

Brown ground beef, onion and seasonings; drain. Mix together soups and water. Spoon 1/2 of meat into bottom of large casserole. Cover with sauerkraut and layer with uncooked noodles. Top with remaining meat and pour soup mixture over all. Bake, uncovered, at 350°F. for 30 minutes. Sprinkle cheese on top and bake an additional 30 minutes.

Harlo Vetter, Tripp
Cooperative Connections

Hashbrown Casserole

1 pkg. frozen shredded hashbrowns, thawed
1 can cream of chicken soup
1 cup sour cream
1 tsp. salt
8 oz. shredded Cheddar cheese
3 cups diced ham
2 cups crushed corn flakes
1/4 cup melted butter

Combine first 6 ingredients; place in a greased 9x13-inch pan. Mix together corn flakes and melted butter; sprinkle over all. Bake at 350°F. for 75 minutes.

Lenora Pawlowski, Gann Valley
Cooperative Connections

Pizza Hot Dish

1-1/2 lbs. ground beef
1 onion, chopped
1 tsp. garlic salt
1 (8 oz.) can tomato sauce
1 (15 oz.) jar spaghetti sauce
1/2 pkg. wide noodles, cooked
1 can Cheddar cheese soup
2 cups shredded mozzarella cheese

Brown ground beef and onion; drain. Add garlic salt, tomato sauce and spaghetti sauce. Combine hot noodles and soup. Layer meat mixture and noodles/soup in a 9x13-inch pan or casserole, starting with a thin layer of meat. Bake at 350°F. for 25 minutes. Remove from oven and top with mozzarella cheese and bake an additional 5 minutes.

Diane Bartnick, New Effington
Cooperative Connections

South-of-the-Border Lasagna

1-1/2 cups sour cream
1-1/2 cups salsa
6 cups cooked rice, divided
3 cups shredded Cheddar cheese, divided
1 (16 oz.) can black beans, drained and rinsed
2 cups crushed tortilla chips

In a medium bowl, combine sour cream and salsa; set aside. Layer bottom of greased 9x13-inch pan with 3 cups rice. Top with half of the sour cream mixture, then with 1-1/2 cups cheese. Add layer of beans, remaining rice and remaining sour cream mixture. Bake at 350°F. for 15 minutes; remove from oven. Mix remaining cheese with chips and sprinkle on lasagna. Return to oven and bake 5 minutes or until cheese is melted.

Pictured, *Cooperative Connections*

Chicken Casserole

4 cups diced cooked chicken or turkey
1 can cream of chicken soup
1 (14 oz.) can French-cut green beans
1 (6 oz.) box stove-top stuffing

Place chicken or turkey in 3-quart casserole. Top with soup, then green beans. Prepare stuffing according to package directions and spread over all. Bake, covered, at 350°F. for 1 hour.

Darlene Walz, Java
Cooperative Connections

Electric Fry Pan Casserole

1 lb. ground beef
Salt and pepper to taste
Corn, peas, carrots, green beans or any other vegetable you prefer
1 medium onion, chopped
4 raw potatoes, sliced
1 can cream of mushroom soup
1/2 can water

Flatten raw ground beef into bottom of cold electric fry pan; salt and pepper to taste. Add onions, potatoes and vegetables. In a bowl, combine soup and water. Pour over all. Cover fry pan, turn temperature to 325°F. for 45 minutes or until done.

Rowena Wipf, Doland
Cooperative Connections

Please send your favorite ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Eatables

Beef Tortilla Pizza

1 lb. lean ground beef
1 medium onion, chopped
1 tsp. dried oregano leaves
1 tsp. salt
4 (10-inch) flour tortillas
Vegetable oil
1 medium tomato, chopped
1 T. thinly sliced fresh basil leaves
1 cup shredded mozzarella cheese
1/4 cup grated parmesan cheese

Brown ground beef and onion in skillet over medium heat 8 to 10 minutes or until beef is no longer pink; drain. Stir in oregano and salt. Lightly brush tortillas with oil. Bake tortillas on 2 baking sheets at 400°F. for 3 minutes. Spoon beef mixture evenly over top of each tortilla. Top with an equal amount of tomato. Sprinkle with basil and cheeses. Bake 12 to 14 minutes or until lightly browned.

Dorothy Horst, Canton, *Cooperative Connections*

Norwegian Lefse

5 lbs. potatoes
1/4 cup cream
1 tsp. salt
1/3 cup melted butter
1-1/2 cups flour

Boil potatoes with skins on, peel and rice the potatoes while hot. Mix cream, salt and butter into riced potatoes; chill. Work 3/4 of a cup of flour into 1/2 of the riced potato mixture. Divide the dough into small pieces, roll thin and bake on a 450°F. to 500°F. griddle. Keep dough mixture cold while baking lefse. Repeat directions with the remaining flour and riced potato dough.

Adeline Tveidt, Brandon, *Cooperative Connections*

Gnuniku Negimaki - Japanese Steak and Scallion Rolls

1/2 lb. beef sirloin, cut to 1/4-inch thickness
1 bunch scallions, trimmed with approximately 3 inches green remaining and cut in half lengthwise
Teriyaki Sauce:
1 cup soy sauce
Fresh ginger, about 4 pieces or 1 tsp. ground ginger
1 T. sugar
2 T. rice vinegar, if unavailable, 1 T. mild white vinegar
2 T. cornstarch mixed with 1 T. water

Mix well all ingredients for Teriyaki Sauce in a shallow glass or ceramic dish – DO NOT USE METAL. Set aside to allow flavors to blend. Place steak between 2 sheets of wax paper and pound with a cleaver or mallet to about 1/8-inch thickness. Cut meat on the diagonal, making 2 triangles. Place 4 to 6 scallions on meat at wide end and roll tightly, securing last fold with a toothpick. Place each roll in Teriyaki Sauce and turn several times to coat well. Place each roll on broiler rack. Turn rolls over after 3 to 4 minutes to broil other side. Remove rolls, placing on serving platter and slice into 1-inch pieces. These may be served as an appetizer or accompanied by rice as a main dish.

Nancy Brooks, Rosebud, *Cooperative Connections*

Senegalese Soup



1 T. butter or margarine
2 T. finely chopped onion
3 T. flour
2 tsp. curry powder
2 (14.5 oz.) cans chicken broth
2 T. fresh lime juice
1/4 cup honey
1 cup whole kernel corn, fresh or frozen
1 cup whole milk
1/2 lb. cooked bay shrimp
Salt, optional

In medium saucepan, melt butter over medium heat. Add onions; cook and stir 3 to 5 minutes or until onions are tender. Stir in flour and curry powder; cook and stir 1 minute. Whisk in chicken broth, lime juice and honey. Bring to a boil; stir in corn. Reduce heat and simmer 3 minutes. Remove from heat; stir in milk and shrimp. Season with salt. Transfer to soup bowl; cover and refrigerate at least 2 hours or until well chilled.

Pictured, *Cooperative Connections*

Italian Bruschetta

1 loaf Italian bread, sliced thick crosswise. For smaller portions you can also use bagel chips, rye chips or similar chips or crackers.
6 to 8 roma tomatoes, chopped
1 small red onion or 8 to 10 green onions, chopped
4 cloves garlic, minced
2 T. dried basil
1 T. dried oregano
1 tsp. hot salt
Pepper to taste
1/4 to 1/3 cup olive oil
Grated parmesan cheese, optional

If using bread, place sliced bread under broiler briefly to toast. Mix all remaining ingredients except cheese. The flavor is enhanced if this mixture is allowed to set for at least 15 minutes. Spread mixture on top of bread or chips, top with cheese if desired and place under the broiler until hot.

Ed Anderson, Pierre *Cooperative Connections*

Halupsi - German Pigs in a Blanket

Cabbage Leaves
1-1/2 lbs. ground beef
3/4 cup uncooked rice
4 tsp. salt, divided
1/4 tsp. pepper
Onion as desired
3 T. vinegar
1 cup tomato juice
1/2 cup water
3 T. sugar

Soften cabbage leaves in very hot water. Combine ground beef, rice, 2 tsp. salt, pepper and onion. Form mixture into rolls. Wrap each roll in a cabbage leaf, fasten with toothpick. Combine remaining ingredients in large kettle. Place pigs in blanket in juice and cook, covered, until done.

Betty Littau, Winner *Cooperative Connections*

Please send your favorite dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Delectable Desserts



Strawberry Rhubarb Angel Squares

2 cups chopped rhubarb
1 (3 oz.) pkg. strawberry gelatin
1 (10 oz.) pkg. frozen strawberries in syrup
1/2 cup whipping cream
2 cups water
1 (14 oz.) loaf angel food cake, cut into 1-inch cubes

In a medium saucepan, combine rhubarb and water; cook over high heat for 8 to 10 minutes or until mixture comes to a boil. Stir in gelatin; cook an additional 2 minutes, stirring frequently. Add frozen strawberries, stirring until berries break apart. Refrigerate 2 to 3 hours or until mixture begins to thicken. In a small deep bowl, beat whipping cream at high speed until stiff peaks form. In a 2-quart baking dish, layer half each of cake cubes, rhubarb mixture and whipped cream. Repeat layers. Refrigerate at least 3 hours or until set. Store in refrigerator.

Mrs. Wayne Johnson, Sisseton
Cooperative Connections

Cream Puff Dessert

1/2 cup butter or margarine
Dash salt
1 cup water
1 cup flour
4 eggs
1 (8 oz.) pkg. cream cheese, softened
4 cups milk, divided
3 (3.4 oz.) pkgs. instant vanilla pudding
12 oz. whipped topping
Chocolate syrup

In a medium saucepan, melt butter. Add salt and water; bring to a boil. Add flour all at once, stirring until a ball forms; remove from heat. Add eggs, 1 at a time, beating well after each. Spread in a lightly greased 15x10-inch jelly roll pan. Bake at 400°F. for 15 to 20 minutes or until lightly browned. Cool. In a medium bowl, beat cream cheese; gradually add 1 cup milk. Add pudding and remaining milk; beat until smooth. Spread over cooled crust. Cover pudding mixture with whipped topping; drizzle chocolate syrup over all. Store in refrigerator.

Judy Swartz, Hamill
Cooperative Connections

Pumpkin Crunch

1 (29 oz.) can pumpkin
1 (12 oz.) can evaporated milk
4 eggs
1-1/2 cups brown sugar
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. nutmeg
1 box yellow cake mix
2 cups chopped pecans
1 cup butter, melted

Combine first 7 ingredients; pour into a greased 9x13-inch pan. Sprinkle cake mix over pumpkin layer; top with nuts. Pour butter over all. Bake at 350°F. for 50 to 55 minutes or until golden brown.

Darlene Walz, Java
Cooperative Connections

Cherry Angel Cream Cake

1 (10 or 12 oz.) prepared round angel food cake, frozen (for easy slicing)
1 (14 oz.) can sweetened condensed milk
1 cup cold water
1 tsp. almond extract
1 (4-serving size) pkg. instant vanilla pudding
2 cups whipping cream, whipped
2 (21 oz.) cans cherry or peach pie filling

Cut cake into 1/4-inch slices; arrange half the slices on bottom of a 13x9-inch baking dish. In large bowl, combine sweetened condensed milk, water and almond extract; mix well. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spread half the cream mixture over cake slices; top evenly with one can pie filling. Top with remaining cake slices, then remaining cream mixture and then other can of pie filling. Chill 4 hours or until set. Cut into squares to serve. Store leftovers covered in refrigerator.

Pictured, *Cooperative Connections*

Cherries in the Snow

6 to 8 egg whites
2 tsp. vanilla, divided
2 cups sugar, divided
1/4 tsp. salt
2 cups miniature marshmallows
1 (8 oz.) pkg. cream cheese, softened
1 (8 oz.) container whipped topping
1 can cherry pie filling

The evening before, combine egg whites, 1 tsp. vanilla, 1 cup sugar and salt; beat until very stiff. Spread in bottom of a greased 9x13-inch pan. Preheat oven to 450°F. Place in oven and turn off oven. Leave in oven over night without opening door. The next morning, cream together cream cheese, 1 cup sugar and 1 tsp. vanilla. Fold in whipped topping and marshmallows. Spread over meringue; refrigerate 5 hours. Top with cherry pie filling.

Stella Hilden, Watertown
Cooperative Connections

Caramel Pie

1 (8 oz.) pkg. cream cheese, softened
1 can sweetened condensed milk
1 (16 oz.) container whipped topping
2 (9-inch) graham cracker crusts
1 cup caramel ice cream topping
1-1/2 cups toasted coconut
1/2 cup chopped toasted pecans

Blend together first 3 ingredients. Spread half of mixture into crusts. Drizzle caramel, coconut and pecans over all; repeat. Freeze until ready to serve.

Catherine Jungwirth, Ashton
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Summer Salads



Shrimp or Crab Salad

- 8 oz. macaroni, cooked and cooled
- 2 small cans shrimp or 2 cups imitation crab meat
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- Onion, chopped fine
- Pimentos
- 8 T. mayonnaise
- Salt and pepper
- 1 cup sour cream
- 2 tsp. sugar

Combine first 6 ingredients. Stir together remaining ingredients and pour over all. Mix together and chill.

Mary Crane, Mitchell
Cooperative Connections

Lemon Lime Salad

- 1 (3 oz.) pkg. lime gelatin
- 1 (3 oz.) pkg. lemon gelatin
- 2 cups boiling water
- 1 lb. cottage cheese
- 1 cup sweetened condensed milk
- 1 cup mayonnaise
- 1 cup crushed pineapple, drained

Combine first 3 ingredients; cool, but do not set. Mix together remaining ingredients. Add to cooled gelatin mixture. Refrigerate until set.

Mary June Gaffrey, Dickinson, ND
Cooperative Connections

Apple Salad

- 1 (20 oz.) can crushed pineapple with juice
- 2/3 cup sugar
- 1 (3 oz.) pkg. lemon gelatin
- 1 (8 oz.) pkg. cream cheese, softened
- 1 cup diced, unpeeled apple
- 1/2 to 1 cup chopped nutmeats
- 1 cup chopped celery
- 1 cup whipped topping

In saucepan, combine pineapple and sugar; boil 3 minutes. Add gelatin, stirring until dissolved. Add cream cheese, stirring until thoroughly combined. Fold in remaining ingredients. Chill until firm; cut into squares and serve on lettuce leaves, if desired.

Verna Werkmeister, Armour
Cooperative Connections

Avocado and Tomato Salad

- 4 large tomatoes, chopped
- 4 avocados – peeled, pitted and diced
- 1 red onion, thinly sliced
- 1/4 tsp. ground black pepper, or to taste
- 1 (8 oz.) bottle balsamic vinaigrette salad dressing

In a large serving bowl, toss together the tomatoes, avocados and red onion. Dust lightly with black pepper, and pour salad dressing over. Cover and chill for at least one hour before serving to blend flavors.

Cooperative Connections

Citrus Curried Chicken & Wild Rice Salad

- 1 (4.2 oz) pkg. Rice-A-Roni® Nature's Way™ Long Grain & Wild Rice
- 1/2 cup fat-free mayonnaise
- 1/3 cup orange juice
- 1 to 2 tsp. curry powder
- 1-1/2 cups chopped cooked chicken breast
- 1/4 cup cashews
- 1/4 cup raisins

Prepare Nature's Way Long Grain & Wild Rice Rice-A-Roni according to package directions. In large bowl, whisk together mayonnaise, orange juice and curry powder. Stir in chicken, cashews and raisins. Add rice, mix well. Serve warm or chilled.

Pictured, *Cooperative Connections*

Three-Month Cucumber Salad

- 9 cups (9 medium) sliced cucumbers, 1/8-inch thick
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup chopped celery
- 1-1/2 T. salt
- 2 cups sugar
- 1 cup cider vinegar
- 1 tsp. celery seed
- 1 tsp. mustard seed

In a large bowl, combine first 5 ingredients; mix well. Let stand at room temperature for 30 minutes; do not drain. In small bowl, combine remaining ingredients; pour over salad, stirring until thoroughly mixed. Refrigerate overnight before serving. Store in refrigerator for up to 3 months.

Rose Kutter-Forney, Groton
Cooperative Connections

Raw Vegetable Salad

- 1 can corn, drained
- 1 can French green beans, drained
- 1 can peas, drained
- 1 cup diced celery
- 1 cup shredded carrots
- 1/2 cup diced onions
- 1 green pepper, chopped
- 1/2 cup oil
- 3/4 cup vinegar
- 1 cup sugar
- 1 T. water
- 1 tsp. salt
- 1 tsp. celery seed

Combine first 7 ingredients. Bring remaining ingredients to a boil. Pour over vegetables. This is best if refrigerated for a day.

Becky Yeager, Brandon
Cooperative Connections

Please send your favorite garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Veggie Good Meal



Spaghetti Squash Salad

1 spaghetti squash, about 2.5 lbs.
1 large onion, finely chopped
1 cup sugar
1 cup diced celery
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
1/4 cup vegetable oil
1/2 cup vinegar
1/2 tsp. salt

Cut squash in half lengthwise; scoop out seeds. Place squash, cut side down, in a baking pan. Fill pan with 1/2-inch hot water. Bake, uncovered, at 350°F. for 30 to 40 minutes or until tender. When cool enough to handle, scoop out squash, separating strands with fork. Combine remaining ingredients in a bowl. Add squash and stir well. Cover and refrigerate for at least 2 hours.

Margene Paige, Presho
Cooperative Connections

Canned Apple Pie Mix

5-1/2 to 6 lbs. tart apples
4-1/2 cups sugar
1 cup cornstarch
2 tsp. cinnamon
1/4 tsp. nutmeg
1 tsp. salt
10 cups water
3 T. lemon juice
2 to 3 drops yellow food coloring

Peel, core and slice apples. Blend sugar, cornstarch, cinnamon, nutmeg and salt in a large pan. Add water and cook until bubbly and thick, stirring occasionally. Add lemon juice and food coloring. Pack apples in hot jars. Fill jars with hot syrup, using a rubber spatula to push syrup around the apples. Boil 15 minutes for pints, 20 minutes for quarts. Makes 12 pints or 7 quarts. A quart will fill an 8- or 9-inch pie pan.

Spurs Therapeutic Riding Center, Aberdeen
Cooperative Connections

Zucchini Boats

2 medium zucchini
3/4 lb. ground beef
1/2 cup sliced fresh mushrooms
1/2 cup chopped sweet red pepper
1 small onion, chopped
1/2 cup chopped green pepper
1 cup (4 oz.) shredded cheddar cheese, divided
2 T. ketchup
Salt and pepper to taste

Trim the ends off zucchini. Cut in half lengthwise; scoop out pulp, leaving a ½-inch shell. Finely chop pulp. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into zucchini shells. Place in a greased 9x13-inch baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350°F. for 25 to 30 minutes or until zucchini is tender.

Sue Hove, Beresford, SD
Cooperative Connections

Vegetable Jumble

3 cups peeled and diced raw potatoes, new ones are very good in this
2 cups peeled and sliced raw carrots, from the garden, of course
1 cup sliced onions
1/4 cup diced celery
1/3 cup butter
1 tsp. salt
1/2 cup cold water

Grease a large casserole with butter. Layer vegetables in casserole. Dot butter over vegetables. Dissolve salt in water; pour over vegetables. Bake, covered, at 350°F. for 2 hours.

Joy Hagen, Webster, SD

Zucchini Fries

1/2 cup flour
1 tsp. onion salt
1/2 tsp. oregano
1/4 tsp. garlic powder
1 egg, slightly beaten
1/3 cup milk
1 T. olive oil
3 medium zucchini
4 cups corn Chex, crushed to 1 cup

In a medium bowl, combine flour and seasonings. Add egg, milk and oil; mix until smooth. Cut zucchini in half crosswise, cut each half into 8 wedges, remove seeds. Dip each fry into flour mixture, drain excess, then roll in crumbs. Fry in hot oil for about 2 minutes, drain on paper towel.

Carole South-Winter, Lennox, SD
Cooperative Connections

Watermelon Pickles

Melons
Dill
Garlic
Red peppers

Brine:
2 tsp. sugar
1 tsp. salt
1/4 cup vinegar
2 cups water

Peel and slice melons; pack in jars with dill, garlic and red peppers. Combine brine ingredients; boil. Pour hot brine over melons; seal jars. Set jars in water and bring to a good boil; take off burner. Let them set until cold. I usually use white winter melons, but regular melons also work.

Sophia Hoff, Tripp, SD
Cooperative Connections

Please send your favorite pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Pasta Provisions



Easy to Stuff Manicotti

14 manicotti shells
1 lb. ground beef
1/2 cup chopped onions
26 oz. spaghetti sauce
14 pieces string cheese
8 oz. shredded mozzarella cheese

Cook manicotti according to package directions (use the shortest cooking time). Meanwhile, in a large skillet, brown ground beef and onion over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce. Spread half of meat sauce into a prepared 9x13-inch baking pan. Drain manicotti; rinse with cold water to make handling easier. Stuff each shell with a piece of string cheese; place over meat sauce. Top with remaining sauce. Cover and bake at 350°F. for 25 to 30 minutes or heated through. Sprinkle cheese over all. Bake uncovered for an additional 5 to 10 minutes or until cheese is melted.

Margene Paige, Presho
Cooperative Connections

Lasagna

2 lbs. ground beef
1 small onion, chopped
2 small cans tomato paste
4 cans water
2 pkgs. dry spaghetti sauce mix
1/2 tsp. oregano
6 slices American cheese
6 oz. sliced mozzarella cheese
12 lasagna noodles, cooked
Parmesan cheese

Brown ground beef and onions; drain. Stir in tomato paste, water, spaghetti sauce mix and oregano; simmer 10 minutes. Spread thin layer of meat sauce in a greased 9x13-inch pan. Layer the following in order given: 4 noodles, 4 slices mozzarella, meat sauce, 4 noodles, 6 slices American cheese, meat sauce, 4 noodles, 4 slices mozzarella. Top with remaining meat sauce. Bake at 375°F. for 30 minutes. Remove from oven and sprinkle with parmesan cheese. Cool 5 minutes before cutting and serving.

Joyce Dubois, Wolsey
Cooperative Connections

Veggie/Pasta Salad

2 cups colored rotini noodles
Green onion, if desired
2 to 3 shredded carrots
1 cup chopped celery
1-1/2 cups each cauliflower, broccoli and cucumbers
1/2 cup sliced radish

Dressing:
2 cups miracle whip
3/4 cups sugar
2 to 3 T. vinegar

Prepare pasta according to package directions; drain and cool. Toss with vegetables. Combine dressing ingredients; let blend several hours or overnight. Combine vegetable/pasta mixture with dressing.

Janet Clapp, Volga, SD
Cooperative Connections

Mushroom 'n' Beer Mac 'n' Cheese

16 oz. penne pasta, uncooked
1 lb. white button mushrooms, quartered
12 ounces beer, divided
4 T. butter
1/4 cup all-purpose flour
2 tsp. mustard
1/2 tsp. salt
3 cups milk
3 cups shredded sharp cheddar cheese
1/4 cup fresh breadcrumbs

Cook pasta according to package directions. While pasta cooks, sauté mushrooms in 1/2 cup beer in a large skillet. When liquid has evaporated and one side is red-brown, flip mushrooms and cook until other side is same color, about 20 minutes. Melt butter in a large saucepan and stir in flour. Cook for a minute or two to slightly toast flour. Stir in mustard and salt, then whisk in milk and remaining beer. Bring to a low boil over medium-high heat, stirring occasionally to slightly thicken sauce, for about 5 minutes. Remove from heat, whisk in cheese and stir to melt. Stir in mushrooms and pasta and transfer to flameproof skillet or Dutch oven. Sprinkle with breadcrumbs. Place skillet or Dutch oven on baking sheet and bake at 350°F. until cheese bubbles around edges, about 30 minutes.

Pictured

Angel Hair Pasta Flan

1 lb. angel hair pasta
3 T. unsalted butter, cut into bits and softened
1-1/2 cups heavy cream
1-1/2 cups freshly grated parmesan cheese
1/2 tsp. salt
1/4 tsp. white pepper

In a large kettle of boiling water, cook pasta for 4 minutes; drain well and return to kettle. Add butter and toss well. Stir in parmesan cheese, cream, salt and pepper. Spread into buttered 9x13 pan or 8 buttered ramekins. Bake at 400°F. on middle rack for 20 to 30 minutes or until top is golden brown.

Karen Huether, Tripp
Cooperative Connections

Tortellini Salad

2 (7 oz.) pkgs. tortellini
4 to 5 cups chopped fresh vegetables (celery, carrots, cauliflower, broccoli, etc.)
2/3 cup sliced, pitted ripe olives
1 bottle creamy garlic or ranch dressing

Cook tortellini according to package directions; drain and cool. In a large mixing bowl, combine tortellini, vegetables and olives. Add dressing; mix well.

Lane Carroll, Colman
Cooperative Connections

Please send your favorite wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Wild Game Goodies



Pheasant A La Kiev

Pheasant breasts
1/4 lb. butter
Egg
Milk
Cracker crumbs
Salt and pepper

Remove bones from pheasant breasts; flatten as much as possible. Place 1/8-inch cold butter in center of each breast; wrap meat around butter and secure with toothpick. Dip into egg and milk mixture; roll in cracker crumbs. Deep fat fry until golden brown. Remove from oil and bake at 350°F. for 12 minutes.

Darlene Newman, Wagner
Cooperative Connections

Venison Steak Rolls

2 lbs. venison round steak, 1/2-inch thick
1 dill pickle
3 slices bacon, cut in half
1/2 cup flour
1/2 tsp. salt
1/4 tsp. pepper
3 T. shortening
1 cup tomato sauce
1 tsp. Worcestershire sauce

Cut steak into six 3x6-inch strips. Cut pickle lengthwise into 6 strips. Place bacon and pickle on venison strips. Roll lengthwise; fasten with toothpicks. Roll in flour seasoned with salt and pepper. Melt shortening in skillet; brown rolls on all sides. Mix tomato sauce and Worcester sauce; pour over meat. Cover and simmer slowly for 1-1/2 hours or bake at 350°F. for 2 hours.

Judy Hansen, Mansfield
Cooperative Connections

Pheasant Too Easy

2 or 3 filleted pheasants breasts
4 to 6 slices Swiss cheese
1 can cream of mushroom soup
1 cup milk
1 (6 oz.) box Stove Top dressing mix
1/2 cup sherry, optional

Place pheasant breasts in a 9x13-inch cake pan (the glass types are best) that has been lightly oiled. Cover each breast with a slice of Swiss cheese. In a small bowl, mix soup with milk; pour over pheasant. Place dressing mix over all, either dry or mixed with sherry. Cover pan with aluminum foil, crimped to make a seal. Bake, covered, at 350°F. for 60 minutes. Remove foil and bake an additional 30 minutes.

Dan Dellman, Brandon
Cooperative Connections

Venison Marinade

1/4 cup vinegar
1/4 cup salad oil
1/4 cup ketchup
1 T. Worcestershire sauce
1 tsp. salt
1/2 tsp. dry mustard
1/8 tsp. pepper
1 clove garlic, minced
Venison steaks or chops

Mix together all ingredients except venison. Place venison in marinade for 8 hours or overnight. Grill.

Andrea Whittington, Rapid City
Cooperative Connections

Pheasant Supreme

3 pheasants, cut-up
Flour
1/2 T. butter
1 can cream of celery soup
1 can golden mushroom soup
2 cups milk
1/2 tsp. sage
1/2 tsp. salt
1/2 tsp. paprika
8 carrots, quartered
2 large onions, chopped
1 pkg. frozen lima beans, optional

Roll pheasant pieces in flour; brown in butter. Place in 4-quart casserole. Blend soups, milk and spices into drippings; add carrots, onions and lima beans. Cover and cook for 20 minutes. Pour over pheasant. Cover and bake at 350°F. for 1 hour and 30 minutes or until tender.

Lenora Pawlowski, Gann Valley
Cooperative Connections

Cheese and Venison Enchiladas

1 can cream of chicken soup
1 small can evaporated milk
1/2 lb. Velveeta cheese
1 (4 oz.) can green chilies
1 small jar pimientos
1 lb. ground venison
1/2 lb. longhorn Colby cheese, grated
1 cup chopped onions
12 flour tortillas

Heat soup, evaporated milk and Velveeta cheese in top of double boiler until cheese is melted. Add green chilies and pimientos to the sauce. Lightly brown ground venison; drain. Add cheese and onions. Lightly fry flour tortillas according to package instructions. Fill each tortilla with meat mixture. Once filled, secure with toothpick; place in rectangular baking dish. Pour cheese sauce over all; cover with foil. Bake at 350°F. for 30 minutes.

Kathy Hahn, Sioux Falls
Cooperative Connections

Pheasant Nuggets

Pheasant
Flour
1 egg, beaten
1 T. water
1 T. paprika
2 cups dry bread or cracker crumbs
1 T. seasoned salt
1/2 tsp. pepper

Cut pheasant into 1-inch pieces; dredge in flour. Shake off excess. Combine egg and water. In separate bowl, combine remaining ingredients. Dip pheasant pieces in egg/water mixture and roll in crumb mixture. Place on rack; refrigerate 30 minutes. Deep fry for a few minutes until done. Drain on paper towels. Dip in sweet and sour, honey or barbecue sauce.

Sophia Hoff, Tripp
Cooperative Connections

Please send your favorite favorite holiday treat and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2007. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Treats

Christmas Nut Bread

1 cup brown sugar
2 eggs
1 cup sugar
2 cups milk
1 T. shortening
4 cups flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1 cup nuts, chopped
2 cups chopped dates
1 small bottle green cherries
1 small bottle red cherries

Beat together brown sugar, eggs, sugar, milk and shortening. Add flour, soda, baking powder and salt. Fold in nuts, dates and cherries. Grease two bread pans, divide in pans equally. Bake at 350°F. for 1 hour and 15 minutes. Note: I use the candied cherries.

Darlene Price, Prairie City
Cooperative Connections

Christmas Tea Cookies

2 (11 oz.) pkgs. butterscotch chips
1 cup peanut butter
4 cups miniature marshmallows
2 small pkgs. slivered almonds

Melt chips in double boiler. Stir in remaining ingredients. Drop on waxed paper.

Shirley Thedorff, Centerville
Cooperative Connections

Wonderful Caramels

1 cup sugar
1 cup white corn syrup
1 cup whipping cream

Place all ingredients in heavy kettle. Boil to soft ball stage, stirring well. Pour into a buttered cake pan. Cut when cool. Wrap each piece in waxed paper.

Rowena Wipf, Doland
Cooperative Connections

Cranberry Pecan Pie

1 unbaked 9-inch deep-dish pie shell
3 eggs
1 cup corn syrup
2/3 cup sugar
1/4 cup butter, melted
1 tsp. vanilla
2 cups fresh cranberries
1 cup chopped pecans

In a large bowl, combine eggs, syrup, sugar, butter and vanilla until well-blended. Stir in cranberries and nuts; pour into crust. Bake at 425°F. for 10 minutes. Reduce heat to 350°F. and bake an additional 35 to 40 minutes or until filling is almost set. Cool completely on wire rack. Cover and refrigerate overnight before slicing.

Frances Poste, Wall
Cooperative Connections

Figgy Pudding

1/3 cup butter
2/3 cup molasses
2 eggs
1 (9 oz.) pkg. dried California figs, stems removed
1 lemon, zested and juiced
3/4 cup milk
2 cups flour
2 tsp. baking powder
1-1/2 tsp. ground ginger
1 tsp. salt
1/4 tsp. baking soda



In food processor, process butter and molasses until blended. Add eggs and pulse to blend. Add figs, lemon zest and juice and process until figs are finely chopped. Add half the milk and process until blended. Add half the flour, the baking powder, ginger, salt and baking soda process until blended. Add remaining milk and process until blended. Add remaining flour and process until smooth. Generously butter an 8-cup pudding or other mold. Spoon batter in and smooth top. Bake at 325°F. for 1-1/2 hours or until bamboo skewer or cake tester inserted off center comes out clean Exact cooking time will depend on the shape of the pan or mold. Let cool in pan 10 minutes. Loosen edges with knife. Unmold onto serving plate. Serve warm or at room temperature with custard sauce, hard sauce or orange sauce.

Pictured, *Cooperative Connections*

Bing Bars

2 cups sugar
Dash salt
2/3 cup evaporated milk
12 regular marshmallows
1/2 cup margarine
1 (6 oz.) pkg. cherry chips
1 tsp. vanilla
1 (12 oz.) pkg. chocolate chips
3/4 cup peanut butter
1 large pkg. crushed salted peanuts

Melt sugar, salt, milk, marshmallows and margarine; boil 5 minutes. Remove from heat. Add cherry chips and vanilla, stirring until smooth. Meanwhile, melt chocolate chips and peanut butter. Add crushed peanuts to chocolate mixture. Pour half chocolate mixture into bottom of waxed paper-lined 9x13-inch pan; place in freezer until firm. Top with cherry mixture. Cool in freezer and top with remaining chocolate. Chill and cut into bars.

Rebecca Walz, Tripp
Cooperative Connections

Please send your favorite favorite soup, bread and breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2008 Reader Recipes

January

Souper Supper

1. Bacon Cheeseburger Chowder
2. Creamy Pumpkin Soup
3. Ham and Cabbage Stew
4. Nacho Cheese Soup
5. Crockpot Potato Soup
6. Wild Rice Soup

February

Bread & Breakfast

1. Cranberry-Orange Bread
2. Banana-Oatmeal Bread
3. Breakfast Pizza
4. Baked Apple Stuffed French Toast
5. Oven Omelet
6. Cinnamon Nut Twists

March

Sensational Seafood

1. Shrimp Thermador
2. Deviled Egg Shrimp Casserole
3. Hot Seafood Casserole
4. Salmon Ball
5. Teriyaki Salmon Skewers with Grapefruit
6. Crunchy-coated Walleye

April

Party Provisions

1. Tantalizingly Tangy Taco Dip
2. Favorite Cheese Log
3. Hot Crab Dip
4. Sweet and Spicy Pecans
5. Ultimate Party Meatballs
6. Hot Chocolate Mix
7. Coffee Slush Punch **(correction in the recipe: Combine all ingredients; mix well and freeze. Note: This recipe doubled nearly fills a 5-quart Ice cream pail.")**
8. Strawberry Daiquiri Slush

May

Creative Casseroles

1. Ham and Cheesy Potato Bake
2. Crockpot Pizza
3. Chicken Enchilada Casserole
4. Easy Chicken Bake
5. Baked Zita
6. Seven-layer Hot Dish

June

Eating Ethnic

1. Menudo
2. Runza
3. Down-Home Southern Greens
4. Orange Crepes with Fruit Filling
5. Chicken Paprikash with Nokedli

July

Delightful Desserts

1. Rhubarb Custard Dessert
2. Hawaiian Cake
3. Peach Cobbler
4. Blueberry Coffee Cake
5. Pistachio Dessert
6. Twinkie-Pumpkin Dessert

August

Superb Salads

1. Tuna Salad
2. Kiwifruit Rice Salad
3. Snickers Salad
4. Cucumber Gelatin Salad
5. Olive This Bean Pasta Salad
6. Corn Salad
7. Vegetable Salad

September

Garden Goodies

1. Kohlrabi Au Gratin
2. Crispy Fridge Pickles
3. Zucchini Pancakes
4. Green Beans with Sauce
5. Pesto Chicken and Vegetable Kebabs
6. Fried Green Tomatoes
7. Zucchini Parmesan Cheese Pie

October

Perfect Pasta

1. Spaghetti Pizza Casserole
2. Hamburger Macaroni
3. Refridgerator Chicken Casserole
4. Baked Mushroom Mac 'n' Cheese
5. Chicken Picatta
6. Hamburger Noodle Dish

November

A Wild Cookout

1. Pheasant Hot Dish
2. Venison Stew
3. Creamed Pheasant
4. Elk Swiss Steak
5. Breaded Venison Cutlets
6. Deer Jerky

December

Holiday Treats

1. Popcorn Cake
2. Caramel Crispy Treats
3. Raisin Cashew Drops
4. Cherry Mocha Charlotte
5. Cheese Fudge
6. Rocky Road Squares

Souper Supper



Bacon Cheeseburger Chowder

4 cups diced potatoes
1 cup sliced carrots
1 cup sliced celery
1/2 cup diced onion
1 tsp. salt
1/4 tsp. pepper
2 cans cream-style corn
1/2 lb. diced bacon
1 lb. ground beef
1/2 cup butter
4 cups half & half or milk
2 cups Velveeta cheese cubes
1/2 cup flour

Place first 6 ingredients in kettle. Just cover with water and cook until vegetables are tender. Add cream-style corn. While vegetables are cooking, brown bacon; drain. Brown ground beef; drain. In microwave, make a white sauce of butter, half & half, cheese and flour. Pour over vegetables, stirring often so it thickens evenly. Add bacon and ground beef. Stir to mix and serve. Slivered almonds and wild rice may also be added to enhance the flavor of the soup.

Pam Hofer, Carpenter
Cooperative Connections

Creamy Pumpkin Soup

1/4 cup butter
1 small onion, chopped
1 clove garlic, chopped
2 tsp. brown sugar
1 (14.5 oz.) can chicken broth
1/2 cup water
1 (15 oz.) can pumpkin
1 (12 oz.) can evaporated milk
1/4 tsp. cinnamon
Croutons

Melt butter in large saucepan. Add onion, garlic and brown sugar; cook 2 minutes. Add broth and water; bring to a boil. Reduce heat and cook 15 minutes, stirring occasionally. Add pumpkin, evaporated milk and cinnamon; cook 5 minutes. Transfer to blender and process until smooth. Serve with croutons on top.

Sheryl Fromm, Hartford
Cooperative Connections

Ham and Cabbage Stew

1 T. plus 1 tsp. margarine
1/2 cup diced onion
1 clove garlic, minced
8 oz. cooked, cubed ham
1/2 cup sliced mushrooms
4 cups shredded cabbage
2 cups sliced carrots
1 bay leaf
1/4 tsp. caraway seed
1/4 tsp. pepper
2 cups water
2 tsp. beef broth and seasoning or bouillon

Saute onion and garlic in margarine until onion is soft. Add ham and mushrooms; sauté 2 minutes. Add cabbage, carrots, bay leaf, caraway seed and pepper; sauté 5 minutes. Stir in water and broth; bring to a boil. Reduce heat, cover and let simmer, stirring occasionally, for 30 minutes. If desired, 1 T. cornstarch dissolved can be used for thickening.

Lavonne Smith, Kennebec
Cooperative Connections

Nacho Cheese Soup

1 (5 oz.) pkg. dry au gratin potatoes
1 (15 oz.) can whole kernel corn, undrained
1 cup salsa
2 cups water
2 cups milk
1-1/2 cups shredded taco-flavored cheese
1 (2 oz.) can sliced black olives, drained
Tortilla chips, optional

Combine potatoes, dry au gratin mix, corn with liquid, salsa and water in large saucepan. Heat to a boil; reduce heat. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Add milk, cheese and olives. Cook until cheese is melted and soup is heated through, stirring occasionally. Garnish with tortilla chips.

Pictured, *Cooperative Connections*

Crockpot Potato Soup

5 cups water
4 chicken bouillon cubes
1 T. parsley flakes
1 T. salt
1 onion, chopped
1/4 cup butter
3 cups diced potatoes
3 cups diced carrots
3 cups diced celery
1 can evaporated milk

Cook all except milk in crockpot until vegetables are tender. One hour before serving, add milk. May add soup dumplings before serving.

Theola Stetson, Rapid City
Cooperative Connections

Wild Rice Soup

2/3 cup oat and wild rice blend
1-1/3 cups water
1/2 lb. bacon
1 onion, chopped
4 cups milk
2 cans cream of potato soup
12 oz. shredded American cheese

In saucepan, stir oat and rice blend into water. Bring to a boil; reduce heat and simmer 40 to 45 minutes. Fry bacon and onion; drain. In large pan, combine all ingredients and heat until cheese melts. Do not boil.

Rowena Wipf, Doland
Cooperative Connections

Please send your favorite favorite bread and breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Bread & Breakfast



Cranberry-Orange Bread

2 cups all-purpose flour
3/4 cup white sugar
1-1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1 cup cranberries, cut in half
1/2 cup cold water
1 tsp. grated orange peel
1 egg, beaten
3/4 cup orange juice
2 T. canola oil

Sift flour; add baking powder, salt and baking soda. Combine egg, orange juice and oil; add to dry ingredients. Stir in cranberries, grated orange peel and water; add sugar, stirring just until moistened. Pour into a greased 9x5x3-inch loaf pan. Bake at 350°F. for 50 minutes or until a toothpick inserted in center comes out clean.

Berniece Anderson, Hitchcock
Cooperative Connections

Banana-Oatmeal Bread

1 cup all-purpose flour
1 cup rolled oats
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1 stick unsalted butter, softened
1/2 cup packed brown sugar
2 eggs
1-1/2 cups mashed bananas (3 whole bananas)
1/4 cup buttermilk
1 cup chopped nuts, optional

In a small bowl, combine first 5 ingredients; set aside. In a large bowl, cream butter. Continue beating, while gradually adding sugar until pale and fluffy. There should be no lumps. Add the eggs one at a time, beating after each addition. Beat in mashed bananas and buttermilk. On slowest speed of mixer, or by hand, gradually add the flour mixture until batter is an even consistency. Stir in nuts. Pour batter into a 9x5x3-inch loaf pan. Bake at 350°F. for 50 minutes or until a toothpick inserted in center comes out clean.

Susanne Briskovich, Olivia, MN
Cooperative Connections

Breakfast Pizza

2 (8 oz. each) tubes refrigerated crescent rolls
1 lb. bulk sausage
12 strips bacon, cut into bite-size pieces
1 bag hash browns
Green pepper/onion, optional
12 eggs
Salt and pepper, to taste
3 cups shredded pizza-flavored cheese

Pat crescent rolls into a 14- or 16-inch pizza pan with sides. Brown sausage and bacon; sprinkle over crust. Spread frozen hash browns over meat. Saute peppers and onions 2 minutes; distribute over crust. Sprinkle cheese over all. Mix the eggs with salt and pepper and pour over all. Bake at 350°F. for 35 to 40 minutes.

Rita Downs, Willow Lake
Cooperative Connections

Baked Apple Stuffed French Toast

1 (1 lb.) loaf French bread or baguette, cut into 1-inch thick diagonal slices
1 (8 oz.) pkg. cream cheese
8 eggs
1-1/2 cups milk
2/3 cup half-and-half
1/2 cup maple syrup
1/2 tsp. vanilla extract
1 (14 oz.) can apple or cherry pie filling

Spread one side of each bread slice with cream cheese. Fit bread slices snugly into bottom of lightly greased 9x13-inch baking dish. In large bowl, combine eggs, milk, half-and-half, maple syrup and vanilla; mix well. Pour over bread slices, cover; refrigerate overnight. Next morning, remove dish from refrigerator; let stand 30 minutes, spread pie filling on top. Bake at 375°F (350°F for glass baking dish) for 35 to 40 minutes or until a toothpick inserted in center comes out clean. Top with additional maple syrup or confectioners' sugar if desired.

Pictured, *Cooperative Connections*

Oven Omelet

8 eggs
1 cup milk
1/2 tsp. seasoning salt
1 pkg. thinly sliced ham, cubed
1 cup shredded Cheddar cheese
1 tsp. instant onion

Beat eggs, milk and salt. Add ham. Stir in cheese and onion. Pour into a greased 8x8-inch pan. Bake at 325°F. for 40 to 45 minutes.

Betty Littau, Winner
Cooperative Connections

Cinnamon Nut Twists

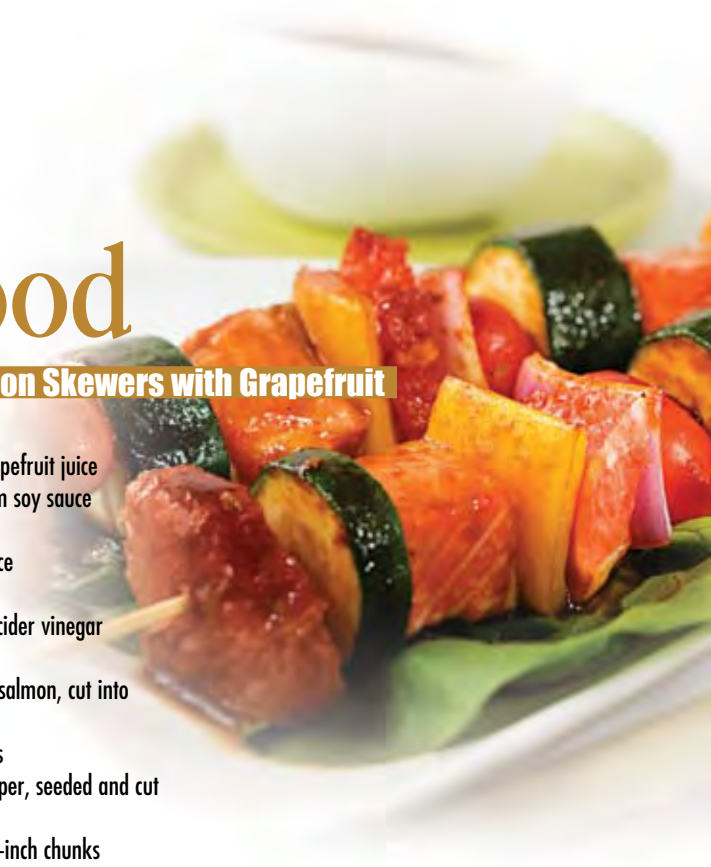
2 (8 oz. each) tubes refrigerated crescent rolls
2 T. stick margarine
1/4 cup packed brown sugar
1 T. ground cinnamon
1/3 cup finely chopped walnuts

Unroll both tubes of dough; press perforations and seams together to form two rectangles. Spread with margarine. Combine brown sugar and cinnamon; sprinkle on dough. Sprinkle with walnuts. Fold each rectangle in half starting from a short side. Cut each into 8 strips. Twist each strip; tie into a knot. Place on ungreased baking sheet. Bake at 375°F. for 10 to 12 minutes or until golden brown. Serve warm.

Rosemarie Hoerner, Bowdle
Cooperative Connections

Please send your favorite appetizer and beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Sensational Seafood



Shrimp Thermador

1/2 cup chopped onion
1/4 cup chopped bell pepper
2 or 3 T. butter or margarine
2 cans potato soup
1 large can evaporated milk
1 cup shredded sharp Cheddar cheese
2 (10 oz.) pkgs. frozen uncooked cocktail shrimp
3 tsp. lemon juice
Cooked rice or puff pastry shell

Saute onion and pepper in butter until tender, but not brown. Add soup, milk, cheese, shrimp and lemon juice; stir until heated through. Serve over rice or in puff pastry shell.

Dena Scott, Renner, *Cooperative Connections*

Deviled Egg Shrimp Casserole

4 hard-boiled eggs
4 tsp. mayonnaise
1 tsp. prepared mustard
1/4 tsp. salt
1 cup grated cheese
1 cup milk
1 (4 oz.) can shrimp
1/2 cup buttered bread crumbs

Mix egg yolks with mayonnaise, mustard and salt; refill egg whites. Place in buttered casserole. Combine cheese and milk; heat until cheese is melted. Add shrimp; pour mixture over deviled eggs. Sprinkle bread crumbs over all. Bake at 325°F. for 45 minutes.

Darlene Newman, Wagner
Cooperative Connections

Hot Seafood Casserole

1 green pepper, chopped
1 medium onion, chopped
1 cup chopped celery
6 oz. crab meat, flaked
1 lb. shrimp, cleaned, cooked and chopped
1/2 tsp. salt
1/8 tsp. black pepper
1 tsp. Worcestershire sauce
1 T. Dijon mustard
1 cup mayonnaise
1 cup buttered Ritz cracker crumbs

Combine all ingredients except cracker crumbs; pat into a baking dish. Sprinkle crumbs over all. Bake at 350°F. for 35 minutes.

Mary Truman, Kimball, *Cooperative Connections*

Salmon Ball

1 (7 oz.) can salmon, drained and bones removed
1 (8 oz.) pkg. cream cheese, softened
1 tsp. liquid smoke
1/4 tsp. garlic salt
3 tsp. dried parsley flakes

Combine salmon, cream cheese, liquid smoke and garlic salt; mix well. Shape into a ball and place on a serving plate. Sprinkle ball with parsley flakes. Refrigerate until ready to serve. Serve with assorted crackers.

Rosemarie Hoerner, Bowdle
Cooperative Connections

Teriyaki Salmon Skewers with Grapefruit

1 large pink grapefruit
1 cup 100% Florida grapefruit juice
1/4 cup reduced sodium soy sauce
2 T. tomato paste
2 T. Worcestershire sauce
2 T. brown sugar
2 T. rice wine or apple cider vinegar
2 cloves garlic, minced
1 lb. boneless, skinless salmon, cut into 1-inch chunks
1/2 lb. cherry tomatoes
1 yellow or orange pepper, seeded and cut into 1-inch chunks
1 zucchini, cut into 1/2-inch chunks
1 small red onion, cut into 1-inch chunks
12 wooden skewers

Cut the top and bottom off of the grapefruit. Place it cut-side down on a cutting board. With a small paring knife, cut along the curve of the grapefruit and remove the peel, exposing the fruit. Turn grapefruit on its side and cut 1-inch slices across the membrane (slices will have a flower-like appearance with the membrane intact). Cut each "flower" in half and set aside. Pour grapefruit juice into a small saucepan. Add soy sauce, tomato paste, Worcestershire sauce, brown sugar, vinegar and garlic. Bring to a boil. Reduce to a simmer and cook 15 to 20 minutes, stirring occasionally until the sauce reduces by half and starts to thicken. Set aside. Cover 2 cookie sheets with aluminum foil. Coat the aluminum foil with cooking spray. Thread salmon, tomatoes, peppers, zucchini, onion and grapefruit slices onto skewers. Drizzle with half the teriyaki sauce and bake at 400°F. for 10 to 12 minutes until the vegetables are soft and the salmon is no longer translucent in the center but still moist. Drizzle with remaining sauce and serve immediately.

Pictured, *Cooperative Connections*

Crunchy-coated Walleye

1/3 cup flour
1 tsp. paprika
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. onion powder
1/4 tsp. garlic powder
2 eggs
2-1/4 lbs. walleye, perch or pike fillets
1-1/2 cups mashed potato flakes
1/3 cup canola oil
Tartar sauce, optional
Lemon wedges, optional

In a shallow bowl, combine flour, paprika, salt, pepper, onion powder and garlic powder. In a separate bowl, beat the eggs. Dip both sides of fillets in flour mixture and eggs, thencoat with potato flakes. In a skillet, fry fillets in oil for 5 minutes on each side or until fish flakes easily with a fork. Serve with tarter sauce and lemon wedges, if desired.

Vera Kruid, Lennox

Please send your favorite casserole recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Party Provisions



Tantalizingly Tangy Taco Dip

1/2 pkg. taco seasoning
1 (8 oz.) pkg. cream cheese, softened
1 cup sour cream
Mexican blend shredded cheese
Shredded lettuce
1 can diced tomatoes with mild green chilies
Nacho cheese-flavored Doritos

Combine first 3 ingredients; spread in 9x13-inch pan. Top with cheese, lettuce and tomatoes. Serve with Doritos.

Kati Bachmayer, Aberdeen
Cooperative Connections

Favorite Cheese Log

3 (8 oz.) pkgs. cream cheese, softened
4 oz. grated Swiss cheese
1/2 cup chopped nuts
1 can raspberry pie filling, chilled

Combine first 3 ingredients; mix well. Shape into 2 logs; chill. When ready to serve, spoon chilled raspberry pie filling over cheese logs. Serve with assorted crackers. Spoon additional raspberry filling over logs as needed.

Pam Hofer, Carpenter
Cooperative Connections

Hot Crab Dip

3 (8 oz.) pkgs. cream cheese, softened
1/2 cup milk
2 (0.5 oz.) cans crabmeat, drained and flaked
1/2 cup chopped green onions with tops
1 tsp. prepared horseradish (must put in)
2 tsp. Worcestershire sauce

Combine all ingredients in a lightly greased slow cooker. Cover and cook on high until cheese begins to melt, about 30 minutes, stirring occasionally. Cover and continue to cook until mixture is smooth and cheese is melted. Add additional milk if needed for dipping consistency. Turn to low for 3 to 4 hours. Just before serving, remove cover and serve with melba rounds or your choice of chips.

Judy Harms, Tea
Cooperative Connections

Sweet and Spicy Pecans

2 T. margarine
1/4 cup sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. salt
1 T. water
2 cups pecans

Melt margarine in a 1-quart glass container. Add remaining ingredients; stir until pecans are coated well. Microwave on high 4 to 5 minutes, stirring at 1 minute intervals. Spoon onto wax paper.

Mary Swenson, Brandon
Cooperative Connections

Ultimate Party Meatballs

1 (16 oz.) can jellied cranberry sauce
1 (12 oz.) bottle chili sauce
2 (1 lb.) bags frozen cocktail-size meatballs (about 64 meatballs)

Combine cranberry sauce and chili sauce in a large saucepan. Cook over medium heat, whisking occasionally, until the cranberry sauce is melted and smooth. Add meatballs; stir gently to coat. Cook over medium-low heat, stirring occasionally, 12 to 15 minutes or until meatballs are heated through. Place in chafing dish or slow cooker to keep warm. Tip: To spice it up even more, add a 1 tsp. of cumin and a 1/4 tsp. of cayenne to the sauce while it is cooking.

Pictured, *Cooperative Connections*

Hot Chocolate Mix

1 (5- to 6-quart) box powdered milk
1/2 cup powdered sugar
1 cup Nestle's Quik
1/2 cup Cremora
1 (3.4 oz.) pkg. instant chocolate pudding
1/4 to 1/2 cup cocoa

Combine all ingredients. Use 1/3 cup mix to 1 cup hot water.

Shirley Thedorff, Centerville
Cooperative Connections

Coffee Slush Punch

3 cups cold strong coffee
1 pint whipping cream
1-1/2 cups sugar
1 quart milk
1 T. vanilla

Combine all ingredients; mix well and freeze. Note: This recipe doubled nearly fills a 5-quart ice cream pail.

Barbara Putzier, Colton
Cooperative Connections

Strawberry Daiquiri Slush

6 small cans frozen lemonade
2 small cans frozen limeade
25 oz. rum alcohol, optional
2 pkgs. frozen strawberries, pureed in blender
1 (2 liter) bottle 7-Up

Combine first 4 ingredients in a large bowl; freeze. Make at least 1 day before needed as it take a long time to freeze. To serve, fill tall glass 1/2 to 3/4 full of slush and fill to top with 7-Up; stir.

Julie Thonvold, Erwin
Cooperative Connections

Please send your favorite ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Creative Casseroles



Ham and Cheesy Potato Bake

1 pkg. frozen hashbrowns
1-1/2 cups sour cream
1 can cream of chicken soup
1 can cream of mushroom soup
1/4 cup chopped onion
2 cups shredded Cheddar cheese
2-1/2 cups diced ham

Combine all ingredients; place in greased 9x13-inch pan. Bake at 350°F. for 1 hour. Note: May top with crushed corn flakes mixed with 4 T. butter.

Brenda Brooks, Sioux Falls, S.D.
Cooperative Connections

Crockpot Pizza

1 (12 oz.) pkg. egg noodles, cooked and drained
1-1/2 lbs. ground beef
1/4 cup chopped onion
1 (28 oz.) jar spaghetti sauce
1 (4-1/2 oz.) can mushrooms, drained
1-1/4 tsp. Italian seasoning
1 (3-1/2 oz.) pkg. sliced pepperoni
1 (12 oz.) pkg. shredded mozzarella cheese
1 (12 oz.) pkg. shredded Cheddar cheese

Brown ground beef with onions; drain. Add spaghetti sauce, mushrooms and Italian seasoning. Layer twice in crockpot in the following order: noodles, meat mixture, pepperoni, cheese. Turn crockpot on low; cook for 4 hours.

Carol Brendefur, Campbell, Minn.
Cooperative Connections

Chicken Enchilada Casserole

4 chicken breasts
1 medium onion, chopped
2 T. butter or margarine
4 flour tortillas, cut in half
1 cup sour cream
1 can cream of chicken soup
2/3 cup evaporated milk
1/3 cup green chiles, chopped (optional)
1-1/2 cups grated Monterey Jack cheese

Cook and debone chicken breast; cut into bite-sized pieces. Set aside. Saute onion in butter. Line a greased 9x13-inch casserole dish with tortillas; place chicken on tortillas. Mix sour cream, soup, milk, chiles, onions and 1 cup cheese until smooth; pour over chicken. Top with remaining cheese. Bake at 350°F. for 30 minutes or until bubbly.

Charlotte Jamnik, Deadwood, S.D.
Cooperative Connections

Easy Chicken Bake

1 (6 oz.) pkg. Stove-Top stuffing mix for chicken
1-1/2 lb. boneless skinless chicken breasts, cut into 1-inch pieces
1 can cream of chicken soup
1/3 cup sour cream
1 (16 oz.) bag frozen mixed vegetables, thawed and drained

Prepare stuffing mix as directed on package; set aside. Mix chicken, soup, sour cream and vegetables in 9x13-inch baking dish; top with stuffing. Bake at 400°F. for 30 minutes or until chicken is cooked through.

Pictured, *Cooperative Connections*

Baked Zita

1 lb. zita pasta, uncooked
1/2 onion, chopped fine
1 lb. lean ground beef
2 (26 oz.) jars spaghetti sauce
6 oz. or more provolone cheese, sliced
1-1/2 cups sour cream
6 oz. or more mozzarella cheese, shredded
2 T. shredded or grated parmesan cheese

Boil pasta in salted water for about 8 minutes; drain. In large skillet, brown ground beef and onion; drain. Add spaghetti sauce; simmer 15 minutes on low. Layer in a buttered 9x13-inch pan in the following order: 1/2 pasta, 1/2 sauce mixture, provolone cheese, sour cream, remaining pasta, remaining sauce, mozzarella cheese and parmesan cheese. Cover with aluminum foil. Bake at 350°F. for 30 minutes.

Lee Ann Knutson, Philip, S.D.
Cooperative Connections

Seven-layer Hot Dish

5 or 6 potatoes
1 lb. ground beef
1 onion
1 cup uncooked rice
1 can whole kernel corn, drained
1 can dice or whole tomatoes
Salt and pepper, to taste

Line bottom of greased casserole with raw sliced potatoes, ground beef, onion, rice, corn and tomatoes. Bake at 350°F. for 1-1/2 to 2 hours. Note: May add 1 can tomato sauce if too dry.

Pauline Schmidt, Willow Lake, S.D.
Cooperative Connections

Please send your favorite dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Last month's Coffee Slush Punch had an error in the directions. The directions should read: "Combine all ingredients; mix well and freeze. Note: This recipe doubled nearly fills a 5-quart ice cream pail."

Eating Ethnic

Menudo

2 lbs. tripe
2 ham hocks
4 T. chicken bouillon
1 med. onion, chopped
2 large cans yellow hominy
1 T. cayenne pepper
1 tsp. cumin
2 tsp. pepper
2 tsp. garlic
1 tsp. salt

Combine first 4 ingredients in crockpot; cook overnight on low. In morning, add remaining ingredients. Continue cooking for 30 minutes.

Jewel High Elk, Eagle Butte
Cooperative Connections

Runza

2 loaves frozen bread dough
2 lbs. ground beef, pork or half of each
1 large onion, diced
2 gloves garlic
2 cups sauerkraut or chopped cabbage
1/2 tsp. salt
1/2 tsp. pepper
2 egg whites

Thaw frozen bread dough or you can make your own. While dough is rising, prepare filling. Brown meat; add next 5 ingredients. Cook together about 10 minutes over medium heat until onions are clear and soft. Drain and set aside to cool. Punch down dough. Take 1 loaf and roll out into a rectangle about 6-by-16 inches. Fill with half of meat mixture, bring up sides, pinch together and put on greased cookie sheet. Repeat with second loaf. Brush tops of loaves with beaten egg whites. Bake at 350°F. for 30 minutes. May serve topped with sour cream, if desired.

Theola Stetson, Rapid City
Cooperative Connections

Down-Home Southern Greens

1 carton chicken broth
Smoked ham shank bone or other smoked meat, (or can use 1/2-lb. bacon, fried crisp or crumbled)
1 onion, chopped
1/4 cup vinegar
1 clove garlic, minced
Hot pepper flakes, optional
Salt and pepper to taste
1 to 2 pkgs. frozen chopped greens (collard, mustard, turnip or combination)

Combine first 7 ingredients; bring to a boil. Add greens; return to boil. Slow boil for approximately 1-1/2 to 2 hours. Stir occasionally; add water if necessary. Top a serving of greens with raw onion and a drizzle of vinegar. Note: If canned greens are used, follow recipe except boil only 10 to 15 minutes. Also, can add/use spinach – either fresh or frozen – but it requires very little cook time. Frozen: 10 minutes. Canned: heat only.

Lynette Gilbertson, Wilmot
Cooperative Connections

Orange Crepes with Fruit Filling



Crepes:
4 eggs
3/4 cup orange juice
1 T. sugar
1/8 tsp. salt
7 generous T. flour
1/2 T. butter

Fruit Filling:
1 cup fresh blueberries
1 cup fresh raspberries
1 cup fresh quartered strawberries
1 cup fresh blackberries
1 T. sugar
Whipped cream, optional
Powdered sugar, optional

In a blender container, place eggs, orange juice, sugar and salt. Cover and pulse 15 seconds until combined. While blender is on, add flour 1 T. at a time until blended well. Refrigerate for 30 minutes. Melt 1/2 T. butter in a 10-inch nonstick sauté pan. Pour 3 T. of batter into the pan and swirl around to coat the bottom of the pan evenly. Cook until edges are nice and brown and middle is firm to the touch. Loosen edges and flip crepe and cool for approximately 15 seconds. Slide out of pan onto plate, cover with foil while continuing to make crepes with remaining batter. In a medium bowl, combine fruit with sugar. Using a fork, crush the berries slightly to allow the juices to come out. Place 2 crepes on a plate. Ladle 1/4 cup of the fruit mixture on one side of each crepe and roll crepe over the fruit. Garnish with fresh whipped cream or powdered sugar, if desired.

Pictured, *Cooperative Connections*

Chicken Paprikash with Nokedli

4 to 5 lb. chicken
2 T. shortening
1 medium onion, diced
1 T. paprika
1 small bell pepper, chopped
1 medium tomato, chopped
1 T. chicken base
White pepper, optional
1 (8 oz.) container sour cream
1 T. cornstarch

Remove skin and bones from chicken; any part but a mixture is best. Saute onions in shortening until glossy, not brown; remove from heat. Add paprika, meat, pepper, tomato and chicken base. Begin cooking on high heat, then lower when it starts to boil. Simmer for about 20 to 30 minutes, until most of the liquid disappears and the meat is tender; add water if necessary. Don't overcook. Mix sour cream and cornstarch in half-cup water; add to meat. Heat until boiling; remove promptly.

Nokedli:
6 cups flour
3 eggs
2 T. oil
Butter or margarine

Mix first 3 ingredients in large bowl; add water until a thick pancake batter consistency. Boil water and 1 T. of salt. Dispense dough from a small chopping board with knife. When noodles surface, scoop noodles into cold water, strain and place into serving dish. Mix in small portion butter or margarine. Serve Chicken Paprikash on a bed of Nokedli or with any other noodles.

Joan Smith, Gary
Cooperative Connections

Please send your favorite salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Delightful Desserts



Rhubarb Custard Dessert

Crust:
1 cup flour
2 T. sugar
1/2 cup cold butter
Filling:
2 cups sugar
1/3 cup flour
3 eggs, beaten
1 cup whipping cream
5 cups cut up rhubarb
Topping:
1 cup whipping cream
1 (8 oz) pkg. cream cheese, softened
1/2 cup sugar
1/2 tsp. vanilla

Crust: Mix well. Bake at 350°F. for 10 minutes in an 8x11-inch glass baking dish. **Filling:** Combine sugar and flour. Whisk in eggs and cream. Stir in rhubarb. Pour over crust. Bake at 350°F. for 40 minutes or until custard sets. Cool. **Topping:** Whip whipping cream; set aside in separate bowl. Beat the remaining ingredients until smooth. Fold in whipped cream. Spread over top; refrigerate.

Ginny Jensen, Volga
Cooperative Connections

Hawaiian Cake

1 yellow cake mix
1 (3.4 oz.) instant vanilla pudding
1-1/4 cups cold milk
1 (20 oz.) can crushed pineapple, drained
1 (3 oz.) pkg. cream cheese, softened
1/4 cup sugar
1/2 tsp. vanilla
1 (8 oz.) container whipped topping, divided
1/2 cup toasted coconut

Bake cake as directed on package. Whisk together pudding and milk; let stand to thicken. Add pineapple; spread on cooled cake. Beat together cream cheese, sugar and vanilla; add 1 cup whipped topping and continue beating. Fold in remaining whipped topping; spread over pudding. Sprinkle with toasted coconut. Note: To toast coconut, place coconut in a pan at 350°F. for 5 to 10 minutes – watch carefully so it doesn't burn.

Kathleen Munyan, Rapid City
Cooperative Connections

Peach Cobbler

2 T. butter
3 cups canned or fresh sliced peaches
2/3 cup sugar
2 T. flour
1/2 tsp. cinnamon
Topping:
1 cup flour
1/2 T. sugar
1-1/2 tsp. baking powder
1/3 cup salad oil
3 T. milk
1 egg, beaten

Melt butter in 9x13-inch pan. Lay peaches in pan. Sprinkle with sugar, flour and cinnamon. Combine topping ingredients; stir well. Drop by spoonfuls over peaches. Bake at 350°F. for 30 minutes.

Tena VanDer Plaats, Colton
Cooperative Connections

Blueberry Coffee Cake

1 cup margarine, softened
1-1/2 cups sugar
2 eggs
1 cup no-fat sour cream
1 T. vanilla extract
2 cups all-purpose flour
1 T. baking powder
1/2 tsp. salt
1 (21 oz.) can blueberry pie filling
Cake Topping:
1/2 cup granulated sugar
1/4 cup packed brown sugar
1 tsp. cinnamon

In large mixing bowl, combine margarine, sugar, eggs, sour cream and vanilla. Mix until well blended. Add flour, baking powder and salt; mix just until combined. Spread half of batter in the bottom of a greased 9x13-inch pan. Top with blueberry pie filling and then remaining batter. For topping: In small bowl, combine sugar, brown sugar and cinnamon; sprinkle over top of coffee cake. Bake at 350°F. for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool; cut into squares.

Pictured, Cooperative Connections

Pistachio Dessert

1 (3.4 oz.) pkg. instant pistachio pudding
1 (16 oz.) can chunky pineapple
1 (8 oz.) can crushed pineapple
1 cup shredded coconut
1 cup chopped walnuts or pecans
12 to 16 oz. whipped topping
1 cup miniature marshmallows

In a large bowl, mix both types of pineapple; sprinkle pudding on top. Let set for a few minutes. Combine nuts and coconut; add to pineapple mixture. Fold in whipped topping and marshmallows; refrigerate at least 2 hours before serving.

Elsie Heutinck, Olivia, MN
Cooperative Connections

Twinkie-Pumpkin Dessert

1 (15 oz.) pkg. Twinkies (10)
1 (8 oz.) pkg. cream cheese, softened
1 cup powdered sugar
1 (8 oz.) container whipped topping, divided
2 (3.4 oz.) pkgs. instant vanilla pudding
1 (15 oz.) can pumpkin
1-1/2 tsp. pumpkin pie spice
1 cup milk

Slice Twinkies in half lengthwise, place cream side up in single layer in a 9x13-inch pan. Blend together cream cheese, sugar and 1/2 of whipped topping until smooth. Spread over Twinkies. Combine pudding, pumpkin, spice and milk; whisk until well blended. Layer over cream cheese mixture. Carefully spread remaining whipped topping over pumpkin mixture. Lightly sprinkle additional spice over top. Refrigerate several hours. Note: Pumpkin pie spice ingredients are cinnamon, ginger, all spice and nutmeg.

Shirley Thedorff, Centerville
Cooperative Connections

Please send your favorite garden produce to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Superb Salads



Tuna Salad

1 cup grated carrots
1 cup diced celery
3 hard-cooked eggs, chopped
1 cup salad dressing
1 (6 oz.) can tuna, drained
1 cup shoestring potatoes

Combine first 5 ingredients. Just before serving, add potatoes.

Thelma Fee, Harrisburg
Cooperative Connections

Kiwifruit Rice Salad

2 1/4 cups water
1 cup brown rice
2 T. butter
1/4 cup chopped onion
1/2 cup chopped celery
1/2 tsp. curry powder
1 cup plain yogurt
1 tsp. fresh lime juice
1/2 tsp. lime zest
1 tsp. white sugar
1 kiwi, peeled and chopped
4 ounces cooked ham, julienned
2 ounces Swiss cheese, cubed
1/3 cup cashews
1/2 cup fresh mushrooms, coarsely chopped
2 kiwis, peeled and sliced

Combine water and rice in a medium saucepan; bring to a boil. Cover, reduce heat and simmer for 45 to 50 minutes. Cool. Heat butter in a skillet over medium heat. Cook onion and celery in butter until tender, stirring frequently. Season with curry powder and continue cooking for 1 minute. In a large bowl, mix together yogurt, lime juice, lime zest and sugar. Stir in rice, onion and celery mixture, chopped kiwi, ham, cheese, nuts and mushrooms. Arrange sliced kiwi over salad.

Cooperative Connections

Snickers Salad

1-3/4 cups milk
1 (3.4 oz.) pkg. instant vanilla pudding
1 (8 oz.) container whipped topping
2 Snickers candy bars, chopped
2 Granny Smith apples, chopped

Mix milk and pudding; fold in whipped topping. Add candy bars and apples. Refrigerate.

Rebecca Walz, Tripp
Cooperative Connections

Cucumber Gelatin Salad

1 (3 oz.) pkg. lemon gelatin
2/3 cup hot water
1 cup cottage cheese
1 cup cucumber, chopped
3/4 cup mayonnaise
3/4 cup walnuts, chopped
1 small onion, chopped

Dissolve gelatin in hot water; let cool, but not set. Add remaining ingredients. Refrigerate until cold. May be served on lettuce leaves.

Judith Materna, Hettinger, N.D.
Cooperative Connections

Olive This Bean Pasta Salad

1 cup seeded and chopped tomatoes
1 clove garlic, chopped
1 cup cucumber pieces, cut cucumber in 1/2 lengthwise, then 1/4-inch wide
1/2 cup chopped roasted red pepper
1 (6 oz.) jar marinated artichoke hearts, drained, quartered
2 T. canned black olives, chopped
1 cup cooked spiral pasta
1 (15.5 oz.) can cannellini beans, drained and rinsed
1 lemon, juiced
3 T. extra virgin olive oil
1/4 cup crumbled feta cheese
Salt and black pepper, to taste

In a large bowl, combine first 7 ingredients. Add beans and gently mix. Add lemon juice and olive oil. Adjust seasoning with salt and pepper. If time permits, let sit for 1 hour. Sprinkle with feta cheese.

Pictured, *Cooperative Connections*

Corn Salad

2 (15 oz.) cans whole kernel corn, drained
2 cups grated Cheddar cheese
1 cup mayonnaise
1/2 cup chopped green pepper
1/2 cup chopped red pepper
1/2 cup chopped red onion
1 (10.5 oz.) bag Doritos, crushed

Mix first 6 ingredients and chill. Stir in chips just before serving.

Anna Sims, Sioux Falls
Cooperative Connections

Vegetable Salad

1 can whole kernel corn, drained
1 can peas, drained
1 small jar pimento, drained
1 cup chopped green pepper
1 can French-style green beans, drained, reserve 1 T. juice
1 cup chopped celery
1 cup chopped onion

Dressing:
1 cup sugar
1/2 cup vinegar
1/2 tsp. pepper
1/2 cup vegetable oil
1 tsp. salt
1 T. green bean juice

In a large bowl, combine all vegetables. Mix together dressing ingredients; bring to a boil. Cool. Add to vegetable mixture and store in refrigerator.

Vonnie Cole, Fort Pierre
Cooperative Connections

Please send your favorite garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Garden Goodies



Kohlrabi Au Gratin

6 medium kohlrabi, peeled and sliced
3 T. flour
3 T. melted margarine, divided
2 T. sliced green onions
1 cup sour cream
3/4 cup shredded American cheese
1/2 cup milk
3/4 tsp. salt
1/8 tsp. pepper
3/4 cup soft bread crumbs (1 slice)

Cook kohlrabi, covered in a small amount of boiling salted water for 25 minutes; drain. Blend flour into 2 T. melted margarine. Stir in onion, sour cream, cheese, milk, salt and pepper. Cook and stir until cheese melts. Combine kohlrabi and sauce; put into a 1-1/2-quart casserole. Toss crumbs and remaining margarine; sprinkle on top. Bake, covered, at 350°F. for 15 minutes. Uncover and bake an additional 15 to 20 minutes.

Shirley Thedorff, Centerville
Cooperative Connections

Crispy Fridge Pickles

Cucumbers
Dill
1 T. chopped garlic
5 cups cold water
2 cups vinegar
1/2 cup canning salt

Pack cucumbers in a 1-gallon jar with dill and garlic at bottom, halfway and top. When jar is full, make a cold brine of remaining ingredients. Mix until salt is dissolved. Pour over cucumbers in jar until covered and put lid on. Let set on counter overnight; refrigerate.

Karen Huether, Tripp
Cooperative Connections

Zucchini Pancakes

2 cups grated raw zucchini
1 egg, beaten
1/2 cup flour
1 tsp. baking powder
1/4 tsp. salt

Put zucchini in mixing bowl. Fold in egg and flour sifted with salt and baking powder. Fry in oil or margarine. Brown lightly on both sides. Make each pancake 2 or 3 inches in diameter. Note: May use large zucchini but remove seeds first.

Rose Kutter-Ferney, Groton
Cooperative Connections

Green Beans with Sauce

Green beans
2 tsp. horseradish
2 T. sour cream
1/4 cup mayonnaise
1/4 cup chopped red onion
2 tsp. garlic
1/8 tsp. Worcestershire sauce
Hard-boiled eggs, chopped

Cook desired amount of green beans. Combine next 6 ingredients; refrigerate 8 hours. Mix with green beans; garnish with chopped hard-boiled eggs.

Glenda Morton, Sioux Falls
Cooperative Connections

Pesto Chicken and Vegetable Kebabs

1/4 cup refrigerated pesto with basil
Grated lemon peel from 1 lemon
Juice from 1 lemon
1/2 lb. boneless, skinless chicken breast halves, cut into 1-inch pieces
1/2 lb. assorted vegetables (cherry tomatoes, bell pepper cubes, zucchini wedges, button mushrooms and/or eggplant cubes)
4 (10-inch) skewers
Salt and ground black pepper

Combine pesto, lemon peel and lemon juice in large, resealable plastic bag. Add chicken and vegetables; seal. Marinate in refrigerator for 1 hour. Thread chicken and vegetables alternately on skewers; discard any remaining marinade. Preheat grill or broiler. (Place kebabs on baking sheet if broiling.) Grill or broil for 5 minutes; turn over. Grill or broil for an additional 3 minutes or until vegetables are tender and chicken is cooked through. Season with salt and pepper. Note: If using wooden skewers, soak in water for 30 minutes before threading.

Pictured, *Cooperative Connections*

Fried Green Tomatoes

Green tomatoes, sliced
Salt
Buttermilk
Vegetable oil
Self-rising flour
Thin sliced ham or bacon
Poached eggs
Hollandaise sauce

Put tomato slices in colander; toss with salt to coat. Place tomatoes in bowl and cover with buttermilk. Heat oil. Coat tomatoes with flour. Brown nicely on both sides. To serve, put 2 slices of tomatoes on a plate, cover with a thin slice of ham or bacon; top with a poached egg and spoon on hollandaise sauce.

Betty Littau, Winner
Cooperative Connections

Zucchini Parmesan Cheese Pie

1 cup biscuit mix
3 cups sliced zucchini
1/2 cup chopped onion
1/2 heaping cup Parmesan cheese
1 tsp. oregano
Salt and pepper to taste
1 tsp. Mrs. Dash
1 tsp. garlic powder
1/2 cup olive oil
4 eggs, beaten
1-1/2 cups shredded mozzarella cheese

Mix together all ingredients except mozzarella cheese; pour into a greased 9-inch deep-dish glass pie pan. Bake, uncovered, at 350°F. for 30 minutes. Remove from oven and cover with mozzarella cheese. Bake an additional 10 to 15 minutes or until cheese is melted and golden brown.

Janet Ochsner, Sturgis
Cooperative Connections

Please send your favorite pasta and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Perfect Pasta



Spaghetti Pizza Casserole

- 1 (7 oz.) pkg. spaghetti, cooked and drained
- 1 lb. hamburger, cooked and drained
- 2 eggs
- 1/2 cup milk
- Salt and pepper to taste
- 1 (4 oz.) pkg. cheddar cheese
- 1/2 to 1 tsp. oregano
- 1 (32 oz.) jar Prego spaghetti sauce
- 1 (16 oz.) pkg. shredded mozzarella cheese, divided in half

Place spaghetti in lightly greased 9x13 pan. Combine eggs, milk, salt and pepper; pour mixture over spaghetti. Layer on cheddar cheese, 1/2 the mozzarella cheese, hamburger, oregano, sauce and remaining mozzarella cheese. Bake at 350°F. for 45 minutes to 1 hour covered. If using tin foil, spray lightly. Allow to rest 5 minutes before eating.

Vicki Pigors, Conde
Cooperative Connections

Hamburger Macaroni

- 2 cups uncooked macaroni
- 2 lbs. hamburger, cooked and drained
- 1 (46 oz.) can tomato juice
- 1 can vegetable beef soup
- 1 pkg. frozen mixed vegetables

Cook macaroni; set aside. Combine hamburger, tomato juice, vegetable soup and vegetables in large kettle; simmer until vegetables are cooked. Add macaroni and heat thru. The longer you cook, the more the macaroni will absorb the tomato juice.

Rebecca Walz, Tripp
Cooperative Connections

Refrigerator Chicken Casserole

- 2 to 2-1/2 cups diced, cooked chicken
- 2 cups elbow macaroni, uncooked
- 1 can cream of mushroom soup
- 1 can cram of chicken soup
- 1 soup can milk
- 1-3/4 cups chicken broth
- 1 small onion, finely chopped
- 1/2 green pepper, finely chopped
- 1 (2 oz.) jar pimento, diced
- 1 (5 oz.) can sliced water chestnuts
- 8 oz. grated cheddar cheese

Mix all ingredients in order given. Pour into a well-greased 9x13-inch pan; cover with foil. Refrigerate overnight until ready to bake. Uncover and bake at 350°F. for 1 hour.

Karen Huether, Tripp
Cooperative Connections

Baked Mushroom Mac 'n' Cheese

- 2 cups elbow macaroni, uncooked
- 1 T. olive oil
- 1 lb. white button mushrooms, sliced
- 4 T. butter
- 4 T. all-purpose flour
- 1 tsp. salt
- 2 cups milk
- 1 cup shredded mild cheddar cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup fresh breadcrumbs

Cook pasta according to package directions.
While pasta cooks, heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Flip mushrooms and cook about 5 minutes more, until other side is same color. Melt butter in a large saucepan and stir in flour. Cook for a minute or two to slightly toast flour. Stir in salt and whisk in milk. Bring to a low boil over medium-high heat, stirring occasionally to slightly thicken sauce, for about 5 minutes. Remove from heat, whisk in cheeses and stir to melt. Stir in mushrooms and pasta and transfer to three-quart baking dish. Sprinkle with breadcrumbs. Place dish on baking sheet and bake at 350°F. until cheese bubbles around the edges, about 30 minutes. Remove from oven and let rest for about 5 minutes. Serve warm.

Pictured, *Cooperative Connections*

Chicken Picatta

- 4 boneless, skinless chicken breasts
- 1/4 cup capers
- 1 can artichoke hearts, quartered and drained
- 1/2 cup lemon juice
- 1 can sliced mushrooms
- 3 cups cooked angel hair pasta
- Parmesan cheese

Brown chicken on each side. Add artichokes and mushrooms; simmer until juices run clear. Add capers and lemon juice; simmer for 10 minutes uncovered. Toss with angel hair pasta. Top with fresh grated parmesan cheese.

Carole South-Winter, Lennox
Cooperative Connections

Hamburger Noodle Dish

- 1 lb. hamburger
- 1/2 cup chopped onion
- 1 pkg. noodles, cooked and drained
- 1 can tomato soup
- 1 can cream of mushroom soup
- 1/2 lb. Velveeta cheese, cubed

Brown hamburger and onion. Add noodles, soups and cheese; stir well. Bake at 350°F. for 30 minutes or until cheese is melted and bubbly on top.

Joyce Dubois, Wolsey
Cooperative Connections

Please send your favorite wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

A Wild Cookout



Pheasant Hot Dish

2 pheasants, breast and thighs
2 small boxes Uncle Ben's Chicken Rice (or 6 servings of the rice of your choice)
4 oz. can chopped mushrooms
1 can Durkee French-fried onions
1 diced green pepper, optional
1 diced red bell pepper, optional
1 small onion, diced
1 can cream of mushroom soup
1 can chicken broth
8 oz. pkg. shredded sharp cheddar cheese

Grill or bake pheasants until done and remove meat from bone into bite-sized pieces. (Oven: 350°F. for 30 to 45 minutes; salt and pepper pheasant before cooking). Prepare rice according to package directions. Add peppers, onion, mushrooms and soup to meat and mix well. Add cooked rice to meat mixture and mix well. Add some cheese if desired. Place in casserole dish and pour chicken broth over casserole. Cover with remaining cheese and French-fried onions. Bake, uncovered, at 350°F. for 45 to 60 minutes.

Sharon Paweltzki, Bridgewater
Cooperative Connections

Venison Stew

1-1/2 lbs. venison steak or roast, cut-up
2 large peppers, chopped
1 medium onion, sliced
2 medium carrots, sliced
1-1/2 cups chopped celery
Sauce:
1-1/2 cups water
3 T. honey
3/4 tsp. salt
1/2 tsp. ginger
1 T. cornstarch
1 T. soy sauce
1/2 tsp. garlic powder
2 T. lemon juice

Flour meat, then sear in cooking oil. Add peppers, onion, carrots and celery. Combine ingredients for sauce and pour over meat. Continue cooking until meat is tender, about 1 hour.

Sophia Hoff, Tripp
Cooperative Connections

Creamed Pheasant

1 pheasant, cut-up
1 T. onion flakes
1-1/2 cups half & half or milk
1 can cream of mushroom soup
Flour
Milk
Baking powder biscuits

Put meat in kettle and cover with water; cook until tender. Remove from broth and cut into small pieces. Add onion flakes, half & half and soup to broth; bring to a boil. Thicken with flour mixed with milk. Add pheasant. Serve over baking powder biscuits.

Pam Hofer, Carpenter
Cooperative Connections

Elk Swiss Steak

1-1/2 lbs. elk steak
1/4 cup flour
1 tsp. salt
1 (16 oz.) can stewed or diced tomatoes
1 cup V8 juice
1/2 cup chopped celery
1/2 cup chopped carrots
2 T. chopped onion
1/2 tsp. Worcestershire sauce

Cut meat into serving-size portions. Mix flour and salt, pound into meat and set aside remaining flour. Brown meat in small amount of hot oil; place in shallow baking dish. Blend remaining flour with drippings in skillet. Add remaining ingredients. Cook, stirring constantly, until mixture boils; pour over meat. Cover and bake at 350°F. for 1-1/2 hours.

Cindy Robinson, Mitchell
Cooperative Connections

Breaded Venison Cutlets

8 boned venison loin cutlets
2 T. flour
3 T. parmesan cheese
1 egg, beaten
1 tsp. parsley, minced
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. nutmeg
1/2 cup milk
6 T. butter
Juice from 3/4 of a lemon

Pound meat with the back of a knife or meat mallet until quite thin; dip in flour. Mix cheese, flour, egg, parsley, salt, pepper, nutmeg and milk; beat until smooth. Dip floured cutlets into batter. Cook over low heat in 4 T. butter until golden brown and tender. Remove cutlets to a heated platter and keep warm. Heat remaining butter until darkened; add lemon juice. Stir and pour over cutlets just before serving.

Peggy Parsons, Milesville
Cooperative Connections

Deer Jerky

5 lbs. ground venison
1 oz. water
1 oz. liquid smoke
1-1/2 tsp. tender quick
2 tsp. black pepper
2 tsp. garlic powder
1 tsp. margarine
3 tsp. accent
1 tsp. mustard seed
1 tsp. cardamon or 6 T. brown sugar
1 tsp. cayenne pepper or Tabasco sauce
1 tsp. onion salt
8 tsp. salt

Mix well with hands. Store covered in refrigerator overnight. Roll out 1/4-thick; cut into strips. Dry in dehydrator.

Dorothy Pulse, Salem
Cooperative Connections

Please send your favorite Holiday Treats and Soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Treats



Popcorn Cake

1/2 cup butter or margarine
1/2 cup salad oil
1 lb. marshmallows
1 cup dry-roasted peanuts
2 cups M&Ms, gumdrops or gummy bears
4 quarts popped popcorn

Melt butter, oil and marshmallows in microwave. Pour over candy and corn; stir well. Press into a greased angel food cake pan.

Pam Hofer, Carpenter
Cooperative Connections

Caramel Crispy Treats

1/2 cup plus 10 T. butter divided
8 cups miniature marshmallows, divided
8 cups Crispix cereal, divided
1 (14 oz.) pkg. caramels
1 (14 oz.) can sweetened condensed milk

In a large saucepan, melt 1/4 cup butter and 4 cups marshmallows. Stir in 4 cups cereal. Pat into a greased 9x13-inch pan, set aside. Melt caramels and 10 T. butter in another saucepan, cook and stir over low heat until melted. Stir in milk until smooth. Cool for 10 minutes. Pour over cereal layer. Refrigerate for about 30 minutes or until firm. In a large saucepan, melt the remaining butter and marshmallows. Stir in remaining cereal. Spread over caramel layer. Cover and refrigerate for 30 minutes or until firm. Store in refrigerator.

Harlo Vetter, Tripp
Cooperative Connections

Raisin Cashew Drops

2 cups semisweet chocolate chips
1 (14 oz.) can sweetened condensed milk
1 T. light corn syrup
1 tsp. vanilla extract
2 cups coarsely chopped cashews
2 cups raisins

In a heavy saucepan over low heat, melt chocolate chips with milk and corn syrup for 10 to 12 minutes, stirring occasionally. Remove from heat; stir in vanilla until blended. Stir in cashews and raisins. Drop by teaspoonfuls onto waxed paper-lined baking sheets. Refrigerate 3 hours or until firm. Store in refrigerator.

Sue Hove, Beresford
Cooperative Connections

Cherry Mocha Charlotte

2 (3 oz. each) pkgs. lady fingers
1 envelope unflavored gelatin
1/4 cup cool water
1 (5 oz.) package cook-and-serve chocolate pudding
2-1/2 cups milk
2 T. strong coffee
1 cup heavy whipped cream
1 (21 oz.) can cherry fruit filling, divided

Line sides and bottom of an 8-inch springform pan with lady fingers. Combine gelatin and water; set aside. In medium saucepan, combine chocolate pudding and milk. Stir constantly over medium heat until pudding comes to a full boil; remove from heat. Stir in gelatin and coffee; cool. In large mixing bowl, whip cream. Fold in cooled pudding and 1 cup cherry fruit filling. Spoon into springform pan and freeze 3 hours. Remove sides of pan and top with remainder of cherry fruit filling. Note: Garnish with chocolate curls if desired.

Pictured, *Cooperative Connections*

Cheese Fudge

1/2 lb. Velveeta cheese
1/2 lb. butter
6 cups powdered sugar
1/2 cup cocoa
Chopped nuts, if desired

Melt cheese and butter in microwave. Sift together and add sugar, cocoa and nuts. Mix together in a large bowl. Place mixture into a buttered cake pan.

Mary Swenson, Brandon
Cooperative Connections

Rocky Road Squares

12 oz. chocolate chips
1 (14 oz.) can sweetened condensed milk
2 T. butter
2 cups dry-roasted peanuts
10.5 oz. miniature marshmallows

Melt chips with milk and butter over boiling water. Combine nuts and marshmallows in a large bowl; fold in chocolate mixture. Spread in waxed paper-lined 9x13-inch pan. Chill 2 hours. Remove from pan, peel off waxed paper and cut into 40 squares. Cover and store in refrigerator.

Shirley Thedorff, Centerville
Cooperative Connections

Please send your favorite Bread and Breakfast and Seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2008. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2009 Reader Recipes

January

Souper Sustenance

1. Potato Bacon Chowder
2. Old-fashioned Chicken Noodle Soup
3. Winter Soup
4. Eight-Can Soup
5. Carrot, Cerely & Leek Soup with Cornbread Dumplings
6. Broccoli Cauliflower Soup

February

Bread and Breakfast

1. A "Brunch" of Eggs
2. Blueberry Brunch Loaf
3. Best-Ever Pancakes
4. Apple Pull-Apart Bread
5. Caramel French Toast
6. Three-Meat Quiche

March

Seafood Fare

1. South Dakota Centennial Walleye
2. Seafood Lasagna Rollups
3. Orange Roughy Hot Dish
4. Quick and Easy Salmon Patties
5. Baked Stuffed Clams
6. Crab Rolls
7. Shrimp Dip

April

Beverages & Dips

1. Cheese Ball
2. Cappuccino
3. Hot Baked Onion Dip
4. Pepperoni Dip
5. Orange Cinnamon Breakfast Boost
6. Pretzel Dip
7. Rick's Chicken Dip
8. Shrimp Dip

May

Casseroles

1. Spam Parmesan
2. Chicken Hot Dish
3. Quick Ham Casserole
4. Hamburger Goulash
5. Monterey Chicken Tortilla Casserole
6. Baked Spaghetti Casserole
7. Chicken Broccoli Casserole

June

Ethnic Eats

1. Flan
2. Poppy Seed Kuchen
3. Swedish Meatballs
4. Chocolate Chile Brownies with Spiced Frosting
5. Hungarian Stuffed Peppers
6. Sour Cream Enchiladas

July

Divine Desserts

1. Cherry Walnut Torte
2. Peach Malba Ice Cream Pie
3. Krispy Chocolate Log
4. Sweet Ice Cream Hamburger Treats
5. Rhubarb Raisin Crisp
6. Double Layer Chocolate Pie

August

Splendid Salads

1. Pineapple Fluff
2. Della's Beef Salad
3. Oreo Cookie Salad
4. Sunburst Macaroni Salad
5. Beet and Broccoli Salad Dijon
6. Oriental Rice Salad
7. Fresh Fruit Salad

September

Garden Creations

1. Tomato Quiche
2. Greek Summer Salad
3. Zucchini Chocolate Bread
4. Garden Vegetable Medley Skillet
5. Tomato Preserves
6. Linguine Vegetable Toss

October

Perfect Pasta

1. Crab or Shrimp Salad
2. Stuffed Manicotti
3. Cordon Blue Tetrazzini
4. Pasta with a Light Veggie Saute
5. Hearty Baked Rigatoni
6. Easy Seaside Casserole
7. Penne Pasta with Bacon and Cream

November

Wild Game

1. Italian Stew
2. Baked Pheasant
3. Pheasant Kiev
4. Rattlesnake Chili
5. Venison Stroganoff
6. Venison Mexican Lasagna

December

Holiday Treats

1. Chocolate Chip Cheese Ball
2. Neapolitan Cookies
3. No Fail Fudge
4. Gingerbread Cookie Dough
5. Orange Butterscotch Fudge
6. Caramel-Marshmallow Treats

Souper Sustenance



Potato Bacon Chowder

8 strips bacon, cut up
1 cup chopped onion
2 cups cubed potatoes
1 cup water
1/2 tsp. salt
Dash pepper
1 can cream of chicken soup
1 cup dairy sour cream
1-3/4 cup milk
2 T. chopped parsley

Fry bacon until crisp in a 3-quart saucepan. Add onion, sauté for 3 minutes. Pour off drippings. Add potatoes, water, salt and pepper. Bring to a boil; cover and simmer 10 to 15 min or until potatoes are tender. Gradually stir in soup, sour cream, milk and parsley. Bring to stewing temperature over low heat, stirring occasionally. Do not boil.

Ruth Ruen, Madison
Cooperative Connections

Old-fashioned Chicken Noodle Soup

1 large boiler/fryer chicken
9 cups cold water
3 tsp. salt
1/2 tsp. pepper
1 tsp. chicken soup starter
Cubed potatoes
Diced carrots
Diced celery
Diced onions
2 to 3 cups egg noodles

Cook chicken and cut meat into pieces; reserving some chicken broth. Place first 5 ingredients and chicken broth into a large soup kettle. Bring to a boil; simmer 30 minutes. Add vegetables, bring to a boil and simmer 30 minutes. Add noodles during the last 10 minutes of cooking.

Ruth Pederson, Wheaton, Minn.
Cooperative Connections

Winter Soup

1 lb. ground beef
1 onion, chopped
1 cup chopped celery
1 large green pepper, chopped
1 clove garlic, crushed
1 (16 oz.) can tomatoes
1 (6 oz.) can tomato sauce
1 (10-3/4 oz.) can beef broth
1 T. Worcestershire sauce
1/2 tsp. salt
1 tsp. pepper
Thyme, to taste
Parsley, to taste
1/2 cup red wine or water
1 (15-1/2 oz.) can pork and beans
2 cups cooked cabbage

Brown ground beef with onion, celery, green pepper and garlic. Add remaining ingredients; simmer 1 hour.

Rowena Wipf, Doland
Cooperative Connections

Eight-Can Soup

1 can corn
1 can mixed vegetables
1 can old-fashioned vegetable soup
1 can chili with beans
1 can chili without beans
1 can tomatoes
1 can potatoes
1 can green beans

Combine in slow-cooker. Cook on low several hours or all day.

LaVonne Smith, Kennebec
Cooperative Connections

Carrot, Celery & Leek Soup with Cornbread Dumplings

2 T. olive oil
2 T. unsalted butter
3 leeks, white part only, thinly sliced
6 carrots, thinly sliced
2 stalks celery, thinly sliced
1/2 tsp. salt
1/2 tsp. dried thyme
Pinch freshly ground black pepper
Pinch cayenne pepper
6 cups chicken or vegetable stock
1 cup half-and-half cream
1/4 cup minced fresh flat-leaf (Italian) parsley

Cornbread Dumplings:
1 cup all-purpose flour
1/4 cup stone-ground cornmeal
1 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
2 eggs, beaten
1/2 cup buttermilk
2 T. unsalted butter, melted
1/2 cup frozen corn kernels, thawed

In a large pot, heat oil and butter over medium-high heat. Add leeks and sauté until starting to soften, about 2 minutes. Add carrots, celery, salt, thyme, black pepper and cayenne; sauté until vegetables start to soften, about 5 minutes. Add stock, cream and parsley; bring to a simmer. Reduce heat and simmer, stirring occasionally, while you assemble the dumplings. In a large bowl, combine flour, cornmeal, baking powder, baking soda and salt. In another bowl, whisk together eggs, buttermilk and butter. Pour over dry ingredients, along with corn. Using a large spatula, fold the dry ingredients into the wet just until mixed. (Don't over mix or the dumplings will be heavy and tough.) Drop dumpling batter by tablespoonfuls into simmering soup. Cover, reduce heat to low and simmer until vegetables are tender and dumplings are cooked through, about 20 minutes. Ladle into heated bowls.

Pictured, 300 Sensational Soups by Carla Snyder and Meredith Deeds

Broccoli Cauliflower Soup

8 oz. cauliflower
1 (10 to 12 oz.) can chicken broth, divided
10 oz. broccoli
1/2 tsp. mustard seed
1/2 tsp. dried dill weed
1/3 cup finely chopped onion
1/4 cup butter
2 T. flour
1/2 tsp. salt
Pepper, to taste
3-1/2 cups milk
1 cup grated Swiss cheese

Cook cauliflower in half the chicken broth until tender. In another pan, combine remaining broth, broccoli, mustard seed and dill; cook until tender. Keep warm. Cook onion in butter until tender. Stir in flour, salt and pepper. Add milk all at once, stirring until think and bubbly. Stir in the cauliflower and broccoli mixes. Add cheese. Heat only until melted.

Doris Miller, Brandon
Cooperative Connections

Please send your favorite Bread and Breakfast and Seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Bread and Breakfast



A "Brunch" of Eggs

8 hard-cooked eggs
3 to 4 T. sour cream
2 tsp. prepared mustard
1/2 tsp. salt
Sauce:
1/2 cup chopped onion
2 T. butter
1 can cream of mushroom soup
1 (8 oz.) container sour cream
1/2 cup shredded Cheddar cheese
1/2 tsp. paprika

Slice eggs in half lengthwise. Mash yolks with sour cream, mustard and salt. Fill whites of egg; set aside. In saucepan, sauté onion in butter until tender. Add soup and sour cream. Pour half of sauce in an ungreased 11x7-inch pan. Arrange eggs in sauce. Spoon remaining sauce on top. Sprinkle with cheese and paprika. Cover and refrigerate overnight. Remove 30 minutes before baking. Bake at 350°F. for 25 to 30 minutes.

Floy Sandine, Piedmont
Cooperative Connections

Blueberry Brunch Loaf

2-1/4 c. flour
3/4 c. firmly packed brown sugar
3 tsp. baking powder
1 tsp. salt
1/4 c. butter or margarine softened
1 egg
1 T. grated orange peel
1/2 c. milk
1/4 c. orange juice
1 c. fresh or frozen blueberries
Glaze:
1 c. confectioner's sugar
1/4 tsp. grated orange peel
2 to 3 T. orange juice

In a large mixing bowl, combine first 9 ingredients, mixing at low speed until blended; then beat at medium speed 2 minutes. Stir in blueberries. Pour into a greased 9x5-inch loaf pan. Bake at 350°F. for 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes and remove from pan. Combine glaze ingredients and blend until smooth. Add more juice, a few drops at a time, until drizzling consistency.

Helene Vander Werff, Wentworth
Cooperative Connections

Best-Ever Pancakes

2 eggs
2 T. sugar
2 cups buttermilk or milk
1/4 cup oil
2 cups flour
1 T. baking powder, heaping

Mix eggs and sugar. Add milk and oil. Stir in flour and baking powder; mix well. Fry on hot griddle.

Amy Schoenfelder, Cavour
Cooperative Connections

Apple Pull-Apart Bread

1 (21 oz.) can apple fruit filling
2 pkgs. refrigerated biscuits
1/2 cup sugar
1/2 tsp. cinnamon
1 T. confectioners' sugar
1 T. milk

Lightly grease a 10-inch tube pan. In food processor, chop fruit filling by pulsing several times. Flatten each biscuit into a 5- to 6-inch circle. Spoon about 2 T. fruit filling onto each biscuit and seal edges to form a ball. In a small bowl, combine sugar and cinnamon. Roll each biscuit ball in sugar mixture. Make 2 rings of biscuits in tube pan and sprinkle with remaining sugar mixture. Bake at 400°F. for 55 minutes, covering biscuits with foil after 20 minutes of baking time. Cool on wire rack 5 minutes; loosen biscuits from edge of pan and remove from pan. In a small bowl, combine confectioners' sugar and milk; blend well. Drizzle over warm biscuits.

Pictured, *Cooperative Connections*

Caramel French Toast

1 cup brown sugar
1/2 cup butter
2 tbsp. corn syrup
12 slices white or wheat bread
1/4 cup sugar
1 tsp. cinnamon
6 eggs
1-1/2 cups milk
1 tsp. vanilla

Mix together brown sugar, butter and corn syrup; bring to a boil. Pour into a 9x13-inch baking pan. Top with 6 pieces of bread. Sprinkle with half of cinnamon and sugar. Top with remaining 6 pieces of bread. Beat together eggs, milk and vanilla; pour over all. Sprinkle with remaining cinnamon and sugar. Bake at 350°F. for 30 minutes. This also can be made the night before and baked the next morning.

Penny Peters, Marion
Cooperative Connections

Three-Meat Quiche

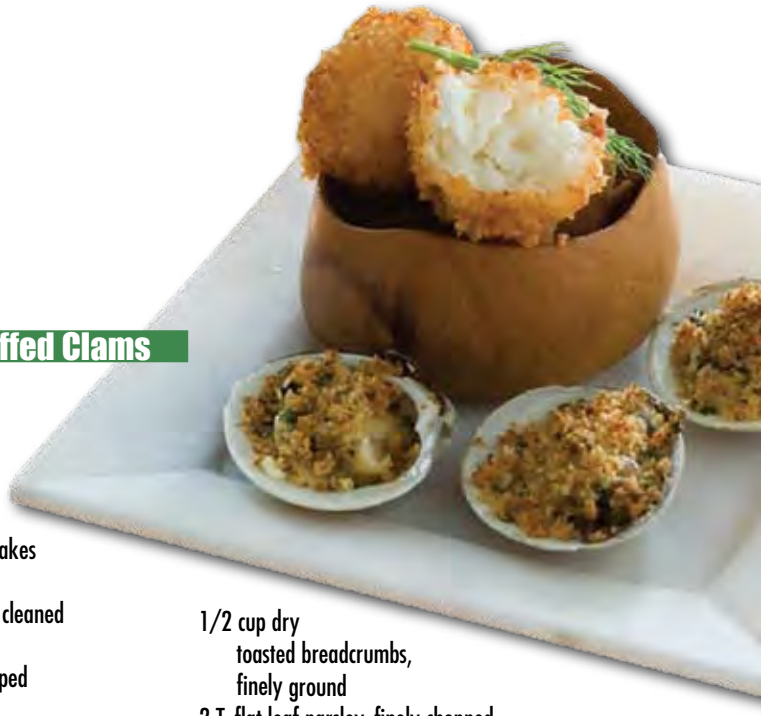
1 9-inch prepared pie crust
1 cup chopped ham
1 cup cooked and drained pork sausage
1 cup cooked and crumbled bacon
1 cup shredded Cheddar cheese
1 cup shredded Monterey Jack cheese
2 T. chopped onion
4 eggs
3/4 cup milk

Place pie crust in pie pan. Mix together next 6 ingredients and place in crust. Blend together eggs and milk; pour over meat/cheese mixture. Bake at 350°F. for 45 to 55 minutes or until set. Sprinkle on 1/4 cup shredded cheese if desired. Let set 15 minutes prior to serving.

Barbara Angerhofer, Dell Rapids
Cooperative Connections

Please send your favorite casserole and appetizer/beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Seafood Fare



South Dakota Centennial Walleye

2 large walleye fillets
2 eggs, beaten
1/4 cup milk
1-1/4 cups corn flake crumbs
2 T. melted butter
1 tsp. lemon pepper

Rinse fillets, patting dry with paper towels. Put beaten eggs into a pie tin; add milk. Put fillets into egg mixture, then dredge in corn flake crumbs. Place each fillet on cookie sheet. In a small bowl, combine butter and lemon pepper; drizzle over fillets. Bake at 350°F. for 30 minutes.

Amy Schoenfelder, Cavour
Cooperative Connections

Seafood Lasagna Rollups

6 lasagna noodles
1 (15 oz.) can tomato sauce
Filling:
1 (8 oz.) pkg. crab flakes or chunks
1 cup ricotta cheese
1/4 cup parmesan cheese
1 egg
1/4 tsp. onion

Cook lasagna noodles according to package directions. Rinse in cold water; drain. Combine filling ingredients. Spread 1/3 cup filling on each lasagna noodle. Roll up noodle with filling. Place in 9x13-inch pan. Pour tomato sauce over filled noodles. Bake at 375°F. for 30 minutes.

Joan Hiles, Mitchell
Cooperative Connections

Orange Roughy Hot Dish

2 cans cream of celery soup
1 or 2 pkgs. orange roughy fish
1 pkg. frozen broccoli
1 pkg. frozen cauliflower
1 (8 oz.) pkg. Cheddar cheese

Dot 2 cans of celery soup on fish that has been washed and dried completely. Spread lightly cooked broccoli and cauliflower over fish. Sprinkle Cheddar cheese on top. Bake at 300°F. for 1 hour. May also use cod or walleye.

Joan Bloom Manthey, Madison
Cooperative Connections

Quick and Easy Salmon Patties

1 (15 to 16 oz.) can pink salmon, bones removed
1 egg
1/3 cup minced onion
1/2 cup flour
1-1/2 tsp. baking powder

Drain salmon, setting aside 2 T. juice. In a medium bowl, mix salmon, egg and onion until sticky. Stir in flour. Add baking powder to salmon juice; stir into mixture. Form into small patties and fry until golden brown.

Pam Hofer, Carpenter
Cooperative Connections

Baked Stuffed Clams

Clams:
3 T. extra virgin olive oil
3 cloves garlic, halved
1 T. red pepper flakes
Salt
24 Manila clams, cleaned
1/3 cup water
2 T. parsley, chopped
Stuffing:
2 cloves garlic, finely minced
1/3 cup extra virgin olive oil
Salt and pepper
1/2 cup dry toasted breadcrumbs, finely ground
2 T. flat leaf parsley, finely chopped
3 T. Parmesan cheese, grated
3 T. butter, melted
2 ounces juice from steamed clams

Clams: Warm olive oil in a pot; add garlic, red pepper and salt. Brown garlic; add clams. Cook covered 2 to 3 minutes, add water and parsley; recover. Cook 2 to 3 minutes more, until clams open; discard unopened clams. Reserve 2 ounces of the sauce. **Stuffing:** Detach clams from shells and replace. Discard half of the shell. In a small bowl, combine parsley, olive oil, garlic, Parmesan and breadcrumbs with reserved clam sauce. Mix well and let stand for 10 minutes. Spoon small amount of mixture on top of each clam. Refrigerate 3 to 6 hours covered. Place clams under preheated broiler for 5 minutes, until a little crust forms. Serve while hot.

Pictured, *Cooperative Connections*

Crab Rolls

1/2 lb. Velveeta cheese
1 lb. butter
20 slices white bread
2 cups sesame seeds
2 (7 to 8 oz.) cans flaked crabmeat

Melt cheese and half of butter in top of double boiler. Cool until mixture begins to gel. Add crabmeat, stirring until mixture is spreadable. Cut crusts off bread slices. Roll each slice with a rolling pin to flatten. Spread mixture on one side of bread and roll up. Melt remaining butter. Dip rolls in butter, then roll in sesame seeds. Place seam side down in shallow baking pan. Cover and freeze. To serve, thaw slightly. Cut each roll in thirds. Broil until golden brown, turning once.

Gayle Rush, Philip
Cooperative Connections

Shrimp Dip

1 (8 oz.) pkg. cream cheese, softened
1/4 cup mayonnaise
2 T. diced onion
1 to 2 T. ketchup
1 can shrimp

Beat together first 4 ingredients until fluffy. Add shrimp. Chill.

Diane Bartnick, New Effington
Cooperative Connections

Please send your favorite Ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Beverages & Dips



Cheese Ball

1 (8 oz.) pkg. cream cheese, softened
2 cans Underwood deviled ham
1 pkg. dry ranch salad dressing mix
1/2 cup diced tomatoes
1/2 cup diced green peppers
2 cups shredded Cheddar cheese
1/2 cup roasted unsalted sunflower seeds

In a medium bowl, combine all ingredients except sunflower seeds. Refrigerate until firm enough to handle and form into a ball. Roll in seeds; refrigerate until ready to serve.

Barbara Putzier, Colton
Cooperative Connections

Cappuccino

1/3 cup powdered milk
Water or leftover cold coffee
1 tsp. instant coffee
1 tsp. chocolate flavoring or 1/2 tsp. cocoa
1/8 tsp. brandy or rum flavoring
Sweetener to taste

Place powdered milk in coffee cup. Add water or coffee to fill cup. If using the water option, add instant coffee. Heat until hot but not boiling. Add remaining ingredients.

Donna Hanson, Sioux Falls
Cooperative Connections

Hot Baked Onion Dip

2 (8 oz.) pkgs. cream cheese, softened
2 cups shredded Parmesan cheese
1/2 cup mayonnaise
1 bag frozen chopped onions, (Ora Ida brand in the frozen vegetable section)

Mix together; place in deep pie dish. Bake at 350°F. for 30 to 35 minutes. Serve with crackers.

Ann Rieck, Montrose
Cooperative Connections

Pepperoni Dip

1 (8 oz.) pkg. cream cheese, softened
1/2 cup sour cream
3 oz. chopped pepperoni
1 can chopped green chilies, undrained
Minced onion to taste

Combine all ingredients. Put in 7x11-inch pan. Bake at 325°F. for 30 minutes. Serve with crackers. This dip is also good served cold.

Jane Carthel, Ward
Cooperative Connections

Orange Cinnamon Breakfast Boost

2 cups orange juice
1 cup low-fat vanilla yogurt
1 navel orange, peeled and cut into 1-inch chunks
1/2 tsp. ground cinnamon

Place all ingredients into a blender container and blend until smooth. Serve immediately or refrigerate.

Pictured, Cooperative Connections

Pretzel Dip

16 oz. sour cream
16 oz. salad dressing or mayonnaise
16 oz. mustard
1/2 cup dry minced onion
2 pkgs. dry ranch salad dressing mix
1 cup sugar (or Splenda)
6 tsp. horseradish

Combine all ingredients; let set at least 4 hours. Store in refrigerator. Makes 8 cups.

Kari Jo James, Vermillion
Cooperative Connections

Rick's Chicken Dip

1 (8 oz.) pkg. cream cheese, softened
1 can chicken
1 can cream of mushroom soup
1/2 to 1 small can jalapeno peppers

Combine all ingredients in crock pot on low until heated thru. Serve with chips or crackers.

Rebecca Walz, Tripp
Cooperative Connections

Shrimp Dip

1 (8 oz.) pkg. cream cheese, softened
1/4 cup mayonnaise
2 T. diced onion
1 to 2 T. ketchup
1 can shrimp

Beat together first 4 ingredients until fluffy. Add shrimp. Chill.

Diane Bartnick, New Effington
Cooperative Connections

Please send your favorite Ethnic and Dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Casseroles



Spam Parmesan

1 can Spam luncheon meat
1 can cream of mushroom soup
1/2 cup milk
1/3 cup Parmesan cheese
1/2 tsp. garlic powder
8 oz. pkg. fettucini noodles

Dice Spam into small pieces; heat on low. Pour soup over Spam. Add milk. Sprinkle Parmesan cheese and garlic powder over mixture; simmer 5 minutes. Prepare noodles according to package directions. Mix noodles with sauce.

Brenda Brooks, Sioux Falls
Cooperative Connections

Chicken Hot Dish

2 cans boned chicken
1 can chow mein vegetables, drained
1 can chow mein noodles
1 can cream of chicken soup
1 can cream of mushroom soup
1 cup milk
Buttered bread crumbs

Combine all ingredients except bread crumbs. Put in a glass 7x11-inch dish. Cover with bread crumbs. Bake at 350°F. for 1 hour. Tuna may be substituted if desired.

Anna Marie Hunter, Pipestone, Minn.
Cooperative Connections

Quick Ham Casserole

1 can Cheddar cheese soup
1 cup milk
1/4 tsp. onion powder
1 cup chopped ham
1 (4 oz.) can sliced mushrooms, drained
1 (6 to 10 oz.) bag noodles, cooked and drained
1 cup crushed corn flakes
2 T. melted butter
1/8 tsp. garlic powder

Combine soup, milk and onion powder; stir in ham, mushrooms and noodles. Pour into greased 2-quart baking dish. Combine corn flakes, butter and garlic powder; sprinkle over all. Bake at 350°F. for 30 to 35 minutes or until edge is bubbly. Note: May substitute broccoli cheese soup and chicken in place of Cheddar cheese soup and ham.

Louise Folk, Milbank
Cooperative Connections

Hamburger Goulash

1 large onion, chopped
1 T. olive oil
1 lb. ground beef
1 cup elbow macaroni
1 (No. 2) can tomatoes
1 can kidney beans
Salt and pepper, to taste
1/2 cup cubed or shredded Cheddar cheese

Saute onion in oil with ground beef; drain. Prepare macaroni according to package directions; drain. Add macaroni, tomatoes and kidney beans to beef mixture. Season with salt and pepper. Add cheese; cover and simmer for 20 minutes.

Phyllis Vought, Rapid City
Cooperative Connections

Monterey Chicken Tortilla Casserole

1 cup coarsely crumbled tortilla chips
2 cups cubed cooked chicken or cooked turkey
1 (15 oz.) can cream-style whole kernel corn
3/4 cup Pace picante sauce
1/2 cup sliced pitted ripe olives
1/2 cup shredded Cheddar cheese
Chopped green pepper or red pepper
Tortilla chips

Layer crumbled chips, chicken, corn and picante sauce in 1-quart casserole. Top with olives and cheese. Bake at 350°F. for 40 minutes or until hot. Top with peppers. Serve with chips.

Pictured, *Cooperative Connections*

Baked Spaghetti Casserole

8 oz. spaghetti, cooked and drained
1 lb. ground beef
1 jar spaghetti sauce
2 or more cups mozzarella cheese
1 cup sour cream

Brown and drain ground beef. Add spaghetti sauce; simmer. In a 9x13-inch pan, mix spaghetti with 1 cup mozzarella cheese and sour cream. Spread meat sauce over spaghetti in pan. Top with cheese; cover with foil. Bake at 300°F. for 30 minutes.

Amber Hoogestraat, Chancellor
Cooperative Connections

Chicken Broccoli Casserole

1 lb. chopped, uncooked fresh broccoli
4 cups chopped, cooked chicken breast
2 (10.5 oz.) cans cream of chicken soup
2 tsp. lemon juice
1 cup salad dressing or mayonnaise
2 cups shredded Cheddar cheese
1 box chicken-flavored stuffing mix
1/4 cup melted margarine or butter

In a 9x13-inch pan, layer broccoli and chicken. In a separate bowl, mix soup, mayonnaise and lemon juice; pour over broccoli and chicken. Sprinkle with cheese. Put dry stuffing mix over all. Sprinkle stuffing seasoning mix over top of that. Pour melted margarine on top. Cover and bake at 350°F. for 50 to 60 minutes. Remove cover during final 10 minutes.

Louise Pike, McLaughlin
Cooperative Connections

Please send your favorite Dessert and Salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Eats



Flan

2 cups sugar, divided
4 eggs
1 can evaporated milk
1/2 tsp. vanilla
1/4 tsp. salt

Caramelize 1 cup sugar by placing in pan and stirring over low heat until slightly browned. Pour into ovenproof glass dish; cool. Combine remaining sugar and eggs, beating while adding milk gradually. Add vanilla and salt. Pour into caramel-lined dish. Bake at 350°F. for 45 minutes or until firm. May be made in small, individual ovenproof custard cups.

Lorene Veatch, Cresbard
Cooperative Connections

Poppy Seed Kuchen

Crust:
1 cup plus 2 T. flour
1 tsp. baking powder
1 egg
6 T. sugar
5 T. butter
Poppy Seed Filling:
3 cups milk (or more)
4 T. cornstarch
1/2 cup sugar
3 egg yolks
1/2 cup poppy seed
2 to 3 T. butter
1 tsp. vanilla
Topping:
3/4 cup flour
1/3 cup sugar
1/2 cup butter

Mix together crust ingredients; press into a 9x13-inch pan. For filling, boil first 4 ingredients until thick; add poppy seed, butter and vanilla. Mix well and pour over crust. Mix together topping ingredients and crumble on top. Bake at 350°F. for 40 to 45 minutes or until lightly browned.

Rebecca Walz, Tripp, SD
Cooperative Connections

Swedish Meatballs

4 T. butter, divided
1/3 cup onions
1 egg, beaten
1/2 cup milk
1/2 cup fresh bread crumbs
1-1/4 tsp. salt
1/2 tsp. allspice
1 lb. ground beef
2 tsp. sugar
1/4 tsp. nutmeg
1/4 lb. ground pork
Gravy:
3 T. flour
1 tsp. sugar
1-1/4 tsp. salt
1/8 tsp. pepper
1 cup cold water
3/4 cup cream

Saute 2 T. butter and onions. Add egg, milk and bread crumbs. Let stand 5 minutes. Add salt, allspice, ground beef, sugar, nutmeg and ground pork. Mix and form into meatballs. Brown meatballs in remaining butter; place in casserole. Add to drippings the remaining ingredients. Heat until thick; pour over meatballs. Bake, covered, at 350°F. for 1 hour.

Amy Schoenfelder, Cavour
Cooperative Connections

Chocolate Chile Brownies With Spiced Frosting

1 (18 oz.) pkg. brownie mix, plus ingredients to prepare mix
1 (4 oz.) can Ortega diced green chiles, undrained
1 cup powered sugar
1 T. Ortega chili seasoning mix
1-1/2 to 2 T. milk

Line an 8-inch square baking pan with aluminum foil, extending foil over sides of pan; lightly coat with nonstick cooking spray. Prepare brownies according to package directions. Stir in chiles; mix until well blended. Pour into prepared baking pan. Bake at 350°F. for 25 to 30 minutes or use time recommended on package. Cool on wire rack. Using foil "handles," remove from pan. Blend powdered sugar and seasoning mix in small bowl. Stir in milk, adding more if necessary, until desired consistency. Spread on brownies.

Pictured *Cooperative Connections*

Hungarian Stuffed Peppers

6 to 7 medium to large sweet peppers, tops cut off and seeded
2 lbs. ground beef
1 large onion, finely chopped
1 cup uncooked rice
1 tsp. salt
1/2 tsp. sugar
1 tsp. ground cloves
1 tsp. Hungarian paprika
Ground black pepper to taste
1 quart tomato juice

Place hollowed out peppers side by side in a 5- to 6-quart slow cooker. Mix together ground beef, onions, rice and spices. Stuff mixture into peppers. If any mixture is remaining, it can be formed into meatballs and placed in with the stuffed peppers. Pour tomato juice over all. Water may be added so the meat and peppers are at least 1/2-inch submerged in liquid. Cover and cook on low for 8 to 10 hours.

Susanne Briskovich, Olivia, MN
Cooperative Connections

Sour Cream Enchiladas

1-1/2 to 2 lbs. ground beef
Chopped onion to taste
1 small can chopped green chiles
1 pkg. dry taco seasoning
16 oz. sour cream
1-1/2 cans cream of chicken soup
1/4 cup salsa
Flour tortillas
8 oz. shredded Cheddar cheese

Brown ground beef and onion; drain. Add chiles and seasoning mix. Heat soup, sour cream and salsa just until smooth. Spread half of soup mixture into bottom of a 9x13-inch pan. Spoon meat into tortillas and roll-up; place in pan seam-side down. Top with remaining soup mixture; sprinkle with cheese. Bake at 350°F. for 20 minutes.

Marla Gilbert, Corsica
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.



Divine Desserts

Cherry Walnut Torte

6 egg whites
1/2 tsp. cream of tartar
2 cups sugar
2 cups saltine cracker crumbs
3/4 cup walnuts, chopped
2 tsp. vanilla
4 cups whipped topping
1 can cherry pie filling

In a mixing bowl, beat egg whites until foamy. Beat in cream of tartar. Gradually add sugar, beating until stiff peaks form. Fold in cracker crumbs, nuts and vanilla. Spread into a 9x13-inch pan sprayed with cooking spray. Bake at 350°F. for 25 minutes. Cool. Spread whipped topping over top. Spoon pie filling over whipped topping. Chill at least 1 hour.

Margene Page, Presho
Cooperative Connections

Peach Melba Ice Cream Pie

1-1/2 cups flaked coconut
1/3 cup chopped pecans
3 T. butter or margarine, melted
1 quart frozen peach yogurt, softened
1 pint vanilla ice cream, softened
1 T. cornstarch
1 T. sugar
1 (10 oz.) pkg. frozen raspberries in syrup, thawed
1 cup sliced fresh peaches

Combine coconut, pecans and butter; press onto the bottom and up sides of an ungreased 9-inch pie plate. Bake at 350°F. for 12 minutes or until crust begins to brown around edges. Cool completely. Spoon frozen yogurt into crust; smooth the top. Spread ice cream over yogurt. Cover and freeze for 2 hours until firm. In a small saucepan, combine cornstarch and sugar. Drain raspberry juice into pan. Bring to a boil. Cook and stir for 2 minutes; remove from heat. Add raspberries; cover and chill. Remove pie from freezer 10 minutes before serving. Arrange peaches on top. Drizzle with sauce. Pass any remaining sauce.

Barb VanGerpen, Avon
Cooperative Connections

Krispy Chocolate Log

1 (10 oz.) pkg. large marshmallows
1/4 cup butter
1/4 cup peanut butter
5-1/2 cups crispy rice cereal
1-1/3 cups milk chocolate chips
3/4 cup butterscotch chips

Line a 15x10x1-inch pan with waxed paper; grease the waxed paper. In a large microwave-safe bowl, combine marshamallows, butter and peanut butter. Microwave on high for 2 minutes, stirring until well blended. Stir in cereal until well coated. Spread in waxed paper-lined pan. In microwave-safe bowl, combine chocolate and butterscotch chips. Microwave for 2 minutes. Spread over cereal mixture to within 1 inch of edges. Roll up jelly roll fashion, peeling waxed paper away as you roll. Place seam-side down on waxed paper. Refrigerate 1 hour or until set. Cut into 1-inch slices.

Carol Peterson, Salem
Cooperative Connections

Sweet Ice Cream Hamburger Treats

8 dessert sponge cups (strawberry shortcake cups)
Light corn syrup
Sesame seeds
2 drops yellow food coloring
1/2 cup marshmallow cream
3 black licorice twists, for grill marks
2 cups Blue Bunny Premium Homemade Chocolate Ice Cream
Red gel frosting, for ketchup
2 large green gum drops, sliced, for pickles

Trim upper edge of each dessert cup to make level. Lightly brush flat side of 4 cups with corn syrup, sprinkle with sesame seeds; set aside. Stir food coloring into marshmallow cream; set aside. Cut licorice in half lengthwise, then cut in half crosswise; set aside. Place 1/2 cup ice cream in each of 4 dessert cups, smoothing edges to look like hamburger patties. Press 3 pieces of licorice onto each patty for grill marks. Spread each with about 1 T. marshmallow cream mustard and drizzle with gel frosting ketchup. Top with gum drop pickles. Top with sesame seed-coated dessert cup. Serve immediately.

Pictured, *Cooperative Connections*

Rhubarb Raisin Crisp

5 cups diced rhubarb
2 T. flour
1/2 cup raisins
3/4 cup sugar
1 tsp. cinnamon
1/4 tsp. salt
3/4 cup brown sugar
1/3 cup quick-cooking oats
1/3 cup cold butter or margarine

Combine rhubarb and flour; pour into 8x8-inch greased pan. Top with raisins. Mix together sugar, cinnamon and salt; sprinkle over raisins. Combine brown sugar, oats and butter. Scatter over all. Bake at 350°F. for 40 to 45 minutes.

Ione Schmidt, Wheaton, MN
Cooperative Connections

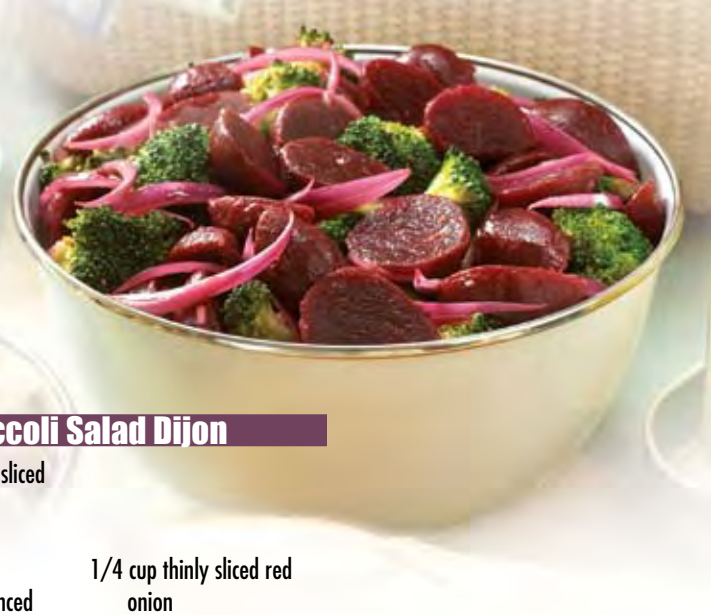
Double Layer Chocolate Pie

1 (4 oz.) pkg. cream cheese, softened
2 cups plus 1 T. milk or half & half, divided
1 T. sugar
1 (8 oz.) container whipped topping, thawed
1 (6 oz.) chocolate crumb crust
2 (3.4 oz.) pkgs. instant chocolate pudding

Mix cream cheese, 1 T. milk and sugar until smooth. Gently stir in 1-1/2 cups whipped topping. Spread onto bottom of crust. Mix remaining milk and pudding; beat with whisk until mixed well (mixture will be thick). Immediately stir in remaining whipped topping. Spread over cream cheese layer. Refrigerate 4 hours or until set.

Janet Ochsner, Sturgis
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.



Splendid Salads

Pineapple Fluff

1 (20 oz.) can crushed pineapple, drained
2 cups miniature marshmallows
1 cup cottage cheese
1-1/2 cups whipped topping
1 (3 oz.) pkg. lime or lemon gelatin

Combine pineapple, marshmallows and cottage cheese in medium bowl. Fold in whipped topping. Sprinkle gelatin over all and blend. Chill at least 4 hours.

Verna Werkmeister, Armour
Cooperative Connections

Della's Beef Salad

1 cup leftover beef
1 cup shredded carrots
1 cup chopped celery
1 tsp. chopped onion
1 cup salad dressing
1/8 tsp. garlic powder
1 can shoestring potatoes or chow mein noodles

Combine first 6 ingredients; chill. Just before serving, add shoestring potatoes or chow mein noodles.

Nancy Determan, Aberdeen
Cooperative Connections

Oreo Cookie Salad

1 small box instant vanilla pudding
2 cups milk
1 (8 oz.) container whipped topping
30 Oreo cookies, broken into pieces
1-1/2 cups miniature marshmallows

Combine pudding and milk; beat until thick. Fold in whipped topping. Add cookies and marshmallows. Refrigerate.

Pauline Schmidt, Willow Lake
Cooperative Connections

Sunburst Macaroni Salad

1 pkg. Kraft macaroni shells and cheese
1 cup diced celery
1/2 cup mayonnaise
1/2 cup chopped green pepper
1/2 cup chopped sweet pickle
1/4 cup chopped onion
1/4 cup cooked and crumbled bacon

Prepare macaroni and cheese according to package directions. Add remaining ingredients; chill. Additional mayonnaise may be added before serving, if desired.

Margene Paige, Presho
Cooperative Connections

Beet and Broccoli Salad Dijon

1 (16 oz.) jar whole or sliced pickled beets
1 T. olive oil
1 T. Dijon-style mustard
1 small clove garlic, minced
Salt and pepper, optional
1/4 cup thinly sliced red onion
3 cups cooked broccoli florets

Drain beets; reserve 3 T. beet liquid. Cut whole beets in half. In small bowl, combine beet liquid, olive oil, mustard, garlic and salt and pepper, if desired. Whisk to blend. Stir in onion. Toss beets with dressing-onion mixture. Refrigerate, covered, to chill. (Make up to one day in advance.) To serve, add broccoli. Toss gently to combine.

Pictured, *Cooperative Connections*

Oriental Rice Salad

1 cup rice
1-1/2 cups water or chicken broth
1 T. butter
2 cups cooked and cubed turkey or chicken
1 pkg. frozen broccoli, cooked and drained
1 cup halved cherry tomatoes
1/2 cup sliced fresh mushrooms

Soy-Ginger Dressing:
1/2 cup oil
1/4 cup soy sauce
2 T. sherry, optional
1/2 tsp. ground ginger
1 tsp. sugar

Combine rice, water or broth and butter; bring to a boil. Cover and reduce heat to low; simmer 12 to 15 minutes. Remove from heat; let set 15 minutes. Add turkey or chicken, broccoli, tomatoes and mushrooms to cooked rice. Place dressing ingredients in quart jar; shake well to mix. Pour over rice mixture. Serve salad either hot or cold.

Carol Mizera-Amick, Lead
Cooperative Connections

Fresh Fruit Salad

2 medium apples, cut into 1/2-inch chunks
2 medium bananas, cut into 1/4-inch slices
1 (8 oz.) can pineapple chunks, drained
1/2 cup green grapes
1/4 cup sugar
1 T. cornstarch
1/2 cup water
3 T. orange juice
4-1/2 tsp. lemon juice

In a bowl, combine fruit; set aside. In a small saucepan, combine sugar and cornstarch. Add water, orange juice and lemon juice; stir for 1 minute or until thickened. Pour over fruit; toss gently. Cover and refrigerate.

Betty Syverson, Beardsley, MN
Cooperative Connections

Please send your favorite garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Creations

Tomato Quiche

1 onion, chopped
2 tomatoes, seeded and chopped
1/2 tsp. salt
1/4 tsp. thyme
2 T. butter
8 oz. grated Swiss or Parmesan cheese
1 unbaked 9-inch pie shell
2 eggs, beaten
2/3 cup half-n-half or evaporated milk

Cook onion, tomatoes, salt and thyme in butter until liquid is evaporated. Layer cheese on bottom of pie crust. Top with tomato and onion mixture. Pour egg and half-n-half over all. Bake at 425°F. for 10 minutes. Reduce heat to 375°F. and bake an additional 35 minutes or until a knife inserted in center comes out clean. Cool for 10 minutes before serving.

Janet Ochsner, Sturgis
Cooperative Connections

Garden Vegetable Medley Skillet

1/4 cup olive oil
2 cups diced red potatoes
1 onion, sliced julienne strips
2 cups fresh green beans, trimmed
1/2 red bell pepper, julienne strips
2 yellow squash, sliced
2 zucchini, sliced
1 tsp. granulated garlic
Dash of salt, to taste
1 tsp. fresh rosemary, chopped
2 (5 oz.) cans of Bumble Bee Sensations Sundried Tomato & Basil Tuna Medley, undrained

In skillet, heat oil over medium high heat. Add potatoes, onion and green beans. Sauté for 5 minutes, turning frequently. Add remaining vegetables, garlic, salt and rosemary. Add tuna, including the flavored juices. Cook mixture, stirring gently until vegetables are tender, approximately 8 to 10 minutes. Serve from skillet. Note: Frozen vegetables may be substituted for ease of preparation and seasonal availability.

Pictured, *Cooperative Connections*

Greek Summer Salad

3 tomatoes, cut in wedges
1 cucumber, sliced
1 small onion
1 green pepper, sliced
6 T. olive oil
2 T. wine vinegar
Crumbled dry oregano, to taste
Salt and pepper, to taste
1/3 lb. feta cheese, cubed
24 black olives

Place vegetables in a large salad bowl. Shake together olive oil, vinegar, oregano, salt and pepper. Pour dressing over salad. Top with feta and olives. Toss lightly and enjoy.

Theresa Hamby, Custer
Cooperative Connections

Zucchini Chocolate Bread

3 eggs
1 cup oil
2 cups sugar
1 T. vanilla
2 cups shredded zucchini
2-1/2 cups flour
1/2 cup cocoa
1 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. baking powder
1 cup miniature chocolate chips

Mix first 4 ingredients; add zucchini. Blend dry ingredients in separate bowl; add zucchini mixture to dry ingredients. Add chocolate chips; stir until mixed. Pour into 2 4x8-inch loaf pans that have been sprayed with cooking spray. Bake at 350°F. for 1 hour or until a toothpick inserted in center comes out clean. Cool slightly before removing from pans.

Margene Paige, Presho
Cooperative Connections

Tomato Preserves

3 cups peeled, chopped tomatoes
2 cups sugar
1 (3 oz.) box lemon Jello

Boil tomatoes in saucepan for 10 minutes. Add sugar; boil an additional 10 minutes. Remove from heat; add lemon Jello. Stir gently until dissolved. Pour while hot into glass jars. Seal within paraffin or refrigerate and use with 2 weeks. Makes about 1 pint and a small glass.

Mary Anne Clark, Groton
Cooperative Connections

Linguine Vegetable Toss

8 oz. uncooked linguine
1 T. olive or vegetable oil
3 large garlic cloves, minced
2 cups fresh sugar snap peas
1-1/2 cups 1-inch asparagus spears
4 Italian plum tomatoes, diced
1/3 cup chopped fresh basil or 1 T. dried basil leaves
1/4 tsp. salt
1/8 tsp. coarse ground pepper
1/4 cup finely shredded fresh Parmesan cheese

In Dutch oven or large saucepan, cook linguine to desired doneness as directed on package. Drain; return to Dutch oven. Cover to keep warm. Meanwhile, heat oil in large nonstick skillet over medium-high heat until hot. Add garlic; cook 30 seconds, stirring constantly. Reduce heat to medium; add sugar snap peas and asparagus. Cover and cook 3 minutes. If vegetables begin to stick, add 1 to 2 T. water to skillet. Add tomatoes; cook an additional 2 to 4 minutes or until vegetables are crisp-tender, stirring occasionally. Stir in basil, salt and pepper. Add to cooked linguine in Dutch oven; toss to mix. Snow pea pods may be used in place of the sugar snap peas. Cut large pea pods in half diagonally. Kitchen tip: Prepare sugar snap peas by breaking the stem end of the pod, then pulling the strings down both edges to remove them. Rinse the pods before cooking.

Eva Sande, Huron
Cooperative Connections

Please send your favorite pasta, wild game and holiday treats recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Perfect Pasta



Crab or Shrimp Salad

- 2 cups macaroni, cooked and cooled
- 2 cucumbers, peeled and chopped
- 2 tomatoes, chopped
- 1 green pepper, chopped
- 5 celery stalks, chopped
- 1 small package crab or shrimp
- 1 cup mayonnaise
- 1 cup sour cream
- 1/2 cup sugar
- Salt and pepper, to taste

Combine first 6 ingredients. Blend together mayonnaise, sour cream, sugar, salt and pepper. Add dressing to macaroni/vegetable mixture. Chill.

Rebecca Walz, Tripp Cooperative Connections

Stuffed Manicotti

- 10 oz. frozen chopped spinach, thawed and well drained
- 2 cups shredded skim mozzarella cheese
- 1 cup low fat cottage cheese
- 1 egg
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 8 oz. manicotti, uncooked
- 32 oz. jar spaghetti sauce

Combine first 6 ingredients. Spoon into dry manicotti shells. Spread thin layer of sauce on bottom of 9x13-inch pan. Arrange filled shells in single layer. Spread remainder of sauce over top. Cover with foil and refrigerate. Bake at 375°F. for 35 minutes.

Karen Huether, Tripp Cooperative Connections

Cordon Bleu Tetrazzini

- 1/2 cup chopped onion
- 1 cup diced cooked chicken breast
- 1 cup diced lean ham
- 1 can cream of chicken soup
- 3/4 oz. Swiss cheese, shredded
- 1 (2.5 oz.) can sliced mushrooms, undrained
- 1 tsp. dried parsley flakes
- 1-1/2 cups cooked spaghetti, drained

Mix together all ingredients. Pour into a greased casserole dish. Bake at 350°F. for 30 minutes or until heated through.

Margene Paige, Presho Cooperative Connections

Pasta with a Light Veggie Saute

- 4 small zucchini, sliced
- 2 large garlic cloves, minced
- 1 medium onion, chopped
- Olive oil
- Salt and pepper, to taste
- 3 tomatoes, chopped
- 1/4 cup Parmesan cheese
- Angel hair pasta, prepared as directed

Saute zucchini, garlic and onion in olive oil with a bit of salt and pepper until tender-crisp, about 5 to 6 minutes. Add chopped tomatoes and pasta. Cook 3 to 4 minutes or until pasta has absorbed some of the juice from the tomatoes. Add cheese; mix well. Serve with garlic bread.

Nichole Cheeseman, Chamberlain Cooperative Connections

Hearty Baked Rigatoni

- 1 lb. rigatoni or large tube pasta, cooked and drained
- 2 cups shredded mozzarella cheese
- 1 cup ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 jar (1 lb. 10 oz.) Ragú Old World Style Sweet Tomato Basil Smooth Pasta Sauce, divided

Toss hot rigatoni, 1-1/2 cups mozzarella, ricotta, Parmesan and 1/2 jar pasta sauce; turn into 9x13-inch baking dish. Evenly pour on remaining pasta sauce. Bake at 350°F., covered, 30 minutes or until heated through. Top with remaining 1/2 cup mozzarella and let stand until cheese is melted.

Pictured, Cooperative Connections

Easy Seaside Casserole

- 1 cup small shell pasta, cooked and drained
- 1 can cream of celery soup
- 1/2 cup milk
- 1/2 cup mayonnaise or salad dressing
- 1 (4 oz.) can shrimp, drained
- 1 (6 oz.) can crabmeat, drained
- 1/2 tsp. dill weed
- 1/4 tsp. salt, optional
- 1 can French-fried onions
- 1 cup shredded cheese

Stir soup, milk and mayonnaise into pasta; mix well. Add seasonings, shrimp, crabmeat, 1/2 of the onions and 1/2 of the cheese. Pour into a 1-1/2-quart casserole dish. Bake at 350°F. for 35 minutes. Top with remaining onions and cheese. Bake an additional 5 minutes or until onions are brown and cheese is melted.

Diana Farmer, Whitewood Cooperative Connections

Penne Pasta with Bacon and Cream

- 15 bacon slices
- 1 (8 oz.) package sliced fresh mushrooms
- 2 garlic cloves, minced
- 16 oz. penne pasta, cooked
- 1 cup freshly grated Parmesan cheese
- 2 cups whipping cream
- 1/2 tsp. pepper
- 4 green onions, sliced

Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 2 T. drippings in skillet. Coarsely crumble bacon. Saute sliced mushrooms and garlic in reserved drippings 3 to 5 minutes or until tender. Stir in pasta and next 3 ingredients; simmer over medium-low heat, stirring often, until sauce is thickened. Stir in bacon and green onions. Serve hot.

Tricia Robinson, Sioux Falls Cooperative Connections

Please send your favorite wild game and holiday treats recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Wild Game



Italian Stew

1-1/2 to 2 lbs. venison steaks, cubed
2 to 3 carrots cut into 1-inch chunks
1 to 1 1/2 cups coarsely chopped onion
1 (14.5 oz.) can stewed tomatoes
1 (14.5 oz.) can Italian diced tomatoes
1/3 cup minute tapioca
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. Worcestershire sauce
3 tsp. Italian seasoning
1/2 tsp. garlic powder

Combine all ingredients in slow cooker. Cook on low 8 to 10 hours.

Sheryl Martens, Beresford, SD
Cooperative Connections

Baked Pheasant

2 pheasants
3 packs butter-flavored crackers
1/2 cup butter, melted
1 can cream of chicken soup
1 can cream of mushroom soup
1-1/2 cups sour cream
1 T. poppy seed
1/2 cup chopped celery
1/2 cup chopped onion

Brown pheasants, then cube. Crush crackers fine with rolling pin. Sprinkle 2/3 of the crackers with hot butter into a 9x13-inch pan. Layer pheasant cubes on crackers and butter. Combine soups, sour cream, poppy seed, celery and onions; pour over pheasant. Top with remaining cracker crumbs. Bake at 350°F. for 1-1/2 hours.

Pauline Schmidt, Willow Lake, SD
Cooperative Connections

Pheasant Kiev

2 pheasant breasts cut in 4 pieces, skinned and deboned
1/4 cup butter, melted
4 slices Swiss cheese
1 can cream of chicken soup diluted with 1 can water
4 slices bacon
1/2 cup rice, uncooked

Crumb mixture:
1/2 cup bread crumbs
1/2 tsp. basil
2 T. parmesan cheese
1/2 tsp. oregano
1/2 tsp. salt
1/2 tsp. garlic powder

Pound pheasant breasts to flatten, but not tear. Brush half of each piece of breast with melted butter. Place a slice of Swiss cheese on and fold over. Roll in crumb mixture. Wrap each with bacon slice to help hold together. Place rice in a 3-quart casserole; place pheasant rolls on rice. Pour on diluted soup, just enough to cover. As rice absorbs, may need to add more diluted soup. Bake at 325°F. for 2 hours.

Sophia Hoff, Tripp, SD
Cooperative Connections

Rattlesnake Chili

2 lbs. rattlesnake meat
Juice from 1/2 lemon
1 large onion, chopped
3 large garlic cloves, minced
1 red bell pepper, chopped
3 jalapeno peppers, chopped
1 (28 oz.) can diced tomatoes
1 (15 oz.) can tomato paste
1 (28 oz.) can chili beans
1/4 cup chili powder
2 tsp. cumin
1 tsp. salt
1 tsp. black pepper

Simmer rattlesnake in water and lemon juice for 1 hour. Remove and separate meat from bones. Combine deboned meat with remaining ingredients in a crockpot and slow cook for 6 to 8 hours or bring to a boil in large cooking pot and simmer for 2 hours.

Pictured, Cooperative Connections

Venison Stroganoff

2 slices diced bacon
3 lbs. venison stew meat
1/2 cup chopped onions
1 to 2 cups sliced mushrooms
1 can cream of mushroom soup
1 soup can of water
1/4 tsp. paprika
Dash of pepper
1 cup dairy sour cream
Noodles

Fry bacon and remove from pan. Brown venison, then onions and mushrooms. Add soup, water, paprika and pepper. Simmer on high in crockpot for 4 hours, stirring every hour. Add sour cream and bacon; reheat but do not boil. Serve over noodles prepared according to package directions.

Mary Pruszynski, Tracy, MN
Cooperative Connections

Venison Mexican Lasagna

10 uncooked (no boil) lasagna noodles
1 lb. ground venison
1 clove garlic, minced
1 medium onion, chopped
1/4 cup chopped cilantro
1 tsp. cumin
1 (16 oz.) container ricotta cheese
2-1/2 cups salsa
2 cups shredded Mexican-style cheese
Olive oil

Saute venison, onion and garlic in small amount of olive oil. Remove from heat. Using a lightly oiled 9x13-inch baking pan, layer half the noodles, half the meat mixture and the remaining ingredients in the order given. Repeat layers. Bake uncovered at 375°F. for 40 minutes. Let stand 5 to 10 minutes.

Carol Mizera-Amick, Lead, SD
Cooperative Connections

Please send your favorite holiday treat and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Treats



Chocolate Chip Cheese Ball

1 (8 oz.) pkg. cream cheese, softened
1/2 cup butter
1/4 tsp. vanilla
2 T. brown sugar
3/4 cup confectioner's sugar
3/4 cup mini chocolate chips
3/4 cup finely chopped pecans
Graham cracker sticks

Beat cream cheese, butter and vanilla until creamy. Add sugars until blended. Stir in chocolate chips. Place mixture onto plastic wrap; form into a ball. Refrigerate 1 hour. Roll in pecans; serve with graham cracker sticks. You can also use Heath pieces instead of nuts and chocolate-covered graham crackers for dipping.

Mary Crane, Mitchell Cooperative Connections

Neapolitan Cookies

1 cup butter, softened (no substitutions)
1-1/2 cups sugar
1 egg
1 tsp. vanilla
2-1/2 cups flour
1-1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. almond extract
6 drops red food coloring
1/2 cup chopped walnuts
1 oz. unsweetened baking chocolate, melted*

Line a 9x5x3-inch loaf pan with waxed paper; set aside. In a mixing bowl, cream butter and sugar. Beat in egg and vanilla. Combine flour, baking powder and salt; gradually add to the creamed mixture. Divide the dough into thirds. Add almond extract and red food coloring to one portion; spread evenly into prepared pan. Add nuts to the second portion; spread evenly over the first layer. Add melted chocolate to the third portion; spread over second layer. Push layers together firmly. Cover with waxed paper; refrigerate overnight. Unwrap; cut loaf in half lengthwise. Cut each portion into 1/8-inch slices. Place 1 inch apart on ungreased baking sheets. Bake at 350°F. for 10 to 12 minutes. *To make 1 oz. unsweetened chocolate, mix 3 T. cocoa and 1 T. oil.

Margene Paige, Presho Cooperative Connections

No Fail Fudge

4 cups sugar
2 cups cream
1/4 cup Karo syrup
4 heaping T. cocoa
4 T. butter
4 tsp. vanilla
1 cup nuts, optional

Combine sugar, cream, syrup and cocoa. Boil until soft ball forms (325°F.). Boil on low heat; do not stir while cooking. Remove from heat. Add butter and vanilla; do not stir. Let cool 30 minutes. Beat until fudge loses its gloss (hand mixer may be used). Add nuts; pour into a buttered 9x13-inch glass pan. Cut when cool.

Cindi Rossow, Herreid Cooperative Connections

Gingerbread Cookie Dough

3 cups flour
2 tsp. McCormick® ground ginger
1 tsp. McCormick ground cinnamon
1 tsp. baking soda
1/4 tsp. McCormick ground nutmeg
1/4 tsp. salt
3/4 cup (1-1/2 sticks) butter, softened
3/4 cup firmly packed brown sugar
1/2 cup molasses
1 egg

Combine first 6 ingredients in large bowl. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses and egg; beat well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.

To make Gingerbread Men: Prepare 1 recipe Gingerbread Cookie Dough as directed. Roll dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men shapes with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets. Bake at 350°F. 8 to 10 minutes or until edges of cookies are set and just begin to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire racks; cool completely.

Pictured, Cooperative Connections

Orange Butterscotch Fudge

1/4 cup butter or margarine
2/3 cup evaporated milk
1-1/2 cups sugar
1/4 tsp. salt
12 oz. butterscotch chips
3 cups miniature marshmallows
1 tsp. orange extract
1 tsp. grated orange peel
3/4 cup chopped walnuts

In a heavy saucepan, bring butter, milk, sugar and salt to a boil, stirring constantly. Continue to boil, stirring occasionally, for 5 minutes. Remove from heat. Stir in butterscotch chips, marshmallows, orange extract and grated peel until well blended and smooth. Stir in chopped nuts. Spread mixture in buttered 9-inch square pan. Chill in refrigerator.

Maxine Smith, Owanka Cooperative Connections

Caramel-Marshmallow Treats

48 caramels
1/2 cup butter or margarine
Marshmallows
1 can sweetened condensed milk
Rice Krispies

In a double-boiler, melt caramels, butter and milk. Using a fork, dip marshmallows in caramel and roll in Rice Krispies. Keep refrigerated. Do not microwave.

Pauline Schmidt, Willow Lake Cooperative Connections

Please send your favorite soup and bread and breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2009. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2010 Reader Recipes

January

Hearty and Hot

1. Pepperoni Pizza Chili
2. Ham, Potato and Corn Chowder
3. Philly Cheese Steak Soup
4. Roasted Tomato and Barley Soup
5. Oyster Stew
6. Potato-Sauerkraut Soup

February

Best of Breakfast

1. Spicy Apple French Toast
2. Peach French Toast
3. Breakfast Soufflé
4. Heavenly Heart-Shaped Pancakes
5. “Night Before” Coffee Cake
6. No Fail Fudge

March

Seafood Specialties

1. Salmon Potato Cakes
2. Maple Salmon
3. Salmon Loaf
4. Shrimp Spread
5. The Big Easy Jambalaya
6. Cheesy Tuna Pie
7. Salmon Chowder

April

Party Favorites 1

1. Ham Ball
2. Jalapeno Tortilla Roll-Ups
3. Crockery Cocoa
4. Angel Frost Punch
5. Chocolate Peanut Butter Dip
6. Bagel Dip
7. Summertime Rhubarb Slush

May

Party Favorites

1. Creamy Ham and Macaroni Casserole
2. Pork Chops and Potatoes
3. Pepperoni Macaroni
4. Modern Tuna-Pasta Casserole
5. Chicken Casserole
6. Hotdish for a Crowd

June

Ethnic Edibles

1. Taco Pie
2. Polish Tea Cakes
3. German Schnitzel
4. Mediterranean-Style Stuffed Peppers
5. The Queen's Jewels

July

Summer Treats

1. Easy Rhubarb Dessert
2. Low-fat Cake
3. Fresh Peach Pie
4. Chocolate Scotcheroos
5. Red, White and Blueberry Torte
6. Butterscotch Cashew Bars

August

Succulent Salads

1. Oreo Salad
2. Pretzel Salad
3. Snowy Cheese Salad Mold
4. Spring Salad
5. Oriental Ramen Salad
6. Calico Salad
7. One-cup Fruit Salad

September

Garden Delights

1. Colonel’s Coleslaw
2. Mock Raspberry Jam
3. Wild Mulberry Jam
4. Lemony Zucchini Bread
5. Savory Beet & Goat Cheese Tart
6. Veggie Mac and Cheese
7. Acorn Squash

October

Perfect Pasta

1. Refrigerator Chicken Casserole
2. Ham and Noodle Casserole
3. Classic Italian Spaghetti
4. Skillet Pasta and Beef Dinner
5. Port Sausage Fettuccine Casserole
6. Macaroni-Corn Bake

November

Wild Game

1. Pheasant Festiva Soup
2. Venison Salami
3. Pheasant in Mushroom Sauce
4. Pheasant in Sour Cream
5. Sully County Goose Whip
6. Sweet and Sour Elk Ribs
7. Venison Barbeque

December

Holiday Favorites

1. Sweet Potato Casserole
2. Famous Coconut Almond Balls
3. Hot Broccoli Cheese Dip
4. Peppermint Snow Pie
5. Peanut Butter Clusters
6. Buttery Cashew Brittle



Hearty and Hot

Pepperoni Pizza Chili

1 lb. ground beef
1 (16 oz.) can kidney beans, rinsed and drained
1 (15 oz.) can pizza sauce
1 (14.5 oz.) can Italian stewed tomatoes
1 (8 oz.) can tomato sauce
1-1/2 cups water
1 (3.5 oz.) pkg. sliced pepperoni
1/2 cup chopped green pepper
1 tsp. pizza seasoning or Italian seasoning
1 tsp. salt
Shredded mozzarella cheese, optional

In a large saucepan, brown beef; drain. Stir in remaining ingredients except cheese. Bring to a boil. Reduce heat; simmer, uncovered for 30 minutes or until chili reaches desired thickness. Garnish with cheese, if desired.

Dorothy Horst, Canton
Cooperative Connections

Ham, Potato and Corn Chowder

1/4 cup chopped onion
1-1/2 cups cubed ham
2 cups water
6 Yukon gold potatoes, cubed
1/4 cup chopped celery with leaves
1 tsp. or 1 cube chicken bouillon
2 cups fresh, frozen or canned corn, drained
4 cups milk, may use 1 cup half-and-half and 3 cups milk
Pepper to taste

In a 4-quart pan, simmer onions and ham in water for 5 minutes. Add potatoes and just enough water to cover. Add chicken bouillon and celery. Simmer mixture until potatoes are tender, about 15 minutes uncovered. Remove from heat; smash a few of the potatoes. Add corn, milk and pepper. Heat until mixture starts to bubble around the edges. Cover and simmer 10 minutes, stirring occasionally.

NanCee Maynard, Box Elder
Cooperative Connections

Philly Cheese Steak Soup

3/4 cup butter
1 green pepper, diced or cut in strips
1 orange, yellow or red pepper, diced or cut in strips
1 medium onion, diced or cut in strips
8 oz. fresh mushrooms, sliced
2/3 cup flour
6 cups milk
1 can beef consommé
3/4-lb. cooked beef or rib eye, diced (leftover roast works great)
8 oz. Swiss/American cheese slices
Salt and pepper to taste

Melt butter in large, heavy stockpot. Add peppers, onions and mushrooms; sauté until tender, about 5 minutes. Add flour; cook an additional 5 minutes, stirring continuously. Slowly whisk in milk; bring to a simmer, stirring often until soup thickens. Reduce heat to medium low; stir in consommé and beef. Slowly add cheese until all is melted and incorporated into the soup.

Tina Flynn, Pierre
Cooperative Connections

Roasted Tomato and Barley Soup

1 (28 oz.) can diced tomatoes, undrained
2 large onions, diced (about 2 cups)
2 cloves garlic, minced
2 T. olive oil
4 cups Swanson Chicken Broth
2 stalks celery, diced (about 1 cup)
1/2 cup uncooked pearl barley
2 T. chopped fresh parsley

Heat oven to 425°F. Drain tomatoes, reserving juice. Place the tomatoes, onions and garlic into a 17x11-inch roasting pan. Pour the oil over the vegetables and toss to coat. Roast for 25 minutes. Place the roasted vegetables into a 3-quart saucepan. Stir in the reserved tomato juice, broth, celery and barley and heat to a boil. Reduce heat to low. Cover and cook for 35 minutes or until barley is tender. Stir in parsley. Serves 8. *Nutritional information per serving: Calories 113, Total Fat 4g, Saturated Fat 1g, Cholesterol 3mg, Sodium 618mg, Total Carbohydrate 18g, Dietary Fiber 4g, Protein 3g, Vitamin A 10%, Vitamin C 14%, Calcium 3%, Iron 5%*

Pictured, Cooperative Connections

Oyster Stew

1/4 cup chopped onion
2 tsp. butter
1 pint oysters
1/2 tsp. salt
2 cups milk
1 cup half-and-half
1 T. parsley
1/4 tsp. white pepper

In a large saucepan, cook onion in butter until tender but not brown. Stir in undrained oysters and salt. Cook over medium heat about 5 minutes or until oysters curl around the edges, stirring occasionally. Stir in milk, half-and-half, parsley and white pepper. If desired top each serving with additional butter. Serve with oyster crackers.

Debra Sanderson, Balaton, MN
Cooperative Connections

Potato-Sauerkraut Soup

4 cups chicken broth
1 can cream of mushroom soup
1 (16 oz.) can sauerkraut, rinsed and drained
8 oz. fresh mushrooms, sliced
1 medium potato, cubed
2 medium carrots, chopped
1 medium onion, chopped
2 stalks celery, chopped
3/4 lb. smoked Polish sausage, cubed
2 T. vinegar
2 tsp. dill weed, optional
1/2 tsp. pepper

Mix all ingredients in a 4-quart kettle. Cover and cook until vegetables are tender.

Pam Hofer, Carpenter
Cooperative Connections

Please send your favorite seafood recipes and bread and breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Best of Breakfast



Spicy Apple French Toast

5 T. butter
2 large apples, sliced
1 cup packed brown sugar
2 T. dark Karo syrup
1 tsp. cinnamon
8 1-inch slices French bread
3 large eggs
1 cup milk
1 tsp. vanilla

Syrup:
1 cup applesauce
1 jar apple jelly
1/2 tsp. cinnamon
1/8 tsp. cloves

In a heavy saucepan, melt butter and add apple slices, stirring until tender. Add brown sugar, corn syrup and cinnamon. Cook until sugar dissolves. Pour into a 9x13-inch pan. Arrange bread slices in 1 layer over apple mixture. In medium bowl, beat eggs, milk and vanilla. Pour over bread slices. Cover with plastic wrap and refrigerate overnight. Remove plastic wrap and bake at 375°F. for 30 to 35 minutes. For syrup, combine all ingredients in medium saucepan; cook until hot. Serve over French toast.

Eva Kingsbury, Martin Cooperative Connections

Heavenly Heart-Shaped Pancakes

2 1/2 cups all-purpose flour
1 (6 oz.) cup Nestlé Toll House Semi-Sweet Chocolate Mini Morsels
1 T. baking powder
1/2 tsp. salt
1-3/4 cups milk
2 large eggs
1/3 cup vegetable oil, plus more for the griddle and cookie cutters
1/3 cup packed brown sugar
3-inch heart-shaped metal cookie cutters (optional)
Powdered sugar

Combine flour, morsels, baking powder and salt in large bowl. Combine milk, eggs, oil and brown sugar in medium bowl; add to flour mixture. Stir just until moistened (batter may be lumpy). Heat griddle or skillet over medium heat; brush lightly with oil. Pour 1/4 cup batter onto hot griddle into the shape of a heart or use heart-shaped metal cookie cutters; cook until bubbles begin to burst. Turn; continue to cook about 1 minute longer or until golden. Repeat with remaining batter. Sprinkle with powdered sugar before serving. Makes 18 pancakes. *Nutrition Information per serving: 210 calories; 90 calories from fat; 10g total fat; 3.5g saturated fat; 25mg cholesterol; 150mg sodium; 27g carbohydrate; 1g fiber; 12g sugars; 4g protein*

Pictured, Cooperative Connections

Peach French Toast

1 cup brown sugar
1/2 cup butter or margarine
2 T. water
1 (29 oz.) can peach slices, drained, reserve juice
12 3/4-inch slices French bread
5 eggs
1-1/2 cups milk (some milk may be replaced with reserved peach juice
1 T. vanilla
3 T. cinnamon

Bring brown sugar, butter and water to a boil; reduce heat and simmer 10 minutes, stirring frequently. Pour into a greased 9x13-inch pan. Top with drained peaches. Arrange bread over peaches. Whip together eggs, milk and vanilla. Pour slowly over bread. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Sprinkle with cinnamon. Bake, covered, at 350°F. for 25 minutes. Uncover and bake an additional 30 to 40 minutes or until bread is golden brown. Remove from oven and let set 5 minutes before serving.

Betty Sandberg, Brandon Cooperative Connections

"Night Before" Coffee Cake

2/3 cup butter
1 cup sugar
1/2 cup packed brown sugar
2 eggs
1 cup buttermilk
2 cups unsifted flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt

Topping:
1/2 tsp. cinnamon
1/2 cup packed brown sugar
1/4 tsp. nutmeg
1/2 cup chopped nuts

In a large bowl, cream butter and sugar until light and fluffy. Add eggs; beat well. Add dry ingredients alternately with buttermilk. Beat until smooth after each addition. Pour into a greased 9x13-inch pan. Combine topping ingredients and sprinkle over batter. Cover with foil. Refrigerate overnight. Remove foil and bake at 350°F. for 40 to 50 minutes.

Pam Hofer, Carpenter Cooperative Connections

Breakfast Souffle

1 lb. ground sausage, browned and drained
1 cup shredded Cheddar cheese
4 eggs
6 slices bread, cubed
2 cups milk
Salt and pepper, to taste

Stir together sausage, bread cubes and cheese. Beat eggs, milk and seasonings. Place sausage mixture in prepared casserole; pour egg mixture over all. Cover and refrigerate overnight. Bake, uncovered, at 325°F. for 1-1/2 hours or until done.

Margene Paige, Presho Cooperative Connections

No Fail Fudge

4 cups sugar
2 cups cream
1/4 cup Karo syrup
4 heaping T. cocoa
4 T. butter
4 tsp. vanilla
1 cup nuts, optional

Combine sugar, cream, syrup and cocoa. Boil until soft ball forms (235°F.). Boil on low heat; do not stir while cooking. Remove from heat. Add butter and vanilla; do not stir. Let cool 30 minutes. Beat until fudge loses its gloss (hand mixer may be used). Add nuts; pour into a buttered 9x13-inch glass pan. Cut when cool.

Cindi Rossow, Herreid Cooperative Connections

Please send your favorite seafood recipes and appetizers or beverages recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Seafood Specialties



Salmon Potato Cakes

14 oz. fresh skinless salmon
2 cups refrigerated sour cream and chives mashed potatoes
1/2 cup seasoned fine dry bread crumbs
3 T. fresh dill

Rinse and dry salmon. Place in 2-quart square microwave-safe baking dish; cover with vented plastic. Cook on high for 1-1/2 to 3-1/2 minutes or until salmon flakes easily with fork. Break into pieces. Combine salmon, potatoes, bread crumbs and dill. Mix and form into 8 3-1/2 inch cakes. Lightly coat a large nonstick skillet with cooking spray. Cook over medium-high heat 3 to 4 minutes on each side until browned.

Mary Heller, Redfield Cooperative Connections

Maple Salmon

1/4 cup maple syrup
2 T. soy sauce
1 clove garlic, minced
1/4 tsp. garlic salt
1/8 tsp. black pepper
1 lb. salmon

Combine first 5 ingredients. Place salmon in shallow glass baking dish. Coat with maple syrup mixture. Cover fish and refrigerate 30 minutes, turning once. Bake salmon, uncovered, at 400°F. for 20 minutes or until easily flaked with a fork.

Kathleen Hahn, Sioux Falls Cooperative Connections

Salmon Loaf

1 can salmon, drained
4 cups croutons or bread cubes
3 eggs
1 can cream of celery soup
1 cup milk
1/2 cup chopped frozen spinach
1/2 cup chopped onion
1/4 cup chopped celery
1 tsp. dried basil or Italian seasoning
1/4 cup grated Parmesan cheese
Pepper to taste
Romano or grated Parmesan cheese, optional

Combine first 11 ingredients. Place in 3-quart casserole dish. Bake, covered, at 350°F. for 50 minutes. Uncover and sprinkle grated Parmesan or Romano cheese over top and bake an additional 10 minutes.

Laurie A. Wernke, Lennox Cooperative Connections

Shrimp Spread

1 can shrimp, chopped
1 can water chestnuts, drained and chopped
3/4 cup mayonnaise
2 tsp. soy sauce
2 tsp. chives

Mix together all ingredients; serve with crackers.

Martha Mehlhaff, Mina Cooperative Connections

The Big Easy Jambalaya

1 T. olive oil
1 cup chopped onion
2 bell peppers (preferably one yellow and one green), diced
1 (14.5 oz.) can fire roasted diced tomatoes, undrained
3/4 cup water
1 (8 oz.) pkg. Zatarain's Reduced Sodium Jambalaya Mix
1 (12 oz.) package fully cooked smoked andouille sausage, sliced
1 lb. peeled and deveined uncooked large shrimp, thawed if frozen
1/4 cup chopped parsley, optional

Heat oil in large deep skillet or 5-quart Dutch oven on medium heat. Add onion and bell peppers; cook and stir 7 minutes or until vegetables begin to soften. Stir in tomatoes, water and Jambalaya Mix. Bring to boil. Reduce heat to medium-low; cover and simmer 15 minutes. Stir in shrimp and sausage. Cover and cook 10 minutes longer or just until shrimp turn pink and rice and vegetables are tender, stirring occasionally. Remove from heat. Let stand 5 minutes. Sprinkle with parsley, if desired. Makes 8 1-cup servings. *Nutritional information per serving: calories 264; sodium 813mg; fat 8g; carbohydrates 29g; cholesterol 107mg; fiber 2g; protein 19g*

Pictured, Cooperative Connections

Cheesy Tuna Pie

2 cups cooked rice
2 (6 oz.) cans tuna, drained and flaked
1 cup mayonnaise
1 cup shredded Cheddar cheese
1/2 cup sour cream
1/2 thinly sliced celery
1 (4 oz.) can sliced black olives
2 T. dried onion flakes
1 refrigerated pie crust

Spray a 9-inch deep-dish pie pan with cooking spray. Combine all ingredients except pie crust. Spoon into pie pan. Place pie crust over tuna mixture; press edge to pan to seal. Cut slits for steam. Bake at 350°F. for 20 minutes or until crust is browned and filling is bubbly.

Sophia Hoff, Tripp Cooperative Connections

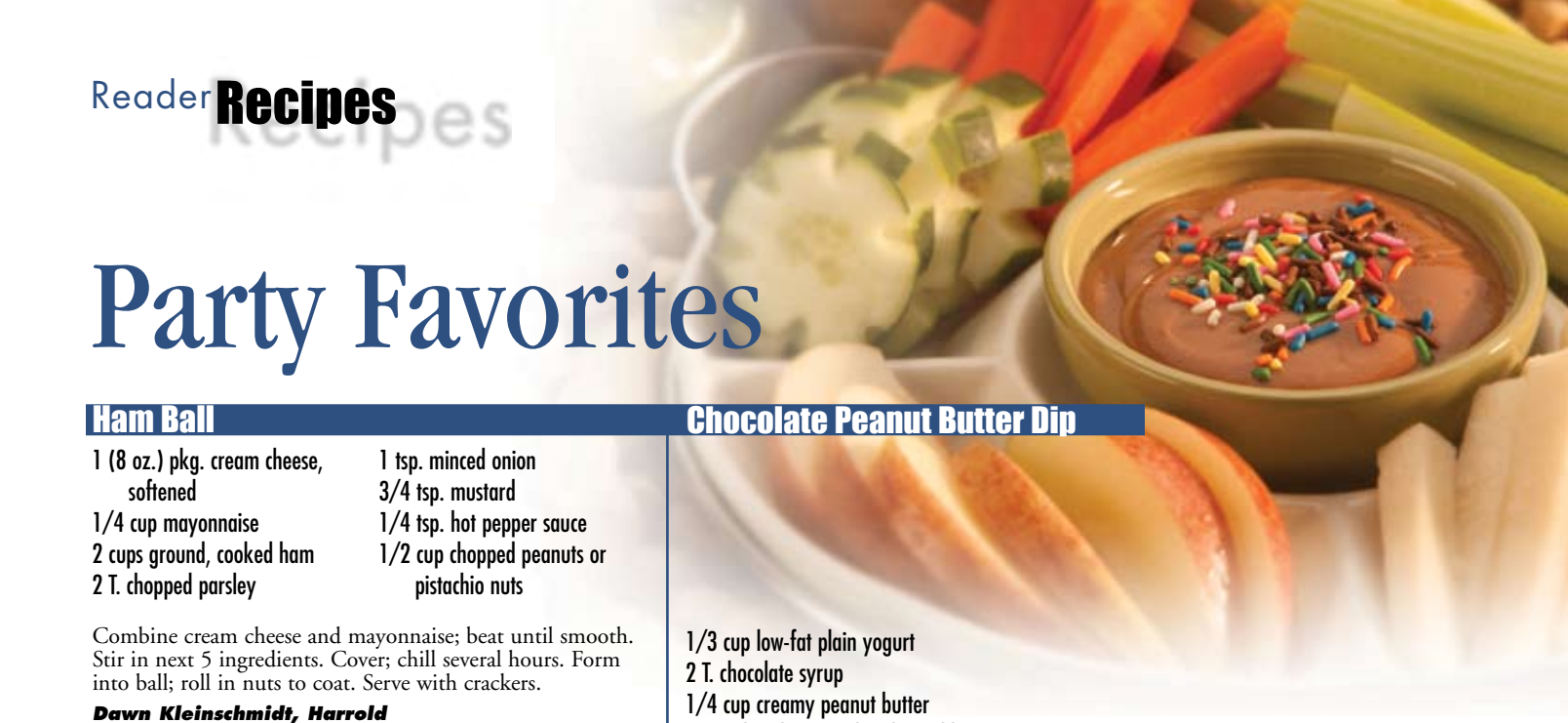
Salmon Chowder

1 small onion, chopped fine
1 T. butter or margarine
1 can cream of celery soup
1-1/3 cups milk
1 can salmon, drain and remove skin and bones
1 can cream-style corn
1 T. fresh parsley

Saute onion in butter. Combine all ingredients; heat thoroughly.

Lois Munson, Bonesteel Cooperative Connections

Please send your favorite casserole and ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2010. All entries must include your name, mailing address, telephone number and cooperative name.



Party Favorites

Ham Ball

1 (8 oz.) pkg. cream cheese, softened
1/4 cup mayonnaise
2 cups ground, cooked ham
2 T. chopped parsley
1 tsp. minced onion
3/4 tsp. mustard
1/4 tsp. hot pepper sauce
1/2 cup chopped peanuts or pistachio nuts

Combine cream cheese and mayonnaise; beat until smooth. Stir in next 5 ingredients. Cover; chill several hours. Form into ball; roll in nuts to coat. Serve with crackers.

Dawn Kleinschmidt, Harrold Cooperative Connections

Jalapeno Tortilla Roll-Ups

1 (8 oz.) pkg. cream cheese, softened
2 T. sour cream
3 (10-inch) flour tortillas
1 pkg. deli cooked thinly sliced chicken, turkey or ham
1 (4 oz.) can green chilies
1 (4 oz.) can jalapenos
1 (4 oz.) can chopped black olives
4 medium dill pickles, cut into strips length-wise

Combine cream cheese and sour cream. Spread equally on tortillas. Place meat slices on tortillas. Cover with chilies, jalapenos and olives. Place strips of pickles at one end of each tortilla. Roll up and cut into 1-inch slices. Put in sealed container in refrigerator for 1 hour.

Darlene Price, Prairie City Cooperative Connections

Crockery Cocoa

3-1/3 cups nonfat dry milk
2/3 cup unsweetened cocoa powder
1/2 cup sugar
1 tsp. vanilla extract
6 cups warm water

In a crockpot, combine first 3 ingredients. Stir in vanilla and water. Cover and heat on low setting for 3 to 4 hours.

Cherie Leibel, Glencross Cooperative Connections

Angel Frost Punch

2 (10 oz.) pkgs. frozen sliced strawberries
2 (6 oz.) cans frozen pink lemonade concentrate
2 cups water
1 quart vanilla ice cream
2 cups lemon-lime soda

Combine 1 pkg. strawberries, 1 can lemonade concentrate, 1 cup water and half the ice cream in a blender. Blend until smooth and thick. Pour mixture into punch bowl. Repeat with remaining strawberries, lemonade, water and ice cream. Pour lemon-lime drink into mixture. Carefully stir to mix.

Sharon Morrell, Parker Cooperative Connections

Chocolate Peanut Butter Dip

1/3 cup low-fat plain yogurt
2 T. chocolate syrup
1/4 cup creamy peanut butter
1 tsp. chocolate or colored sprinkles
4 cups fresh fruit and vegetables cut in "dip-able" shapes

In a standing mixing bowl, mix yogurt and chocolate syrup on medium speed until well blended. In a microwave-safe bowl, microwave the peanut butter at 70 percent power for about 1 minute or until melted; stir halfway through. Pour peanut butter into chocolate yogurt mixture and mix until smooth. Note: This dip may also be served with pretzels or spread on graham crackers.

Makes 4 servings (each serving = 3 T. dip and 1 cup fruit/veggies)
Nutrients per serving: Calories, 194 (38% from fat); Fat, 9g (saturated 2g, monounsaturated 4g, polyunsaturated 2g); Protein, 6g; Carbohydrates, 26g; Fiber, 4g; Cholesterol, 2mg; Calcium, 64mg

Pictured, Cooperative Connections

Bagel Dip

1 (16 oz.) container sour cream
1-1/2 cups real mayonnaise
2 T. parsley flakes
2 tsp. dill weed
2 tsp. Accent
1 medium onion, diced
2 (2.5) oz. pkgs. corned beef, chopped

Mix and chill. Serve with plain, onion or pumpernickel bagels cut into small pieces.

Deloris Gilbertson, Arlington Cooperative Connections

Summertime Rhubarb Slush

6 cups fresh or frozen rhubarb
7 cups water
2 cups sugar
1 (12 oz.) can frozen orange juice concentrate, thawed
1 (12 oz.) can frozen lemonade concentrate, thawed
2 (2 liter) bottles of 7-up, Squirt or club soda

In a large saucepan, bring rhubarb, water and sugar to a boil. Simmer, uncovered, for 8 to 10 minutes or until rhubarb is tender. Process in blender until smooth. Cool. In a large covered contained, combine rhubarb and juices. Mix well; freeze. To serve, scoop slush into a tall glass; add 7-up or other favorite beverage.

Carol Mizera-Amick, Lead Cooperative Connections

Please send your favorite Casseroles and Ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Party Favorites



Creamy Ham and Macaroni Casserole

2 cups uncooked elbow macaroni
1/4 cup butter
1/4 cup flour
2 cups milk
4 tsp. chicken bouillon granules
1/4 tsp. pepper
8 oz. shredded Cheddar cheese, divided
1-1/2 cups cubed ham
1/4 cup grated Parmesan cheese

Cook macaroni according to package directions; drain and set aside. In a large saucepan, melt butter over low heat; whisk in flour until smooth. Whisk in milk, bouillon granules and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat. Stir in 1 cup Cheddar cheese, ham, parmesan cheese and macaroni. Pour into a prepared 2-quart baking dish. Sprinkle with remaining Cheddar cheese. Bake, uncovered, at 350°F. for 20 to 25 minutes or until bubbly. Let stand for 5 minutes before serving.

Margene Paige, Presho Cooperative Connections

Pork Chops and Potatoes

6 pork chops
1 can cream of celery soup
1/2 soup can milk
1/2 cup sour cream
1 cup shredded Cheddar cheese, divided
Hash browns (from 6 potatoes)
1 can French-fried onions, divided

Brown chops. Combine soup, milk, sour cream, 1/2 cup Cheddar cheese and 1/2 can French-fried onions. Stir in hash browns. Put mixture in a 9x13-inch pan. Lay chops on top. Bake, covered, at 350°F. for 1-1/2 hours. Top with remaining cheese and onions. Bake an additional 5 minutes.

Joyce Dubois, Wolsey Cooperative Connections

Pepperoni Macaroni

2-1/2 cups uncooked elbow macaroni
1 lb. bulk Italian sausage
1 large onion, chopped
1 (15 oz.) can pizza sauce
1 (8 oz.) can tomato sauce
1/3 cup milk
1 (3-1/2 oz.) pkg. sliced pepperoni, halved
1 (4-1/2 oz.) can sliced mushrooms, drained
1 (2-1/4 oz.) can sliced ripe olives, drained
1 cup shredded mozzarella cheese

Cook macaroni according to package directions. Meanwhile, in a skillet over medium heat, cook sausage and onion until meat is no longer pink; drain. Drain macaroni. In a large bowl, combine pizza sauce, tomato sauce and milk. Stir in sausage mixture, macaroni, pepperoni, mushrooms and olives. Transfer to greased 9x13-inch baking dish. Bake, covered, at 350°F. for 30 minutes. Uncover; sprinkle with cheese. Bake an additional 10 to 15 minutes or until bubbly and cheese is melted.

Deloris Bachman, Rapid City Cooperative Connections

Modern Tuna-Pasta Casserole

1-1/2 cups uncooked whole-wheat rotini
Cooking spray
1 (16 oz.) bag frozen mixed vegetables, such as a carrot, broccoli and cauliflower blend, thawed
2 (5.5 oz.) cans low-sodium chunk light tuna, packed in water, flaked
1 (10.75 oz.) can low-fat condensed cream of chicken soup (lowest sodium available)
1/2 cup chopped bottled roasted red bell peppers, rinsed before chopping
1/2 cup fat-free half-and-half
1 tsp. all-purpose seasoning blend
3/4 cup lightly crushed (about 1/4-inch pieces) low-sodium whole-grain crackers (about 34 squares)
1/4 cup shredded or grated Parmesan cheese

Prepare pasta using package directions, omitting salt and oil. Drain. Transfer to a large bowl. Lightly spray a 2-quart glass casserole dish with cooking spray. Stir mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into pasta until combined. Transfer to casserole dish. Sprinkle with crackers and Parmesan. Bake, uncovered, at 350°F. for 25 to 30 minutes or until casserole is warmed through and the topping is golden brown. ‘

Makes 4 1-1/2 cups servings. Nutrition Analysis (per serving): Calories, 400; Total Fat, 7.0 g, Saturated Fat, 2.5 g, Trans Fat, 0.0 g, Polyunsaturated Fat, 2.0 g, Monounsaturated Fat, 2.0 g; Cholesterol, 30 mg; Sodium, 537 mg; Carbohydrates, 52 g; Fiber, 8 g; Sugars, 7 g; Protein, 32 g; Dietary Exchanges: 3 starch, 1 1/2 vegetable, 3 lean meat

Pictured, Cooperative Connections

Chicken Casserole

1 (7 oz.) package of elbow macaroni, uncooked
1 can cream of mushroom soup
1 cup chicken broth
1/2 lb. Velveeta cheese, cut up
1 small can mushrooms
2 cups cooked, cut-up chicken
1 can cream of celery soup
1 cup milk
Onion, chopped
1 stick butter or margarine, melted

Mix all ingredients and refrigerate overnight. Take out 1 hour before baking. Bake at 350°F. for 1-1/2 hours.

Wanda Eilers, Canby, Minn. Cooperative Connections

Hotdish for a Crowd

2 lb. browned ground beef
1 large onion, chopped
4 to 6 carrots, diced
3 to 5 potatoes, diced
1 cup chopped celery
1 (16 oz.) can string beans
1 cup cooked rice
5 T. soy sauce (or less)
1 can cream of mushroom soup
1 can cream of chicken soup
2 soup cans water
Garlic to taste
Seasoned salt to taste, salt and pepper

Combine all ingredients in large roaster. Bake at 325°F. for about 1-1/2 hours.

Darlene Eide, Corona Cooperative Connections

Please send your favorite ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Edibles



Taco Pie

1-1/4 lb. ground beef
1 pkg. taco seasoning
1/2 cup water
1 tube refrigerated crescent rolls
1-1/2 to 2 cups crushed corn chips, divided
1 cup dairy sour cream
1 cup shredded Cheddar cheese

Lightly brown beef; drain. Stir in seasoning mix and water; simmer 5 minutes. Separate rolls into 8 triangles. Place triangles in ungreased 10-inch pie plate. Press to form crust. Sprinkle 1 cup crushed corn chips over bottom of crust. Spoon meat mixture over chips. Spread sour cream over meat layer. Cover with cheese. Sprinkle remaining corn chips on top. Bake at 375°F. for 20 to 25 minutes.

Heidi Morlock, Eureka Cooperative Connections

Polish Tea Cakes (Ciastka Do Herbatki)

1/2 cup butter
1/2 cup sugar
1 egg yolk
1/2 tsp. vanilla
1 cup flour
1/2 tsp. salt
1/2 cup ground nuts
1/2 cup fruit preserves

Cream butter and sugar until light. Add slightly beaten egg yolk and vanilla; mix well. Mix in flour with salt. Form into small balls, dip in unbeaten egg white and roll in nuts. Place on unbuttered baking sheet and make an indentation in the center with thimble. Bake at 325°F. for 5 minutes. Remove from oven and press down again with the thimble. Return to oven for about 10 to 15 minutes, until lightly browned. Fill indentations with fruit preserves while still warm. Any kind of jam – apricot, strawberry, plum or peach – works well with these cookies.

Rachel Breczinski, Marshall, MN Cooperative Connections

German Schnitzel

6 pork loin cutlets, cut 1/2-inch thick
1/4 cup + 1 T. flour, divided
1 tsp. seasoned salt
1/4 tsp. pepper
1 egg, beaten
2 T. milk
3/4 cup fine bread crumbs
1 tsp. paprika
3 T. shortening
3/4 cup chicken broth
1/4 tsp. dill weed
1/2 cup sour cream

Pound pork to 1/4 to 1/8-inch thickness. Cut edges in slits to prevent curling. Coat with mixture of 1/4 cup flour, seasoned salt and pepper. Combine egg and milk. Dip cutlets in egg mixture, then in crumbs and paprika. Cook in large skillet 3 cutlets at a time for 3 minutes on each side. Remove and pour broth in skillet. Loosen drippings then mix in flour, dill weed and sour cream. Cook until thick. Pour over warm cutlets.

Jean Cave, Sioux Falls Cooperative Connections

Mediterranean-Style Stuffed Peppers

2 tsp. McCormick Rosemary Leaves, finely crushed
1 tsp. McCormick Ground Cinnamon
1 tsp. McCormick Oregano Leaves
1/2 tsp. sea salt from McCormick Sea Salt Grinder
1 lb. lean ground beef
1 (14 oz.) can no salt added tomato sauce
1/3 cup golden raisins
1/4 cup toasted slivered almonds
1 cup cooked brown rice
1 egg, beaten
4 medium green bell peppers, halved lengthwise, stem and seeds removed
1/2 cup crumbled reduced fat feta cheese

Mix rosemary, cinnamon, oregano and sea salt in small bowl. Set aside. Cook ground beef in large skillet on medium-high heat 5 to 7 minutes or until no longer pink, stirring occasionally to break up meat. Drain fat. Add spice mixture; cook and stir 1 minute. Stir in tomato sauce, raisins and almonds. Bring to boil. Remove from heat. Add rice and egg; mix well. Arrange bell pepper halves, cut-side up, in 9x13-inch baking dish. Spoon beef mixture evenly into bell pepper halves. Pour 1/4 cup water into dish. Cover with foil. Bake at 375°F. for 45 minutes or until bell peppers are tender. Sprinkle filling with feta cheese. Bake, uncovered, 12 to 15 minutes longer or until cheese is lightly browned.

Makes 8 servings. Nutritional information per serving: Calories: 229; Fat: 9 g; Carbohydrates: 19 g; Cholesterol: 67 mg; Sodium: 281 mg; Fiber: 4 g; Protein: 18 g

Pictured, Cooperative Connections

The Queen's Jewels (Dronningens Juvel pa Norsk)

Batter:
1 cup whole pecans or hazelnuts
2-1/2 T. flour
2 tsp. baking powder
4 eggs
3/4 cup + 2 T. sugar

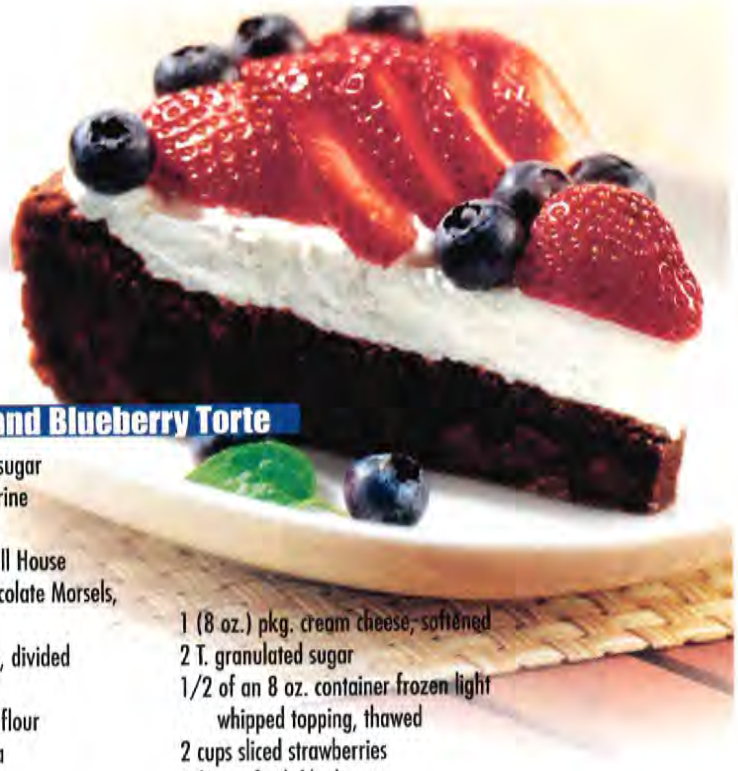
Filling and Topping:
2 cups whipping cream
1 or 2 bananas
4 oz. dark cooking chocolate (Norwegian Freia Dronning Sjokolade, if available)

Place the bowl for whipping the cream into freezer or refrigerator. Grind or process the nuts. Combine the flour, baking powder and nuts. In a separate medium bowl, whip the eggs and sugar until fluffy. Carefully fold nut mixture into whipped eggs and sugar. Cut parchment paper to fit bottom of a large pan (such as 16x20 inches). Grease pan and lay paper on top. Pour a thin layer of batter on paper. Bake at 480°F. for 5 to 7 minutes. When cake is ready, sprinkle a little sugar on it and let it cool. Whip the cream until stiff, shave the chocolate (a potato peeler works) and cut bananas into thin, round slices. Reserve some of each for garnish. Flip the cake with a cooling rack into the serving dish and peel away the paper. Place the whipped cream, shaved chocolate and banana slices on cake. Roll the cake together to make a long loaf. Garnish with cream, chocolate and bananas. Cover and refrigerate. ***Note:*** *Alternative to assembling the dessert: Find large glass bowl (as for a trifle recipe) and layer the cake, whipped cream, chocolate and bananas – still looks great and less headache.*

Maggie Pettersen, Vermillion Cooperative Connections

Please send your favorite dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Summer Treats



Easy Rhubarb Dessert

4 cups cut-up rhubarb
1 cup sugar
1 (3 oz.) pkg. strawberry jello
1-1/2 cups water
1 box white cake mix, dry
1 stick butter

Place rhubarb in a 9x13-inch pan. Sprinkle sugar and jello over rhubarb. Add water. Sprinkle white cake mix over top. Dot with butter. Bake at 350°F. for 45 minutes.

Shirley Dreher, Clark
Cooperative Connections

Low-fat Cake

1 box cake mix
2 egg whites
1-1/4 cups water
1 small container yogurt, any flavor

Frosting:
1 small container yogurt, same flavor as used in cake
1/2 container Cool Whip

Combine cake ingredients; pour into a 9x13-inch pan. Bake at 350°F. for 30 minutes. For frosting, combine yogurt and Cool Whip. Frost cake and refrigerate. *Note: I have used strawberry cake mix with strawberry yogurt; chocolate cake mix with black cherry yogurt; or yellow cake mix with peach yogurt.*

Donna Reit, Sioux Falls
Cooperative Connections

Fresh Peach Pie

1 cup sugar
2 T. cornstarch
1 cup cold water
1 (3 oz.) pkg. peach jello
3 cups sliced and peeled ripe peaches
1 9-inch pastry shell, baked

In saucepan, combine sugar, cornstarch and water. Cook until bubbly and thickened. Stir in jello until dissolved. Cool. Arrange peach slices in crust; pour filling over peaches. Chill until set, about 2 hours.

Frances Poste, Wall
Cooperative Connections

Chocolate Scotcheroos

1 cup corn syrup
1 cup sugar
1 cup creamy peanut butter
6 cups crispy rice cereal
1 cup semi-sweet chocolate chips
1 cup butterscotch chips

Cook corn syrup and sugar in large pan over medium heat, stirring to dissolve sugar. Bring mixture to boil; remove from heat. Stir in peanut butter, mixing well. Add cereal; stir until evenly coated. Pour into greased 9x13-inch pan; pat into place. Melt chocolate and butterscotch chips together in saucepan over low heat, stirring constantly; spread over cereal. Cool at least 45 minutes and cut into bars.

Janet Ochsner, Sturgis
Cooperative Connections

Red, White and Blueberry Torte

3/4 cup granulated sugar
6 T. butter or margarine
1 T. water
1-1/2 cups Nestle Toll House Semi-Sweet Chocolate Morsels, divided
1 tsp. vanilla extract, divided
2 large eggs
2/3 cup all-purpose flour
1/4 tsp. baking soda
1/4 tsp. salt
1 (8 oz.) pkg. cream cheese, softened
2 T. granulated sugar
1/2 of an 8 oz. container frozen light whipped topping, thawed
2 cups sliced strawberries
1/4 cup fresh blueberries

Line a 9-inch-round cake pan with wax paper; grease paper. Combine 3/4 cup sugar, butter and water in small, heavy-duty saucepan. Bring to a boil, stirring constantly; remove from heat. Add 3/4 cup morsels; stir until smooth. Stir in 1/2 tsp. vanilla extract. Add eggs, one at a time, stirring well after each addition. Add flour, baking soda and salt; stir until well blended. Stir in remaining 3/4 cup morsels. Pour into prepared cake pan. Bake at 350°F. for 20 to 25 minutes or until wooden pick inserted in center comes out slightly sticky. Cool in pan for 15 minutes. Invert torte onto wire rack; remove wax paper. Turn right side up; cool completely. Beat cream cheese, 2 T. sugar and remaining 1/2 tsp. vanilla extract until creamy. Stir in whipped topping. Spread over torte; top with berries. Refrigerate until ready to serve. Makes 8 to 10 servings.

Nutrition information per serving: 540 calories; 290 calories from fat; 32g total fat; 21g saturated fat; 105mg cholesterol; 280mg sodium; 58g carbohydrate; 3g fiber; 42g sugars; 7g protein; 15% Vitamin A; 40% Vitamin C

Pictured, Cooperative Connections

Butterscotch Cashew Bars

1 cup plus 2 T. butter
3/4 cup plus 2 T. packed brown sugar
2-1/2 cups flour
1-3/4 tsp. salt

Topping:
1 pkg. butterscotch chips
1/2 cup plus 2 T. white corn syrup
3 T. butter
2 tsp. water
2-1/2 cups salted cashew halves or pieces

Cream together butter and sugar. Combine flour and salt; add to butter/sugar mixture. Press into a 15x10x1-inch pan. Bake at 350°F. for 10 to 12 minutes. Meanwhile, combine chips, syrup, butter and water in a saucepan. Cook and stir over medium heat until melted. Spread over crust; sprinkle with cashews. Press down lightly. Bake 11 to 13 minutes until top bubbles and is light brown.

Sue Crooks, Astoria
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Succulent Salads



Oreo Salad

1 small pkg. instant cheesecake or white chocolate pudding
1-1/2 cups milk
1 (8 oz.) container Cool Whip
10 to 15 Oreos, chopped up

Mix together pudding and milk; fold in Cool Whip. Add Oreos. Refrigerate for at least 1 hour.

Rebecca Walz, Tripp
Cooperative Connections

Pretzel Salad

Crust:
2 cups crushed pretzels
3/4 cup melted butter
4 T. sugar
Filling:
1 cup sugar
1 (8 oz.) pkg. cream cheese, softened
1 small container Cool Whip
1 (6 oz.) pkg. strawberry gelatin
10 oz. frozen strawberries

Combine crust ingredients; pat into a 9x13-inch pan. Bake at 400°F. for 8 minutes. Cool. Cream together sugar and cream cheese. Fold in Cool Whip. Spread over cooled pretzel mixture. Prepare gelatin using 1-3/4 cups boiling water. Stir frozen strawberries into gelatin mixture. Pour over cream layer. Refrigerate until firm. Raspberry gelatin and frozen raspberries may also be used.

Carolyn Woods, Sturgis
Cooperative Connections

Snowy Cheese Salad Mold

1 pkg. lemon gelatin
1-1/2 cups hot water
1/2 cup diced celery
1/4 cup chopped green pepper
1/4 cup finely chopped onion
1 (12 oz.) carton large curd, cream-style cottage cheese
1/2 cup heavy cream, whipped
1/2 cup salad dressing

Dissolve gelatin in hot water; chill until partially set. Stir in celery, pepper, onion and cheese. Fold whipped cream into salad dressing and then fold into salad. Pour into a 5-1/2-cup ring mold. Chill until firm; unfold on salad greens.

Darlene Price, Prairie City
Cooperative Connections

Spring Salad

1 box macaroni rings, cooked and drained
1/2 cup diced celery
1/2 cup diced onion
1/2 cup grated or thin-sliced carrots
1/2 cup sliced, unpeeled cucumbers
2 T. vinegar
3/4 cup sugar
3/4 cup mayonnaise

Combine first 5 ingredients. Whisk together vinegar, sugar and mayonnaise. Add to pasta/vegetable mixture. Chill.

Mary Swenson, Brandon
Cooperative Connections

Oriental Ramen Salad

2 T. butter or margarine
1 (3 oz.) pkg. dry oriental-flavor ramen noodle soup, noodles crumbled and seasoning packet reserved
1/2 cup sliced almonds
2/3 cup (5 fluid-ounce can) Nestlé Carnation Evaporated Fat Free Milk
2/3 cup vegetable oil
3 T. white vinegar
2 T. granulated sugar
2 (10 oz. each) pkgs. romaine-radicchio salad greens
4 green onions, sliced diagonally

Melt butter in large skillet. Add crumbled ramen noodles and nuts; cook, stirring constantly, until noodles are golden. Remove from pan; cool. Place evaporated milk, oil, ramen seasoning packet, vinegar and sugar in blender; cover. Blend until smooth. Combine salad greens, noodle mixture, green onions and dressing in large bowl; toss to coat well. Serve immediately. (Makes 8 servings)

Nutrition Information per serving: 300 calories; 210 calories from fat; 25 g total fat; 4.5 g saturated fat; 10 mg cholesterol; 115 mg sodium; 18 g carbohydrate; 3 g fiber; 8 g sugars; 4 g protein; 6% calcium

Pictured, Cooperative Connections

Calico Salad

2 cups fresh broccoli florets
2 cups fresh cauliflowerets
1 cup cherry tomatoes
1/2 cup chopped red onion
1/2 cup chopped celery
1/4 cup chopped sweet red pepper
1/4 cup chopped green pepper
1/2 cup fat-free sour cream
2 T. milk
1 T. ranch salad dressing mix
1/4 cup sunflower seeds
3 bacon strips, cooked and crumbled

In a large bowl, combine first 7 ingredients. In separate bowl, combine sour cream, milk and salad dressing mix. Pour over vegetables; toss to coat. Refrigerate. When ready to serve, stir in sunflower seeds and bacon.

Deloris Bachman, Rapid City
Cooperative Connections

One-cup Fruit Salad

1 cup mandarin oranges, drained
1 cup miniature marshmallows
1 cup flaked coconut
1 cup chunk pineapple, drained
1 cup sour cream

Combine all ingredients. Cover and chill 8 hours before serving.

Elsie Heutinck, Olivia, MN
Cooperative Connections

Please send your favorite garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Delights

Colonel's Coleslaw

3/4 cup Miracle Whip
1/3 cup sugar
1/4 cup milk
1 T. sandwich spread
1 T. dill pickle vinegar
1 tsp. salt
1/4 tsp. pepper
4-1/2 cups grated cabbage

Mix together first 7 ingredients. Pour over cabbage. Let chill thoroughly.

Lee Anne Birkeland, Dupree
Cooperative Connections

Mock Raspberry Jam

4 cups chopped green tomatoes
4 cups sugar
2 T. lemon juice
1 (6 oz.) pkg. raspberry gelatin

Do not peel tomatoes. Grind tomatoes or put in food processor until chopped. Boil chopped tomatoes, sugar and lemon juice in large kettle for 20 minutes; stirring occasionally. Remove from heat; stir in gelatin. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Margene Paige, Presho
Cooperative Connections

Wild Mulberry Jam

6 cups nearly ripe mulberries
2 tsp. fresh lime juice
1 (1.75 oz.) pkg. fruit pectin
5-1/2 cups sugar

Remove stems from mulberries, if desired. Puree berries and lime juice in blender. Pour into large, heavy stainless steel saucepan. Stir in pectin; cook over high heat, stirring until fruit is at a full boil. Quickly stir in sugar; return to full boil for 1 minute. Remove from heat. Pour into sterilized jars. Seal with paraffin wax or lid and band and process in hot water bath.

Julie Peterson, Canton
Cooperative Connections

Lemony Zucchini Bread

4 cups flour
1-1/2 cups sugar
1 (3 oz.) pkg. instant lemon pudding
1-1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
4 eggs
1-1/4 cups milk
1 cup vegetable oil
3 T. lemon juice
1 tsp. lemon extract
2 cups shredded zucchini
1/4 cup poppy seeds
2 tsp. grated lemon peel

In a large bowl, combine first 6 ingredients. In separate bowl, whisk eggs, milk, oil, lemon juice and extract. Stir into dry ingredients just until moistened. Fold in zucchini, poppy seeds and lemon peel. Pour into two greased 9x5x3-inch loaf pans. Bake at 350°F. for 50 to 55 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.

Dee Herlyn, Marion
Cooperative Connections

Savory Beet & Goat Cheese Tart

1 T. olive oil
1 large yellow onion, very thinly sliced
1 refrigerated piecrust
1 (16 oz.) jar Aunt Nellie's Sliced Pickled Beets, well drained*
1 (8 oz.) pkg. herb and garlic-flavored goat cheese
2 T. chopped fresh thyme
Grated or shredded lemon peel (optional)

In large nonstick skillet, heat oil over medium-high heat. Add onions; cook and stir until softened and golden brown about 15 minutes, reducing heat if necessary. Remove from heat. Unroll crust and place on ungreased baking sheet. Spread onions evenly over crust, leaving a 1-inch border. Arrange beets over onions and dot with goat cheese. Sprinkle with thyme. Fold pastry edge over beets crimping edges, leaving center uncovered. Bake at 450°F. until crust is golden, about 20 minutes. To serve, slice into wedges and garnish with thyme and lemon peel, if desired. (Makes 10 to 12 appetizer servings.) **To use drained beet juice: Reserve 1/2 cup drained beet juice and combine with 1 clove minced garlic, 2 T. Dijon-style mustard and 2 tsp. honey in blender container. Blend on high 10 seconds. Pour 1/3 cup olive oil into mixture with machine running and blend well. Serve as salad dressing.*

Nutritional Information per serving (1/10 of recipe): 213 calories, 6 g protein, 14 g carbohydrate, 14 g fat, 286 mg sodium, 18 mg cholesterol, less than 1 g dietary fiber, 1 mg iron, less than 1 mg thiamin, 355 IU Vitamin A, 2 mg Vitamin C.

Pictured, Cooperative Connections

Veggie Mac and Cheese

1 carrot, thinly sliced
2 T. butter or margarine
1 medium onion, chopped
1 medium zucchini, sliced
1 medium yellow summer squash, halved lengthwise and sliced
1 can cheddar cheese soup
1/3 cup milk
1/4 tsp. salt
1/8 tsp. pepper
1-2/3 cups cooked macaroni
3/4 cup shredded cheddar cheese
4 bacon strips, cooked and crumbled

In a large skillet, sauté carrot in butter for 2 minutes. Add onion; cook and stir 2 more minutes. Add zucchini and summer squash; cook for 5 minutes or until vegetables are tender. Combine soup, milk, salt and pepper; stir into skillet. Add macaroni; heat through. Sprinkle with cheese. Cover and cook for 2 minutes or until cheese is melted. Sprinkle with bacon.

Rebecca Walz, Tripp
Cooperative Connections

Acorn Squash

1 small acorn squash, cut in half
3 T. butter
2-1/2 heaping T. Kraft caramel dip

Place 1-1/2 T. butter in each squash. Add caramel dip. Stir. Bake at 350°F. for 1 hour and 10 minutes.

Nancy Peterson, Sioux Falls
Cooperative Connections

Please send your favorite pasta and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.

Perfect Pasta



Refrigerator Chicken Casserole

- 2-1/2 cups cooked, diced chicken
- 2 cups elbow macaroni, uncooked
- 2 cans cream of mushroom soup or may use 1 can cream of mushroom soup and 1 can cream of chicken soup
- 1 soup can milk
- 1-3/4 cups chicken broth
- 1 small onion, chopped
- 1 (5 oz.) can sliced water chestnuts
- 8 oz. shredded Cheddar cheese
- 1/2 tsp. salt

Combine all ingredients. Pour into a well-greased 9x13-inch pan. Cover with foil; refrigerate overnight until ready to bake. Bake at 350°F. for 1 hour and 15 minutes.

Marla Gilbert, Corsica Cooperative Connections

Ham and Noodle Casserole

- 3 T. butter or margarine, divided
- 2 T. flour
- 1 cup milk
- 1 cup processed American cheese
- 1/2 tsp. salt
- 2 cups cooked, diced ham
- 1-1/2 cups cooked noodles
- 1 cup frozen peas, thawed
- 1/4 cup dry bread crumbs
- 1/2 tsp. parsley flakesr

In a saucepan, melt 2 T. butter; stir in flour until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir 2 minutes. Remove from heat; stir in cheese and salt until cheese is melted. Add ham, noodles and peas. Pour into a greased 1-quart baking dish. Melt remaining butter; add bread crumbs and parsley flakes. Sprinkle over casserole. Bake, uncovered, at 350°F. for 30 minutes or until heated through.

Rebecca Walz, Tripp Cooperative Connections

Classic Italian Spaghetti

- 3/4 lb. ground beef or bulk pork sausage
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 1/4 cup chopped celery
- 1 tsp. minced garlic
- 1 (16 oz.) can diced tomatoes, do not drain
- 1 (6 oz.) can tomato paste
- 1/2 cup water
- 2 T. snipped parsley
- 1 tsp. sugar
- 1 tsp. dried basil, crushed
- 1 tsp. dried oregano, crushed
- 1 tsp. salt
- 1/2 tsp. dried marjoram, crushed
- 1/4 tsp. pepper
- 8 oz. spaghetti
- 1/4 cup grated Parmesan cheese

In a large saucepan or Dutch oven, cook meat, onion, green pepper, celery and garlic until meat is brown; drain. Carefully stir in next 10 ingredients. Bring to boil; reduce heat. Cover; simmer 30 to 40 minutes, stirring occasionally. Meanwhile, cook pasta; drain. Immediately serve sauce over pasta. Sprinkle with Parmesan cheese.

Pam Hofer, Carpenter Cooperative Connections

Skillet Pasta and Beef Dinner

- 1 lb. lean ground beef
- 1 (1 lb. 10 oz.) jar Ragu® Old World Style® Traditional Pasta Sauce
- 2 cups water
- 8 oz. uncooked rotini pasta
- 1 cup shredded mozzarella cheese

Brown ground beef in 12-inch skillet; drain. Stir in Pasta Sauce and water. Bring to a boil over high heat. Stir in uncooked rotini and return to a boil. Reduce heat to medium and cook covered, stirring occasionally, 14 minutes or until rotini is tender. Remove from heat; sprinkle with cheese. Cover and let stand 5 minutes or until cheese is melted. Servings: 4

Nutritional Information per serving: Calories 550, Calories From Fat 150, Total Fat 17g, Trans Fat 0g, Cholesterol 95mg, Sodium 1120mg, Dietary Fiber 5g, Sugars 12g, Protein 41g, Vitamin A 20%, Vitamin C 6%, Calcium 20%, Iron 30%

Pictured, Cooperative Connections

Pork Sausage Fettuccine Casserole

- 8 oz. bulk pork sausage
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 8 oz. dry fettuccine, cooked
- 1-1/4 cups shredded Colby cheese, divided
- 1-1/4 cups shredded Monterey Jack cheese, divided
- 2 T. pimento
- 1 cup milk
- 1 T. flour
- 3 eggs, beaten
- 1/4 tsp. salt
- 1/8 tsp. pepper

Brown meat with onion and green pepper until meat is no longer pink and onion is tender; drain. Combine fettuccine and sausage mixture. Add 3/4 cup each of cheeses and pimento. Spoon into a greased 2-quart casserole. Mix together milk, flour, eggs, salt and pepper; pour over casserole. Cover with foil; back at 350°F. for 35 minutes. Remove foil; bake an additional 5 minutes. Sprinkle with remaining cheeses. Let stand 10 minutes before serving.

Karen Huether, Tripp Cooperative Connections

Macaroni-Corn Bake

- 1 can creamed corn
- 1 can whole kernel corn
- 1 cup macaroni
- 8 oz. Velveeta cheese, cubed
- 1/4 cup diced onion
- 1/2 cup butter or margarine

Combine undrained corn and uncooked macaroni. Add cheese, onion and butter slices. Place in buttered casserole. Cover and bake at 350°F. for 30 minutes. Uncover. Stir once and bake an additional 30 minutes..

Joy Hagen, Webster Cooperative Connectionst

Please send your favorite holiday treat and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.



Wild Game

Pheasant Festiva Soup

1 pheasant
1 can red beans, undrained
1 can black beans, undrained
1 can kidney beans, undrained
2 cans stewed tomatoes, undrained
1 can corn, drained
1 package taco seasoning
1 package Hidden Valley Ranch dressing
1 can of green chilies or jalapenos to taste
2 cans of Campbell's Fiesta Nacho Cheese soup

Boil pheasant. Remove meat from bones and cut into small chunks. Place meat in crockpot. Add remaining ingredients. Heat on low 4 to 6 hours until heated through. Serve with corn chips or nacho chips and shredded cheese.

Sherri Sherard, Marion
Cooperative Connections

Venison Salami

3 lbs. ground venison (or ground beef)
3/4 lb. pork sausage
1-1/2 tsp. black pepper
1 tsp. mustard
1-1/2 T. liquid smoke
1 tsp. garlic powder
3 T. tender quick salt
1 cup warm water

Mix all ingredients together in a large bowl. Divide into 3 equal parts. Shape into salami rolls. Wrap individual rolls tightly in aluminum foil. Refrigerate for 24 hours. Bake at 250°F. on a cookie sheet for 1 hour and 15 minutes. Remove from oven and place over a strainer; poke holes in foil to let grease drain. Rewrap in clean foil.

Patricia Hopkins, Central City, Neb.
Cooperative Connections

Pheasant in Mushroom Sauce

2 pheasants, cut into fourths
1/2 cup chicken broth
2 T. all purpose flour
1 T. Worcestershire sauce
1 tsp. salt
1 medium onion, chopped
1 clove garlic, finely chopped
1 can cream of chicken soup
1 (4 oz.) can sliced mushrooms, drained
Paprika

Place pheasant pieces in a 3-1/2 to 6 quart slow cooker. Mix remaining ingredients except paprika; pour over pheasant. Sprinkle generously with paprika. Cover and cook on low heat setting six to seven hours or until pheasant is tender.

Sandi Litschewski, Spearfish
Cooperative Connections

Pheasant in Sour Cream

1 pheasant, cut in serving pieces
Flour, salt and pepper
Oil
1 cup sour cream
3 T. dry onion soup mix
1/2 cup milk

Coat pheasant with flour, salt and pepper. Brown in hot oil. Combine sour cream, soup mix and milk; pour over browned meat. Cover. Bake at 350° F. for 1 hour or until tender.

Makes 4 servings. Nutritional information per serving: 352 calories, 25 g fat, 9 g carbohydrate, 0 g fiber and 90 mg cholesterol.

Cooperative Connections

Sully County Goose Whip

2 geese, boiled, cooled and cut up
1 pkg. Durkees marinade for beef
1 onion, finely chopped
1 heaping T. horseradish
1 cup mayonnaise

In mixing box, combine all ingredients. Mix with a dough hook or paddle until consistent with sandwich spread. Serve with crackers or on bread.

Vicky Fitzpatrick, Olivet
Cooperative Connections

Sweet and Sour Elk Ribs

1/3 cup oil
1/2 cup soy sauce
1/2 cup ketchup
Juice of 2 lemons
1/3 cup brown sugar
1 tsp. garlic or onion salt
1 clove garlic, mashed
1 tsp. salt
1 tsp. pepper
4 to 5 lbs. elk ribs

Combine first 9 ingredients. Grease a roasting pan. Add ribs in a single layer; pour sauce over top. Cover and bake at 350°F. for 1 hour and 15 minutes, turning several times. Uncover and bake until brown and fork tender.

Sophia Hoff, Tripp
Cooperative Connections

Venison Barbeque

1 cup water
1/2 cup ketchup
2 T. onion soup mix
2 tsp. prepared horseradish
1/2 tsp. garlic
1/2 tsp. oregano
1/2 tsp pepper
3-4 lb. venison roast

Mix first 7 ingredients. Pour over roast in slow cooker and heat until meat is tender. May also bake in oven until meat is tender.

Dorothy Pulse, Salem
Cooperative Connections

Please send your favorite holiday treat and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2010. All entries must include your name, mailing address, telephone number and cooperative name.



Holiday Favorites

Sweet Potato Casserole

3 cups cooked and mashed sweet potatoes
1/2 cup brown sugar
1/2 cup butter
1 tsp. vanilla
2 eggs, beaten
1/3 cup milk

Topping:
1/3 cup butter, melted
1 cup brown sugar
1/2 cup flour
1 cup chopped pecans

Combine first 6 ingredients; whip thoroughly. Spoon into casserole. Mix together topping ingredients. Sprinkle over potato mixture. Bake uncovered at 350°F. for 25 minutes.

Frances Poste, Wall
Cooperative Connections

Famous Coconut Almond Balls

4 cups flaked coconut
1/4 cup light corn syrup
1/4 cup shortening
1 (12 oz.) pkg. semi-sweet chocolate chips
26 whole almonds

Line 2 cookie sheets or large flat surface with waxed paper; place large cooling rack on top. Put coconut in large bowl. Heat corn syrup for 1 minute in microwave until syrup boils. Pour over coconut and stir until well mixed. Using a tablespoon measure, shape coconut mixture into 26 balls with hands and place on wire racks. Let rest 10 minutes, then roll each ball again to keep loose ends from sticking out. Melt chocolate chips and shortening together in large glass bowl in microwave, stirring once or twice. Working quickly, spoon 1 T. of chocolate over each ball. Lightly press an almond on top of each ball. Let balls stand until set.

Rebecca Walz, Tripp
Cooperative Connections

Hot Broccoli Cheese Dip

1 (16 oz.) round loaf bread
1 (8 oz.) pkg. cream cheese, softened
1 cup Miracle Whip
1 envelope Italian salad dressing mix
1 (10 oz.) pkg. chopped broccoli, thawed and well-drained
1 (8 oz.) pkg. shredded Cheddar cheese, divided

Mix cream cheese, Miracle Whip and dressing mix in large bowl with electric mixer on medium speed until well-blended. Add broccoli and 1-1/2 cups cheese; mix well. Slice off top of bread loaf; remove center of loaf leaving 1-inch thick shell. Cut removed bread into bite-sized pieces. Cover and set aside for later use. Spoon cream cheese mixture into bread shell. Sprinkle with remaining cheese. Cover with top of bread; wrap in foil. Bake at 350°F. for 20 minutes or until dip is heated through and cheese is melted. Serve with bread pieces or crackers.

Deloris Bachman, Rapid City
Cooperative Connections

Peppermint Snow Pie

Crust:
1-1/4 cups chocolate graham cracker crumbs (8 crackers)
2 T. granulated sugar
1/3 cup butter, melted

Filling:
1 envelope (7 grams) unflavored gelatin
2 T. boiling water
1 (12 oz.) can Nestlé Carnation Evaporated Milk
1 cup Nestlé Toll House Premier White Morsels
1/2 tsp. peppermint extract
1 (8 oz.) container frozen whipped topping, thawed, divided
1/2 cup coarsely chopped hard peppermint candies (about 24), divided

For crust, combine crumbs and sugar in greased 9-inch deep-dish pie plate. Stir in butter. Press crumb mixture onto bottom and up sides of pie plate. Bake at 375°F. for 8 minutes. Cool completely on wire rack.

For filling, place gelatin in small bowl; stir in water. Let soften for 1 minute. Heat evaporated milk and softened gelatin in small saucepan over medium heat; stirring constantly with whisk until mixture is dissolved and hot. Remove from heat; stir in morsels and peppermint extract until completely melted and smooth. Pour into medium bowl. Refrigerate uncovered for 30 minutes, stirring occasionally, until cool to touch. Gently whisk in 2 cups whipped topping. Sprinkle 1/4 cup candies over bottom of crust. Pour filling over pie crust. Refrigerate for 2 hours or until set. Spread remaining whipped topping over center of filling. Sprinkle with remaining 1/4 cup candies. Serve immediately.

Makes 8 servings. Nutritional information per serving: 470 calories; 210 calories from fat; 23g total fat; 18g saturated fat; 35mg cholesterol; 250mg sodium; 56g carbohydrate; 1g fiber; 38g sugars; 7g protein; 25% Calcium

Pictured, Cooperative Connections

Peanut Butter Clusters

2 cups peanut butter chips
1 cup milk chocolate chips
1-1/2 cups dry roasted peanuts
1 cup coarsely crushed ridged potato chips

Melt peanut butter and chocolate chips together in microwave oven, stirring until smooth. Stir in peanuts and potato chips. Drop by tablespoonful onto waxed paper. Let set until firm or chill in refrigerator.

Maxine Smith, Owanka
Cooperative Connections

Buttery Cashew Brittle

2 cups sugar
1 cup white corn syrup
1/2 cup water
1 cup butter
3 cups cashews
1 tsp. baking soda

In a 3-quart saucepan, combine sugar, corn syrup and water. Cook and stir until sugar dissolves and syrup begins to boil. Add butter. Stir frequently after mixture reaches 230°F. Add cashews when temperature is 280°F. to 290°F. Stir and continue heating to 300°F. Remove from heat. Add soda, stirring very quickly. Pour into buttered cookie sheet and spread out. Cool and break into pieces. Store in covered container.

Mary Crane, Mitchell
Cooperative Connections

Please send your favorite breakfast and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2011 Reader Recipes

January

Sensational Soups

1. Ham and Cheddar Soup
2. Cabbage Patch Soup
3. Broccoli or Asparagus Soup
4. Chicken Pot Pie Soup
5. Vegetable Beef Soup
6. Homemade Tomato Soup

February

Bread & Breakfast

1. Nan's Strawberry Bread **(Correction on recipe: only requires 3/4 cup vegtable oil)**
2. Breakfast Quiche
3. Cherry Coffeecake
4. Weekend Brunch Casserole
5. Large Breakfast Pancake
6. Baked French Toast

March

Seafood Specialities

1. Tilapia Corn Stew
2. Impossible Crab Pie
3. Zesty Salmon Burgers
4. Mini Fish Tacos
5. Crab Stuffed Potatoes
6. Shrimp Sandwich

April

Appetizers & Beverages

1. Championship Bean Dip
2. Sausage Wonton Bites
3. Jalepeno Popper Dip
4. Ruby Citrus Sparkler
5. Mocha Seville
6. Queso Dip
7. Clam Dip

May

Comfort Casseroles

1. Onion Casserole
2. King Ranch Chicken Casserole
3. Spicy Salsa Mac and Beef
4. Turkey and Hash Brown Bake
5. Crescent Roll Hot Dish
6. Three Bean Hotdish

June

Ethnic Eats

1. Sour Cream Enchilada Dish
2. Verenika Casserole
3. Kartoffel Knnatul (Potato Dumplings)
4. German Potato Salad Casserole
5. Korean Steak on a Stick

July

Delectable Desserts

1. Sawdust Pie
2. Rhubarb Cherry Crisp
3. Blueberry Dessert
4. Independence Cake
5. Southern Skillet Peach Dumplings

August

Succulent Salads

1. Spinach Salad
2. Raspberry-Beet Gelatin Salad
3. Whipped Glorified Rice
4. Oriental Ramen Salad
5. Baked Chicken Salad
6. Cookie Salad

September

Garden Delights

1. Zucchini Pancakes
2. Lettuce Nut Bread
3. Zucchini Casserole
4. Chicken Vegetable Primavera Over Garden Rice
5. Chocolate Zucchini Bread

October

Pasta Perfection

1. Chicken Noodle Casserole
2. Macaroni Ring Fruit Salad
3. Lasagna Macs
4. Slow Cooker Lasagna
5. Turkey Pasta Salad
6. Hamburger Kraut Hot Dish

November

Wild Game

1. Peking Pheasant
2. Venison Stew
3. Pheasant Supreme
4. Roasted Wild Turkey
5. Wild Bird Apple Stuffing

December

Holiday Favorites

1. Chocolate Nut Bars
2. Raspberry Truffles
3. Double Peppermint Bark
4. Chocolate Chip Cookie Mix in a Jar
5. Peanut Butter Fudge
6. Caramel Corn



Sensational Soups

Ham and Cheddar Soup

2 T. olive oil
2 carrots, chopped
2 ribs celery, chopped
2 shallots, minced
1 clove garlic, minced
1 lb. ham, cut into 1/2-inch pieces
1 (12 oz.) can beer
1 T. flour
1 cup half-and-half
1 (14.5 oz.) can chicken broth
1/2 cup raw rice
1 cup shredded Cheddar cheese
2 T. parsley
1/4 tsp. hot pepper sauce
1/2 tsp. pepper

In large saucepan, heat oil over medium heat. Add next 4 ingredients; cook, stirring until softened, about 5 minutes. Add ham; cook, stirring occasionally, until browned – about 3 to 5 minutes. Add beer; cook 3 minutes. Stir flour into half-and-half; stir into soup. Add broth; bring to a boil. Add rice. Reduce heat to medium-low; simmer until rice is tender, about 25 minutes. Stir in next 4 ingredients; cook, stirring until smooth – about 5 minutes.

Sandi Litschewski, Spearfish
Cooperative Connections

Cabbage Patch Soup

1 lb. ground beef
1 onion, sliced
1/2 cup celery
1 (16 oz.) can tomatoes
2 cups water
1 can kidney beans
1 tsp. salt
1/4 tsp. pepper
1 tsp. chili powder
1 cabbage, shredded

Brown ground beef; add onion and celery. Saute 5 minutes. Stir in tomatoes, water, beans, salt, pepper and chili powder. Bring to a boil. Add cabbage and cook 8 to 10 minutes until cabbage is done. Can be cooked in crockpot.

Dolores Reed, Osmond, NE
Cooperative Connections

Broccoli or Asparagus Soup

2 quarts boiling water
6 chicken bouillon cubes or 6 T. chicken bouillon
2 (10 oz.) pkgs. frozen broccoli or asparagus, chopped
4 small onions, chopped
1/2 lb. butter or margarine
8 T. flour
4 cups milk
1 tsp. salt
1 (8 oz.) pkg. cream cheese, softened

Dissolve chicken bouillon in boiling water. Add broccoli or asparagus and onions; simmer until tender. In separate pan, make white sauce. Melt butter; add flour and salt. Add milk; cook until thick. Add cream cheese, cut up in pieces, to white sauce and stir until smooth. Add white sauce to broth. This soup can be frozen. It will look curdled when thawed but creamy when warmed up.

Elfrieda Postma, Sioux Falls
Cooperative Connections

Chicken Pot Pie Soup

1-1/2 tsp. McCormick rosemary leaves, crushed
1-1/2 tsp. McCormick thyme leaves
1 tsp. McCormick garlic powder
4 tsp. butter, divided
1 pkg. (8 oz.) mushrooms, sliced
1 cup sliced carrots
1/2 cup flour
4 cups reduced sodium chicken broth
1 lb. boneless skinless chicken thighs, cut into 1-inch pieces
1-1/2 cups frozen pearl onions
1 cup frozen peas
8 thin bread slices
1 tsp. oil

Mix rosemary, thyme and garlic powder in small bowl. Reserve 1/2 tsp. Heat 1 tsp. butter in large saucepan on medium heat. Add mushrooms, carrots and remaining seasoning mixture; cook and stir 3 minutes. Remove from saucepan. Set aside. Melt remaining 3 tsp. butter in saucepan on medium heat, stirring to release browned bits from bottom of skillet. Sprinkle with flour; cook and stir 3 to 4 minutes or until flour is lightly browned. Gradually stir in broth until well blended. Bring to boil. Reduce heat to low; simmer 10 minutes or until slightly thickened, stirring occasionally. Add vegetable mixture, chicken, pearl onions and peas; simmer 8 minutes or until chicken is cooked through, stirring occasionally. Meanwhile, cut bread into rounds with 3-inch cookie cutter. Place on baking sheet. Brush bread with oil and sprinkle with reserved seasoning mixture. Bake at 350°F. for 10 minutes or until toasted. To serve soup, ladle into soup bowls and top each with 1 crouton.

Makes 8 (1-cup) servings. Nutritional information per serving: 4211 Calories, Fat 7g, Protein 16g, Carbohydrates 21g, Cholesterol 42mg, Sodium 469mg, Fiber 2g

Pictured, Cooperative Connections

Vegetable Beef Soup

2 to 3 cups cooked roast beef
2 cans diced garlic and oregano tomatoes
2 cans plus 4 cups water, divided
3 beef bouillon cubes
1/3 cup barley
2 cups diced potatoes
2 cups sliced carrots
2 cups sliced celery
2 T. chopped onion

Bring beef, tomatoes, 2 cans water, bouillon cubes and barley to a boil; cook 5 minutes. Add potatoes, carrots, celery, onions and 4 cups water; bring to a boil and cook until vegetables are tender, about 15 minutes

Elsie Heutinck, Olivia, MN
Cooperative Connections

Homemade Tomato Soup

1 pint canned tomatoes
2-1/2 cups milk
1 T. butter
Salt and pepper to taste
1 T. flour
Pinch of baking soda

Put tomatoes with juice in a saucepan; bring to a boil. In separate pan, heat milk, butter, salt, pepper, flour (dissolved in some milk) and baking soda. Pour hot milk into hot tomatoes so it won't curdle. Serve immediately.

Pam Hofer, Carpenter
Cooperative Connections

Please send your favorite bread, breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.

Bread & Breakfast



Nan's Strawberry Bread

3 cups all-purpose flour
1 tsp. baking soda
1 tsp. salt
3 tsp. ground cinnamon
2 cups sugar
4 eggs, beaten
3/4 cup vegetable oil
2 boxes or equivalent bag frozen unsweetened strawberry slices, thawed with juice
1 cup chopped pecans or walnuts, optional

Sift together first 5 ingredients. Add remaining ingredients; mix thoroughly with whisk. Pour into 2 loaf pans. Bake at 350°F. for 1 hour. Cool at least 15 minutes before removing from pans.

Nancy Brown, Sioux Falls
Cooperative Connections

Breakfast Quiche

4 slices bacon
1/4 cup chopped onions
3 eggs
1/3 cup butter
1/2 cup biscuit mix
1-1/2 cups milk
1/8 tsp. salt
Dash pepper
2 cups shredded Swiss cheese

Fry bacon and crumble. Saute onions in bacon grease; drain. Beat eggs, butter, biscuit mix, milk, salt and pepper until smooth. Pour into a 9-inch pie plate. Sprinkle cheese and bacon over all; press down gently. Bake at 350°F. for 35 minutes. Let stand 5 to 10 minutes before slicing.

Alyce Fust, Appleton, MN
Cooperative Connections

Cherry Coffeecake

1 (10 oz.) jar maraschino cherries
1 (8 oz.) pkg. cream cheese, softened
1/2 cup slivered almonds
1/2 cup sugar
1/2 tsp. almond extract
2 (8 oz.) pkgs. refrigerated crescent dinner rolls

Glaze:
1/2 cup powdered sugar
1 to 2 tsp. milk
1/4 tsp. almond extract

Drain cherries, reserving 8 to 10 for garnish; chop others. Combine cherries, cream cheese, almonds, sugar and extract; mix well. Press rolls into large 15x13-inch pan. Spread cream cheese mixture over dough. Roll up dough starting with long side. Place seam-side down on baking sheet. Form a ring, firmly pressing ends together. With knife, cut almost through ring at 1-inch intervals. Turn each section slightly to the side. Bake at 350°F. for 20 to 25 minutes. If browning too much, cover with foil the last 5 minutes. Combine glaze ingredients. Drizzle over all; garnish with reserved cherries.

Frances Paste, Wall
Cooperative Connections

Weekend Brunch Casserole

1 (8 oz.) can refrigerated crescent dinner rolls
1 lb. Bob Evans Original Recipe Sausage Roll
2 cups shredded mozzarella cheese
4 eggs, beaten
3/4 cup milk
1/4 tsp. salt
1/8 tsp. black pepper

Crumble and cook sausage in medium skillet over medium heat until browned. Drain. Line bottom of greased 13x9-inch baking dish with crescent roll dough, firmly pressing perforations to seal. Sprinkle with sausage and cheese. Combine remaining ingredients in medium bowl until blended; pour over sausage. Bake at 425°F. for 15 minutes or until set. Let stand 5 minutes before cutting into squares; serve hot. Refrigerate leftovers.

Makes 8 servings. Nurtritional information per serving: Calories: 413, Total Fat: 29g, Cholesterol: 155mg, Sodium: 934mg, Total Carbs: 13g, Protein: 19g

Pictured, Cooperative Connections

Large Breakfast Pancake

2 T. butter
1/2 cup flour
1/4 tsp. salt
1/2 cup milk
1 T. sugar
3 eggs

Topping:
2 T. lemon juice
2 T. powdered sugar or any prepared pie filling

Preheat oven to 425°F. Melt butter in a 9-inch oven-proof skillet or pie pan until butter sizzles, about 2 to 5 minutes. Meanwhile in a medium bowl, combine flour, salt, sugar, milk and eggs. Beat with mixer. Tilt pie pan to coat bottom and sides with melted butter. Pour pancake batter into hot pan. Bake for 14 to 18 minutes or until puffed and golden brown (it will be puffed up, especially on the sides). Transfer to serving plate if desired. Sprinkle with lemon juice then with powdered sugar or fruit topping. Cut into wedges and serve.

Donna Beck, Worthing
Cooperative Connections

Baked French Toast

1 stick butter
1 cup brown sugar
1 T. cinnamon
Bread slices
6 eggs
1-1/2 cups milk
Pinch salt

Melt butter in 13x9-inch pan. Mix in brown sugar and cinnamon. Cover with two layers bread slices. Beat together eggs, milk and salt. Pour over bread slices; cover. Chill overnight. Uncover and bake at 350°F. for 30 minutes. Cut in squares. Turn upside down on plate. Note: Texas toast may also be used.

Cindy Diekmann, Gregory
Cooperative Connections

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.



Seafood Specialties

Tilapia Corn Stew

- 2 tsp. canola oil
- 1/2 cup each diced celery, red pepper and carrot
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 cups low sodium chicken broth
- 2 cups corn kernels (I use frozen from my garden)
- 2 cups diced red potatoes
- 1-1/2 lbs. tilapia fillets, cut into bite-size pieces
- 1 tsp. thyme
- 1-1/2 cups half-and-half
- 2 tsp. lemon juice
- 1/2 cup precooked bacon bits, optional

Add oil to 4-quart pan. Add celery, peppers and carrots, salt and pepper. Cook until the vegetables begin to soften, about 2 minutes. Add broth, corn and potatoes. Bring to a gentle simmer. Cook until the potatoes are just tender and the corn is cooked through, about 8 minutes. Stir in tilapia and thyme; return to a gentle simmer. Cook until the tilapia is cooked through, about 4 minutes more (tilapia will look white). Remove from heat. Stir in half-and half to desired consistency and lemon juice. Garnish with bacon bits.

Jan Opland, Canton
Cooperative Connections

Impossible Crab Pie

- 4 cups shredded Cheddar cheese
- 1 lb. imitation crabmeat
- 4 eggs
- 2 cups milk
- 1 cup Bisquick
- 2 T. chopped onion

Put cheese in a 11x7-inch glass dish. Cover with crabmeat. Combine eggs, milk and Bisquick. Add onion; mix well. Pour over cheese and crabmeat. Bake at 400°F. for 40 to 45 minutes.

Cherie Leibel, Glencross
Cooperative Connections

Zesty Salmon Burgers

- 1 (15 oz.) can salmon, drained with skin and bones removed
- 2 eggs
- 1/2 cup dry bread crumbs
- 1/4 cup chopped onion
- 1/4 cup mayonnaise
- 1 T. prepared horseradish
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 T. butter
- Lettuce leaves
- 4 kaiser rolls, split

Combine first 8 ingredients; mix well. Shape into patties. In a skillet over medium heat, cook patties in butter about 6 minutes on each side. Serve on roll with lettuce.

Donna Glanzer, Carpenter
Cooperative Connections

Mini Fish Tacos

A Bobby Flay Recipe

- 1/2 cup Hellmann's or Best Foods Real Mayonnaise
- 1/2 cup prepared salsa
- 1 T. lime juice
- 1 (6 oz.) can tuna, drained and flaked
- 1 large green onion, thinly sliced
- 12 large corn tortilla chips
- 3/4 cup shredded cheddar cheese

Combine mayonnaise, salsa and lime juice in medium bowl; reserve 1/2 cup. Stir tuna and green onion into remaining mayonnaise mixture just until combined. Season, if desired, with salt and pepper. Arrange chips on baking pan. Top with tuna mixture, then sprinkle with cheese. Broil 1 minute or until cheese is melted. Dollop with reserved mayonnaise mixture. Garnish, if desired, with additional green onions. Also terrific served in individual scoops for a great hand-held snack. Makes 2 servings.

Nutritional information per serving: Calories 720, Calories From Fat 520, Saturated Fat 15g, Trans Fat 0g, Total Fat 58g, Cholesterol 90g, Sodium 1310g, Total Carbohydrates 14g, Sugars 4g, Dietary Fiber 1g, Protein34g, Vitamin A 15%, Vitamin C 15%, Calcium 35%, Iron 10%

Pictured, Cooperative Connections

Crab Stuffed Potatoes

- 4 medium Russet potatoes
- 1/2 cup butter
- 1/2 cup light cream
- Salt and pepper to taste
- 2 T. grated onion
- 1 cup grated sharp Cheddar cheese
- 8 oz. crabmeat
- Paprika

Scrub potatoes well and dry thoroughly. Bake at 325°F. until you can pierce with a fork, approximately 1 hour and 15 minutes. Cool slightly, then cut lengthwise; scoop out pulp, being careful not to tear the skins. Set aside empty skins. Mash potatoes and whip with butter, cream, salt, pepper, onion and cheese. With fork, mix crabmeat into potato mixture. Refill potato skins with mixture. Sprinkle with paprika. Bake at 400°F. for 12 to 15 minutes.

Christine Moser, Selby
Cooperative Connections

Shrimp Sandwich

- 1 can shrimp, grated
- 3 hard-boiled eggs, chopped fine
- 2 T. diced green pepper
- 2 T. diced onion
- 1/4 cup shredded sharp Cheddar cheese
- 2 T. chopped stuffed olives
- 1/2 cup mayonnaise
- Hamburger or hot dog buns

Combine first 7 ingredients; spread on buns. Wrap in aluminum foil. Bake at 250° for 30 minutes.

Martha Mehlhaff, Mina
Cooperative Connections

Please send your favorite appetizer, beverage and casserole recipes to your local electric co-op (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.

In the February issue, the recipe for Nan's Strawberry Bread only requires 3/4 cup vegetable oil.

Mary Swenson, Brandon, S.D., was the winner of the December 2010 grand prize drawing of a Meco cart-type electric grill.



Appetizers & Beverages

Championship Bean Dip

1 (16 oz.) can refried beans
1 cup picante sauce
1 cup shredded Monterey Jack cheese
1 cup shredded Cheddar cheese
3/4 cup sour cream
1 (3 oz.) pkg. cream cheese, softened
1 T. chili powder
1/4 tsp. ground cumin
Tortilla chips and salsa

In a bowl, combine first 8 ingredients; transfer to slow cooker. Cover and cook on High for 2 hours or until heated through, stirring once or twice. Serve with chips and salsa.

Sharon Morrell, Parker
Cooperative Connections

Sausage Wonton Bites

1 (12 oz.) pkg. wonton wrappers
1 lb. spicy pork sausage, browned and drained
2 cups shredded sharp Cheddar cheese
1/2 cup chopped green pepper
1 (4 oz.) jar chopped red pimento, drained
2 bunches green onions, chopped
1/2 cup ranch salad dressing

Lightly press wonton wrappers in the bottom and up sides of a greased miniature muffin cup pan. Bake at 350°F. for 5 minutes or until edges are lightly browned. Continue until all wrappers are baked. In a large bowl, mix together remaining ingredients. Spoon a large rounded tablespoonful of the mixture into each wonton cup. Bake for 6 to 7 minutes or until heated through.

Carol Mizera-Amick, Lead
Cooperative Connections

Jalepeno Popper Dip

2 (8 oz.) pkgs. cream cheese, softened
1 cup mayonnaise
1 cup grated Parmesan cheese
1 (4 oz.) can green chiles, drained
1 (2 oz.) can diced jalapeno peppers, drained

In a microwave-safe bowl, stir together cream cheese and mayonnaise until smooth. Add Parmesan cheese, green chiles and jalapeno peppers. Microwave on high until hot. Serve with buttered toast chunks of French bread or crackers.

Mary Crane, Mitchell
Cooperative Connections

Ruby Citrus Sparkler

6 oz. Ocean Spray® Premium 100% Ruby™ Red Grapefruit Juice Blend
3 oz. orange juice
2 oz. lime-flavored sparkling water

Pour grapefruit juice drink and orange juice into a glass with ice. Top with sparkling water. If desired, garnish with orange or lime slice. Makes 1 serving.

Nutritional information per serving: Cal. 131.8, Fat Cal. 0, Pro. 1g, Carb. 32.2 g, Fat 0g, Chol. 0mg, Sod. 50 mg, Vit. A 18.6 RE, Vit. C 92 mg, Vit. E 0mg, Calcium 10mg, Iron <1mg, Folate 28Ug, Zinc 0mg, Pot. 209mg, Dietary Exchange: Fruit 2

Pictured, Cooperative Connections

Mocha Seville

1-3/4 cups hot brewed coffee
2 envelopes hot cocoa mix
1-1/2 tsp. grated orange peel
1/4 tsp. cinnamon
1/4 cup whipping cream or half-and-half

Combine first 4 ingredients until cocoa mix is dissolved. Divide mixture between two mugs. Stir 2 T. cream into each mug. Serve.

Maxine Smith, Owanka
Cooperative Connections

Queso Dip

1 lb. Velveeta cheese, cut into 1/2-inch cubes
1/2 lb. sausage, browned and drained
10 to 12 cherry tomatoes, cut into fourths
4 to 6 green onions, chopped

In a saucepan, melt cheese over low heat, stirring constantly. Add remaining ingredients. Serve warm with assorted vegetables, crackers or tortilla chips.

Mary Kontz, Hendricks, Minn.
Cooperative Connections

Clam Dip

1 (6-1/2 oz.) can minced clams
1/2 pkg. dry onion soup mix
1 (8 oz.) pkg. cream cheese, softened

Drain clams in a strainer, reserving liquid. In medium bowl, combine clams, onion soup mix and cream cheese. Using a hand mixer, blend well. Gradually add clam juice (about 2 tablespoonfuls at a time) until desired consistency. Form into ball or log. Serve with crackers.

Bev Kreber, Springfield
Cooperative Connections

Please send your favorite casserole, ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.

Comfort Casseroles



Onion Casserole

- 2 large onions (preferably Vidalia) thinly sliced
- 2 T. butter
- 6 to 8 slices French bread
- 2 cups shredded Swiss cheese
- 1 can cream soup
- 1/2 cup milk
- 1 tsp. soy sauce
- Pepper to taste

Saute onions in butter. Arrange onions in 1-1/2-quart casserole. Layer French bread slices on top. Combine remaining ingredients; spread over bread. Bake at 350°F. uncovered for 30 minutes or until it starts to brown slightly.

Janell Beck, Lennox
Cooperative Connections

King Ranch Chicken Casserole

- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 2 T. vegetable oil
- 2 cups chopped cooked chicken
- 1 (10 oz.) can diced tomato and green chiles
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 tsp. chili powder
- 1/4 tsp. salt
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper
- 12 6-inch corn tortillas
- 2 cups shredded Cheddar cheese, divided

Saute onion and bell pepper in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Stir in chicken and next 7 ingredients; remove from heat. Tear tortillas into 1-inch pieces; layer one-third of tortilla pieces in bottom of a lightly greased 9x13-inch baking dish. Top with 1/3 of chicken mixture and 2/3 cup cheese. Repeat layers twice. Bake at 350°F. for 30 to 35 minutes. Note: Uncooked casserole can be frozen up to 1 month, if desired. Thaw in refrigerator overnight and bake as directed.

Nancy Brown, Sioux Falls
Cooperative Connections

Spicy Salsa Mac and Beef

- 1 lb. ground beef
- 1 (10.5 oz) can beef broth
- 1-1/3 cups water
- 1 jar Pace chunky salsa
- 2 cups uncooked medium shell or elbow macaroni
- 1 (10.75 oz.) can Campbell's Cheddar cheese soup

In skillet over medium-high heat, brown ground beef; drain. Add broth and water; heat to a boil. Stir in macaroni. Reduce heat to medium. Cook 10 minutes or until macaroni is done, stirring often. Stir in soup and salsa. Heat through.

Bonnie Risse, Martin
Cooperative Connections

Turkey and Hash Brown Bake

- 1 (16 oz.) bag frozen, shredded hash brown potatoes
- 2 cups chopped frozen or fresh broccoli
- 8 oz. sliced turkey, cut into 1/2-inch pieces
- 1 (12 oz.) can Nestlé Carnation Evaporated Lowfat 2% Milk
- 1 (10 oz.) can condensed fat-free cream of chicken soup
- 1/2 cup shredded Parmesan cheese
- 1 T. Dijon mustard
- 1/2 tsp. ground black pepper

Combine all ingredients in large bowl until well blended. Pour into a greased 9x13-inch baking dish. Bake at 350° F. for 50 minutes or until heated through. Makes 10 servings.

Nutritional information per serving: 130 calories; 30 calories from fat; 3g total fat; 2g saturated fat; 20mg cholesterol; 500mg sodium; 16g carbohydrate; 1g fiber; 4g sugars; 9g protein; 15% Vitamin C; 15% Calcium

Pictured, Cooperative Connections

Crescent Roll Hot Dish

- 1 lb. ground beef
- 1 medium onion, chopped
- 1 (8 oz.) can tomato sauce
- 1 cup shredded Cheddar cheese
- 1 small can mushrooms, undrained
- 1 cup shredded mozzarella cheese
- 1 tube refrigerated crescent rolls
- 1/2 cup sour cream
- 2 T. Italian seasoning

Brown beef and onion; drain. Add tomato sauce, Cheddar cheese and mushrooms. Place in a 9x9-inch pan; top with mozzarella cheese. Unroll crescent rolls, keeping them in one piece. Spread sour cream over rolls. Top with Italian seasoning. Roll up as instructed on package. Top meat mixture with rolls. Bake at 350°F. for 30 to 40 minutes.

Margie Schissel, Vermillion
Cooperative Connections

Three Bean Hotdish

- 1/2 lb. ground beef
- 1/2 lb. bacon, cut-up
- 1/4 cup diced onion
- 1 (15.5 oz.) can kidney beans
- 1 (21 oz.) can pork and beans
- 1 (15 oz.) can butter beans

Sauce:
- 2 T. sugar
- 2 T. brown sugar
- 2 T. molasses
- 1/4 cup ketchup
- 1/4 tsp. mustard

Brown ground beef, bacon and onion. Partially drain beans. Mix together sauce ingredients. Simmer 20 minutes. Mix with meat and beans. Bake at 350°F. for 1 hour and 20 minutes.

Judi Johnson, Rapid City
Cooperative Connections

Please send your favorite ethnic, dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.



Ethnic Eats

Sour Cream Enchilada Dish

1-1/2 to 2 lbs. ground beef
1 onion, chopped
1 small can green chiles
1 pkg. taco seasoning
12 oz. sour cream
1 can cream of chicken soup
8 oz. grated Cheddar cheese
Large tortilla shells

Brown ground beef, onion and green chiles; drain. Add taco seasoning. Mix together sour cream and soup. Pour half of soup mixture into bottom of a greased 9x13-inch pan. Fill tortilla shells with meat mixture; roll up. Place on top of soup mixture, seam-side down. Pour remaining sauce on top; sprinkle with cheese. Bake at 350°F. for 20 to 30 minutes. Serve with toppings of choice: lettuce, green peppers, olives, jalapeno peppers, taco sauce, etc., if desired.

Kim Kappler, Alpena
Cooperative Connections

Verenika Casserole

1 lb. bacon, ham or sausage
1 onion, chopped
1 pint sour cream
1 pint cottage cheese
1 (6 oz.) pkg. bow-tie pasta, cooked and drained
Salt and pepper, to taste

Brown meat. Add onion and fry until crisp. Add sour cream. Mix cottage cheese with cooked and drained noodles. Combine all. Put in a covered casserole dish and bake at 350°F. for 1 hour.

Pam Hofer, Carpenter
Cooperative Connections

Kartoffel Knnatul (Potato Dumplings)

4 cups peeled cubed potatoes
3/4 to 1 cup flour
1 egg
Sauce:
1 cup half-and-half
1 cup 2% milk
3/4 tsp. salt
1/4 tsp. pepper
1/4 cup flour

Put cubed potatoes in blender; cover with water. Puree until chunks are grated. Squeeze juice out with a cloth. Put squeezed potato mixture into a bowl. Add flour and egg; mix well. Form into balls about the size of walnuts with wet hands. Drop each ball into boiling water for 20 minutes. Drain. Meanwhile, in saucepan combine half-and-half and milk. Blend 1/4 cup flour, salt and pepper together. Add to liquid and mix well. Heat until thickened, stirring constantly. Pour over dumplings. Note: to make them the old-fashioned way, use 2 cups cream instead of half-and-half and milk.

Amy Schoenfelder, Cavour
Cooperative Connections

German Potato Salad Casserole

1 lb. ground beef (90% lean) or ground turkey
1 cup chopped onion
2 cloves garlic, minced
1 tsp. dried thyme leaves, crumbled
1/2 tsp. salt, optional
1/2 tsp. pepper
1 (15 oz.) can READ German Potato Salad
1 (14.5 oz.) can diced tomatoes, well drained
1-1/2 cups shredded Swiss cheese, divided

Cook ground beef, onion, garlic and thyme in a large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink; drain. (Beef should be left in large crumbles.) Season with salt, if desired, and pepper. Stir in potato salad and tomatoes. Cook over medium heat until liquid is reduced and thickened, about 7 minutes, stirring occasionally. Stir in 1 cup cheese and spoon mixture
into an ungreased 11-1/2 x 8 x 2-inch (2-quart) baking dish. Sprinkle remaining cheese on top and bake, uncovered, at 350°F. in for 15 minutes or until bubbly. Remove from the oven and let stand 5 minutes before serving. Makes 4 servings.

Nutrition information per serving (using 90% lean ground beef): 476 calories; 36 g protein; 33 g carbohydrate; 22 g fat; 682 mg sodium; 110 mg cholesterol; 2 g dietary fiber; 3 mg iron; >1 mg thiamin; 933 IU Vitamin A; 15 mg Vitamin C.

Pictured, Cooperative Connections

Korean Steak on a Stick

1 to 1-1/4 lbs. steak (flank, round or sirloin), cut diagonally into thin strips about 1/4-in.
3 scallions, finely chopped
1/2 cup cider vinegar
1/4 cup soy sauce
1/4 cup honey
2 T. sugar
1 T. fresh grated ginger or 1/2 tsp. dried
1 tsp. chili paste
1 to 2 cloves garlic, minced
2 tsp. fish sauce, optional

Thread steak onto 16 12-inch bamboo or metal skewers. Place skewers in a large baking dish. Combine remaining ingredients in a small bowl; pour over meat. Cover and refrigerate 2 to 12 hours. Spray the broiler rack or grill with nonstick spray; preheat broiler or grill. If grilling, have heat up to 450°F. to 500°F. Drain the marinade into a saucepan; bring to a boil. Cook, stirring occasionally, over high heat until the sauce is thickened and the consistency of syrup – about 15 minutes. Meanwhile, place the skewers on the broiler rack or grill and cook 4 inches from heat, turning frequently, until meat is browned on both sides, about 8 minutes total. Arrange skewers on a platter and drizzle with sauce. Note: if using bamboo skewers, soak in cold water at least 30 minutes before using to prevent burning.

Sue Crooks, Astoria
Cooperative Connections

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.



Delectable Desserts

Sawdust Pie

7 egg whites, unbeaten
1-1/2 cups sugar
1-1/2 cups graham cracker crumbs
1-1/2 cups pecans
1-1/2 cups coconut
1 9-inch pie shell, unbaked

Mix together first 5 ingredients, stirring by hand. Pour into pie shell. Bake at 325°F. until glossy and set – about 25 to 30 minutes. Do not overbake.

Karen Douglas, Buffalo
Cooperative Connections

Rhubarb Cherry Crisp

Crust:
1 cup quick-cooking oats
1 cup flour
1 cup brown sugar
1/4 tsp. salt, optional
1/2 cup butter

Filling:
4 cups chopped rhubarb
1 cup water
1 cup sugar
2 T. cornstarch
1 can cherry pie filling
1 tsp. almond extract
1/2 cup nuts, optional

For crust, combine dry ingredients. Cut butter into dry mixture until course crumbs. Press half of mixture into a 9x13-inch glass pan. For filling, spread rhubarb over crust. Boil water, sugar and cornstarch until thick. Stir in pie filling and almond extract. Spoon over rhubarb. Sprinkle remaining crust mixture over filling. Sprinkle nuts over top. Bake at 350°F. for 45 minutes.

Mary Jessen, Holabird
Cooperative Connections

Blueberry Dessert

1-2/3 cups graham cracker crumbs
1/4 cup sugar
1/4 cup butter, melted
1 (8 oz.) pkg. cream cheese, softened
2 cups powdered sugar
1/2 tsp. vanilla
2 cups whipped topping
1 can Wilderness blueberry pie filling

Combine graham cracker crumbs, sugar and butter. Press into a 9x13-inch pan. Bake at 350°F. for 5 minutes. Cool. Beat together cream cheese, powdered sugar, vanilla and whipped topping. Spread on cooled crust. Spread pie filling over all.

LaVaye Dubro, Iroquois
Cooperative Connections

Independence Cake

1 cup water
1 cup instant mashed potato flakes
2-2/3 cups all-purpose flour
1 T. baking powder
3/4 tsp. salt
2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1 cup (2 sticks) butter or margarine, softened
2-2/3 cups granulated sugar
4 large eggs
3/4 cup milk
2 cups (12 oz. pkg.) Nestlé Toll House Semi-Sweet Chocolate Mini Morsels
1 (8 oz.) container frozen lite whipped topping, thawed
2 cups sliced strawberries
1/2 cup blueberries

Preheat oven to 350°F. Grease a 13x9-inch baking pan; line with wax paper. Heat water to boiling in small saucepan; remove from heat. Stir in potato flakes until moistened. Cool to room temperature. Combine flour, baking powder, salt, cinnamon and nutmeg in a medium bowl. Beat sugar and butter until crumbly. Add eggs one at a time, beating well after each addition; beat in potatoes. Gradually beat in flour mixture alternately with milk. Stir in morsels. Spoon into prepared baking pan. Bake for 45 to 55 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 15 minutes. Invert onto wire rack; remove wax paper. Cool completely. Transfer to serving platter. Frost sides and top of cake with whipped topping. Just prior to serving, arrange strawberry slices and blueberries on top of cake to represent the American flag. Makes 20 servings

Nutrition information per serving: 390 calories; 150 calories from fat; 17g total fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 250mg sodium; 59g carbohydrate; 2g fiber; 38g sugars; 4g protein; 8% DV vitamin A; 20% DV vitamin C; 6% DV calcium; 6% DV iron

Pictured, Cooperative Connections

Southern Skillet Peach Dumplings

5 cups peeled, sliced fresh peaches, about 1-1/2 to 1-2/3 lbs.
1 cup lightly packed brown sugar
3/4 cup water
1/4 tsp. cinnamon, optional
1-2/3 cups reduced fat baking mix
2 T. sugar
2/3 cup 1% milk

In a deep, heavy 10-inch skillet, combine peaches, brown sugar, water and cinnamon. Bring to a simmer over medium-high heat; cook, covered, for 3 to 5 minutes. Meanwhile, in mixing bowl, stir baking mix with sugar. Stir in milk to make a stiff dough. Drop dough by rounded tablespoonfuls onto simmering peaches to make 12 small dumplings. Reduce heat to low so that peaches are simmering but not boiling; cook, uncovered, for 5 minutes. Cover skillet and cook another 12 to 15 minutes or until dumplings are done. Serve warm with peaches and syrup spooned over dumplings. Note: To skin peaches, immerse in rapidly boiling water to a count of 10. Immediately run cold water over peaches. Peel with paring knife.

Bonnie Risse, Martin
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2011. All entries must include your name, mailing address, telephone number and cooperative name.



Succulent Salads

Spinach Salad

1 bag spinach leaves, washed and broken
1 can sliced water chestnuts, drained
3 hard boiled eggs
1/2 can bean sprouts, drained well (optional)
1 medium onion, chopped finely
3/4 cup sliced fresh mushrooms

Dressing:
1/2 cup sugar
1 cup canola oil
2 T. Worcestershire sauce
1/3 cup ketchup
1/3 cup vinegar
1/2 cup real bacon bits

Salad: Combine salad ingredients and refrigerate.
Dressing: Place all dressing ingredients in quart jar; shake well to mix and again before serving.

Marcia Broome, Hisega Cooperative Connections

Raspberry-Beet Gelatin Salad

1 can diced or shredded beets, drained, reserve juice
3/4 cup water
1/2 cup sugar
12 whole cloves
1 (3 oz.) pkg. raspberry gelatin
1/4 cup cider vinegar
Horseradish sauce
Miracle Whip salad dressing
Cool Whip

Boil 1 cup beet juice (add water to make 1 cup if needed), water, sugar and cloves for 5 minutes. Place dry gelatin in bowl. Pour beet juice mixture through sieve over gelatin; discard cloves. Mix until gelatin dissolves. Refrigerate 20 minutes. Stir in vinegar and beets. Chill until fully set. "Frost" with a mixture of horseradish, Miracle Whip and Cool Whip to taste.

Nancy Brown, Sioux Falls Cooperative Connections

Whipped Glorified Rice

2 (3 oz.) pkgs. lemon gelatin
2 cups hot water
1 (20 oz.) can crushed pineapple, drained, reserve juice
2 cups cooked rice
1/2 cup sugar
1 cup cream, whipped or 2 cups Cool Whip

Dissolve gelatin in water. Add 1 cup pineapple juice. When thick, whip until consistency of cream. Add pineapple, rice and sugar; fold in whipped cream. Chill. Note: You may use different flavors of gelatin for different colors.

Amy Schoenfelder, Cavour Cooperative Connections

Oriental Ramen Salad

2 T. butter or margarine
1 (3 oz.) pkg. dry oriental-flavor ramen noodle soup, noodles crumbled and seasoning packet reserved
1/2 cup sliced almonds
2/3 cup (5 oz.) Nestlé Carnation Evaporated Fat Free Milk
2/3 cup vegetable oil
3 T. white vinegar
2 T. granulated sugar
2 (10 oz. each) pkgs. romaine-radicchio salad greens
4 green onions, sliced diagonally

Melt butter in large skillet. Add crumbled ramen noodles and nuts; cook, stirring constantly, until noodles are golden. Remove from pan; cool. Place evaporated milk, oil, ramen seasoning packet, vinegar and sugar in blender; cover. Blend until smooth. Combine salad greens, noodle mixture, green onions and dressing in large bowl; toss to coat well. Serve immediately. Makes 8 servings

Nutrition information per serving: 300 calories; 210 calories from fat; 24g total fat; 4.5g saturated fat; 0 g trans fat; 10 mg cholesterol; 115mg sodium; 19g carbohydrate; 3g fiber; 8g sugars; 5g protein; 50% DV vitamin A; 2% DV vitamin C; 8% DV calcium; 6% DV iron

Pictured, Cooperative Connections

Baked Chicken Salad

2 cups cooked chicken
1 cup thinly sliced celery
1 small onion, minced
1/2 tsp. salt
2 tsp. lemon juice
1/2 cup toasted almond slivers
1/2 cup chicken broth
1 cup Miracle Whip salad dressing
1/2 cup grated cheddar cheese
1 cup crushed potato chips

Gently combine first 8 ingredients. Pour into a buttered casserole; refrigerate overnight. Sprinkle with cheese and chips. Bake uncovered at 350°F. until bubbly, about 30 minutes.

Bonnie Risse, Martin Cooperative Connections

Cookie Salad

1/2 cup milk
1 small pkg. instant vanilla pudding
1 (8 oz.) container Cool Whip
1 can pineapple chunks, drained
1 can mandarin oranges, drained
1/2 pkg. fudge-striped cookies, crushed

Mix together milk and pudding; add Cool Whip, pineapple and mandarin oranges. Just before serving, add crushed cookies (save some cookie crumbs to sprinkle on top).

Catherine Jungwirth, Athol Cooperative Connections

Please send your favorite garden produce, pasta and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2011. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Delights

Zucchini Pancakes

1/3 cup biscuit/baking mix
1/4 cup grated Parmesan cheese
1/8 tsp. pepper
2 eggs, lightly beaten
2 cups shredded zucchini
2 T. butter

In a bowl, combine first 4 ingredients just until blended. Add zucchini; mix well. In a large skillet, melt butter. Drop batter by about 1/3 cupfuls into skillet; press lightly to flatten. Fry until golden brown, about 3 minutes on each side.

Elsie Heutinck, Olivia, Minn.
Cooperative Connections

Lettuce Nut Bread

1 cup sugar
1/2 cup vegetable oil
1-1/2 tsp. grated lemon or orange rind
1/4 cup lemon or orange juice
2 eggs, beaten
2-1/2 cups flour
2 tsp. baking powder
1/2 tsp. salt
1/8 tsp. ginger
1/2 cup chopped walnuts
1 cup chopped garden lettuce, packed

Combine all ingredients. Pour into a greased 9x5-inch loaf pan. Bake at 350°F. for 40 minutes.

Myrna Mork, Pierpont
Cooperative Connections

Zucchini Casserole

6 cups sliced zucchini, 1/4-inch thick
1-1/2 cups sliced carrots
1/2 cup chopped onion
4 T. butter
1-1/2 cups herbed stuffing mix
1 can cream of chicken soup
1/2 cup sour cream

Topping:
2 T. butter
3/4 cup stuffing mix

Cook zucchini and carrots in salted water until tender; drain. Sauté onion in butter until tender. Stir in stuffing mix, soup and sour cream. Gently fold in cooked vegetables. Put in 1-1/2-quart casserole. Melt 2 T. butter and add 3/4 cup stuffing mix; toss. Sprinkle over casserole. Bake at 350°F. for 30 to 40 minutes.

Debbie Hinman, Carter
Cooperative Connections

Chicken Vegetable Primavera Over Garden Rice

1 (4.7 oz.) box Uncle Ben's Whole Grain White Rice Garden Vegetable
2 tsp. olive oil
1 lb. boneless, skinless chicken breast, cut into 1-inch pieces
1 garlic clove, minced or 1 tsp. bottled garlic
2 cups thinly sliced zucchini
2 medium carrots, thinly sliced
1 cup diced red bell pepper
1 cup frozen peas, thawed
1-1/2 cups reduced-sodium chicken broth
1/4 cup dry white wine
1-1/2 T. all-purpose flour
1/4 tsp. garlic powder
1/8 tsp. ground black pepper
1/2 cup shredded Parmesan cheese

Cook rice according to package instructions. While rice is cooking, heat oil in medium skillet over medium-high heat. Add chicken and sauté until cooked through. Add garlic in the last minute of cooking; set chicken aside. Add vegetables to the same skillet and sauté until crisp tender; about 4 to 5 minutes. Add cooked chicken back to pan. In a small pot, heat broth and wine over medium-high heat until simmering. Slowly sprinkle flour into broth mixture while stirring with a whisk. Continue to simmer for 2 minutes or until thickened, stirring constantly. Add garlic powder, pepper and Parmesan cheese and stir until cheese melts – about 3 to 4 minutes (a small amount of cheese might remain in the sauce). Pour sauce over chicken mixture and bring to a simmer. Serve chicken mixture over rice. Makes 4 servings.

Nutrition information per serving: Calories: 389, Carbohydrate: 41 grams, Protein: 35 grams, Fat: 8 grams, Saturated Fat: 3 grams, Trans Fat: 0 grams, Fiber: 5 grams, Calcium: 181 mg, Sodium: 408 mg, Cholesterol: 70 mg

Pictured, Cooperative Connections

Chocolate Zucchini Bread

2 (1 oz.) squares unsweetened chocolate or mix 2 T. vegetable oil and 6 T. cocoa
3 eggs
2 cups sugar
1 cup vegetable oil
2 cups grated zucchini
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
3/4 cup semisweet chocolate chips

In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth. In a large bowl, combine chocolate and next 5 ingredients; beat well. Stir in flour, baking soda, salt and cinnamon. Do not overbeat. Fold in the chocolate chips. Pour batter into 2 lightly greased 9x5-inch loaf pans. Bake at 350°F. for 60 to 70 minutes or until a toothpick inserted into center comes out clean.

Charlotte Hoverstadt, Webster
Cooperative Connections

Please send your favorite pasta, wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2011. All entries must include your name, mailing address, telephone number and cooperative name.

Pasta Perfection



Chicken Noodle Casserole

1 can cream of chicken soup
1/4 cup mayonnaise
1/4 cup sour cream
1 tsp. lemon juice
2 cups cubed, cooked chicken
3 T. chopped onion
1 small carrot, diced and added to noodles while they cook
1/4 cup green pepper, diced
1 cup shredded Monterey Jack cheese, divided
1 cup shredded sharp Cheddar cheese, divided
12 oz. medium egg noodles, cooked and drained

Combine soup, sour cream, mayonnaise and lemon juice. Add chicken, onion, pepper, 1/2 cup Monterey Jack cheese and 1/2 cup Cheddar cheese; mix well. Add noodles, cooked carrots; toss to coat. Transfer to greased, 2-quart dish. Bake, uncovered, at 350°F. for 30 to 35 minutes. Sprinkle with remaining cheeses. Bake an additional 10 minutes or until cheese melts.

Carrie Mikkonen, Mount Vernon
Cooperative Connections

Macaroni Ring Fruit Salad

1 (16 oz.) box ring macaroni, cooked and cooled
1 (16 oz.) can crushed pineapple, drained
1 large can mandarin oranges, drained
1 (16 oz.) can fruit cocktail, drained
1 small jar maraschino cherries, drained
2 cups miniature marshmallows
Dressing:
4 eggs, beaten
1 cup powdered sugar
1/2 cup lemon juice
1 cup Cool Whip

Toss together pasta, fruit and marshmallows. Combine eggs, powdered sugar and lemon juice; cook until thick. When cool, pour over pasta/fruit mixture. Let stand overnight in refrigerator. Add Cool Whip before serving.

Mary Jessen, Holabird
Cooperative Connections

Lasagna Macs

1 lb. ground beef
1 small onion, chopped
2 cups macaroni, cooked until almost tender
1 cup tomato paste
2 T. ketchup
1/2 cup shredded Cheddar cheese
1 cup cottage cheese
1 T. onion salt
1/2 tsp. garlic salt

Brown ground beef with onion; drain. Mix together all ingredients; place in lightly oiled oven-safe dish. Bake, uncovered, at 350°F. for 20 to 25 minutes.

Carol Mizera-Amick, Lead
Cooperative Connections

Slow Cooker Lasagna

1 lb. Bob Evans Italian Sausage Roll
1 (9 oz.) pkg. no-boil lasagna noodles, broken into 2-inch pieces
12 oz. ricotta cheese
3 cups shredded mozzarella cheese, divided
2 (26 oz. each) jars pasta sauce
1 T. dried parsley

Spray interior of slow cooker with non-stick vegetable spray. In skillet over medium heat, crumble and cook sausage until brown. Place in slow cooker. Add noodles, ricotta, 2 cups mozzarella, pasta sauce and parsley. Stir gently to combine. Cover and cook on low for 4 to 6 hours. Five minutes before serving, top with remaining 1 cup mozzarella cheese. Cover to melt cheese. Makes 6 servings.

Nutritional information per serving: Calories: 755; Total Fat 44g; Saturated Fat 18g; Cholesterol 81mg; Sodium 2154mg; Total Carbs 42g; Dietary Fiber 5g; Protein 44g

Pictured, Cooperative Connections

Turkey Pasta Salad

1 (7 oz.) pkg. macaroni rings, cooked
3 cups cubed turkey
1 carrot, grated
1 cup diced celery
1 medium onion, diced
1/2 cup sliced radish
1/2 cup diced green pepper
1/2 cup sliced green olives
1/2 cup snipped parsley
Peas or cheese, optional
Dressing:
1-1/2 cups mayonnaise
1/4 cup lemon juice
1/2 cup sugar
1 tsp. salt
Dash pepper
1 tsp. seasoning salt

Combine macaroni, turkey and vegetables. Blend together dressing ingredients. Pour dressing over salad; toss lightly.

Shirley Schuld, Sioux Falls
Cooperative Connections

Hamburger Kraut Hot Dish

1 lb. ground beef
1 small onion, chopped
1 (16 oz.) jar sauerkraut with juice
1 (5 oz.) pkg. noodles, uncooked
1 can cream of mushroom soup
1 can cream of celery soup
3/4 can of water
Mozzarella cheese

Brown ground beef with onion; drain. Spread in a 9x13-inch pan. Pour sauerkraut over meat. Sprinkle uncooked noodles on top. Heat soups and water together; pour over meat/noodles. Cover with foil and bake at 350°F. for 30 minutes. Uncover and sprinkle with cheese. Bake an additional 30 minutes.

Joy Hagen, Webster
Cooperative Connections

Please send your favorite wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2011. All entries must include your name, mailing address, telephone number and cooperative name.

Wild Game



Peking Pheasant

1 pheasant, deboned (may use pork, chicken or beef)
1 cup brown sugar
1 T. ground ginger
1/2 cup low sodium soy sauce
1/2 cup ketchup
1 T. chopped garlic
Julienne carrots
Sugar snap peas
Chopped onion
Chopped peppers
Diced zucchini
Chopped celery
Salt and pepper to taste

Cut pheasant in small pieces and place in slow cooker. Add vegetables. Mix remaining ingredients and pour over pheasant and vegetables. Stir and cover. Cook on high for 2 hours or until vegetables are tender. Serve over rice or noodles.

Terry Lehmkuhl, Gettysburg
Cooperative Connections

Venison Stew

2 cloves garlic, minced
1 onion, sliced
2 T. vegetable oil
1-1/2 lbs. venison, cubed
1 (15 oz.) can tomato sauce
1 cup water
6 medium carrots, sliced
2 green peppers, chopped
3 medium potatoes, chunked
3 to 4 medium onions, sliced
1 bay leaf, optional
Salt and pepper to taste

Sauté garlic and onion in oil; add meat and brown. Cover with tomato sauce and water and simmer about 1 hour. Add remaining ingredients. Cook about 30 minutes until veggies are tender. Add more water if needed.

Dorothy Pulse, Salem
Cooperative Connections

Pheasant Supreme

1 (2 to 3 lb.) pheasant
Flour
Salt and pepper
Paprika
Garlic Powder
Canola oil
3 T. chopped onions
1 cup chopped mushrooms
1/2 cup whipping cream

Fillet pheasant; soak in salt water for 2 hours. Drain thoroughly. Roll pheasant in flour seasoned with spices. Let set a few minutes. Brown pheasant pieces in skillet with about 1/2-inch oil for about 15 minutes. Remove pheasant from pan. Sauté onions and mushrooms until wilted; drain. Add pheasant to sautéed onions and mushrooms. Pour cream over all. Cover and cook over medium low heat for about 30 minutes, removing cover after 15 minutes. Stir once or twice during cooking.

Laura Ericson, Nisland
Cooperative Connections

Roasted Wild Turkey

1 (10 to 15 lb.) wild turkey
2 large apples, quartered
6 to 8 medium red potatoes, quartered
2 lbs. baby carrots
2 medium onions, sliced
2 cups water
1-1/2 tsp. seasoned salt
1 tsp. salt
1 tsp. pepper
1/2 cup maple syrup
1/4 cup French salad dressing
1/4 cup barbecue sauce
2 T. ketchup
2 T. steak sauce
1 T. lemon juice

Place turkey on a rack in a roasting pan; place apples in turkey cavity. Place potatoes, carrots and onions around turkey. Pour water over vegetables. Combine seasoned salt, salt and pepper; rub over turkey. Combine remaining ingredients; spoon over turkey. Cover and bake at 325°F. for 3-1/2 hours or until a meat thermometer reads 180°F., baste if desired. Turkey may be uncovered for the last 30 minutes for additional browning, if desired. Makes 10 to 12 servings.

Nutritional information: 1 serving (6 oz.) equals 615 calories; 23 g fat (6 g saturated fat); 204 mg cholesterol; 766 mg sodium; 37 g carbohydrate; 4 g fiber; 63 g protein.

Pictured, Cooperative Connections

Wild Bird Apple Stuffing

8 to 10 strips bacon, divided
1/2 cup chopped celery
1 cup chopped onion
1/2 cup sliced, fresh mushrooms
1/4 cup butter
4 cups chopped apples
2 T. brown sugar
2 cups plain croutons
4 T. fresh parsley
1/2 tsp. black pepper
1 tsp. salt
1 egg
Any clean game bird, whole with skin on (1 goose, 2 pheasants or 4 Cornish hens)

Preheat oven to 350°F. Cook 4 strips bacon; drain and crumble. Drain excess grease. In same pan, sauté celery, onions and mushrooms in butter. Add apples and brown sugar; cover and cook until apples are slightly cooked. In a large bowl, toss croutons, parsley, pepper, salt and crumbled bacon. Pour sautéed vegetables and butter over top and toss well. Add slightly beaten egg; toss well. Stuff loosely into bird. Bake extra in greased and covered casserole for 45 to 60 minutes. Drape uncooked bacon over bird for last 30 minutes roasting time. Uncover when meat thermometer is 10 degrees below recommended internal temperature for poultry to brown bacon. Remove stuffed birds from oven when 5 degrees below recommended internal temperature (temperature will continue to rise). Let stand 10 minutes. Remove stuffing and serve as a side dish. Carve and serve.

Winnie Peterson, Canton
Cooperative Connections

Please send your favorite soup and bread/breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2011. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Favorites



Chocolate Nut Bars

2 cups graham cracker crumbs
1/2 cup butter, softened
1-1/2 cups semisweet chocolate chips, divided
1 (14 oz.) can sweetened condensed milk
1 cup peanut butter chips
1-1/2 cups coconut
1 cup chopped nuts

Line a 9x13-inch pan with foil, extending over ends of pan. Grease foil. Combine graham cracker crumbs and butter; press into bottom of prepared pan. Melt 1/2 cup chocolate chips; stir into sweetened condensed milk. Pour chocolate mixture over crumb mixture, spreading evenly. Sprinkle peanut butter chips, 1 cup chocolate chips, coconut and nuts over chocolate mixture. Press down chip mixture lightly with a fork. Bake at 350°F. for 25 to 30 minutes, until lightly browned. Cool completely. Lift from pan using ends of foil. Cut into bars. Store in airtight container.

Mary Jessen, Holabird
Cooperative Connections

Raspberry Truffles

1/2 cup evaporated milk
1/4 cup sugar
1/2 tsp. instant coffee granules
1/4 cup seedless raspberry preserves
1 (12 oz.) pkg. milk chocolate chips
3/4 cup finely chopped almonds, toasted

Combine first 3 ingredients in heavy saucepan; bring to rolling boil over medium heat. Stir and boil for 3 minutes; remove from heat. Stir in raspberry preserves. Add chocolate chips; stirring until melted and mixture is smooth. Chill 1 hour. Roll into 1-inch balls. Roll balls in chopped almonds. Chill until firm. Cover and store in refrigerator.

Maxine Smith, Owanka
Cooperative Connections

Double Peppermint Bark

1 (12 oz.) pkg. white chocolate chips
1 tsp. peppermint extract
8 to 10 drops red or green food coloring
1/2 cup crushed chocolate mint Starlite candies or candy canes

Microwave chips in large bowl on high for 2 minutes. Add extract. Stir until chips are melted and smooth. Spread on foil-lined 10x15-inch pan. Add food coloring over mixture. Using knife, swirl through bark. Sprinkle with candies, pressing into bark. Refrigerate 10 minutes. Break into pieces.

Mitzi Rozeboom, Centerville
Cooperative Connections

Chocolate Chip Cookie Mix In a Jar

1-3/4 cups all-purpose flour
3/4 tsp. baking soda
3/4 tsp. salt
1-1/2 cups (9 oz.) Nestlé Toll House Semi-Sweet Chocolate Morsels
3/4 cup packed brown sugar
1/2 cup granulated sugar

Combine flour, baking soda and salt in small bowl. Place flour mixture in 1-quart jar. Layer remaining ingredients in order listed above, pressing firmly after each layer. Seal with lid and decorate with fabric and ribbon.

Recipe to attach:
Beat 3/4 cup (1-1/2 sticks) softened butter or margarine, 1 large egg and 3/4 tsp. vanilla extract in large mixer bowl until blended. Add cookie mix and 1/2 cup chopped nuts (optional); mix well, breaking up any clumps. Drop by rounded tablespoonful onto ungreased baking sheets. Bake at 375°F. for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 2 dozen cookies.

Nutritional information per serving: Calories 180; Total Fat 9g; Saturated Fat 6g; Cholesterol 25mg; Sodium 160mg; Carbohydrates 25g; Dietary Fiber .5g; Sugars 17g; Protein 2g

Pictured, Cooperative Connections

Peanut Butter Fudge

2 cups sugar
1/2 cup milk
1-1/3 cups peanut butter
1 (7 oz.) jar marshmallow creme

In a saucepan, bring sugar and milk to a boil; boil 3 minutes. Add peanut butter and marshmallow creme; mix well. Quickly pour into a buttered 8-inch square pan. Chill until set. Cut into squares.

Carol Mizera-Amick, Lead
Cooperative Connections

Caramel Corn

2 cups brown sugar
1 cup butter
1/2 cup white corn syrup
1 tsp. salt
1 tsp. baking soda
7-1/2 quarts popped corn
Nuts, if desired

In saucepan, boil together for 5 minutes first 4 ingredients; remove from heat. Add baking soda. Stir in popped corn and nuts. Put in roaster. Bake at 200°F. for 1 hour, stirring every 15 minutes. Can be frozen.

Roxy Cook, Bruce
Cooperative Connections

Please send your favorite soup and bread/breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2012 Reader Recipes

January

Sensational Soups

1. Taco Soup
2. Plantation Ham and Pea Main Dish Soup
3. Bacon Potato Chowder
4. White Chicken Chili
5. Quick Minestrone Soup

February

Bread and Breakfast

1. Breakfast Pizza
2. Butter Pecan Bread
3. Baked Oatmeal
4. Sticky Buns
5. Cranberry-Orange Bread
6. Breakfast Cowgirl Casserole
7. Overnight French Toast

March

Seafood Specialties

1. Glazed Crab Sandwich
2. Salmon Pinwheels
3. Halibut Seafood Crepes
4. Tuna Stir-Fry Over Whole Weat Vermicelli
5. Brolied Garlic Shrimp with Wasabi Cocktail Sauce

April

Appetizers & Beverages

1. Mexi Corn Dip
2. Cheese Ball
3. Creamy Chicken Taquitos
4. Baked Pork Egg Rolls
5. Banana Latte Smoothie
6. Cappuccino Punch

May

Comforting Casseroles

1. Corn Casserole
2. Sausage-Almond Rice Bake
3. Overnight Meatball and Pasta Casserole
4. Southwestern Beef Casserole with Sweet Potato Waffle Fries Topping
5. Chicken Enchilada Casserole
6. Spaghetti Casserole

June

Ethnic Eats

1. Mexican Manicotti
2. Armenian Green Bean Casserole
3. Knoephle Soup
4. Italian Pork and Vegtable Saute
5. Danish Apple Bars

July

Delicious Desserts

1. Oh My Peanut Butter Pie
2. Brownie Cheesecake Truffle
3. Raspberry Cake
4. Cheesecake Bars
5. Rhubarb Swirl Dessert
6. Cake in a Mug

August

Succulent Salads

1. Mandarin Chicken Salad
2. Potato Salad Dressing
3. Chinese Cabbage Salad
4. Fruit and Yogurt Elbow Salad
5. Strawberry Pretzel Salad
6. Corn Salad

September

Garden Delights

1. Zucchini Parmesan Cheese Pie
2. Out of the Garden Salsa
3. Roasted Veggie Platter
4. Red, White and Blue Potato Salad
5. Gazpacho

October

Pasta Perfection

1. Mac-Chicken Hotdish
2. Pasta-Cabbage Salad
3. Nicaraguan Pasta Hotdish
4. Quick Chili Mac Skillet
5. Homemade Noodles
6. Spaghetti Corn

November

Wild Game

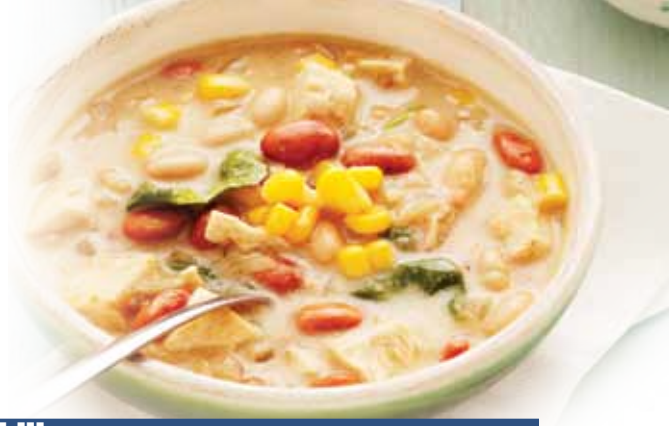
1. Pheasant Casserole
2. Fried Frog Legs
3. Pickled Fish
4. Hunter's Venison Casserole
5. Duck and Lentil Salad

December

Holiday Favorites

1. Coconut Balls
2. Nut Crunch Candy
3. Peppermint Meltaways
4. Magic Mint Chocolate Bark
5. "Baklava" Phyllo Shells
6. Pork and Bean Bars

Sensational Soups



Taco Soup

1 lb. ground beef, drained
1 onion, chopped
2 cups sour cream
1 lb. Velveeta cheese
1 (15 oz.) can chili without beans
1 (15 oz.) can stewed tomatoes, (draining optional)
1 (10 oz.) can tomatoes with green chilies, (draining optional)
1 to 2 cans pinto beans, (draining optional)
Tortilla chips, crushed

Brown ground beef and onion. Combine sour cream, Velveeta cheese, chili, tomatoes and beans together in a large pot. Stir in hamburger and onions; heat through. Serve with tortilla chips. Note: If you prefer a soup with more liquid, do not drain beans and tomatoes. Also you can use chili with beans if you prefer more than just the pinto beans in your soup.

Jeanette Fuchs, Lake Andes
Cooperative Connections

Plantation Ham And Pea Main Dish Soup

1 cup cooked ham, cut in strips
1/4 cup chopped onion
2 T. butter or margarine
2 (11-1/2 oz. each) cans condensed green pea soup
1-1/2 soup cans water
2 cups cooked, mixed vegetables
1/4 tsp. ground nutmeg

In a saucepan, brown ham and cook onion in butter until tender. Add soup; gradually blend in water. Add vegetables and nutmeg. Heat, stirring occasionally.

Vicky Fitzpatrick, Olivet
Cooperative Connections

Bacon Potato Chowder

8 slices bacon, cut in pieces
1 cup chopped onion
1 cup chopped celery
2 medium potatoes, peeled and cubed
1 cup chicken broth
Salt and pepper to taste
1 (10 oz.) can cream of mushroom soup
1/2 cup sour cream
1-1/2 cups milk

In saucepan, cook bacon, onion and celery until bacon is lightly browned and vegetables are tender; pour off drippings. Place diced potatoes, broth, salt and pepper in large kettle. Add bacon and vegetables; simmer about 15 minutes until potatoes are tender. Stir in soup, sour cream and milk. Heat through.

Mary Jessen, Holabird
Cooperative Connections

White Chicken Chili

1 T. vegetable oil
1-1/2 lbs. boneless, skinless chicken breast tenders
1 medium onion, chopped
1 clove garlic, chopped
1 T. ground cumin
1-1/2 tsp. ground coriander
1 to 1-1/2 cups mild salsa verde
1 (15 oz.) can cannellini beans, drained
1 (15 oz.) can pinto beans, drained
1 cup water
1/2 cup loose-pack frozen corn
1 (12 oz.) can Nestlé Carnation Evaporated Low-fat 2% Milk
1 cup fresh spinach leaves
Baked tortilla chips and light sour cream for serving (optional)

Heat oil in large saucepan over medium-high heat. Add chicken; cook on each side until golden. Transfer to plate; cover. Add onion to same saucepan. Cook, stirring occasionally, until translucent. Add garlic; cook for 30 seconds. Stir in cumin and coriander; cook for 30 seconds. Stir in salsa verde, cannellini beans, pinto beans, water and corn. Cook for 10 minutes or until hot. Cut or shred chicken into bite-size pieces and add to saucepan along with any accumulated juices on plate. Stir in evaporated milk and spinach; cook for a few minutes just until heated through and spinach is slightly wilted. Serve topped with crumbled tortilla chips and dollop of sour cream. Makes 8 servings – about 1 cup each.

Nutritional information per serving: Calories 250; Calories from Fat 40; Total Fat 4.5g; Saturated Fat 1.5g; Cholesterol 55mg; Sodium 420mg; Carbohydrates 23g; Dietary Fiber 4g; Sugars 7g; Protein 27g

Pictured, Cooperative Connections

Quick Minestrone Soup

3 slices finely chopped bacon
1 cup chopped onion
1/2 cup chopped celery
2 large garlic cloves, minced
1 tsp. basil leaves crushed
1 (15 oz.) can beef broth
1 (10-3/4 oz.) can bean with bacon soup
1-1/2 soup cans water
1 (16 oz.) can diced tomatoes, undrained
1/2 cup uncooked ditalini (small tube macaroni)
1/2 tsp. salt
1 cup shredded cabbage
1 cup cubed zucchini

In a large saucepan, brown bacon; remove with slotted spoon and keep warm. Add onion and celery to 2 T. bacon grease; sauté for 3 minutes. Add garlic and basil leaves; sauté 3 minutes longer. Stir in soups, water, tomatoes, ditalini and salt. Bring to boil, cover and reduce heat. Simmer 15 minutes. Add cabbage and zucchini; cook 10 minutes or until ditalini is done and veggies are tender, stirring occasionally. Add chopped bacon just before serving.

Charlene Lowe, Rapid City
Cooperative Connections

Please send your favorite bread/breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Bread and Breakfast



Breakfast Pizza

1 (8 oz.) can refrigerated crescent rolls
1 lb. sausage, browned and drained
2 cups hash browns, fresh or frozen (thawed)
1/2 cup chopped onion
1/4 cup chopped green pepper
1 small can mushrooms, drained
Salt and pepper, to taste
2 cups shredded American cheese
3 eggs, beaten
1/2 cup milk

Spread rolls in bottom of greased pizza pan or cookie sheet. Spread sausage over crust. Layer with hash browns, onion, green pepper and mushrooms. Add salt and pepper to taste. Sprinkle with cheese. Combine eggs and milk; pour over all. Bake at 350°F. for 25 to 35 minutes or until eggs are set.

Becki Walz, Tripp, *Cooperative Connections*

Butter Pecan Bread

1 pkg. butter pecan cake mix
1 pkg. instant coconut cream pudding
2 T. poppy seeds
2 T. flour
4 eggs, lightly beaten
1/2 cup oil
1 cup hot water
1/2 cup butter brickle chips
1/2 cup chopped pecans

Combine first 4 ingredients. Add eggs, oil and water; mix well. Add chips and pecans. Pour into greased loaf pans. Bake at 350°F. for 15 minutes. Reduce temperature to 325°F. and bake an additional 30 minutes or until a toothpick inserted in center comes out clean.

Shirley Dreher, Clark, *Cooperative Connections*

Baked Oatmeal

3 cups old-fashioned oats
1 cup packed brown sugar
2 tsp. baking powder
1 tsp. cinnamon
1 tsp. salt
1 cup milk
1/2 cup butter, melted
2 eggs, beaten

Combine all ingredients. Pour into a greased 9-inch square pan. Bake at 350°F. for 40 to 45 minutes. Serve with milk.

Frances Poste, Wall, *Cooperative Connections*

Sticky Buns

1/2 cup sugar
1 tsp. cinnamon
Large or small marshmallows
1 (8 oz.) can refrigerated crescent rolls
1/4 stick butter, melted

Mix together sugar and cinnamon. Roll 1 large or 4 small marshmallows in butter; dip in cinnamon/sugar mixture. Place in center of crescent roll triangle and roll up sides. Dip in butter, place in muffin tin. Bake at 375°F. for 15 minutes or until brown.

Lois Sears-Ahrendt, Sioux Falls, *Cooperative Connections*

Cranberry-Orange Bread

2 cups all-purpose flour
1-1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup Chobani 2% plain Greek yogurt
1 cup sugar
1 egg
3/4 cup orange juice
1 T. grated orange zest
1-1/2 cups fresh cranberries
1/2 cup walnuts, lightly toasted and chopped coarsely

Spray 9 x 5-inch loaf pan with nonstick spray. In medium bowl, combine dry ingredients. Set aside. In large bowl, mix together Greek yogurt and sugar. Add egg and combine. Stir in orange juice. Add dry mixture to wet mixture. Mix only until just combined. Carefully, fold in orange zest, cranberries and walnuts. Pour into prepared pan. Bake at 350°F. for 1 hour or until a toothpick inserted comes out clean. Yield: 10 (3/4-inch) slices.

Nutritional information per serving: Calories 160, Calories from Fat 30, Total Fat 3.5g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 230 mg, Total Carbohydrate 31g, Dietary Fiber 1g, Sugars 15g, Protein 5g

Pictured, Cooperative Connections

Breakfast Cowgirl Casserole

1 lb. bulk sausage, browned and drained
1/2 lb. bacon, cooked, drained and crumbled
12 oz. frozen hash brown potatoes
1 medium green bell pepper, chopped
2 T. chopped green onions
2 cups shredded cheddar or Monterey jack cheese, divided
1 cup Bisquick
2 cups 2% milk
1/2 tsp. salt
4 eggs

Combine first 6 ingredients using 1 cup cheese; spread in a glass greased 9x13-inch baking dish. Whisk together Bisquick, milk, salt and eggs until well blended. Pour over potato mixture. Sprinkle with remaining cheese. Cover and refrigerate overnight (no longer than 24 hours.) Bake at 375°F. uncovered 30 to 35 minutes, until light golden brown around the edges. Let stand 10 minutes before serving.

Diana Spence, Utica, *Cooperative Connections*

Overnight French Toast

6 slices bread
3 eggs, beaten
1 cup milk
1 tsp. vanilla extract
1/2 cup brown sugar
1/4 cup butter
1 T. corn syrup

Lightly spray an 8x8-inch pan with cooking spray. Place bread in prepared pan. Beat eggs, milk and vanilla; pour over bread. Combine brown sugar, butter and syrup; microwave until melted and thick. Pour over egg mixture. Cover and refrigerate overnight. Uncover and bake at 350°F. for 45 minutes.

Lee Anne Birkeland, Dupree, *Cooperative Connections*

Send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on Page 3).

Seafood Specialties



Glazed Crab Sandwich

1 cup crab meat or 1 (7.5 oz.) can crab
2 T. chopped green onion
1 T. lemon juice
2 T. ketchup or chili sauce
1/2 cup mayonnaise
1/4 cup shredded Cheddar cheese
6 slices toast or 6 buns

Combine the first six ingredients; mix well. Spread on toast slices. Broil a few minutes until heated and glazed. You may also spread on buns, wrap in foil and bake at 325°F. for 20 minutes.

Martha Mehlhaff, Mina
Cooperative Connections

Salmon Pinwheels

1 (8 oz.) pkg. cream cheese, softened
1 can salmon, drained with skin and bones removed
2 diced green onions or 2 T. dried onion flakes
4 flour tortillas

Combine cream cheese and salmon. Add onions; mix well. Spread mixture on tortillas. Roll up tightly in plastic wrap or place in airtight container; chill for 2 hours. Slice each tortilla into bite-sized pinwheels.

Jeanette Kleinsasser, Iroquois
Cooperative Connections

Halibut Seafood Crepes

6 medium mushrooms, chopped
1/4 cup plus 3 T. chopped green onion, divided
3 T. butter or margarine
1 cup cooked, flaked halibut
1 cup cooked crab meat
1 cup cooked shrimp bits
1 (8 oz.) pkg. cream cheese, softened
1/3 cup half-and-half
3 T. chopped parsley
1 cup shredded Swiss cheese

Crepes:
2-1/4 cups flour
3/4 tsp. salt
1/2 tsp. baking powder
3 cups milk
3 eggs
2 T. melted butter or margarine

Sauté mushrooms and 3 T. green onion in butter or margarine until tender. Stir in seafood, cream cheese, half-and-half and parsley. Cook, stirring constantly, until cream cheese is melted. To prepare crepes, mix flour, salt and baking powder. Stir in milk, eggs and melted butter or margarine; beat until smooth. Pour scant 1/4 cup of batter into hot skillet bottom. Cook until top is dry and bottom is light brown. Turn and cook other side until light brown; cool. Place about 1/4 cup filling on center of each cooled crepe, roll up and place seam-side down in ungreased baking dish. Sprinkle each with Swiss cheese. Cover and bake in 350°F. oven until crepes are hot, about 20 minutes. Sprinkle with green onion and serve.

Carol Kelderman, Canton
Cooperative Connections

Tuna Stir-Fry Over Whole Wheat Vermicelli

12 oz. tuna steak, cut into 1/2-inch cubes
2 tsp. canola oil
Canola oil cooking spray
1 garlic clove, smashed
2 pieces ginger, cut into 1/4-inch rounds
1 large carrot, peeled, halved lengthwise and cut into 1-inch diagonal pieces
8 to 12 spears asparagus, ends trimmed and cut into 2-inch pieces
8 oz. shiitake mushroom, stems discarded and tops cut into 1/4-inch strips
1 cup frozen edamame beans, thawed

Stir-Fry Sauce:
1/4 cup reduced-sodium soy sauce
1 T. ginger, grated
2 cloves garlic, minced
1 T. cornstarch
1 T. water
1 pound whole wheat vermicelli, cooked according to box instructions

In medium bowl, toss tuna with canola oil (this ensures perfectly seared tuna). Set aside. Heat wok or skillet to medium-high to high heat. Spray canola oil cooking spray to coat pan; add smashed garlic and ginger pieces to flavor oil. After 20 seconds, add carrots. Cook for 2 to 3 minutes, then add asparagus. Spray more canola oil if necessary to keep vegetables from sticking. Cook for additional 2 minutes or until asparagus is bright green and carrots are tender. Remove vegetables from pan and set aside on flat plate. Spray pan with canola oil cooking spray or oil. Add mushroom pieces. Cook for 2 to 3 minutes until browned. Remove from pan. Reheat pan to medium-high to high heat. Add tuna in 2 to 3 batches without crowding pan. Gently move tuna around with spatula. Sear tuna until just cooked. Remove and set aside. Return carrots, asparagus and mushroom to wok or skillet. Add edamame and tuna. Make a well in center and pour stir-fry sauce in middle. Coat vegetables with sauce and quickly bring to a boil. Serve tuna-vegetable mix over hot vermicelli. Yield: 6 (1-cup) servings .

Nutritional information per serving: Calories, 440; Total Fat, 6 g; Saturated Fat, 0 g; Cholesterol, 35 mg; Sodium, 310 mg; Carbohydrates, 65 g; Fiber, 9 g; Protein, 32

Pictured, Cooperative Connections

Broiled Garlic Shrimp with Wasabi Cocktail Sauce

1-1/4 cups ketchup
1 T. grated wasabi
1 T. plus 2 tsp. fresh lemon juice, divided
1-1/2 lbs. (36 to 40) peeled and deveined shrimp, thawed
2 garlic cloves, minced
3 T. extra virgin olive oil
2 tsp. chopped fresh parsley leaves
1 (5 oz.) pkg. spring mix salad greens
Lemon wedges for garnish

In small bowl, whisk together ketchup, wasabi and 2 tsp. lemon juice. Refrigerate until ready to serve. Place oven rack 4 to 5 inches from broiler; preheat broiler. On rimmed baking pan, toss shrimp, garlic and oil; spread in single layer. Sprinkle shrimp with 1 T. lemon juice. Broil 4 to 6 minutes without turning shrimp or until shrimp turn opaque throughout and reach an internal temperature of 145°F. Sprinkle shrimp with parsley. Line 10 martini glasses or individual salad plates with salad greens. Place shrimp over greens and serve with wasabi cocktail sauce. Garnish with lemon wedges, if desired.

Deloris Bachman, Rapid City
Cooperative Connections

Please send your favorite casserole and ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Appetizers & Beverages



Mexi Corn Dip

1 cup sour cream
1 cup mayonnaise
1 can Mexican corn
1 can green chiles
1 bunch diced green onions
1/4 cup jalapenos
3 cups shredded Cheddar cheese

Mix all together and serve with chips of your choice.

Ginny Jensen, Volga
Cooperative Connections

Cheese Ball

2 cups shredded fine Cheddar cheese
1/3 cup mayonnaise or salad dressing
1 T. finely chopped onion
1 T. Worcestershire sauce
1 tsp. celery salt
1 T. lemon juice
1 (8 oz) pkg. cream cheese, softened

Combine all ingredients. You may form into a ball or leave in a bowl. Serve with crackers of choice.

Arlene Baanhofman, Corsica
Cooperative Connections

Creamy Chicken Taquitos

3 oz. cream cheese, softened
1/4 cup salsa
1 T. fresh lime juice
1 tsp. chili powder
1/2 tsp. cumin
1/2 tsp. onion powder
2 cloves garlic, minced
3 T. chopped cilantro
1 to 2 green onions, chopped
2 cups shredded cooked chicken
1 cup shredded Mexican cheese (Cheddar, pepper jack, etc. would also be good)
10 to 12 6-inch flour tortillas
Cooking spray
Kosher salt

Line a baking sheet with a silicone mat or parchment paper. In a large mixing bowl, combine first 11 ingredients; mix thoroughly until well combined. Briefly heat tortillas in the microwave to make soft enough to roll easily, about 20 to 30 seconds. Place a tortilla on work surface. Spoon 2 to 3 T. of filling down the middle of the tortilla. Roll tortilla up tightly. Place seam-side down on baking sheet. Repeat with remaining tortillas and filling, spacing assembled taquitos evenly on baking sheet. Spray tops lightly with cooking spray and sprinkle with a pinch of kosher salt. (You may be tempted to skip the sprinkle of salt but it really adds a nice touch.) Bake at 425°F. for 15 to 20 minutes, until crisp and golden brown. Serve with sour cream and salsa, if desired. Note: To freeze before baking, transfer baking sheet to freezer and chill assembled taquitos 30 to 60 minutes. Transfer to a freezer-safe container or plastic bag. To bake from freezer, simply add a few minutes to the original baking time, until the filling is warmed through.

Angela Crossland, Rapid City
Cooperative Connections

Baked Pork Egg Rolls

Cooking spray
4 cups coleslaw mix
2 green onions, thinly sliced
1 lb. cooked pork tenderloin, trimmed
1/2 cup chopped fresh cilantro
3 T. hoisin sauce
16 egg roll wrappers

Spray large baking pan with cooking spray. Place coleslaw mix and green onions in a medium microwave-safe bowl. Cover with wax paper and microwave on high until softened, 5 minutes. Transfer to a plate and let cool slightly. Finely chop the tenderloin. Combine tenderloin, coleslaw mixture, cilantro and hoisin sauce in large bowl and toss to mix well. Working with 1 egg roll wrapper at a time (keep remaining wrappers covered to prevent drying), place wrapper on a work surface with one corner pointing toward you. Brush edge of wrapper with water. Spoon about 1/4 cup pork tenderloin mixture in the center of wrapper. Fold bottom corner of wrapper over filling. Fold in sides and roll up. Don't worry if your first egg roll doesn't look perfect; you'll master the easy technique after rolling a couple. Place egg roll seam-side down on plate and cover with damp paper towels to prevent drying. Repeat with the remaining wrappers and filling. Arrange egg rolls in a single layer seam-side down in prepared baking pan. Lightly spray egg rolls with cooking spray. Bake at 425°F. until the bottoms are lightly browned, about 8 minutes. Turn egg rolls and bake until tops are lightly browned, about 3 minutes longer. Serve hot or warm. Makes: 16 servings

Nutritional Information per Serving: Calories: 100; Fat: 1g; Saturated Fat: 0g; Cholesterol: 20 mg; Sodium: 200mg; Carbohydrates: 14g; Protein: 9g; Fiber: 1g

Pictured, Cooperative Connections

Banana Latte Smoothie

1 cup milk
3/4 cup strong coffee, chilled
2 overripe bananas
6 ice cubes, crushed
1/2 tsp. vanilla

Combine all ingredients and blend until smooth.

Sharon Koth, Wessington
Cooperative Connections

Cappuccino Punch

1/2 cup sugar
1/4 cup instant coffee granules
1 cup boiling water
2 quarts milk
1 quart vanilla ice cream, softened
1 quart chocolate ice cream, softened

In a small bowl, combine sugar and coffee; stir in boiling water until dissolved. Cover and refrigerate until chilled. Just before serving, pour coffee mixture into a 1-gallon punch bowl. Stir in milk. Add scoops of ice cream; stir until melted.

Janell Beck, Lennox
Cooperative Connections

Please send your favorite casserole and ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Comforting Casseroles



Corn Casserole

1 can corn, drained
1 can cream-style corn
1 pkg. Jiffy corn muffin mix
1 cup sour cream
1 T. sugar
1/2 cup margarine or butter, melted
2 eggs
1 pkg. shredded mozzarella or Cheddar cheese

In a 2-quart casserole, mix together all ingredients except cheese. Bake at 350°F. for 45 minutes or until golden brown. Remove from oven and top with cheese. Return to oven for 5 to 10 minutes or until cheese is melted.

Jan Bentzen, Tabor
Cooperative Connections

Sausage-Almond Rice Bake

1 lb. bulk sausage
1/2 cup chopped onion
1/2 cup chopped celery
1-1/2 cups uncooked rice
2 (14 oz.) cans chicken broth
1/2 cup toasted, slivered almonds
1 T. soy sauce

Brown sausage, onion and celery; drain. Place in casserole. Add rice, broth, almonds and soy sauce, stirring well. Bake at 350°F. for 45 to 60 minutes or until rice is soft.

Mary Truman, Kimball
Cooperative Connections

Overnight Meatball and Pasta Casserole

1 (14 or 15 oz.) jar pasta sauce
1 can condensed Cheddar cheese soup
3 cups (6 oz.) uncooked mini lasagna noodles
1 (16 oz.) bag frozen cooked Italian meatballs
1 cup water
1 cup frozen bell pepper and onion stir-fry, cut up larger pieces
1-1/2 cups shredded mozzarella cheese
2 T. chopped fresh parsley

In an ungreased 9x13-inch glass baking dish, mix pasta sauce, soup and water. Stir in uncooked noodles and bell pepper and onion stir-fry. Add meatballs; turn to coat with sauce. Noodles should be completely covered with sauce. Cover tightly with foil; refrigerate at least 8 hours or overnight. When ready to bake, heat oven to 350°F. Bake covered 45 minutes. Uncover; sprinkle with cheese and parsley. Bake uncovered 5 to 10 minutes longer or until mixture is bubbly and cheese is melted.

Deloris Bachman, Rapid City
Cooperative Connections

Southwestern Beef Casserole with Sweet Potato Waffle Fries Topping

1 lb. ground sirloin
1 (15 oz.) can black beans, drained and rinsed
1 (14.5 oz.) can fire roasted chopped tomatoes
1 cup frozen corn, thawed
1 (10 oz.) can 98 percent fat free cream of chicken soup
2 cups Alexia frozen sweet potato waffle fries

Coat a 9-inch square baking dish with nonstick cooking spray. In large skillet, cook meat until done; drain any excess liquid. Add black beans, tomatoes and corn to pan, mixing well. Transfer to prepared baking dish. Cover meat mixture evenly with cream of chicken soup and top with waffle fries. Bake at 375°F. for 30 to 35 minutes or until fries are done and casserole is bubbly. Makes 6 servings.

Nutritional Information per Serving: Calories 326; Fat 9g; Saturated Fat 3g; Cholesterol 48mg; Sodium 611mg; Carbohydrate 37g; Dietary Fiber 6g; Sugars 10g; Protein 23g; Dietary Exchanges: 2-1/2 starch, 2 lean meat, 1 fat

Pictured, Cooperative Connections

Chicken Enchilada Casserole

1 can cream of chicken soup
1 soup can milk
12 oz. salsa
8 oz. chopped green chilies
16 oz. cooked chicken or turkey, cubed
12 corn tortillas
8 oz. shredded mozzarella cheese
8 oz. shredded Cheddar cheese

In a bowl, combine soup, milk, salsa and chilies. Tear tortillas into pieces; add to soup mixture. Add meat, stirring gently. Pour into a prepared 9x13-inch baking pan. Sprinkle cheese over all. Bake at 350°F. for 30 to 35 minutes or until bubbly.

Margene Paige, Presho
Cooperative Connections

Spaghetti Casserole

1 lb. ground beef
1/2 cup chopped onion
1/2 cup milk
1 egg
7 oz. cooked spaghetti
1 (32 oz) jar spaghetti sauce
1 pkg. pepperoni slices
3 cups shredded mozzarella cheese

Brown ground beef and onion; drain. Combine milk and egg. Place spaghetti in casserole. Add remaining ingredients on top of spaghetti. Cover and bake 350° for 1 hour.

Roxy Cook, Bruce
Cooperative Connections

Please send your favorite ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Eats



Mexican Manicotti

1-1/2 lbs. ground beef
1 pkg. taco seasoning
Doritos chips, crushed and divided
1 small container sour cream
1 small container cottage cheese
Grated Cheddar cheese

Brown ground beef and season with taco seasoning according to package directions. Grease a 2-quart casserole and cover the bottom with crushed chips. Mix together sour cream and cottage cheese; spread half of the mixture over chips. Add a layer of half the beef and cheddar cheese. Spread with remaining sour cream and cottage cheese, then layer the beef and cheddar cheese, finishing with a layer of chips. Bake at 350°F. for 20 to 25 minutes.

Candace Berndt, Sioux Falls
Cooperative Connections

Armenian Green Bean Casserole

1 lb. ground beef
2 T. dried onions
1-1/2 tsp. mint
1 T. chopped garlic
1 jar spaghetti sauce
2 cans green beans, drained

Brown ground beef; drain. In a microwave-safe bowl, combine all ingredients. Heat in microwave for 20 minutes. Serve with French bread.

Rose Tucker, Hot Springs
Cooperative Connections

Knoephle Soup

3 cans chicken broth
2 cans water
3 large potatoes, peeled and diced
1 stalk celery, chopped
1 carrot, chopped
1 large onion, chopped

Dough:
4 cups sifted flour
2 tsp. baking powder
2 eggs
1/2 cup milk
1 cup cream

Combine first 6 ingredients in large kettle. Simmer on stove until vegetables are tender. Meanwhile, stir together first 4 dough ingredients. Knead until smooth. Form into "ropes" about the size of your finger. Snip small pieces into soup. About 5 minutes before serving, add cream. Do not boil or the cream will curdle. Knoephle can be ladled out and browned then added back to soup.

Zona Schanzenbach, Aberdeen
Cooperative Connections

Italian Pork and Vegetable Sauté

2 T. olive oil, divided
1 large red bell pepper, cored and cut into 1/2-inch dice
10 oz. cremini mushrooms, sliced
3 scallions, white and green parts, thinly sliced
1 lb. boneless pork sirloin chops, cut into 1-inch cubes
Coarse salt
Freshly ground black pepper
1 T. all-purpose flour
1/2 cup dry white wine or non-alcoholic varietal grape juice
1/2 cup water

Heat 1 T. oil in large ovenproof skillet over medium-high heat. Add red pepper and cook, stirring often, until beginning to soften, about 1 minute. Add mushrooms and cook, stirring often, until juices evaporate, about 5 minutes. Stir in scallions and cook until wilted, about 1 minute. Transfer to a plate. Season pork with 1/2 tsp. salt and 1/4 tsp. pepper. Add remaining 1 T. oil to skillet and heat. Add pork and cook, turning occasionally, until browned and meat is slightly pink when pierced to the center with tip of sharp knife, about 5 minutes. Sprinkle with flour and stir with wooden spoon to coat pork. Add wine and 1/2 cup water; and bring to a boil, scraping up browned bits in pan with wooden spoon. Return vegetables to pan and cook until sauce is nicely thickened, about 1 minute. Season with salt and pepper. Serve hot. Makes: 4 servings

Nutritional information per serving: Calories: 230; Fat: 11g; Saturated Fat: 2g; Cholesterol: 55mg; Sodium: 55mg; Carbohydrate: 8g; Protein: 20g

Pictured, Cooperative Connections

Danish Apple Bars

2-1/2 cups flour
1 tsp. salt
1 cup shortening
1 egg yolk
Milk
2 cups corn flakes
8 to 10 apples, thinly sliced
1 tsp. cinnamon
1 cup sugar
1 egg white
1 cup powdered sugar
1 to 2 T. water
Vanilla

In a large bowl, combine flour and salt. Using a pastry blender, cut in shortening until the mixture resembles coarse crumbs. In a liquid measuring cup, beat egg yolk lightly. Add enough milk to make 2/3 cup liquid. Stir well to combine. Stir milk mixture into flour mixture with a fork until combined (dough will be slightly sticky). Divide mixture in half. On a well-floured surface, roll half of the dough to a 17x12-inch rectangle. Fold dough crosswise into thirds. Transfer to a 15x10x1-inch baking pan and unfold dough, pressing to fit into the bottom and sides of the pan. Sprinkle with cornflakes. In separate bowl, mix together apples, cinnamon and sugar. Pour into crust. Roll remaining dough to a 15x10-inch rectangle. Fold dough crosswise into thirds. Place apples on top and unfold dough. Crimp edges or use the tines of a fork to seal. Cut slits in the top. Brush top with beaten egg white. Bake at 350°F. for 1 hour or until apples are tender. In a small bowl, combine powdered sugar, 1 to 2 tsp. water and vanilla. Drizzle over warm bars.

Mary Jessen, Holabird
Cooperative Connections

Please send your dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2012. All entries must include your name, mailing address, telephone number and cooperative name.



Delicious Desserts

Oh My Peanut Butter Pie

- 1-1/4 cups crushed Oreo cookie crumbs
- 3 T. sugar
- 4 T. butter, melted
- 3/4 cup creamy peanut butter
- 4 oz. cream cheese, softened
- 1 cup powdered sugar
- 1 (8 oz.) container whipped topping
- 2 T. Hershey's chocolate syrup

In a 9-inch pie plate, stir cookie crumbs with sugar. Pour melted butter into crumbs; stir with fork until mixed well. Press crumbs onto bottom and sides of pie plate. Refrigerate. Meanwhile, in a large bowl, beat with mixer peanut butter, cream cheese and powdered sugar until smooth. Fold in whipped topping. Pour into prepared cookie crust. Smooth mixture to edges. Pour chocolate syrup over mixture then swirl lightly with a knife into mixture. Chill in refrigerator until set, about 4 hours or in freezer for 1 hour. Refrigerate leftovers.

Penny Fedje, Grenville
Cooperative Connections

Brownie Cheesecake Truffle

- 1 box brownie mix
- 2 boxes instant cheesecake pudding mix
- 2-1/2 cups milk
- 8 oz. whipped topping
- 1 jar hot fudge topping

Prepare brownie mix according to package directions, but slightly under bake. Cool. Cut into small pieces. Prepare pudding by beating with cold milk. Fold in whipped topping. Heat the hot fudge in the microwave for 30 seconds or more to make pouring possible. In a glass bowl, layer in the following order: brownie pieces, hot fudge (drizzle over brownies) and pudding mixture. Repeat two more times, ending with pudding mixture. Garnish with hot fudge, brownie pieces or crushed Oreos. Chill for several hours.

Charlotte Hoverstadt, Webster
Cooperative Connections

Raspberry Cake

- 1 pkg. white cake mix
- 1 (3 oz.) pkg. raspberry Jello
- 1 (10 oz.) pkg. frozen sweetened raspberries, thawed and undrained
- 4 eggs
- 1/2 cup oil
- 1/4 cup hot water
- 1 (12 oz.) container Cool Whip
- 1 (10 oz.) pkg. frozen raspberries, thawed and undrained

In a large bowl, combine dry cake mix with dry gelatin. Add sweetened raspberries with juice, eggs, oil and water. Beat until blended. Pour into greased and floured 9x13-inch pan. Bake at 350°F. for 35 to 40 minutes. Beat together Cool Whip and remaining raspberries. Spread on cooled cake; refrigerate 2 hours before serving.

Julie Thonvold, Erwin
Cooperative Connections

Lemon Cheesecake Bars

- 1-1/2 cups graham cracker crumbs
- 1/3 cup butter, melted
- 1/2 tsp. McCormick Ground Ginger
- 3 (8 oz. each) pkgs. cream cheese, softened
- 1 cup sugar
- 1/4 cup milk
- 2 T. flour
- 1-1/2 tsp. McCormick Pure Lemon Extract
- 1 tsp. McCormick Pure Vanilla Extract
- 3 eggs

Mix graham cracker crumbs, butter and ginger. Press firmly onto bottom of foil-lined 9x13-inch baking pan. Refrigerate until ready to use. Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add milk, flour and extracts; mix well. Add eggs, 1 at a time, beating on low speed after each addition, just until blended. Pour over crust. Bake at 350°F. 40 to 45 minutes or until center is almost set. Cool completely on wire rack. Refrigerate 4 hours or overnight. Lift out of pan onto cutting board. Cut into bars. Store leftover bars in refrigerator. Makes 24 servings

Flavor Variations: Prepare as directed. Use 1-1/2 tsp. McCormick Pure Orange Extract or 2 tsp. McCormick Raspberry Extract in place of the Lemon Extract.

Nutritional information per serving: Calories: 198, Fat: 14g, Carbohydrates: 15g, Cholesterol: 63mg, Sodium: 159mg, Fiber: 0g, Protein: 3g

Pictured, Cooperative Connections

Rhubarb Swirl Dessert

- 1-1/2 cups crushed graham crackers
- 1 cup sugar, divided
- 6 T. butter, melted
- 3 cups diced rhubarb
- 1 (3 oz.) box strawberry jello
- 1 small box instant vanilla pudding
- 1-1/2 cups milk
- 1/4 tsp. vanilla
- 1 (8 oz.) container whipped topping

Combine graham cracker crumbs, 1/4 cup sugar and butter. Press into a 9x13-inch pan. Bake at 375°F. for 5 to 6 minutes. Chill. Meanwhile, put remaining sugar and rhubarb in a saucepan; cook until tender and remove from heat. Add jello, mixing until dissolved. Set aside or refrigerate to cool. Prepare pudding with milk and vanilla. Add whipped topping. Add cooled rhubarb; swirl slightly. Pour over graham cracker crust. Sprinkle with additional graham cracker crumbs if desired. Refrigerate.

Shirley Dreher, Clark
Cooperative Connections

Cake in a Mug

- 1 box cake mix, dry
- 1 angel food cake mix, dry
- Water

Combine cake mixes. Put 1/3 cup dry mix into a microwave-safe mug. Add 3 T. water; mix together. Heat in microwave for 1 minute. Transfer cake to plate. Top with frosting, prepared pudding or berries.

Lois Ahrendt, Sioux Falls
Cooperative Connections

Please send your salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Succulent Salads



Mandarin Chicken Salad

- 2 cups cooked, diced chicken
- 1 T. minced onion
- 1 cup uncooked macaroni rings
- 1 cup diced celery
- 1 cup grapes
- 1 cup mandarin oranges
- 1 cup salad dressing
- 1 cup Cool Whip

Combine chicken and onion. Cook macaroni according to package directions; drain. Refrigerate chicken and macaroni several hours. Combine grapes, celery, oranges and macaroni. Add salad dressing; refrigerate. Add Cool Whip before serving.

Dorene Eckmann, Iroquois
Cooperative Connections

Potato Salad Dressing

- 2 cups sugar
- 4 T. flour
- Pinch of celery seed
- 4 eggs, beaten
- Pinch of dill seed
- 1 cup vinegar
- 1 cup water
- 2 tsp. salt
- 1 tsp. pepper
- 2 T. prepared mustard
- 1 quart Miracle Whip

Mix together sugar and flour; add the next seven ingredients. Cook and stir until thick. Remove from heat; add mustard. When cool, add Miracle Whip. Makes 2 quarts. Add dressing to potatoes, eggs and onion. Extra dressing freezes well and also keeps in the refrigerator.

Joy Hagen, Webster
Cooperative Connections

Chinese Cabbage Salad

- 1 lb. pkg. coleslaw
- 1 cup sunflower seeds
- 1 cup slivered almonds
- 4 spring green onion tops
- 1 pkg. Ramen noodles with chicken spice seasoning packet
- 1/2 cup vegetable oil
- 2 T. vinegar
- 1/2 cup sugar
- Pepper to taste

Combine first 5 ingredients; refrigerate overnight. Stir together oil, vinegar, sugar and pepper. Toss with salad ingredients 15 to 20 minutes before serving.

Bev Wacek, Olivia, MN
Cooperative Connections

Fruit and Yogurt Elbow Salad

- 1 box Dreamfields Elbows
- 1-1/2 cups low-fat vanilla or Greek yogurt
- 1 T. honey (optional)
- 1 tsp. ground cinnamon
- 1/4 cup chopped fresh mint (optional)
- 4 cups fruit, cut into bite-size pieces (apples, strawberries, blueberries, peaches, grapes, kiwi, etc.)
- 1/3 cup sliced almonds, toasted

Cook pasta according to package directions; drain. Rinse with cold water; drain again. Place in large bowl. Meanwhile, in medium bowl, stir together yogurt, honey and cinnamon. Toss with elbows. Add fruit and mint, if desired; toss gently to combine. Sprinkle with almonds. Refrigerate leftovers, covered, up to 1 day. (Let stand at room temperature 10 to 15 minutes before serving if refrigerated.) Makes: 8 to 10 servings.

Nutritional information (1/8 of recipe): 262 calories; 10 g protein; 22 g digestible carbohydrates; 4 g total fat; 1 g saturated fat; 2 mg cholesterol; 45 mg sodium; 6 g total dietary fiber.*
**If traditional pasta is used in this recipe there is a total of 52 g carbohydrate.*

Pictured, Cooperative Connections

Strawberry Pretzel Salad

- 2 cups crushed pretzels (not too fine)
- 3 T. sugar
- 3/4 cup melted butter or margarine
- 1 (8 oz.) pkg. cream cheese, softened
- 2 cups powdered sugar
- 1 (9 oz.) container Cool Whip
- 2-1/2 cups boiling water
- 1 (6 oz.) pkg. strawberry gelatin
- 1 (10 oz.) pkg. frozen strawberries

Combine first 3 ingredients; pat into a 9x13-inch pan. Bake at 350°F. for 15 minutes; let cool. Cream together powdered sugar and cream cheese. Fold in Cool Whip; spread over pretzel layer. Chill to set. Mix together water and gelatin. Add sliced frozen strawberries. When mixture begins to set, pour over second layer. Chill until firm.

Lois Hanson, Howard
Cooperative Connections

Corn Salad

- 2 cans whole kernel corn, drained
- 1 (8 oz.) pkg. shredded cheese
- 1/2 cup diced red peppers
- 1/4 cup chopped onion
- 1 cup salad dressing
- 3/4 pkg. corn chips, slightly crushed

Mix together first 5 ingredients. Just before serving, add corn chips. Mix and serve.

Bonnie Buehholtz, Valley Springs
Cooperative Connections

Please send your garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Garden Delights



Zucchini Parmesan Cheese Pie

1 cup biscuit mix
3 cups sliced zucchini
1/2 cup chopped onion
1/2 heaping cup Parmesan cheese
1 tsp. oregano
Dash black pepper
Dash salt
1 tsp. original Mrs. Dash
1 tsp. garlic powder
1/2 cup olive oil
4 eggs, beaten
1-1/2 cups shredded Mozzarella cheese

Mix together all ingredients except Mozzarella cheese; pour into a 9-inch deep-dish glass pie pan coated with cooking spray. Bake, uncovered, at 350°F. for 30 minutes; remove from oven. Top with shredded cheese and sprinkle generously with black pepper; return to oven. Bake an additional 10 to 15 minutes or until cheese is melted and golden brown.

Janet Ochsner, Sturgis
Cooperative Connections

Out of the Garden Salsa

16 cups chopped, peeled tomatoes
4 cups chopped onion
3 small jalapeno peppers, finely chopped
4 cups chopped, unpeeled zucchini
2-1/2 cups vinegar
1/2 cup brown sugar
1 large green pepper, chopped
3 T. canning salt
2 tsp. fresh garlic, finely chopped
2 tsp. chili powder
2 tsp. black pepper
2 tsp. cumin
1 tsp. alum
1 cup ketchup
1 tsp. red pepper sauce

Combine first 4 ingredients in large kettle; simmer 15 minutes. Add remaining ingredients; simmer 1 hour. Drain excess liquid. Pour into sterilized pint jars. Lid and band and process in hot water bath for 10 minutes (make sure the water is up over the jar by 1 inch). Makes 8 to 10 pints.

Ellen Paulton, Hot Springs
Cooperative Connections

Roasted Veggie Platter

1 medium sweet red pepper, cut into 1-1/2-inch pieces
1 medium red onion, cut into wedges
1 medium yellow summer squash, cut into 1/2-inch slices
1 medium zucchini, cut into 1/2-inch slices
1/2 lb. whole fresh mushrooms
1/4 lb. fresh green beans, trimmed
1/4 cup prepared Italian salad dressing
1/4 tsp. each dried basil, thyme and rosemary, crushed

Place veggies into a greased 15x10x1-inch pan. Drizzle with salad dressing and sprinkle with herbs; toss to coat. Bake uncovered at 425°F. for 15 to 20 minutes or until veggies are tender, stirring occasionally. Yields: 6 servings

Jane Barthel, Elkton
Cooperative Connections

Red, White and Blue Potato Salad

1/2 lb. red potatoes, diced
1/2 lb. Yukon Gold potatoes, diced
1/4 lb. purple potatoes, diced
2/3 cup California ripe olives, halved
1/3 cup chopped green onions
1/3 cup diced celery
1 T. red wine vinegar
2 tsp. Dijon mustard
2 tsp. capers, drained
3 T. extra virgin olive oil
1/2 tsp. salt
1 pinch freshly ground black pepper
2 T. flat-leaf parsley, chopped

In large pot, boil water and potatoes. Cook until tender, drain and cool to room temperature. Combine potatoes, olives, green onions and celery in a large mixing bowl and set aside. In medium bowl, whisk together red wine vinegar, mustard and capers. Gradually whisk in olive oil, then season with salt, pepper and parsley. Pour dressing over potato mixture and toss until evenly coated. Serves 4

Nutritional information: Calories 256, Fat 13.1 g, Cholesterol 0mg, Sodium 548mg, Carbohydrate 30.6g, Protein 3.6g, Calories from fat 46.5%

Pictured, Cooperative Connections

Gazpacho

2 cups chopped fresh plum tomatoes
1/2 cup chopped green or yellow pepper
1 cup chopped cucumber, seeds removed
1/2 cup finely chopped red onion
1/2 cup finely chopped radishes
2 cloves garlic, finely chopped
2/3 cup olive oil
Juice of 1/2 lemon
2 cups beef broth, optional
1/4 cup red wine vinegar
1/4 cup finely minced parsley
1 tsp. dried oregano
2 T. Worcestershire
Pepper, coarsely ground
Salt
1 (46 oz.) can tomato juice
1/2 cup plain bread crumbs
Tabasco, to taste

In a pot or large bowl, combine tomatoes, pepper, cucumber, red onion,redishes, garlic, olive oil, lemon juice, cold beef broth, red wine vinegar, parsley, oregano, Worcestershire and coarsely ground black pepper to taste. Stir. Pour tomato juice into large pot or bowl with vegetables. Taste for seasoning and add salt, pepper and Tabasco to taste. Chill for at least 4 hours and serve. Garnish with chopped parsley, minced red onion and chopped olives, if desired.

Ed Anderson, Pierre
Cooperative Connections



Pepper Perfect!

To alter the "heat" in salsa, you can safely substitute one type of pepper for another, but keep the total amount of pepper the same.



Please send your favorite pasta, wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Pasta Perfection



Mac-Chicken Hotdish

1 (13 oz.) can chicken
1 can cream of chicken soup
1 can cream of mushroom soup
1-3/4 cups chicken broth
1 (12 oz.) can evaporated milk
2 cups uncooked macaroni
1 small can mushrooms
1/2 cup diced celery
1/2 cup diced onion
1 can sliced water chestnuts
1/2 cup cubed American or Velveeta cheese
Corn flakes, crushed
Butter

Combine first 11 ingredients in casserole dish. Mix together corn flakes and butter; sprinkle over top. Refrigerate overnight. Bake at 350F. for 1 hour and 15 minutes.

LaVonne Young, Alcester
Cooperative Connections

Pasta-Cabbage Salad

1 (7 oz.) box ring macaroni, cooked and drained
1 pkg. shredded cabbage
1/2 large green pepper, diced (optional)
1 small onion, diced
1 medium cucumber, diced
1 cup Miracle Whip
1/2 cup sugar
1/4 cup vinegar
1/2 tsp. salt
1/4 tsp. pepper

Combine first 5 ingredients. Mix together remaining ingredients. Combine all, stirring well. The salad is better if made the day before, allowing the flavors to blend, but is not necessary.

Jeanette Kleinsasser, Iroquois
Cooperative Connections

Nicaraguan Pasta Hotdish

1-1/2 lbs. ground beef, browned
1 jar spaghetti sauce
1 can tomato soup
1 medium onion, chopped
1 (8 oz.) pkg. cream cheese, softened
1 (8 oz.) container sour cream or cottage cheese
1 (16 oz.) bag egg noodles, cooked
Shredded Mozzarella cheese

Combine ground beef, spaghetti sauce and soup. In separate bowl, mix together onion, cream cheese and sour cream or cottage cheese. Layer sauce, noodles then cheese mixture. Bake at 350°F. for 45 minutes. Top with Mozzarella cheese and bake an additional 15 minutes.

Corinne Lorenzen, Twin Brooks
Cooperative Connections

Quick Chili Mac Skillet

1/2 box Dreamfields Elbows
2 tsp. canola or vegetable oil
1/2 lb. lean ground beef (85% lean)
1 medium onion, coarsely chopped
1 (14.5 oz.) can diced tomatoes, undrained
1 to 2 tsp. chili powder
1 (15 oz.) can kidney or black beans, rinsed and drained
Salt
Coarsely ground black pepper
1/4 cup shredded Mexican cheese blend

Cook pasta according to package directions. Drain; return to pan. Meanwhile, heat oil in large nonstick skillet over medium heat. Brown ground beef and onion 8 to 10 minutes or until beef is cooked through and onions are tender, breaking beef into large crumbles. Stir in chili powder then tomatoes. Cook and stir 2 to 3 minutes to blend flavors. Add beans; heat through. Remove skillet from heat. Toss beef mixture with pasta. Season with salt and pepper, as desired. Sprinkle with cheese. Note: If desired, ground chicken or turkey breast may be substituted for the ground beef.

Nutritional information(1/4 of recipe): 425 calories; 25g protein; 29g digestible carbohydrates; 12g total fat; 4g saturated fat; 40mg cholesterol; 331mg sodium; 11g total dietary fiber. *If traditional pasta is used in this recipe there is a total of 59g carbohydrate.*

Pictured, Cooperative Connections

Homemade Noodles

5 eggs
1 (12 oz.) can Carnation condensed evaporated milk
1 T. salt, more if needed
4 cups all-purpose flour or enough to make a nice dough

Mix together all ingredients; roll out on floured board or counter top. You may want to roll out one-half at a time. Cut with pizza cutter; dry for 1 hour. Put noodles into boiling beef or chicken broth; cook for 15 to 20 minutes.

Darlene Price, Prairie City
Cooperative Connections

Spaghetti Corn

1 can cream-style corn
1 can whole kernel corn, undrained
2 cups broken spaghetti pieces
1 pkg. shredded Monterey Jack cheese
1 stick butter, melted

Stir together all ingredients in butter casserole dish. Bake covered at 350°F. for 25 minutes. Remove cover and bake an additional 20 minutes.

Nikki Larson, Hayti
Cooperative Connections

Please send your favorite wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Wild Game



Pheasant Casserole

4 to 6 cups cubed, cooked pheasant
1 can cream of mushroom soup
1 can cream of celery soup
1/4 tsp. salt
1/4 tsp. pepper
1 cup diced celery
1/4 cup minced onion
1/2 cup water
1/4 cup sliced stuffed olives
1 can chow mein noodles
1/2 cup cashew nuts

Combine all ingredients except olives, noodles and nuts. Pour into greased casserole dish. Layer top with olives, nuts and noodles. Bake at 350°F. for 1 hour.

Lois Sears Ahrendt, Sioux Falls
Cooperative Connections

Fried Frog Legs

12 to 16 frog legs
Salt water
3 eggs
1 cup milk
1/2 cup flour
1/2 cup finely crushed saltine crackers
1 tsp. poultry seasoning
1 tsp. pepper

Remove skin from frog legs by cutting just above legs and rolling down the skin. Wash and cut off legs from rest of body. Soak in salt water 1 to 2 hours. Beat eggs and milk together in a medium-sized bowl. Mix all dry ingredients in a second medium-sized bowl. Drain frog legs. Dip frog legs in milk mixture and then dip in flour mixture. Fry in a deep cast iron skillet with cooking oil until cooked through – about 10 to 15 minutes.

Suzanne England, Midland
Cooperative Connections

Pickled Fish

Step 1: Make brine of 1 cup pickling salt and 4 cups water. Be sure salt is dissolved. Add enough fish so brine covers fish. Put in refrigerator for 48 hours. Drain and rinse fish in cold water.

Step 2: Cover fish with white vinegar. Let stand 24 hours.

Step 3: Take fish from vinegar, put into jars with layers of sliced onions. Make brine of 2 cups white vinegar, 1-3/4 cups sugar, 1 tsp. whole allspice, 1 tsp. black pepper, 4 bay leaves, 1 tsp. whole cloves and 2 T. mustard seeds. Bring to a boil, cool and pour over fish. Refrigerate in covered jars.

Mike Cook, Bruce
Cooperative Connections

Hunter's Venison Casserole

2 cups buttery mashed potatoes
1 lb. lean ground venison (or other big game meat)
1 T. canola oil
1 red onion, chopped
2 cloves garlic, minced
2 stalks celery, diced
1/2 cup diced red bell pepper
1 T. Worcestershire sauce
1/2 tsp. salt
1/4 tsp. pepper
2 eggs, beaten
1 cup cottage cheese
2 tomatoes, sliced
1 cup shredded Colby Jack or Cheddar cheese

Spread mashed potatoes evenly in a 2-quart casserole dish; set aside. Brown venison in a large skillet over medium-high heat until crumbly and no longer pink; set aside. Heat canola oil in skillet. Stir in onion, garlic, celery and red bell pepper. Cook until onion has softened, about 3 minutes. Stir in cooked venison; season with Worcestershire, salt and pepper. Spoon mixture onto potatoes. Stir together eggs and cottage cheese; spread evenly over meat mixture. Top with tomato slices and sprinkle with cheese. Bake at 350°F. uncovered about 20 minutes. Makes 4 servings.

Nutritional information: 547 calories; 47.3g protein; 26.5g total fat; 253mg cholesterol; 1206mg sodium; 28.3g total carbs; 3.5g total dietary fiber.

Pictured, Cooperative Connections

Duck and Lentil Salad

3 T. full-flavored olive oil
1/2 cup chopped onions
1/2 cup copped carrots
1/2 cup chopped celery
1 large garlic clove, minced
2 T. sherry or white wine vinegar
1-1/2 cups cooked duck, cut into 3/4-inch pieces
1 cup cooked small French green lentils
1/4 cup chopped fresh cilantro leaves
Salt and pepper to taste

Heat oil in medium skillet and sauté onions, carrots and celery pieces for 6 to 7 minutes or until soft. Add garlic and cook for another 1 to 2 minutes. Remove from heat and allow to cool slightly. Stir in white wine vinegar, salt and pepper. Fold in duck and lentils, adding a little more olive oil if not moist enough. Garnish with fresh cilantro. This salad can be made ahead and keeps well in the refrigerator for 1 to 2 days. Remove from refrigerator 20 to 30 minutes before serving.

Mary Pruszynski, Tracy, MN
Cooperative Connections

Please send your favorite holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2012. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Favorites



Coconut Balls

1 cup chopped nuts
2 cups coconut
1 (14 oz.) can condensed milk
2-1/2 cups powdered sugar
1 cup flour
1 pkg. chocolate chips
1/2 square paraffin wax

Mix together first 5 ingredients; cool in refrigerator for at least 2 hours. Form into small balls, logs or squares. Meanwhile, melt chips and wax in double boiler. Dip into chocolate mixture.

Deloris Bachman, Rapid City
Cooperative Connections

Nut Crunch Candy

1-1/2 cups sugar
3/4 cup butter
1 tsp. salt
1/4 cup water
1/2 tsp. baking soda
1 cup finely chopped nuts, divided
1/2 cup chocolate chips

In saucepan, combine first 4 ingredients. Heat to 290°F., stirring often. Add baking soda and 1/2 cup chopped nuts. Pour into greased cookie sheet. Melt chocolate chips. Spread over mixture on cookie sheet. Sprinkle with remaining nuts.

Rowena Wipf, Doland
Cooperative Connections

Peppermint Meltaways

2 cups powdered sugar, divided
1 cup + 2 T. softened butter, divided
3/4 tsp. peppermint extract, divided
1-1/4 cups flour
1/2 cup cornstarch
1 to 2 T. milk
2 to 3 drops red food color
Hard peppermint candy or candy canes, crushed

Combine 1/2 cup powdered sugar, 1 cup butter and 1/2 tsp. peppermint extract in large mixer bowl. Beat at medium speed until creamy, about 1 to 2 minutes, scraping bowl often. Reduce speed to low and add flour and cornstarch. Beat until well mixed, 1 to 2 minutes. Cover and refrigerate 30 to 60 minutes until firm. Shape rounded teaspoonfuls of dough into1-inch balls. Place 2 inches apart on ungreased cookie sheet. Bake at 350°F. for 12 to 15 minutes until edges are lightly browned. Let stand 1 minute and cool completely. Combine 1-1/2 cups powdered sugar, 2 T. butter, 1/4 teaspoon peppermint extract and enough milk for desired consistency in a small bowl. Stir in food color. Drizzle over cooled cookies. Sprinkle with crushed candy while glaze is still damp. Makes about 4 dozen cookies.

Mary Jessen, Holabird
Cooperative Connections

Magic Mint Chocolate Bark

1-2/3 cups (10-oz. pkg.) Nestlé® Toll House® Dark Chocolate & Mint Morsels
1/3 cup coarsely chopped oven roasted or toasted almonds

Preheat oven to 325° F. Line small baking sheet with foil or parchment paper. Pour morsels onto prepared baking sheet. Arrange morsels so they are touching each other in a single layer (roughly an 11x9-inch rectangle). Bake for 1 to 3 minutes or until morsels are shiny. Morsels will retain their shape. Remove from oven to wire rack. With tip of butter knife or wooden pick, immediately swirl morsels to create a swirled pattern. Sprinkle with nuts. Hold baking sheet 3 inches above counter and drop to settle nuts into melted morsels. Refrigerate for 1 hour or until firm. Break into pieces. Store in airtight container in refrigerator. Variation: Substitute broken pretzel pieces or another nut of choice for the almonds. Makes 9 servings or 3/4 pound.

Nutritional information: 190 calories; 120 calories from fat; 13g total fat; 8g saturated fat; 0mg cholesterol; 0mg sodium; 21g total carbohydrates; 2g dietary fiber; 18g sugars; 2g protein.

Pictured, Cooperative Connections

"Baklava" Phyllo Shells

1 box frozen mini phyllo shells
1/4 cup honey mixed with 1 tsp. water
2/3 cup Planters Pistachio Lovers Mix, roughly chopped

Place shells on parchment-lined cookie sheet. Fill shells with nuts. Bake at 350°F. about 8 minutes until shells are lightly browned. Remove from oven and spoon honey mixture over the nuts. Serve warm or at room temperature.

Candace Berndt, Sioux Falls
Cooperative Connections

Pork and Bean Bars

1 (8 oz.) can crushed pineapple, undrained
1 (16 oz.) can pork and beans
2 tsp. baking soda
4 eggs
1 tsp. baking powder
2 tsp. cinnamon
2 cups sugar
1 cup oil
1/2 tsp. salt
2 cups flour
1 (4 oz.) pkg. cream cheese softened
1 tsp. vanilla
3 T. butter, softened
1 cup powdered sugar

Mix pineapple with pork and beans until smooth. Add next 8 ingredients; mix well. Pour into greased and floured baking sheet with sides. Bake at 350°f. for 25 to 35 minutes or until toothpick inserted in center comes out clean. Spread with cream cheese frosting. For frosting, beat cream cheese, vanilla and butter until fluffy. Add powdered sugar.

Donna Reit, Sioux Falls
Cooperative Connections

Please send your favorite soup, bread and breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2013 Reader Recipes

January

Satisfying Soups

1. Creamy Cheesy Chili
2. Mashed Potato Soup
3. Cabbage Patch Soup
4. Chicken Tortilla Stew
5. Hearty Chicken Broccoli Soup

February

Brunch Favorites

1. Corn Bread 'n' Sausage
2. Cinnamon Roll Pancakes
3. Cranberry Orange Muffins
4. Baked Fruit
5. Homemade Granola

March

Seafood Specialities

1. Cheesy Tuna Pie
2. Salmon and Biscuits
3. Dottie's Shrimp Salad
4. Fish Baked in Creamy Milk Sauce with Onions and Herbs
5. Seafood Alfredo
6. Tuna Spread or Dip

April

Appetizers & Beverages

1. Artichoke Dip
2. Rhubarb Breakfast Drink
3. Beefy Bagel Dip
4. Caramel Apple Dip
5. Orange Vanilla Bliss
6. Spinach Brownies
7. Tuna Pinwheels

May

Comforting Casseroles

1. Harvest Pork, Sweet Potatotes and Rice
2. Potato Casserole
3. Italian Creascent Roll Casserole
4. Lighter Chicken Pot Pie
5. Cabbage Casserole

June

Ethnic Eats

1. Lefse
2. Swedish Raspberry Almond Bars
3. Vichyssoise (Chilled French Potato Soup)
4. Southwest Honey and Spice Port Hand Tacos
5. Kulich (Russian Easter Bread)

July

Delectable Desserts

1. Jane's EZ Summer Dessert
2. Rhubarb Cake
3. Peach Delight Pie
4. Cherry Berry Cheesecake Pie
5. Chocolate Dessert
6. Low Cal Cupcakes

August

Succulent Salads

1. Rhubarb Salad
2. Cool, Crisp Salad
3. Five Bean Salad
4. Waldorf Salad
5. Apple-Infused Coleslaw in a Jar
6. 7-Up Salad

September

Garden Delights

1. Zucchini Oatmeal Muffins
2. Salsa
3. World War II Veggie Dish
4. Frozen Cucumbers
5. Fresh Green Bean Casserole
6. Asparagus Oinion Casserole

October

Pasta Perfection

1. Cherry Chicken Pasta Salad
2. Tomato and Spinach Pasta Toss
3. Stop Watch Pasta Salad
4. Pumpkin Sage Pasta
5. Cheeseburger Pasta
6. Lazy Beef Lasagna

November

Wild Game

1. Four-Pepper Tequila Pheasant
2. Venison Stroganoff
3. Pheasant Sandwiches
4. Poor Man's Elk Wellington
5. Pheasant Liver Pate
6. Bacon Pheasant Wraps

December

Holiday Favorites

1. Snowy Trail Mix
2. Holiday Trifle
3. Choco-Mallow Pizza
4. Cinnamon Candy Popcorn
5. Candy Cane Brownie Lollipops
6. Apple-Raspberry Pie



Satisfying Soups

Creamy Cheesy Chili

1 lb. ground beef
1/2 medium chopped onion
1 (15 oz.) can chili without beans
1 (15 oz.) can stewed tomatoes
1 (10 oz.) can Ro-Tel original
2 (16 oz.) cans pinto beans
1 pint sour cream
1 lb. Velveeta cheese
Tortilla chips or corn chips

Brown ground beef and onion. Add chili, tomatoes and beans; mix well. Add sour cream and Velveeta. Pour into crockpot or heat on stove; simmer a couple hours, stirring occasionally.

Marlys Buchheim, Harrisburg
Cooperative Connections

Mashed Potato Soup

2 lbs. baking potatoes
6 slices bacon
4 T. butter
1/3 cup flour
4 cups milk
4 oz. shredded Monterey Jack cheese
1/2 cup sour cream
1/2 tsp. each salt and pepper
2 T. chopped chives

Boil potatoes in water until soft; drain and mash. In a skillet, cook bacon until crisp, turning once. Let cool; crumble. Melt butter in pot over medium heat. Whisk in flour until smooth and light golden, about 2 minutes. Whisk in milk and cook, whisking until thickened, 5 to 6 minutes. Stir in cheese, potatoes and salt and pepper. Cook, stirring, until cheese melts and soup is heated through. Whisk in sour cream and bacon. Add additional salt and pepper if desired. Divide among 6 bowls and sprinkle with chives.

Stephanie Fossum, Hudson
Cooperative Connections

Cabbage Patch Soup

1 lb. ground beef
1 onion, sliced
1/2 cup diced celery
1 (16 oz.) can tomatoes
2 cups water
1 can kidney beans
1 tsp. salt
1/4 tsp. pepper
1 tsp. chili powder
1 cabbage, shredded (optional)

Brown ground beef; drain. Add onions and celery; sauté 5 minutes. Stir in tomatoes, water, beans, salt, pepper and chili powder. Bring to a boil. Add cabbage. Cover and cook 8 to 10 minutes.

Dee Reed, Osmond, NE
Cooperative Connections

Chicken Tortilla Stew

4 to 5 cooked, boneless, skinless chicken breast halves or 1 rotisserie chicken, shredded (about 6 cups)
3 cans (14 oz. each) reduced sodium chicken broth
2 cans (10 oz. each) mild red or green chili enchilada sauce
1 can (12 oz.) Nestlé® Carnation® Evaporated Milk
2 cups matchstick or shredded carrots
1 cup uncooked long or medium grain rice
1-1/2 tsp. ground cumin
2 cups frozen whole-kernel corn, thawed
1-1/2 cups broken tortilla chips
Fresh cilantro leaves (optional)
Sliced green onions (optional)

Combine broth, enchilada sauce, evaporated milk, carrots, rice and cumin in large saucepan. Cook over medium-high heat until mixture begins to simmer. Reduce heat to medium-low. Simmer for 15 to 20 minutes, stirring occasionally, until rice is tender. Add chicken and corn; stir well. Spoon into serving bowls; top each serving with tortilla chips, cilantro leaves and green onions, if desired. Makes 9 servings.

Nutritional information per serving: 310 calories; 60 calories from fat; 7g total fat; 2.5g saturated fat; 45mg cholesterol; 750mg sodium; 40g total carbohydrates; 3g dietary fiber; 9g sugars; 20g protein.

Pictured, Cooperative Connections

Hearty Chicken Broccoli Soup

1/4 cup butter or margarine
1/2 cup chopped onion
1/2 cup chopped celery
3 T. flour
1 T. dry mustard
1/2 tsp. salt
1/4 tsp. pepper
3 cups milk
2 tsp. lemon juice
1-1/2 cups diced cooked chicken
2 (10 oz. each) pkgs. cut broccoli in cheese sauce, thawed and chopped
Seasoned croutons, optional

In a large saucepan, melt butter over medium heat. Saute onion and celery until crisp-tender. Stir in flour, mustard, salt and pepper. Cook until mixture is smooth and bubbly. Gradually add milk; cook and stir until mixture boils and thickens. Stir in lemon juice, chicken and broccoli. Simmer, stirring occasionally, until heated through. Top with croutons, if desired. Cooking Tips: You can adjust the ingredients of the milk (to make the soup thicker or thinner) and chicken to your own liking. Also, you can do all the preparation the night before and place in crockpot. Simmer on low until heated through next day.

Dorothy L. Horst, Canton
Cooperative Connections

Please send your favorite bread, breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name.



Brunch Favorites

Corn Bread 'n Sausage

12 pork sausage links
2 T. water
1 cup flour
1 cup yellow cornmeal
1/4 cup wheat germ
4 tsp. baking powder
1/2 tsp. salt
2 eggs
1/4 cup honey
1/4 cup cooking oil
1 (8 oz.) container plain yogurt
Honey Butter:
1/2 cup butter
2/3 cup honey

Brown sausage with water in skillet over medium heat. Remove from skillet and drain. Stir together next 5 ingredients. Combine eggs, honey, oil and yogurt in another bowl; blend well. Add to dry ingredients, stirring just enough to moisten. Pour into greased 12x8x2-inch pan (2-quart baking dish). Arrange sausages on top of batter. Bake at 350°F. for 25 minutes or until corn bread tests done. Serve warm with honey butter. To prepare honey butter, melt butter in saucepan; add honey. Cook over medium heat until mixture comes to a boil. Boil 1 minute. Cool slightly. Makes 1 cup. Serves 6.

Mary Jessen, Holabird
Cooperative Connections

Cinnamon Roll Pancakes

4 cups all-purpose flour
2 tsp. baking powder
2 tsp. salt
4 cups milk
4 T. vegetable oil
4 large eggs, lightly beaten
Cinnamon Filling:
1 cup butter, melted
1-1/2 cups brown sugar, packed
2 T. ground cinnamon
Cream Cheese Glaze:
1/2 cup butter
4 oz. cream cheese
1-1/2 cups powdered sugar
1 tsp. vanilla

For pancakes, mix dry ingredients in one bowl and wet ingredients in another bowl. Stir them together until moistened leaving a few lumps. Combine cinnamon filling ingredients. Place in a disposable piping bag and snip the end off or put in a Ziploc bag and snip the comer off. Heat griddle to 325°F as you don't want these to cook too quickly. Make desired size pancake on greased griddle and then, using the piping bag and starting at the center of the pancake, create a cinnamon swirl. Wait until the pancake has lots of bubble before turning it. You will find that when you turn it, the cinnamon swirl will melt. If you have your griddle too hot, it will burn the cinnamon, so I suggest 325°F. The cinnamon melts out and creates the craters which then fill perfectly with the cream cheese glaze. For glaze, in a microwave-safe bowl melt butter and cream cheese; stir together. Whisk in powdered sugar and vanilla. Add a little milk if needed to make it a glaze consistency. Drizzle over pancakes.

Lois Hanson, Howard
Cooperative Connections

Cranberry Orange Muffins

1-3/4 cups flour
1 cup plus 1 T. sugar, divided
4 tsp. baking powder
2 cups Honey Bunches of Oats cereal, divided
3/4 cup fat-free milk
1egg
1 tsp. grated orange peel
1/3 cup orange juice
2 T. plus 1 tsp. oil, divided
1 cup fresh or frozen cranberries, coarsely chopped

Combine flour, 1 cup sugar and baking powder in large bowl. Mix 1 cup cereal and milk in medium bowl; let stand 3 minutes. Add egg, orange peel, orange juice and 2 T. oil; mix well. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Gently stir in cranberries'. Crush remaining 1 cup cereal; mix with remaining 1 T. sugar and 1 tsp. oil. Spoon batter evenly into 16 paper-lined medium muffin cups. Top with cereal mixture. Bake at 375°F. for 22 minutes or until muffins are golden brown and wooden toothpick inserted in center comes out clean. Cool in pan 5 minutes; remove to wire rack. Serve warm or cooled. Makes: 16 servings.

Nutritional information per serving: 150 calories; 2.5g total fat; 0g saturated fat; 15mg cholesterol; 160mg sodium; 30g total carbohydrates; 3g dietary fiber; 15mg sugars; 3mg protein.

Pictured, Cooperative Connections

Baked Fruit

1 large can sliced peaches
1 large can pear halves, quartered
1 large can apricots
1 large can pineapple chunks
1 jar maraschino cherries
Sauce:
1/3 cup sugar
2 T. cornstarch
1/2 cup light corn syrup
1 cup orange juice
Orange zest, if desired
2 T. butter

Drain all fruits well. Combine sugar, cornstarch, corn syrup, orange juice and orange zest; cook until thick and clear. After bubbling, add butter, stirring until melted. Arrange fruit in a 9x13-inch inch pan. Pour sauce over fruit and bake at 325°F. for 30 minutes. Serve hot.

Pauline Schmidt, Willow Lake
Cooperative Connections

Homemade Granola

4 cups old-fashioned oats
1 cup wheat germ
1 cup chopped walnuts or almonds
1/2 cup sesame seeds
1/4 cup brown sugar
1 tsp. cinnamon
1/4 tsp. salt
1/3 cup oil
1/3 cup water
1/3 cup honey
6 oz. dried fruit

Combine dry ingredients; add liquids and mix well. Bake at 300°F. for 40 minutes, stirring every 10 minutes. Cool and add dried fruit. Makes about 7 cups.

Becki Hauser, Tripp
Cooperative Connections

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name



Seafood Specialties

Cheesy Tuna Pie

2 cups cooked rice
2 (6 oz. each) cans tuna, drained and flaked
1 cup mayonnaise
1 cup shredded Cheddar cheese
1/2 cup sour cream
1/2 cup thinly sliced celery
1 (4 oz.) can sliced black olives
2 T. dried onion flakes
1 refrigerated pie crust

Spray a 9-inch deep dish pie pan with cooking spray. Combine all ingredients except pie crust in medium bowl and mix well. Spoon into prepared pie pan. Place pie crust over tuna mixture, pressing edge to pie pan to seal. Cut slits for steam to escape. Bake at 350°F. for 20 minutes or until crust is browned and filling is bubbly.

Sophia Hoff, Tripp
Cooperative Connections

Salmon and Biscuits

4 T. butter
4 T. flour
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. paprika
2 cups milk
3 T. stuffed olives, chopped
3 T. mayonnaise
1 (16 oz.) can salmon, drained and flaked
2 slices cheese
Baking powder biscuits

Melt butter in pan. Add flour, salt, pepper and paprika; blend well. Add milk gradually. Cook over slow heat, stirring constantly until thick. Add olives, mayonnaise and salmon; blend well. Heat thoroughly and add cheese to melt. Split hot baking powder biscuits and top with salmon mixture.

Mary Jessen, Holabird
Cooperative Connections

Dottie's Shrimp Salad

3 cups cooked shrimp
2 cups shredded cabbage
1 cup diced celery
2/3 cup mayonnaise
2 T. vinegar
2 T. sweet cream
2 T. parsley
2 T. minced onion
1/2 tsp. celery seed
1/2 tsp. basil leaves
1/2 tsp. salt
1/4 tsp. black pepper

Combine shrimp, cabbage and celery; cover and cool. Blend together remaining ingredients. Mix with salad; chill.

Martha Mehlhaff, Mina
Cooperative Connections

Fish Baked in Creamy Milk Sauce with Onions and Herbs

2 T. olive oil, divided
1 small onion, sliced into thick rings
1 lb. white fish of choice, cut into 2-inch pieces
Salt and ground black pepper to taste
1/2 tsp. dried thyme leaves
1/2 tsp. dried basil leaves
1/4 tsp. anise seeds, crushed
2/3 cup (5 oz. can) NESTLÉ® CARNATION® Evaporated Milk
1/4 cup water

Heat 1 T. olive oil in large nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, until tender and golden brown. Remove from skillet; set aside. Season fish with salt and pepper. Add remaining oil to same skillet and cook fish until browned on both sides. Remove from heat. Place fish in greased 13x9-inch baking dish. Sprinkle with thyme, basil and anise. Top with reserved onion rings. Combine milk and water in small glass measure; pour over fish. If desired, season with additional salt and pepper. Bake at 325°F. for 20 minutes or until fish flakes easily with a fork. Makes 4 servings.

Nutritional information per serving: 330 calories; 170 calories from fat; 19g total fat; 6g saturated fat; 95mg cholesterol; 220mg sodium; 11g total carbohydrates; 0g dietary fiber; 9g sugars; 28g protein.

Pictured, Cooperative Connections

Seafood Alfredo

2 garlic cloves, minced
2 T. olive or vegetable oil
1 (8 oz.) pkg. imitation crabmeat, flaked
1 (5 oz.) pkg. frozen cooked salad shrimp, thawed
1 T. lemon juice
1/2 tsp. pepper
1 (16 oz.) jar Alfredo sauce
1/2 cup frozen peas, thawed
1 (12 oz.) pkg. bow tie pasta, cooked and drained
1/4 cup Parmesan cheese

Sauté garlic in oil until tender. Stir in crab, shrimp, lemon juice and pepper; cook and stir for 1 minute. Add Alfredo sauce and peas. Cook and stir until heated through. Top pasta with seafood mixture and sprinkle with Parmesan cheese.

Rachael De Rycke, Sioux Falls
Cooperative Connections

Tuna Spread or Dip

1 can tomato soup
1 (8 oz.) pkg. cream cheese
1 (3 oz.) pkg. lemon jello
1/2 cup diced celery
1/2 cup diced onion
1 large can or 2 small cans tuna, drained
1/2 cup mayonnaise or salad dressing

In a saucepan, heat together tomato soup and cream cheese. Stir in lemon jello. Add celery, onions, tuna and mayonnaise; mix well. Refrigerate.

Arlene Baanhofman, Corsica
Cooperative Connections

Please send your favorite casserole and ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name



Appetizers & Beverages

Artichoke Dip

1 (8 oz.) pkg. cream cheese, softened
1 can artichokes, drained
1 (3 oz.) can diced mild green chiles
1 cup grated Parmesan cheese
1 cup mayonnaise
3 or 4 chopped green onions
Sliced French bread, toasted

Blend cream cheese until soft. Fold in next 5 ingredients; mix well. Place in greased 9-inch pan. Bake at 350°F. for 45 minutes or until golden brown. Service with toasted French bread.

Carol Mizera-Amick, Lead
Cooperative Connections

Rhubarb Breakfast Drink

8 quarts rhubarb, cut up
8 quarts water
1 (46 oz.) can pineapple juice
1 (3 oz.) box strawberry jello
1 pkg. strawberry Kool-aid
4-1/2 cups sugar

Boil rhubarb and water together until rhubarb is tender. Put thru sieve or strain thru cheesecloth. Add remaining ingredients; bring to a boil. Cool and serve. Extra juice can be frozen and used at a later time. For punch, 7-up, ginger ale and ice cubes can be added.

Mary Jessen, Holabird
Cooperative Connections

Beefy Bagel Dip

16 oz. mayonnaise
16 oz. sour cream
1 jar dried beef, diced
2 tsp. Accent
1 or 2 bunches green onions, diced
1 to 2 tsp. dill weed

Mix together; serve with bagels or chips.

Donna Reit, Sioux Falls
Cooperative Connections

Caramel Apple Dip

1 (14 oz.) bag caramels, about 41
2/3 cup evaporated milk
1 (14 oz.) can sweetened condensed milk

Melt together caramels and sweetened condensed milk. Add evaporated milk; heat thru. Serve warm or cold with fruit.

Sharon Nichols, Brookings
Cooperative Connections

Orange Vanilla Bliss

1/4 cup Vanilla Flavor NESTLÉ COFFEE-MATE NATURAL BLISS All-Natural Low Fat Coffee Creamer
1 cup freshly squeezed orange juice
1/2 frozen or room temperature banana
1/2 cup ice cubes

Place orange juice, Coffee-mate, banana and ice in blender; cover. Blend until smooth. Makes 2 servings.

Nutritional information per serving: 120 calories; 20 calories from fat; 2.5g total fat; 1g saturated fat; 5mg cholesterol; 10mg sodium; 26g carbohydrates; 1g dietary fiber; 20g sugars; 1g protein.

Pictured, Cooperative Connections

Spinach Brownies

1 (10 oz.) pkg. spinach, rinsed and chopped
1 cup all-purpose flour
1 tsp. salt
1 tsp. baking powder
2 eggs
1 cup milk
1/2 cup butter, melted
1 onion chopped
1 (8 oz.) pkg. shredded mozzarella cheese

Lightly grease a 9x13 baking dish. Place spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat, drain and set aside. In a large bowl, mix flour, salt and baking powder. Stir in eggs, milk and butter. Mix in spinach, onion and mozzarella cheese. Transfer the mixture to a lightly greased 9x13-inch baking dish. Bake at 375°F. for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Cool before serving.

Cherry Frasier, Faulkton
Cooperative Connections

Tuna Pinwheels

1/2 cup diced celery
1/2 cup drained peas
1/4 cup chopped onion
1 T. butter
1 small can tuna, drained
1 egg, beaten
2 cups Bisquick
1/2 cup water
1 can Cheddar cheese soup
1/4 cup milk

Brown first four ingredients; add tuna and egg. In separate bowl, combine Bisquick and water. Roll out 1/2-inch thick; top with tuna mixture. Roll up; slice 1-1/2-inch thick. Place on cookie sheet. Bake at 400°F. for 10 to 12 minutes. Meanwhile, combine soup and milk; heat thru. Pour over hot pinwheels.

Lois Sears-Ahrendt, Sioux Falls
Cooperative Connections

Please send your favorite casserole, ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name.



Comforting Casseroles

Harvest Pork, Sweet Potatoes and Rice

- 1 lb. boneless pork loin, cut into 1/2- to 1-inch pieces
- 1 medium red onion, cut into thin wedges
- 2 sweet potatoes, peeled and cubed
- 1-1/2 cups frozen cut green beans
- 1 cup uncooked regular long-grain white rice
- 3 tsp. curry powder
- 1/2 tsp. salt
- 1/4 tsp. ground ginger
- 2 cups apple juice
- 2 T. real maple syrup

In 10-inch skillet, cook pork and onion over medium-high heat 5 minutes, stirring occasionally, until pork is no longer pink in center. In greased 13x9-inch baking dish, mix pork mixture and all remaining ingredients. Cover with foil. Bake at 350°F. for 1 hour or until rice is tender.

Deloris Bachman, Rapid City
Cooperative Connections

Potato Casserole

- 1 (32 oz.) bag frozen hash browns, unthawed
- 1/2 cup chopped onion
- 1 can cream of chicken soup
- 2 cups grated Cheddar cheese
- 1/2 cup butter, divided
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 pint sour cream
- 2 cups crushed cornflakes

Mix potatoes, onion, chicken soup, cheddar cheese, 1/4 cup butter, salt, pepper and sour cream in a large bowl. Pour into a 13x9-inch pan. Combine cornflakes with 1/4 cup butter; spread over top of casserole. Bake at 350°F. covered for 1 hour. Remove cover for last 10 minutes of baking.

Sherry Ross, Sioux Falls
Cooperative Connections

Italian Crescent Roll Casserole

- 2 lbs. ground beef
- 1/4 cup chopped onion
- 16 oz. can tomato sauce
- 1 pkg. spaghetti sauce mix
- 1/2 cup sour cream
- 1-1/2 cups Mozzarella cheese
- 8 oz. pkg. refrigerated crescent rolls
- 1-1/2 T. butter
- Parmesan cheese

Brown ground beef and onion; drain. Mix in tomato sauce and spaghetti sauce mix. Pour into a 13x9-inch pan. Spread sour cream and Mozzarella cheese over all. Unroll crescent rolls on top; spread butter on rolls. Sprinkle with Parmesan cheese. Bake at 350°F. for 25 to 35 minutes.

Catherine Jungwirth, Athol
Cooperative Connections

Lighter Chicken Pot Pie

Filling:

- 4 medium carrots, peeled and sliced 1/4-inch thick
- 3 celery ribs, sliced 1/4-inch thick
- 1 medium onion, chopped
- 2 large cloves garlic, finely chopped
- 2 tsp. chopped fresh thyme or 1/2 tsp. dried thyme
- 1 tsp. vegetable oil
- Fine sea salt
- 1/4 cup dry white wine or sherry, optional
- 3 cups water
- 2 tsp. instant chicken flavored bouillon
- 1/4 cup cornstarch
- 1 (12 oz.) can NESTLÉ® CARNATION® Evaporated Lowfat 2% Milk
- 1 3-1/2- to 4-pound rotisserie chicken, skin removed and meat shredded
- 1 cup frozen green peas
- 2 T. chopped fresh Italian parsley

Biscuits:

- 1-1/2 cups all-purpose flour
- 1-1/2 tsp. baking powder
- 1 tsp. granulated sugar
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup reduced-fat buttermilk
- 4 T. unsalted butter, melted

For filling, combine carrots, celery, onion, garlic, thyme, oil and 1/2 tsp. salt in a large Dutch oven or saucepan. Cover; cook over medium-low heat, stirring often, for 6 to 8 minutes or until vegetables have softened. Stir in wine; cook for 1 minute or until almost evaporated. Stir in water and bouillon; bring to a boil. Reduce heat to low. Whisk cornstarch and evaporated milk together; stir into sauce. Cook for about 1 minute or until sauce thickens slightly. Remove from heat; stir in chicken, peas and parsley. Season with salt and ground black pepper to taste. Divide mixture between 8 8-ounce ramekins or spoon into 13x9-inch baking dish.

For biscuits, whisk flour, baking powder, sugar, baking soda and salt together in a large bowl. In a separate bowl, whisk buttermilk and butter together. Gently stir buttermilk mixture into flour mixture with a rubber spatula until just combined and no pockets of flour remain. Drop dough into equal mounds over ramekins, spreading out slightly. Place ramekins on baking sheet. If using 13x9-inch baking dish, drop dough into 8 mounds a few inches apart over hot filling. Bake at 425°F. for 20 to 25 minutes or until biscuits are golden and filling is bubbly. Cool for 5 to 10 minutes before serving. Makes 8 servings.

Nutritional information per serving: 370 calories; 110 calories from fat; 12g total fat; 6g saturated fat; 85mg cholesterol; 880mg sodium; 36g carbohydrates; 3g dietary fiber; 9g sugars; 28g protein.

Pictured, Cooperative Connections

Cabbage Casserole

- 1 head cabbage
- 1 lb. ground beef, browned
- 1 medium onion, chopped
- 1/4 cup raw rice
- 1 can tomato soup
- 1 cup hot water
- Salt and pepper to taste

Cut cabbage into wedges; place in greased casserole dish. Cover with beef, onion and rice. Mix soup with water and seasonings; pour over all. Bake covered at 350°F. for 90 minutes. Baste with tomato juice if needed.

Lois Sears-Ahrendt, Sioux Falls
Cooperative Connections

Please send your favorite ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2013. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Eats



Lefse

4 cups rice potatoes
1 tsp. salt
1 T. sugar
1/3 cup butter
1 cup flour
1 tsp. baking powder

Russet potatoes are best for lefse. Boil with peelings on. Peel while hot, rice or mash thoroughly. Add salt, sugar and butter; cool. Add flour and baking powder. Measure 1/3 cup for each. Place in refrigerator. Take out one at a time and roll out very thin. Bake on lefse grill. Turn when brown flecks appear.

Lois Larson, Beresford
Cooperative Connections

Swedish Raspberry Almond Bars

3/4 cup butter, softened (must use butter)
3/4 cup confectioners' sugar
1-1/2 cups flour
3/4 cup seedless raspberry jam
3 egg whites
6 T. sugar
1/2 cup flaked coconut
1 cup sliced almonds, divided
Additional confectioners' sugar

Cream butter and powdered sugar until light and fluffy. Gradually add flour; mix well. Press into a 13x9-inch greased pan. Bake at 350°F. for 18 to 20 minutes or until lightly browned. Spread jam over crust. In large bowl, beat egg whites until soft peaks form. Gradually beat in sugar, 1 T. at a time, on high until stiff peaks form. Fold in coconut and 1/2 cup almonds. Spread over jam. Sprinkle with remaining almonds. Bake at 350°F. for 18 to 22 minutes or until golden brown. Cool completely on a wire rack. Dust with confectioners' sugar.

Jean Osterman, Wheaton, MN
Cooperative Connections

Vichyssoise (Chilled French Potato Soup)

3 to 4 leeks
2 T. butter
1 medium onion, chopped
2 large potatoes, peeled and diced
1/2 tsp. salt
3 cups chicken broth
1 cup milk
1-1/2 cups heavy cream, divided
1 drop Tabasco sauce
1 T. minced parsley or chives

Thoroughly clean leeks; halve lengthwise and cut into thin slices. Heat butter. Add leeks and cook until transparent. Add onions, potatoes, salt and chicken broth. Simmer mixture 35 minutes. Puree in blender and reheat. Pour in milk and 1 cup cream. Heat and stir until well-blended, but do not boil. Season with Tabasco sauce. Chill mixture. Beat remaining 1/2 cup cream until stiff; fold into soup. Adjust seasonings to taste. Serve soup garnished with chopped chives or parsley. Makes 4 servings.

Nancy Brown, Sioux Falls
Cooperative Connections

Southwest Honey and Spice Pork Hand Tacos

1 T. honey
1 T. olive oil
1 tsp. lemon juice
1 tsp. soy sauce
1/2 tsp. ground chipotle pepper (smoked or plain paprika can be used as an alternative)
1 lb. thinly-cut boneless chops (1/2-inch thick), cut into strips
8 small corn tortillas, warmed
1 cup shredded romaine lettuce
1 cup pico de gallo*
Sour cream or crema to taste

In a medium-sized bowl, combine honey, olive oil, lemon juice, soy sauce and ground chipotle pepper and whisk to combine. Add sliced pork to the marinade and let it sit for 15 minutes. Heat a skillet over high heat. Add slices of pork to the skillet and cook for 1 to 2 minutes on each side, flipping with tongs in the middle of the cooking process. Once cooked, remove the pork to a plate and reserve. Arrange 8 corn tortillas on a platter. Sprinkle each with equal amounts of shredded lettuce and pico de gallo. Arrange a few pieces of pork on top of each taco and top with sour cream or crema if desired. Yield: 4 servings, 2 tacos each

* You can find prepared pico de gallo, typically a combination of onions, chiles, tomatoes, lime juice and cilantro, in the refrigerated section of the produce department in most major supermarkets.

Nutritional information per serving: Calories: 360; Fat: 10g; Saturated Fat: 1.5g; Cholesterol: 80mg; Sodium: 550mg; Carbohydrates: 39g; Protein: 27g; Fiber: 2g.

Pictured, Cooperative Connections

Kulich (Russian Easter Bread)

2-1/4 to 2-3/4 cups flour, divided
1/4 cup sugar
1 tsp. salt
1 tsp. grated lemon peel
1 pkg. yeast
1/2 cup milk
1/4 cup water
2 T. margarine
1 egg
1/4 cup almonds, chopped
1/4 cup raisins
Powdered sugar frosting
Colored sprinkles

Mix 3/4 cup flour, sugar, salt, lemon peel and yeast in a large bowl. Combine milk, water and margarine in saucepan. Heat over low until warm. Add to dry ingredients; beat 2 minutes at medium speed. Add egg and 1/2 cup flour or enough to make a thick batter. Beat on high 2 minutes. Stir in enough extra flour to make a soft dough. Knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl. Cover, let rise until double, about 1 hour. Punch down. Knead in almonds and raisins. Divide dough in half. Shape into ball and place each half in a greased metal 1-lb. coffee can. Cover, let rise until double, about 1 hour. Bake at 350°F. for 30 to 35 minutes. Remove from cans. When cool, frost with powdered sugar frosting; top with sprinkles. Makes 2 loaves.

Mary Jessen, Holabird
Cooperative Connections

Please send your favorite dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.

Delectable Desserts



Jane's EZ Summer Dessert

- 1 (3.4 oz.) box white chocolate instant pudding
- 1 (3.4 oz.) box cheesecake instant pudding
- 3 cups milk
- 16 oz. Cool Whip
- 1 box chocolate graham crackers (3 pkgs. per box)
- 2 Heath candy bars, crushed

Mix puddings, milk and Cool Whip; set aside. Using a 13x9-inch storage container, layer the following: first package of chocolate graham crackers (no need to crush, just place them whole), 1/3 pudding mixture and another layer of graham crackers. Continue until there are three layers of each, ending with pudding on top. Garnish with graham cracker crumbs and/or crushed candy bars. Put in freezer. Take out when needed. Thaw enough to cut easily.

Julie Rothschadl, Scotland
Cooperative Connections

Rhubarb Cake

- 4 cups cut-up rhubarb
- 1-1/2 cups water
- 6 oz. red gelatin
- 2 cups sugar
- 1 yellow cake mix

Grease a 13x9-inch pan. Spread rhubarb pieces in bottom; sprinkle with red gelatin and sugar. Add water. Prepare yellow cake mix according to package directions; pour over rhubarb. Bake at 350°F. for 40 to 45 minutes.
Note: You may use sugar-free gelatin.

Laura Reuer, Herrick
Cooperative Connections

Peach Delight Pie

- 1 cup shortening
- 1/2 cup 7-Up
- 2-1/4 cups flour, divided
- 1/4 tsp. salt
- 1/4 cup firmly packed brown sugar
- 1/4 cup chopped almonds
- 3 T. butter
- 2-1/2 cups sliced canned peaches
- 3/4 cup white sugar
- 1/4 cup quick cooking tapioca
- 1 tsp. lemon juice
- 1 tsp. peach flavor brandy

For crust, combine 2 cups flour and salt in bowl. Cut in shortening into flour. Blend to form coarse crumbs. Slowly add 7-Up to flour mixture, toss lightly with fork, until dough forms a ball. Divide dough. Rest dough 10 minutes. Roll bottom crust and put in 9-inch pie pan, trim edge even with pan. For crumble mixture, mix together 1/4 cup flour, almonds and butter until crumbly. For filling, combine remaining ingredients; let stand. Layering instructions: Put pie crust in pan, add 1/2 of crumble mixture, add filling, add 1/2 of crumble mixture, add top pie crust. Bake at 425°F. for 10 minutes. Reduce heat to 350°F. and bake an additional 25 minutes.

Ruth Overby, Mellette
Cooperative Connections

Cherry Berry Cheesecake Pie

Crust:
- 1-1/2 cups ground gingersnap cookie crumbs (about 30, 2-inch cookies)
- 2 T. granulated sugar
- 1/3 cup melted butter

Filling:
- 1 (12 fl. oz.) can NESTLÉ® CARNATION® Evaporated Milk
- 1-1/2 (12 oz.) pkgs. cream cheese, at room temperature
- 2 large eggs
- 3/4 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 T. grated lemon peel
- 2 cups pitted fresh cherries and mixed berries (such as blueberries, raspberries and/or sliced strawberries)
- 3 T. cherry, raspberry or strawberry jam, warmed

For crust, combine crumbs and sugar in pie plate. Stir in butter. Press crumb mixture onto bottom and up sides of prepared 9-inch deep-dish pie plate. Bake at 350°F. for 8 minutes. Cool completely on wire rack. For filling, place evaporated milk, cream cheese, eggs, sugar, flour and lemon peel in blender; cover. Blend until smooth. Pour into prepared pie crust. Bake for 30 to 35 minutes or until center is set. Cool completely on wire rack. Refrigerate for at least 3 hours. Arrange cherries and berries on top of pie; drizzle with warmed jam. Tip: 1 (15 oz.) can pitted, dark sweet Bing cherries, drained (about 1 cup), can be used instead of fresh cherries. Yield: 8 servings

Nutritional information per serving: Calories: 540; Calories from Fat: 260; Fat: 30g; Saturated Fat: 17g; Cholesterol: 135mg; Sodium: 410mg; Carbohydrates: 61g; Protein: 10g; Fiber: 1g; Sugars: 41g

Pictured, Cooperative Connections

Chocolate Dessert

- 1-1/2 cups flour
- 1/2 cup butter or margarine
- 1/2 cup chopped nuts
- 8 oz. pkg. cream cheese, softened
- 4-1/2 cups Cool Whip, divided
- 1-1/4 cups powdered sugar
- 2 (3.9 oz.) boxes chocolate instant pudding
- 3 cups milk

Combine flour, butter and nuts. Press into a prepared 13x9-inch pan. Bake at 325°F. for 12 to 15 minutes; cool. Beat together cream cheese, 1-1/2 cups Cool Whip and powdered sugar; spread over crust. Stir together pudding and milk; pour over cream cheese layer. Spread remaining Cool Whip over all. Sprinkle with nuts if desired. Refrigerate. Note: You may use different flavored puddings.

Lois Hanson, Howard
Cooperative Connections

Low Cal Cupcakes

- 1 box vanilla cake mix or 1 box angel food cake mix
- 1 can diet soda (must be diet)

Combine cake mix and soda. Bake as directed on box.

Lois Sears-Ahrendt, Sioux Falls
Cooperative Connections

Please send your favorite salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.



Succulent Salads

Rhubarb Salad

2 cups diced rhubarb
1/2 cup sugar
1/2 cup water
1 (3 oz.) box cherry or strawberry gelatin
1 (15 oz.) can crushed pineapple with juice
1 cup diced celery
1 apple, chopped

Combine rhubarb, sugar and water; cook until tender. Add gelatin and pineapple with juice. Stir in celery and apple. Pour into a medium-sized bowl.

Mary Jessen, Holabird
Cooperative Connections

Cool, Crisp Salad

1 pkg. ring macaroni, cooked
1 cup diced celery
1 cup unpeeled, diced cucumber
1/2 green pepper, diced
4 boiled eggs, diced
1 lg. tomato, diced
Green onions
1 cup Miracle Whip
1/2 cup French dressing

Combine all ingredients; chill. May add 1/4- to 1/2-cup sweet pickle relish.

Pam Hofer, Carpenter
Cooperative Connections

Five Bean Salad

1 (16 oz.) can green beans
1 (16 oz.) can red kidney beans
1 (16 oz.) can wax beans
1 (15 oz.) can garbanzo beans
1 (15 oz.) can butter beans
1/2 cup chopped green pepper
1/2 cup chopped green onions
1/2 cup salad oil
1/2 cup vinegar
3/4 cup sugar
1 tsp. salt
1/2 tsp. pepper

Drain beans. Mix oil, vinegar, sugar, salt and pepper until well blended. In large glass bowl, combine all ingredients. Best if made 2 days in advance.

Janet Ochsner, Sturgis
Cooperative Connections

Waldorf Salad

1/2 cup Miracle Whip Light
1/4 cup orange juice
3 cups chopped apples
1/4 cup walnuts
1 cup chopped celery

Combine all ingredients; chill.

Catherine Jungwirth, Ashton
Cooperative Connections

Apple-Infused Coleslaw in a Jar

Vinaigrette:
2 cups Apple NESTLÉ® Juicy Juice® All Natural 100% Juice
1/4 cup apple cider vinegar
1/2 tsp. fine sea salt
1/4 tsp. freshly ground black pepper
2 T. Dijon mustard
1 T. honey
1/4 cup canola oil

Coleslaw:
5 cups each thinly shredded purple and green cabbage, divided
2 cups shredded carrot and/or thinly sliced red bell pepper, divided
8 T. sliced green onions, chives or shredded fresh basil, divided

8 (pint-size) mason jars

For vinaigrette: Place Juicy Juice in medium saucepan and bring to a boil over medium heat. Boil for about 25 minutes or until reduced to 1/4 cup (reducing the juice will add more sweetness and deepen the apple flavor). Cool to room temperature. Whisk together reduced juice, vinegar, salt, pepper, mustard and honey. Gradually add oil in a slow, steady stream, whisking constantly until blended. Divide vinaigrette between each of eight mason jars.
For coleslaw: Layer about 1/3 cup purple cabbage, 1/3 cup green cabbage, 2 T. carrot and 1 T. sliced green onions in each mason jar. Add another layer (same quantities excluding green onions) of purple cabbage, green cabbage and carrots. You should have about an inch gap between coleslaw and lid so that it is easy to shake; seal closed. When ready to serve, simply shake to coat. Jars of unshaken coleslaw can be refrigerated for up to 3 days. Cook's Tip: In a hurry? Skip reducing the apple juice and just use 1/4 cup apple juice. Increase honey to 2 T. total. Yield: 8 servings.

Nutritional information per serving: Calories: 140; Calories from Fat: 60; Fat: 7g; Saturated Fat: .5g; Cholesterol: 0mg; Sodium: 280mg; Carbohydrates: 19g; Protein: 2g; Fiber: 3g; Sugars: 13g

Pictured, Cooperative Connections

7-Up Salad

1 box lemon gelatin
1 cup boiling water
1 cup 7-Up
1 pkg. Knox gelatine
1-1/2 cups pineapple tidbits, drained (reserve juice)
1-1/2 cups small marshmallows
3 bananas, cut up

Topping:
3/4 cup reserved pineapple juice
1 egg, beaten
1/2 cup sugar
2 T. flour
2 T. butter
1/2 pint whipping cream

Dissolve lemon gelatin in boiling water; cool slightly. Mix together 7-Up and Knox gelatine. Add to lemon gelatin; cool until partly set. Add pineapple, marshmallows and bananas. Pour into 9x11-inch pan. For topping, combine first 5 topping ingredients; cook over medium heat until thick. Set aside until cool. Whip cream until thick; fold into topping mixture. Spread on top of set gelatin. Cut into squares to serve.

Elfrieda Postma, Sioux Falls
Cooperative Connections

Please send your favorite garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Delights

Zucchini Oatmeal Muffins

- 2-1/2 cups flour
- 1-1/4 cups sugar
- 1 cup nutmeats
- 1/2 cup quick-cooking oats
- 1 T. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 4 eggs
- 1 medium zucchini, finely shredded
- 3/4 cup salad oil

Measure first 8 ingredients into large bowl. In medium bowl, beat eggs lightly with fork; stir in zucchini and oil. Add all at once to flour mixture. Stir just until flour is moistened (batter will be lumpy). Spoon batter into greased muffin cups or use paper liners. Bake at 400°F. for 20 to 25 minutes or until a toothpick inserted in center comes out clean.

Mary Jessen, Holabird

Salsa

- 1 gallon peeled and chopped tomatoes
- 7 or 8 jalapeno peppers, chopped
- 4 large onions, chopped
- 4 T. canning salt
- 4 T. white sugar
- 4 cloves garlic, chopped fine
- 2 cups white vinegar
- 2 large red, yellow or green peppers, diced or 3 small cans green peppers
- 1/2 to 1 can tomato paste

Combine all ingredients and bring to a boil; simmer for 1-1/2 to 2 hours, depending on thickness. Pour into sterilized jars and place in hot water bath for 20 minutes.

Arlene Baanhofman, Corsica

World War II Veggie Dish

- 1 can SPAM, diced
- 1 small pepper, diced
- 1 medium onion, diced
- 2 tomatoes, diced
- 1 (15 oz.) can tomato sauce
- 1 cup water
- 1 lb. fresh green beans, cut
- Garlic, salt and pepper to taste

In a skillet, sauté SPAM, peppers and onions in oil for about 5 minutes. Add remaining ingredients; cook until green beans are tender. Add more water if needed.

Rose Tucker, Hot Springs

Note: This is a family recipe that I used when SPAM was issued during the war and we had to have ration tickets. It is our own recipe.

Frozen Cucumbers

- 2 quarts cucumbers, peeled and sliced
- 1 onion, sliced
- 1/2 green pepper, sliced
- Salt to taste
- Pepper to taste
- 1-1/2 cups sugar
- 1/2 cup white vinegar

Combine cucumbers, onions, green peppers, salt and pepper. Mix and let set 2 hours. Drain and rinse in clear water. Combine sugar and vinegar until sugar is dissolved (do not heat). Pour over vegetables. Mix thoroughly and freeze in plastic containers.

Elroy Schmidt, Harrisburg

Fresh Green Bean Casserole

- 2 lbs. fresh green beans, ends trimmed (halved, if desired)
- 2 T. salt
- 2 T. unsalted butter
- 1 (12 oz.) pkg. sliced button mushrooms (about 4 cups)
- 3 large cloves garlic, finely chopped
- Ground black pepper
- 3 T. all-purpose flour
- 1-1/2 cups water
- 1 (12 oz.) can NESTLÉ® CARNATION® Evaporated Milk
- 1 tsp. MAGGI Instant Chicken Flavor Bouillon
- 1 (2.8 oz) container French fried onions

Spray 13x9-inch or 3-quart casserole dish with nonstick cooking spray. Fill large bowl half full with ice cubes; fill with cold water. Bring 4 quarts of water to a boil in large saucepan; add green beans and salt. Cook, stirring occasionally, for 5 minutes or until crisp-tender. Drain and immediately drop into ice-cold water to stop the cooking. Once cool, drain again. Melt butter in same saucepan; add mushrooms and garlic. Season with pepper. Cook, stirring frequently, for 5 minutes or until mushrooms are tender. Stir in flour; cook, stirring frequently, for 1 minute. Stir in water; bring to a boil. Reduce heat to medium; add evaporated milk and bouillon. Cook, stirring occasionally, for 10 minutes or until sauce is thickened. Add green beans; stir to coat. Transfer to prepared casserole dish. Sprinkle evenly with French fried onions. Bake at 425°F. for 15 minutes or until onions are golden brown and sauce is bubbling around edges. Serve immediately. Yield: 10 servings

Nutritional information per serving: Calories: 160; Calories from Fat: 80; Fat: 9g; Saturated Fat: 4g; Cholesterol: 20mg; Sodium: 220mg; Carbohydrates: 17g; Protein: 6g; Dietary Fiber: 4g; Sugars: 6g;

Pictured, Cooperative Connections

Asparagus Onion Casserole

- 1 lb. fresh asparagus, cut into 1-inch pieces or 2 (10 oz. each) pkgs. frozen, cut asparagus, thawed
- 1 medium onion, sliced
- 5 T. butter, divided
- 2 T. flour
- 1 cup milk
- 1 (3 oz.) pkg. cream cheese, cubed
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 cup shredded Cheddar cheese
- 1 cup soft bread crumbs

In a skillet, sauté asparagus and onion in 1 T. butter until crisp-tender, about 8 minutes. Transfer to an ungreased 1-1/2 quart baking dish. In a saucepan, melt 2 T. butter. Stir in flour until smooth; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add cream cheese, salt and pepper; stir until cheese is melted. Pour over vegetables. Sprinkle with Cheddar cheese. Melt remaining butter; toss with bread crumbs. Sprinkle over casserole. Bake at 350°F., uncovered, for 35 to 40 minutes or until heated through. Yield: 4 to 6 servings.

Frances Poste, Wall

Please send your favorite pasta, wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.



Pasta Perfection

Cherry Chicken Pasta Salad

- 1 lb. rotini pasta
- 2 cups diced, cooked chicken
- 1 cup dried cherries
- 1 cup diced celery
- 1 cup sliced toasted almonds
- 2 cups salad dressing
- 1/4 cup confectioner's sugar
- 2 T. cold water
- 1 T. champagne vinegar
- 2 T. poppy seeds
- 2 tsp. salt
- 1/4 tsp. black pepper

Cook rotini in salted water about 8 minutes; drain and rinse under cold water. Combine pasta with chicken, cherries, celery and almonds. Mix together remaining ingredients. Fold into pasta-chicken mixture.

Lois Hanson, Howard

Tomato and Spinach Pasta Toss

- 2 cups penne pasta, uncooked
- 1/2 lb. hot Italian sausage
- 1 pkg. baby spinach leaves
- 1 can diced tomatoes with basil, garlic and oregano
- 1 cup shredded mozzarella cheese
- 2 T. Parmesan cheese

Cook pasta as directed. Meanwhile crumble meat into large skillet; brown until cooked through. Drain. Add spinach and tomatoes; cook 2 minutes, stirring occasionally. Remove from heat, cover and keep warm. Drain pasta; place in large bowl. Add meat mixture and cheeses; mix lightly.

Kathleen Hahn, Lennox

Stop Watch Pasta Salad

- 1 (6 oz.) bottle Hidden Valley Ranch dressing
- 1/4 cup mayonnaise
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dill weed
- 1-1/3 cups corkscrew or penne pasta
- 1-1/2 cups diced celery
- 1/4 cup diced red onion
- 1 can mandarin oranges, drained
- 1 cup sliced, red seedless grapes
- 1 can sliced water chestnuts

Blend first 5 ingredients; refrigerate. Cook pasta; drain and cool. Combine with remaining ingredients and dressing. Cooked chicken may be added.

Renae Dale, Florence

Pumpkin Sage Pasta

- 6 cups cooked, short-cut pasta, such as trottole, spirals, penne or bow ties, kept warm
- 2 T. butter
- 2 shallots, finely chopped (about 3/4 cup)
- 2 large cloves garlic, finely chopped (about 2 T.)
- 8 fresh sage leaves, plus more for garnish
- 1/4 cup dry white wine
- 1 cup water
- 3/4 tsp. MAGGI Instant Chicken Flavor Bouillon
- 1 (12.5 oz.) can NESTLÉ® CARNATION® Evaporated Lowfat 2% Milk
- 1 cup LIBBY'S® 100% Pure Pumpkin
- 1/4 to 1/2 cup BUITONI Refrigerated Freshly Shredded Parmesan Cheese, plus more for serving
- 2 T. grated Gruyère cheese
- Ground black pepper to taste

Melt butter in large skillet over medium-high heat. Add shallots; cook, stirring occasionally, for 3 to 5 minutes. Add garlic and sage leaves; cook, stirring frequently, for about 1 minute. Stir in wine; cook for 2 minutes or until reduced slightly. Stir in water and bouillon; cook for 2 to 3 minutes to infuse flavors. With tongs, remove and discard sage leaves. Stir evaporated milk and pumpkin into skillet; heat through. Stir in Parmesan cheese and Gruyère cheese until melted. Add cooked pasta to skillet; stir to coat and heat through. Season with pepper. Sprinkle with additional Parmesan cheese. Garnish with fresh sage leaves, if desired. Yield: 6 servings

Nutritional information per serving: Calories: 260; Calories from Fat: 70; Fat: 7g; Saturated Fat: 4.5g; Cholesterol: 25mg; Sodium: 280mg; Carbohydrates: 36g; Protein: 12g; Dietary Fiber: 3g; Sugars: 9g

Pictured, Cooperative Connections

Cheeseburger Pasta

- 1 lb. ground beef
- 1 can Cheddar cheese soup
- 1 can tomato soup
- 1-1/2 cups water
- 2 cups uncooked medium shell-shaped pasta

Cook ground beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat; drain. Pour off fat. Stir in soups, water and pasta; heat to a boil. Reduce heat to medium. Cook for 10 minutes or until the pasta is tender, stirring often.

Nikki Larson, Hayti

Lazy Beef Lasagna

- 1-1/2 lbs. ground beef
- 1 T. minced garlic
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 1/4 tsp. pepper
- 26 oz. jar spaghetti sauce
- 1-1/2 cups water
- No cook lasagna noodles
- 1 cup shredded cheese

Brown beef with garlic; drain. Stir in spices, sauce and water; bring to a boil and cook 2 minutes. Layer lasagna noodles, beef sauce and cheese in a 9x13-inch pan. Repeat layers. Cover with foil. Bake at 400°F. for 20 minutes. Uncover and bake an additional 15 to 20 minutes until noodles are tender and sauce is bubbly.

Mary Jessen, Holabird

Please send your favorite wild game and holiday treat recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.

Wild Game



Four-Pepper Tequila Pheasant

2 T. olive oil
2 pheasant breasts, cut in 2-inch pieces
1 sliced red onion
4 sweet bell peppers (1 red, 1 orange, 1 green, 1 yellow), sliced julienne-style
3 tomatoes, diced
5 cloves garlic, minced
1/2 tsp. chipotle peppers, ground to consistency of crushed red peppers
Pinch of ground cumin
2 oz. tequila
1/2 cup butter
Juice of 1 lime
1 lb. cooked pasta (fettuccine, linguine, penne)
Fresh cilantro, to taste

Heat sauté pan on high. Add olive oil and sauté pheasant pieces; reduce heat. Add onion, peppers and tomatoes. Quickly stir-fry. Do not overcook; vegetables should be crunchy. Reduce heat; slide vegetables and pheasant to one side. Add minced garlic, chipotle peppers and ground cumin. Stir to mix. Remove pan from heat, add tequila. It will burn quickly as you deglaze the pan. Add cold butter and reduce heat. Add juice of 1 lime; stir to mix with butter. Serve over pasta. Sprinkle to taste with fresh, chopped cilantro. You can use regular crushed red pepper if chipotle peppers are not available.

Jodie Wheeler, Tea

Venison Stroganoff

1 lb. venison steak, cut in strips
2 T. olive oil
1 medium onion, thinly sliced
1 green pepper, cut in strips
1 cup sliced fresh mushrooms
1/2 cup salad dressing
1 cup cream of celery or cream of mushroom soup
Salt and pepper, to taste
Egg noodles

Brown venison in olive oil. Add onions, green peppers and mushrooms; sauté until tender. Add salad dressing and soup. Season to taste. Simmer for 5 to 10 minutes. Serve over egg noodles. Sprinkle with paprika, if desired.

Carol Mizera-Amick, Lead

Pheasant Sandwiches

3 cups cooked, chopped fine pheasant
2 hard-boiled eggs, chopped fine
2 carrots, grated
1/2 medium onion, finely chopped
1/2 cup finely chopped celery
2 tsp. sweet pickle relish
Salt and pepper to taste
Mayonnaise or salad dressing to blend nicely

Mix together first 7 ingredients. Add dressing to taste; chill. Spread on sandwich bread.

WWII Pheasant Canteen, Aberdeen

Poor Man's Elk Wellington

2 lbs. ground elk
1 egg
1/2 cup breadcrumbs
1 tsp. Worcestershire sauce
1/2 package onion soup mix
2 cups shredded mozzarella cheese
1/2 lb. shaved black forest ham
2 pkgs. Pillsbury Refrigerated Crescent Dinner Rolls

Unroll crescent rolls and press seams together. Mix elk, egg, breadcrumbs, Worcestershire sauce and onion soup mix; spread over dough. Sprinkle cheese over meat and lay thin slices of ham over cheese. Roll and pinch ends together and put on clay stone (a pizza stone will work). Bake at 375°F. for 45 minutes and let stand for 20 minutes. Slice and serve. Serves 6.

Nutritional information per serving: Calories: 492; Calories from Fat: 237; Fat: 26.4g; Saturated Fat: 11.6g; Cholesterol: 186.3mg; Sodium: 1195mg; Carbohydrates: 10.9g; Protein: 49.9g; Dietary Fiber: 1.1g; Sugars: 1.7g;

Pictured, Cooperative Connections

Pheasant Liver Pate

1 lb. pheasant livers, about 16 "roosters"
1/4 to 1/2 cup chopped onion
4 T. butter, divided
3 T. Miracle Whip
2 T. lemon juice
1/2 tsp. dry mustard
8 drops bottled hot pepper sauce minimum, adjust according to your taste
1/2 tsp. salt
Dash pepper
Assorted crackers

In a skillet, cover and cook livers and onions in 2 T. butter about 5 minutes or until livers are no longer pink, stirring occasionally. Process liver-onion mixture and drippings in a food processor or blender. In a separate bowl, add salad dressing, lemon juice, 2 T. softened butter, pepper sauce, mustard, salt and pepper. Pour hot liver-onion mixture in bowl and mix well. Place in a 2-cup mold or bowl in which the bottom and sides have been greased with butter. Cover; chill for 6 hours or overnight. Serve with crackers. Try a cracker with pate, smoked oyster on top and a drop of Tabasco!

Loren Luckow, Hettinger, ND

Bacon Pheasant Wraps

2/3 cup brown sugar
1 T. chili powder
1 lb. bacon
2 lbs. pheasant breast, cut into small, square pieces

Mix together brown sugar and chili powder. Roll pheasant pieces in sugar/chili powder mixture. Wrap with bacon and secure with a toothpick. Roll again in sugar/chili powder. Line a cookie sheet with aluminum foil. Bake at 350°F. for 35 minutes.

Penny Lemburg, Bison

Please send your favorite soup and bed/breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2013. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Favorites



Snowy Trail Mix

3 cups pretzel sticks
5 cups Corn Chex cereal
3/4 cup pecans or peanuts
12 oz. white almond bark
Red and green sprinkles

Combine pretzels, Corn Chex and nuts. Melt almond bark; slowly pour over mix. Stir. Place on waxed paper to cool. Top with red and green sprinkles. Break into bite-size clumps.

Anna VanLeeuwen, Sioux Falls

Holiday Trifle

1 chocolate cake mix
2 (4 oz.) pkgs. cook-n-serve chocolate pudding
1 (12 oz.) container Cool Whip
5 chocolate-covered toffee candy bars, crushed

Prepare cake mix according to package directions. Pour into well-greased 9x13-inch pan. Bake at 350°F. for 40 minutes; cool. Meanwhile, prepare pudding according to package directions; cool. Cut cake into 1/2-inch cubes. In a large, clear glass, trifle bowl, alternate cake pieces, pudding and Cool Whip. Top with crushed candy bars. Cover and refrigerate until ready to serve.

Rowena Wipf, Doland

Choco-Mallow Pizza

1 (12 oz.) pkg. real chocolate chips
1 lb. white almond bark, divided
2 cups miniature marshmallows
1 cup Rice Krispies
1 cup peanuts
1 tsp. vegetable oil
1 (6 oz.) jar red maraschino cherries, drained and halved
3 T. green maraschino cherries, drained and quartered
1/3 cup coconut

Melt chocolate chips and 14 oz. almond bark in large saucepan over low heat, stirring constantly; remove from heat. Stir in marshmallows, cereal and peanuts. Pour on greased 12-inch pizza pan. Top with cherries, sprinkle with coconut. Melt remaining 2 oz. almond bark with oil over low heat, stirring until smooth. Drizzle over coconut. Refrigerate until firm. Store at room temperature. Can also be made in the microwave.

Mary Jessen, Holabird

Cinnamon Candy Popcorn

8 quarts popped corn
1 cup butter
1/2 cup light corn syrup
1 (9 oz.) pkg. cinnamon red hots

Place popped corn in roaster pan. Combine butter, syrup and red hots in a saucepan over medium heat; bring to a boil, stirring constantly. Boil 5 minutes, stirring occasionally. Pour over popcorn; stir to coat. Bake at 250°F. for 1 hour, stirring every 15 minutes. Place on waxed paper. Cool; break into pieces. Store in sealed container.

Connie Howard, Bath

Candy Cane Brownie Lollipops

1 pkg. (18-21 oz.) fudge brownie mix (plus ingredients to make brownies)
24 candy canes
10 oz. chocolate-flavored almond bark
Additional decorations such as red jimmies (optional)

Line medium sheet pan with a 13-inch piece of parchment paper; lightly spray with nonstick cooking spray and set aside. Prepare brownie mix according to package directions; pour batter into pan. Bake 30 minutes or until wooden pick inserted in center comes out with moist crumbs attached. Remove from oven to cooling rack; cool 20 minutes or until still slightly warm. Meanwhile, cut straight ends of candy canes off to form 4-1/2-inch sticks using utility knife. Place candy cane tops into resealable plastic bag and crush using flat side of meat tenderizer; set aside. Using a medium scoop, scoop brownie into 24 rounded scoops, packing brownie into scoop using hands. (Entire brownie will be used.) Roll brownie scoops into smooth balls. Insert candy cane sticks into centers of balls, mounding brownie around each stick. Place almond bark into microwave-safe bowl; microwave according to package directions until smooth. Spoon melted bark evenly over each brownie ball, turning to coat completely. Allow excess bark to drip off. Dip into reserved crushed candy canes or jimmies and stand upright on a piece of parchment paper. Repeat with remaining almond bark, lollipops and crushed candy. Let stand until set. Place into miniature cupcake liners. Cook's Tips: Although the edges of the brownies are crusty, they don't need to be discarded. Simply scoop the edges along with the center; they'll soften as they stand. If desired, lollipop sticks or stick candies can be substituted for the candy canes. Wrap lollipops in cellophane, tie with ribbon and use as table décor, place cards or take-home goodies for a special holiday touch. 24 Servings

Nutritional information per serving: (1 lollipop, excluding optional ingredient): Calories 260, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrate 40 g, Protein 2 g, Sodium 75 mg, Fiber 1 g

Pictured, Cooperative Connections

Apple-Raspberry Pie

1 double-crust 9-inch pie shell
4 to 5 medium Golden Delicious apples, peeled, cored and sliced (about 8 cups)
2 cups frozen unsweetened raspberries, thawed and dried
1 tsp. lemon zest
2 T. lemon juice
3 T. quick-cooking tapioca
1 tsp. vanilla extract
1 tsp. cinnamon
1/2 cup plus 2 T. sugar, divided
1 large egg, lightly beaten

Prepare filling by tossing together apples, raspberries, lemon zest and juice, tapioca, vanilla, cinnamon and 1/2 cup sugar. Spoon filling into unbaked pie shell. Cover filling with remaining pie crust. Cut vents in top. Lightly brush crust with beaten egg; sprinkle with 2 T. sugar. Place pie on baking sheet covered with foil. Bake at 400°F. until filling bubbles and crust is golden, about 1 hour.

Stephanie Fossum, Hudson

Please send your favorite soup, bed/breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2014 Reader Recipes

January

Satisfying Soups

1. Chicken Taco Soup
2. Soup Salad
3. Grandma's No Peek 5-Hour Stew
4. Ham-It-Up White Bean Soup
5. Cheeseburger Chowder
6. Pheasant Soup

February

Bread and Breakfast

1. Lemon Coffee Cake
2. Orange Biscuits
3. Oatmeal Bread
4. Sweet Bluberry Drop Biscuits
5. Quick Quiche
6. Breakfast Casserole

March

Satisfying Seafood

1. Cajun Beer-Basted Red Drum on the Grill
2. Tuna Biscuit Casserole
3. Sour Cream Salmon Loaf
4. Hot Gulf Shrimp Dip
5. Hot Tuna Sandwiches
6. Linguini with Clam Sauce

April

Appetizers & Beverages

1. Bacon Cheddar Dip
2. Banana Slush
3. Mocha Punch
4. Holiday Dip
5. Soy and Spinach Artichoke Dip
6. Hot Spiced Cider
7. Pizza Egg Rolls

May

Comforting Casseroles

1. Chicken Cordon Blue Casserole
2. Better Bean Casserole
3. Stuffing Casserole
4. German Potato Salad Casserole
5. Hot Rice Dish
6. Bacon Cheeseburger Casserole

June

Ethnic Eats

1. Rosettes (Scandinavian)
2. Knoepfla Hot Dish (German)
3. Mexican Meat Loaf
4. Southwest Skillet Chicken and Rice
5. Rice Pancakes (Czech-Rye Livanec)
6. Kilich (Russian Easter Bread)

July

Delicious Desserts

1. Gina's Boston Cream Pie Dessert
2. Chocolate Pie
3. Mom's Homemade Blizzard
4. Apple Crescent Rolls
5. Hot Cinnamon Fireworks Cake
6. Blueberry Dessert
7. Borden's Cherry Cream Pie

August

Succulent Salads

1. Kale-Quinoa Salad
2. Colonel's Coleslaw
3. Summer Macaroni Salad
4. Antipasto Bean Salad
5. John Deere Salad
6. 24-hour Fruit Salad

September

Garden Delights

1. Chicken Zucchini Casserole
2. Cucumbers Duluxe
3. New Potatoes and Peas
4. Aunt Nellie's Whole Onion and Fresh Tomato Sauce
5. Frito Corn Salad
6. Creamy Broccoli Cabbage

October

Pasta Perfection

1. Creamy Chicken Alfredo Lasagna
2. So Good Noodle Casserole
3. Slow Cooker Fettuccini Bolognese
4. Easy to Stuff Manicotti

November

Wild Game Recipes

1. Roast Raccoon
2. Aporicot Honey-Glazed Duck
3. Impossible Meat Pie
4. South Dakota Pheasant Supreme
5. Venison Stew

December

Holiday Favorites

1. Unbaked Fruit Cake
2. Milnot Fudge
3. Pumpkin Fluff
4. Sugar Cookie Party Mix
5. Frozen Peppermint Delight
6. Toffee



Satisfying Soups

Chicken Taco Soup

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 2 (14.5 oz) cans chicken broth
- 1 quart tomatoes, undrained
- 1 pint salsa
- 1 can black beans, drained
- 1 can whole kernel corn, drained
- 1 whole chicken breast
- Garlic salt
- Chili powder
- Cooking oil

In skillet with small amount of oil, sauté pepper and onion with garlic salt until tender. In medium pot, mix broth, tomatoes, salsa, corn and beans; bring to a boil then reduce heat and simmer. Add cooked peppers and onions. Slice chicken breast into four slices; cover both sides generously with garlic salt and chili powder. Cook in small amount of oil until white throughout. Shred chicken; add to soup. Let simmer at least 20 to 30 minutes or longer. Serve with dollop of sour cream, shredded Cheddar cheese and crumbled tortilla chips.

Nancy Stenson, Fort Pierre

Soup Salad

- 1 small clove garlic
- 1 T. sugar
- 1-1/2 tsp. salt
- 24 oz. canned tomato juice
- 1/4 cup olive oil
- 2 T. lemon juice
- 1 tsp. Worcestershire sauce
- 3 tomatoes, finely diced
- 1 cucumber, finely diced
- 1 green pepper, finely diced
- 1 cup shredded carrots
- 1 cup diced celery
- 1/2 cup thinly sliced green onions

Put garlic through press or crush it completely. Combine with sugar, salt, tomato juice, olive oil, lemon juice and Worcestershire sauce. Beat with rotary beaters to blend in the oil. Cover and chill while preparing vegetables. Stir in vegetables and chill at least an hour before serving, longer if possible.

Frances Syverson, Rapid City

Grandma's No Peek 5-Hour Stew

- 2 lbs. stew meat, cut in bite-sized pieces
- 6 carrots, sliced
- 4 medium potatoes, cut up
- 2 stalks celery, cut up
- 1 green pepper, chopped
- 1/4 cup tapioca
- 2 T. sugar
- 1 large can tomatoes

Combine all ingredients in a 3-quart roaster; cover tightly. Bake at 250°F. for 5 hours. No peeking!

Jan Bentzen, Tabor

Ham-It-Up White Bean Soup

- 1 T. olive oil
- 1/2 small onion, chopped
- 2 garlic cloves, finely chopped
- 1/4 cup all-purpose flour
- 1 (12 oz.) can Nestle Carnation Evaporated Milk
- 1 (14.5 oz.) can reduced-sodium chicken broth
- 1-1/2 cups cooked ham, cut into 1/2-inch pieces
- 1 (15.5 oz.) can cannellini (white kidney) beans, undrained
- 1/2 cup frozen peas
- Ground black pepper, optional

Heat oil in medium saucepan over medium heat. Add onion and garlic; cook, stirring occasionally, for 1 to 2 minutes or until onion is tender. Stir in flour. Gradually stir in evaporated milk and broth. Cook, stirring constantly, until mixture comes to a boil. Add ham, beans and peas. Heat through. Season to taste with pepper. Note: One cup coarsely chopped spinach leaves can be substituted for the peas. Makes 6 (1 cup) servings

Nutritional information per serving: 240 calories; 90 calories from fat; 11g total fat; 4g saturated fat; 40mg cholesterol; 520mg sodium; 21g carbohydrate; 3g fiber; 7g sugars; 14g proteing

Pictured, Cooperative Connections

Cheeseburger Chowder

- 1 lb. ground beef
- 1/2 cup finely chopped celery
- 1/4 cup chopped onion
- 3 T. flour
- 1/2 tsp. salt
- 5 cups milk
- 1 T. instant beef bouillon
- 1 cup cheese (Cheddar or Velveeta)

Brown ground beef in a large kettle. Add the celery and onion. Cook until tender. Blend, then add flour, salt, milk and bouillon. Add cheese and stir until melted.

Alice Holcomb, Buffalo

Pheasant Soup

- Celery
- Onions
- Carrots
- Mushrooms
- 1/2 bag frozen noodles
- 3 cans cream of mushroom soup
- 3 cans cream of chicken soup
- Salt and pepper to taste
- 2 or 3 pheasants

In a large pot, boil pheasants (cover with water before boiling) with chopped celery, onions, mushrooms and salt and pepper until pheasant is cooked. Remove pheasant from pot and cut into bite-sized pieces; return to pot. Add noodles. Stir together soups and add to mixture in pot. Add salt and pepper to taste. Cook 30 minutes or until noodles are done and soup is thick.

Mary Engebretson, Watertown

Please send your favorite bread, breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Bread and Breakfast

Lemon Coffee Cake

1/2 cup butter or margarine, softened
1 cup sour cream
1 cup sugar
2 eggs
1 tsp. vanilla
1/2 tsp. baking soda
2 cups flour
1-1/2 tsp. baking powder
1/2 tsp. salt, optional
1 can lemon pie filling

Topping:
1/2 cup flour
1/2 cup sugar
1/4 cup butter or margarine, cold
1 tsp. cinnamon
1/2 cup chopped nuts

Combine first 6 ingredients. Sift together flour, baking powder and salt. Stir into vanilla mixture. Spread half of dough into a greased and floured 9x13-inch pan. Spread lemon pie filling over dough. Top with remaining dough. Combine topping ingredients; mix with pastry blender until crumbly. Sprinkle over batter. Bake at 350°F. for 45 minutes or until topping is golden.

Mary Jessen, Holabird

Orange Biscuits

3/4 cup sugar
2 tsp. plus additional orange rind
1/4 cup melted butter or margarine
2 tubes of refrigerated biscuits
3/4 cup powdered sugar
2 T. orange juice

Mix sugar and 2 tsp. rind together. Roll biscuits in butter and in sugar mixture. Lay biscuits in a circle; tip over tip of the one before in a circle cake tin. Bake at 350°F. for 30 minutes. For frosting, combine powdered sugar, desired amount orange rind and orange juice. Drizzle over biscuits while biscuits are still warm.

Geraldine Dahlin, Beresford

Oatmeal Bread

1-1/2 cups water
1 cup milk
1/4 cup oil
1 cup quick cooking oats
2 tsp. salt
1/2 cup molasses
1-1/2 tsp. yeast
4-1/2 to 5-1/2 cups bread flour

Combine water, milk and oil in saucepan. Bring to a boil; remove from heat. Add oatmeal and stir until mixture is lukewarm; pour into bowl. Add salt, molasses and yeast; beat for 2 minutes. Add flour a little at a time. Remove from bowl. Knead for 8 to 10 minutes (it is very important to knead for 8 to 10 minutes). Let rise until size has doubled. Punch down and divide into loaves. Let rise again in pans. Bake at 375°F. for 35 to 40 minutes or until golden brown.

Betty Vliem, Lodgepole

Sweet Blueberry Drop Biscuits

Crisco® Original No-Stick Cooking Spray
2 cups White Lily® Enriched Bleached Self-Rising Flour
1/3 cup sugar
1/4 cup Crisco All-Vegetable Shortening, chilled
2/3 to 3/4 cups milk or buttermilk, plus additional as needed
1 cup fresh or frozen blueberries, if frozen, do not thaw

Heat oven to 500°F. Spray baking sheet with no-stick cooking spray. Combine flour and sugar into bowl. Cut in shortening with pastry blender or 2 knives until crumbs are the size of peas. Blend in just enough milk with a fork until dough leaves sides of bowl. If needed, add more milk to form soft dough. Gently stir in blueberries. Drop dough by rounded tablespoonfuls onto prepared baking sheet 1 to 2 inches apart. Bake 8 to 10 minutes or until golden brown. Cool 2 minutes. Split and serve warm with butter.

Note: Drop biscuits recipes are easy to modify with a couple of additions. Prefer savory instead? Prepare Bacon Cheddar Drop Biscuits by adding cheese and bacon to the biscuit dough. Other delicious combinations are cinnamon and sugar or blue cheese and garlic. Bake smaller versions of these biscuits to serve as appetizers at your next party or as part of an on-the-go breakfast for your family. Yield: 12 biscuits

Nutritional information per serving: Serving Size 1 biscuit of 12, Calories 140 (Calories from Fat 40), Total Fat 4.5g (Saturated Fat 1.5g, Trans Fat 0g), Cholesterol 0mg, Sodium 250mg, Total Carbohydrate 23g (Dietary Fiber 1g, Sugars 8g), Protein 3g

Pictured, Cooperative Connections

Quick Quiche

12 slices crisp bacon
1 cup shredded Swiss or American cheese
1/3 cup chopped onion
2 cups milk
4 eggs
1/4 tsp. salt
1/8 tsp. pepper
1/2 cup Bisquick

Put all ingredients in blender; blend on high 1 minute. Pour into a greased 9-inch pie pan. Bake at 350°F. for 50 to 55 minutes.

Peggy Fischbach, Warner

Breakfast Casserole

1 lb. frozen hash brown squares
1 roll sausage
1 pkg. bacon
Onion powder
12 oz. shredded Cheddar cheese
2 cups milk
10 eggs

Line a 9x13-inch pan with potatoes. Cook sausage and bacon; spread over top of potatoes. Sprinkle onion powder on top of meat. Mix milk and eggs together; pour over meat. Top with Cheddar cheese. Bake at 350°F. for 45 minutes to 1 hour or until eggs are set.

Lorelei Jakober, Leola

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Satisfying Seafood

Cajun Beer-Basted Red Drum on the Grill

- 3 lbs. fish filets, skin on but not scaled (walleye works great)
- 1 T. garlic, minced
- 1/2 tsp. black pepper
- 4 T. butter
- 2 T. Cajun seasoning
- 3 T. Worcestershire sauce, divided
- 3 garlic cloves
- 2 T. minced onion
- 2 T. minced green pepper
- 2 T. minced parsley
- 12 oz. beer

Heat grill to medium. Rinse filets and pat dry. Sprinkle cut sides with minced garlic and pepper, pressing gently into filets. In small saucepan, melt butter over medium heat; add 1 T. Worcestershire sauce, cajun seasoning, garlic, onion, green pepper and parsley. Stir and sauté until onion is transparent and sauce darkened and slightly thickened. Do not burn garlic – it will become bitter and spoil the taste. Add beer and remaining Worcestershire sauce; simmer for 15 minutes on medium-high heat. Lay filets onto oiled grates or place on oiled aluminum foil over grill grates (the preferred method so the filets do not flare up). Cook 20 minutes over low-medium heat, unfolding the aluminum foil only to baste generously with sauce. Fish is done when the thickest area flakes off easily.

Joy Hagen, Webster

Tuna Biscuit Casserole

- 1 can Cheddar cheese soup
- 1/2 soup can milk
- 1 can tuna, undrained if using oil pack
- 1 T. grated onion
- 1 T. parsley flakes
- 1 can (10) refrigerator biscuits

In a saucepan, stir soup and milk together until smooth. Add tuna, which has been broken up, onion and parsley flakes. Heat to just boiling. Place biscuits in a 11x17-inch ungreased pan. Pour heated mixture over top of biscuits. Bake uncovered at 375°F. for about 25 minutes or until biscuits pop up through the sauce and are well browned on top.

Audrey E. Heppler, Brookings

Sour Cream Salmon Loaf

- 1 (15.5 oz.) can salmon, drain 1/2 liquid
- 1 (8 oz.) container sour cream
- 1/2 c. melted butter
- 1 beaten egg
- 2-1/2 cups corn flakes, measure then crush

Combine all ingredients and place in greased loaf pan. Bake at 350°F. for 40 to 50 minutes. If firmer texture is desired, use less butter and 1 additional egg.

Glenda Morton, Sioux Falls

Hot Gulf Shrimp Dip

- 1 lb. Gulf of Mexico shrimp, cooked, peeled, deveined, chopped
- 1/2 cup chopped yellow onion
- 1/2 chopped green onion
- 1 clove minced garlic
- 3 T. mayonnaise
- 1 tsp. vegetable oil
- 1 tsp. Creole seasoning
- 1/2 tsp. fresh ground black pepper
- 1/4 tsp. salt
- 1 cup shredded cheese (Cheddar, mozzarella or Monterey Jack)
- Toasted pitas, sliced fresh bread or tortilla chips

Combine all ingredients in an 8x8-inch baking dish, reserving 1/4 of cheese. Mix well. Sprinkle remaining cheese on top of mixture. Bake at 350°F. for 25 to 30 minutes. Dip with toasted pitas, sliced fresh bread or tortilla chips. Makes 8 servings.

Nutritional information per serving: Calories 158; Total Fat 9g; Total Carbohydrate 4g; Protein 15g

Pictured, Cooperative Connections

Hot Tuna Sandwiches

- 1 (7 oz.) can tuna
- 1 cup chopped celery
- 1 small onion, chopped
- 1/2 cup cubed cheese
- 1/2 cup diced olives
- 1/4 cup mayonnaise
- Salt and pepper to taste
- 6 hamburger buns

Combine all ingredients except buns. Split and butter buns; spread with tuna mixture. Wrap in aluminum foil. Bake at 350°F. for 15 to 20 minutes.

Shirley Dreher, Clark

Linguini with Clam Sauce

- 1 lb. linguini
- 1 T. olive oil, divided
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 3 (6.5 oz.) cans chopped clams
- 1 T. parsley
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/4 tsp. red pepper flakes
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup bread crumbs

Cook linguini 10 to 11 minutes; drain and return to pot. Heat 1/2 T. oil in 10-inch skillet over medium heat. Add onion and garlic; sauté 5 minutes. Strain clam liquid and add liquid to skillet. Add parsley, oregano, pepper flakes, salt and pepper. Simmer 5 minutes then stir in clams; cook 2 minutes. Stir into pasta in pot; mix. Cover to keep warm. Heat 1/2 tsp. oil in a small skillet over medium heat; add bread crumbs, stirring for 2 minutes until lightly browned. Sprinkle over pasta and gently toss. Serve immediately.

Mary Metz Carda, Hurley

Please send your favorite casserole and ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Appetizers & Beverages

Bacon Cheddar Dip

2 cups sour cream
1 cup finely shredded Cheddar cheese
1 envelope ranch dressing mix
4 bacon strips, cooked and crumbled

In a large bowl, combine the sour cream, Cheddar cheese, salad dressing mix and bacon. Cover and refrigerate for at least 1 hour. Serve with crackers and/or vegetables.

Stephanie Fossum, Hudson, SD

Banana Slush

2 (12 oz.) cans orange juice
5 mashed bananas
1 (12 oz.) can frozen lemonade
4 cups sugar
1 (46 oz.) can unsweetened pineapple juice
6 cups warm water

Blend together orange juice and bananas in blender. Combine next 4 ingredients. Mix all together. Freeze. Serve with 7-up.

Shirley Dreher, Clark, SD

Mocha Punch

6 cups boiling water
1/2 cup sugar
1/2 cup hot chocolate mix
1/4 cup instant coffee crystals
1/2 gallon vanilla ice cream
1/2 gallon chocolate ice cream
Whipped cream

Combine first 4 ingredients; refrigerate. Pour in punch bowl. Add ice cream. Top with whipped cream if desired.

Note: I like to make the syrup mixture and refrigerate overnight. Also, the syrup mixes with the ice cream easier if the ice cream sets for 10 minutes to soften before adding to syrup mixture.

Frankie Howey-Hofer, Rapid City, SD

Holiday Dip

1 (8 oz.) pkg. cream cheese, softened
3/4 cup Heinz chili sauce
2 T. minced onion
1/4 tsp. of salt
1/8 tsp. of pepper

Beat cream cheese till fluffy; blend in remaining ingredients. Cover and chill. Serve with crackers and/or vegetables.

Mary Swenson, Brandon, SD

Soy and Spinach Artichoke Dip

1 lb. silken tofu, crumbled
1 lb. low fat cream cheese, cubed
1 cup low fat mayonnaise
1/2 tsp. ground pepper
1/2 cup green onions, chopped
1 lb. frozen chopped spinach, thawed and drained
1 lb. marinated artichoke hearts, drained and coarsely chopped
Parmesan cheese, grated for garnish

Beat tofu until smooth. Mix in cream cheese, mayonnaise and pepper in mixer bowl. Fold in green onions, spinach and artichokes. Divide mixture equally into 12 (4 oz.) au gratin dishes. Sprinkle Parmesan cheese on top, if desired. Bake at 350°F for 15 to 20 minutes or until bubbly and browned on top. Serve with low-carb crackers or bread for an all-around low-carb snack or lunch! Makes 12 servings.

Nutritional information per 4 oz. serving: 62 calories, 6.6 g protein, 5.7 g carbohydrates, 1.5 g fiber, 1.4 g fat, 254 mg sodium

Pictured, Cooperative Connections

Hot Spiced Cider

1 gallon apple cider
1 quart cranberry juice
1 quart orange juice
4 country spice tea bags

Combine first 3 ingredients in a large 30-cup coffee maker. In top basket, place tea bags. Brew for 45 minutes.

Lenora Pawlowski, Wessington Springs, SD

Pizza Egg Rolls

1 lb. bulk Italian sausage
3/4 cup diced green pepper
1 garlic clove, minced
1 (15 oz.) can crushed tomatoes
1/4 cup tomato paste
1/2 tsp. salt
1/2 tsp. dried oregano
1/4 tsp. sugar
1/8 tsp. dried rosemary, crushed
Dash pepper
1 (8 oz.) block mozzarella cheese, cut into 1/4-inch cubes
13 egg roll wrappers
1 egg, slightly beaten
Oil

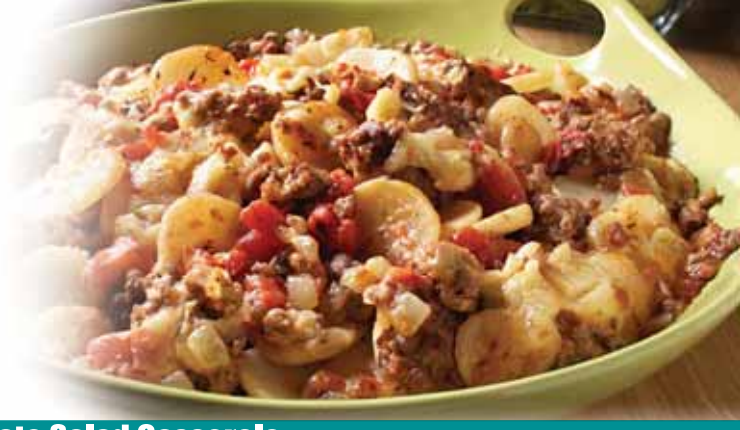
In a large skillet, cook sausage, green pepper and garlic over medium heat until meat is no longer pink; drain. Stir in tomatoes, tomato paste and seasonings. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Uncover and simmer an additional 10 minutes. Remove from heat; cool for 20 minutes. Stir in cheese. Place 1/3 cup sausage mixture in the center of each egg roll wrapper. Fold bottom corner over filling; fold sides toward center over filling. Brush remaining corner with egg; roll up tightly to seal. In an electric skillet or a deep-fat fryer, heat 1 inch of oil to 375°F. Fry egg rolls in batches for 1 to 2 minutes on each side or until golden brown. Drain on paper towels..

Deloris Bachman, Rapid City, SD

Please send your favorite ethnic and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Comforting Casseroles



Chicken Cordon Bleu Casserole

1 lb. pasta, any fun-shaped pasta
1 cup cooked and cubed chicken
1 cup cooked and cubed ham
1-1/2 cups milk
8 oz. cream cheese
2 T. minced onion
2 cups shredded Swiss cheese
Salt, pepper and cayenne pepper to taste
1 cup panko crumbs
1/2 cup butter, melted

Cook pasta; drain. Add chicken and ham; stir to combine. Combine milk, cream cheese and onion; heat until smooth. Stir in pasta mixture. Add cheese and seasonings. Put in a baking dish. Top with crumbs and butter. Bake at 350F°F. for 35 minutes.

Mary Truman, Kimball

Better Bean Casserole

3 T. butter
6 oz. mushrooms, sliced (2 1/2 cups)
1 tsp. chopped fresh thyme
1/2 tsp. garlic powder
1/4 tsp. pepper
1 (15 oz.) jar alfredo sauce
4 oz. cream cheese, softened
1 T. flour
1-1/2 cups crushed sour cream & onion potato chips, divided
2 cans green beans, drained

Melt butter in skillet over medium heat. Add mushrooms, thyme, garlic powder and pepper; cook, stirring, until lightly browned – about 3 minutes. Reduce heat to low. Stir in alfredo sauce, cream cheese and flour; cook, stirring occasionally, until cream cheese is melted and sauce is heated through – about 3 to 4 minutes. Stir in 1/2 cup crushed potato chips and green beans. Transfer to ungreased 2-1/4 quart baking dish; cover. Bake at 350°F. until hot and bubbly – about 45 minutes. Sprinkle with remaining chips. Bake an additional 5 minutes until chips are lightly browned.

Janie Wittmeier, Bruce

Stuffing Casserole

1 lb. ground beef
1/4 cup chopped onion
1 (10.5 oz.) can cream of chicken soup
1 (16 oz.) can cream-style corn
8 slices Velveeta cheese
1 (6 oz.) pkg. stove-top stuffing mix

Brown ground beef and onion; drain. Add soup and corn. Place in a 9x13 pan. Top with stuffing mix prepared as directed on package. Bake at 350°F. for 1 hour.`

Donna Beck, Worthing

German Potato Salad Casserole

1 lb. ground beef (90% lean) or ground turkey
1 cup chopped onion
2 cloves garlic, minced
1 tsp. dried thyme leaves, crumbled
1/2 tsp. salt (optional)
1/2 tsp. pepper
1 (15 oz.) can READ German Potato Salad
1 (14.5 oz.) can diced tomatoes, well drained
1-1/2 cups shredded Swiss cheese, divided

Cook ground beef, onion, garlic and thyme in a large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink; drain. (Beef should be left in large crumbles.) Season with salt, if desired, and pepper. Stir in potato salad and tomatoes. Cook over medium heat until liquid is reduced and thickened, about 7 minutes, stirring occasionally. Stir in 1 cup cheese and spoon mixture into an ungreased 2-quart baking dish. Sprinkle remaining cheese on top. Bake at 350°F., uncovered, for 15 minutes or until bubbly. Remove from oven and let stand 5 minutes before serving. Makes 4 servings.

Nutritional information per serving (using 90% lean ground beef): 476 calories; 36 g protein; 33 g carbohydrate; 22 g fat; 682 mg sodium; 110 mg cholesterol; 2 g dietary fiber; 3 mg iron; >1 mg thiamin; 933 IU Vitamin A; 15 mg Vitamin C

Pictured, Cooperative Connections

Hot Rice Dish

2-1/2 cups minute rice
2 cups cubed chicken or ham
1/2 cup chopped celery
1/4 cup chopped onion
1 (10 oz.) pkg. chopped broccoli (frozen)
1 (10.5 oz.) can cream of chicken soup
1/2 cup milk
1 can chopped, drained water chestnuts
1 jar cheese whiz

Combine all ingredients. Bake at 350°F. for 1 hour in a covered baking dish or cake pan.

Denene Miles, Doland

Bacon Cheeseburger Casserole

1 lb. ground beef
1 onion, chopped
1/3 cup ketchup
2 T. yellow mustard
1 cup shredded Cheddar cheese
8 slices bacon, cooked, crumbled
4 cups (1/2 of 32 oz. pkg.) frozen bite-size seasoned tator tots

Brown ground beef with onions in skillet; drain. Stir in ketchup and mustard. Spoon into a 9-inch square baking dish sprayed with cooking spray; top with remaining ingredients. Bake at 400°F. for 30 to 35 minutes or until casserole is heated through and tator tots are golden brown.

Jillian Nedved, Harrisburg

Please send your favorite ethnic, dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2014. All entries must include your name, mailing address, telephone number and cooperative name.

Ethnic Eats



Rosettes (Scandinavian)

2 eggs
1/4 tsp. salt
1 cup flour
2 T. sugar
1 tsp. vanilla
1 cup milk
Hot oil

Beat eggs slightly. If beaten too much, rosettes will blister. Add sugar, salt and vanilla. Lemon extract may be substituted. Add flour and enough milk to make a smooth batter. Gradually add the rest of the milk and stir until smooth. The batter should be the consistency of cream. Heat oil in an electric skillet set at 400°F. Dip molding iron in hot oil for about 30 seconds then drain and dip into batter, being careful not to let any of the batter cover over the top of the iron. Immerse in hot oil and fry until light brown in color, 20 to 25 seconds. Place upside down on rack or absorbent paper. Dip top in sugar while warm.

Amy Schoenfelder, Cavour

Knoepfla Hot Dish (German)

1 lb. ground beef
1 small onion
Salt and pepper
4 medium potatoes, peeled and cubed
1 can sauerkraut

Knoepfla:
4 cups flour
1/4 tsp. baking powder
1 egg
1 tsp. salt
Water

Brown ground beef and onion; drain. Add salt and pepper to taste. In a separate skillet, fry potatoes; set aside. Prepare knoepfla by mixing flour, baking powder, egg and salt; add enough warm water to make a stiff dough. Snip with a kitchen shears into 1/4-inch pieces. Drop in boiling water; boil until knoepfla floats to the top. Drain. Add to hamburger and potatoes. Add undrained sauerkraut. Simmer 30 minutes. Add water if needed.

Rebecca Hauser, Tripp

Mexican Meat Loaf

1-1/2 lbs. ground beef
2/3 cup milk
1 cup salsa, divided
1 T. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. ground mustard
1/4 tsp. pepper
1/8 tsp. garlic powder
1 large egg
3 slices bread, torn into small pieces
1 small onion, chopped
1/2 cup shredded Colby-Monterey Jack cheese
1 (4.5 oz.) can chopped green chilies, drained.

In a large bowl, mix all ingredientes except 2/3 cup salsa. Spread mixtrure in ungreased 8x4 or 9x5-inch loaf pan. Spread 2/3 cup salsa over top. Bake at 350°F., uncovered, for 1 hour to 75 minutes or until beef is no longer pink in the middle. Drain meat loaf. Let stand 5 minutes, remove from pan

Stephanie Fossum, Hudson

Southwest Skillet Chicken and Rice

2 tsp. chili powder
2 tsp. Lawry's Seasoned Salt, divided
1-1/2 lbs. boneless, skinless chicken breast halves
1 T. oil
1 cup frozen corn
1 (15 oz.) can black beans, drained and rinsed
1 (14.5 oz.) can petite diced tomatoes, drained
1 cup instant white rice
1 cup water

Mix chili powder and seasoned salt in small bowl. Sprinkle chicken with 1 tsp. seasoning mixture. Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 minutes per side or until lightly browned. Stir in corn, beans, tomatoes, rice, water and remaining seasoning mixture. Bring to boil. Reduce heat to low; cover and simmer 5 minutes or until chicken is cooked through and rice is tender. Let stand 5 minutes. Cut chicken into serving size pieces. Fluff rice mixture with fork before serving. Makes: 6 servings

Nutritional information per serving: Calories 294; Fat 6g; Protein 32g; Carbohydrates 28g; Cholesterol 73mg; Sodium 778mg; Fiber 4g

Pictured, Cooperative Connections

Rice Pancakes (Czech-Rye Livanec)

2 eggs
1/2 tsp. salt
1 cup milk
2 tsp. baking powder
1/2 cup flour
2 T. butter, melted
1 cup rice, cooked

Beat eggs thoroughly. Add salt and milk. Mix baking powder with flour. Combine with egg mixture. Add butter and rice; mix until smooth. Cook on hot griddle, browning on both sides.

Betty Cihak, Lake Norden

Kilich (Russian Easter Bread)

2-1/4 to 2-3/4 cups flour, divided
1 tsp. salt
1/4 cup sugar
1 tsp. lemon peel, grated
1 pkg. yeast
1/2 cup milk
1/4 cup water
2 T. margarine
1 egg
1/4 cup almonds, chopped
1/4 cup raisins
Powdered sugar frosting
Colored sprinkles

Mix 3/4 cup flour, salt, sugar, lemon peel and yeast in large bowl. Combine milk, water and margarine in saucepan; heat over low until warm. Add to dry ingredients and beat 2 minutes at medium speed with electric mixer. Add egg and 1/2 cup flour or enough to make a thick batter. Beat at high 2 minutes. Stir in enough extra flour to make a soft dough. Knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl. Cover, let rise until double, about 1 hour. Punch down. Knead in almonds and raisins. Divide dough in half. Shape into ball and place each half in a greased 1 lb. metal coffee can. Cover, let rise until double, about 1 hour. Bake at 350°F. for 30 to 35 minutes. Remove from cans. When cool, frost with powdered sugar frosting and top with sprinkles.

Mary Jessen, Holabird

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.

Delicious Desserts



Gina's Boston Cream Pie Dessert

27 whole graham crackers (1 box)
2 (4 serving size) pkgs. instant vanilla or French vanilla pudding
3 cups cold milk
1 (12 oz.) container frozen whipped topping, thawed
1 (16 oz.) container chocolate fudge frosting

Arrange 1/3 of crackers (1 package) on bottom of 9x13-inch pan, breaking to fit if necessary. Add pudding to milk and beat for 2 minutes. Fold in whipped topping. Spread 1/2 of mixture over crackers. Place 1/2 of remaining crackers (1 package) over pudding, then top with remaining pudding mixture and finally the last layer of crackers. Put frosting in microwavable dish and microwave on high for 1 minute or until frosting is pourable. Spread evenly over crackers. Refrigerate at least 4 hours or overnight.

Nancy Stenson, Fort Pierre

Chocolate Pie

8 oz. marshmallows
1 cup milk
2 T. cocoa
4 oz. whipped topping
1 baked pie shell or graham cracker pie crust

Melt together first 3 ingredients; cool. Fold in whipped topping. Spread in pie shell/crust.

Carol King, Colome

Mom's Homemade Blizzard

1 quart vanilla ice cream, slightly softened
1/4 cup chocolate syrup
1 envelope Dream Whip
M&Ms, chopped candy bars, etc.

Combine all ingredients; beat with mixer at low speed. Stir in treats of choice.

Deb Nelson, Fairfax, MN

Apple Crescent Rolls

1/4 cup butter
1 cup sugar
2/3 cup Sprite
1 can refrigerated crescent rolls
1 large Granny Smith apple, peeled and cut into 8 sections
Cinnamon

Melt together butter, sugar and Sprite; set aside. Wrap each apple wedge in a crescent section. Place in greased 9x13-inch pan. Sprinkle with cinnamon. Pour Sprite mixture over rolls. Bake at 350°F. for 30 minutes. Pour syrupy mixture on top of each roll. Serve warm with whipped cream.

Deloris Bachman, Rapid City

Hot Cinnamon Fireworks Cake

2-3/4 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
2 cups (4 sticks) butter, softened
2 cups granulated sugar
6 eggs
1-1/2 tsp. vanilla extract
1 (6 oz.) bottle Wilton Cinnamon Drops, crushed
1 (1.5 oz.) box Wilton Blue Colorburst Batter Bits
1 cup sifted confectioners' sugar
3 to 4 T. milk
Red, white and royal blue Wilton Candy Melts candy, melted
Red, white and blue colored sugars

Spray a Dimensions Cascade Pan with vegetable pan spray. In large bowl, combine flour, baking powder and salt. In second large bowl, beat butter and sugar until light and fluffy. Add eggs one at a time, scraping bottom and sides of bowl often. Add vanilla; beat until well combined. Add flour mixture and beat at low speed until just combined. Fold in Cinnamon Drops and blue Batter Bits. Pour into prepared pan; smooth out top. Bake at 350°F. 60 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes on cooling grid. Remove from pan and cool completely. In large bowl, whisk together confectioners' sugar and milk. Drizzle melted candy onto cake to look like fireworks. Sprinkle sugars onto melted candy. Yield: 12 servings

Nutritional information per serving (excludes candy melts and colored sugars): Calories 648; Fat 39.5g; Protein 84.5g; Carbohydrates 68.5g; Cholesterol 204mg; Sodium 262mg; Fiber 1.02g; Potassium 208mg; Sugars 44g

Pictured, Cooperative Connections

Blueberry Dessert

1 can blueberry pie filling
14 oz. frozen blueberries
1/2 cup sugar
1 box white cake mix
1/2 cup melted butter

Grease a 9x13-inch pan. Spread pie filling in pan. Coat blueberries with sugar and layer over filing. Sprinkle dry cake mix over blueberries. Drizzle with melted butter. Bake at 350°F. for 45 minutes or longer if necessary until top is browned lightly. When slightly cooled, serve with ice cream or whipped cream.

Diana Spence, Utica

Borden's Cherry Cream Pie

14 oz. sweetened condensed milk
1/3 cup lemon juice
1 tsp. vanilla
1/2 tsp. almond extract
1/2 cup whipping cream, whipped
1 cooked pie shell
1 can cherry pie filling

Combine first 4 ingredients, stir until thick. Fold in whipped cream and spoon into cooked pie shell. Top with pie filling. Chill for 2 to 3 hours before serving.

Margaret Jangula Dickinson, Lemmon

Please send your favorite salad, garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.

Succulent Salads



Kale-Quinoa Salad

1/2 cup quinoa, uncooked
1-1/2 cups water
8 oz. kale
1/2 cup slivered almonds, toasted and cooled
2/3 cup dried cherries, chopped (cranberries also work)
1 bunch scallions, thinly sliced
2 T. Feta cheese, crumbled
Few gratings of fresh lemon zest

Dressing:
3 T. olive oil
1-1/2 T. white wine vinegar
1 T. Dijon mustard
1 tsp. honey
Salt and freshly ground black pepper to taste

Rinse quinoa well in a small colander; this is essential to remove bitterness. Place quinoa and water in a small saucepan and bring to a simmer with a couple pinches of salt. Simmer at a very low temperature until tender, about 15 minutes. Drain quinoa and rinse in cold water to cool. Drain well after cooling. Rinse kale and dry well, removing any large stalks; chop fine. Add kale to a large salad bowl. Add remaining salad ingredients – except cheese – to kale and toss to mix. Whisk dressing ingredients together in a small dish; pour over salad. Season with salt and pepper to taste. Top with feta cheese.

Lee Ann Swanson, Lake Norden

Colonel's Coleslaw

3/4 cup Miracle Whip
1/3 cup sugar
1/4 cup milk
1 T. sandwich spread
1 T. dill pickle vinegar
1 tsp. salt
1/4 tsp. pepper
4-1/2 cups grated cabbage

Combine first 7 ingredients. Pour over cabbage. Let chill thoroughly.

Lee Anne Birkeland, Dupree

Summer Macaroni Salad

1 package large shell macaroni, cooked, drained and cooled
1 cucumber, peeled and sliced
1 green pepper, sliced
1 bunch radishes, sliced
1 bunch green onions, sliced
1 cup real mayonnaise
1/4 cup sugar
1/4 tsp. white vinegar

Mix all together in large bowl. Refrigerate for several hours or overnight.

Jeanne Laurence, Rapid City

Antipasto Bean Salad

1 (15 oz.) can READ Three- or Four-Bean Salad
1/4 cup thin strips roasted red bell peppers
1/2 cup fresh mozzarella or provolone cheese pieces, about 1/2-inch pieces
1 cup chopped artichoke hearts, canned or frozen; thaw if frozen
1/4 cup thin strips salami or pepperoni
2 T. chopped fresh basil
Dressing:
1/4 cup reserved bean liquid
2 T. olive oil
1 clove garlic, minced
2 T. chopped fresh herbs, optional

Drain bean salad; reserve 1/4 cup liquid. For dressing, combine reserved bean salad liquid, oil and garlic; whisk until combined. Add fresh herbs, if desired. In large bowl, toss together drained bean salad, roasted bell peppers, cheese, artichoke hearts, salami and fresh basil. Toss with dressing. Serve at room temperature or chilled. Note: Parsley, basil, thyme or other favorite herbs can be used. Makes 4 servings.

Nutritional information per serving: 250 calories; 8 g protein; 16 g carbohydrate; 16g fat; 870 mg sodium; 25 mg cholesterol; 3 g dietary fiber; 1 mg iron; 0 mg thiamin; 1010 IU vitamin A; 21 mg vitamin C

Pictured, Cooperative Connections

John Deere Salad

2 (3 oz.) boxes lime jello
2 cups boiling water
1 can lime or lemon pie filling
1 small box instant lemon pudding
1 cup milk
1 (8 oz.) container Cool Whip

Dissolve jello in boiling water. Add pie filling; stir to combine. Pour into a 9x13-inch glass pan. Refrigerate until set. Combine lemon pudding mix and milk. Stir in Cool Whip; spread over green layer. Refrigerate several hours or overnight.

Mary Jessen, Holabird

24-hour Fruit Salad

3 egg yolks
1 T. butter
2 T. sugar
1 T. vinegar
2 T. pineapple juice
Pinch of salt
1 cup whipping cream, optional
2 cups fruit cocktail, drained
2 cups pineapple tidbits, drained
2 oranges cut into bite-size pieces
2 cups marshmallows cut in pieces

Boil first 6 ingredients until thick. You can then use dressing plain or mix with whipping cream. Add remaining ingredients. Refrigerate overnight.

Pat Lewis, Platte

Please send your favorite garden produce, pasta and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Delights

Chicken Zucchini Casserole

1 (6 oz.) pkg. stuffing mix
3/4 cup melted butter
3 cups diced zucchini
1 can cream of chicken soup
1 medium carrot, shredded
1/2 cup chopped onion
1/2 cup sour cream
2 cups cooked, cubed chicken breast

In a large bowl, combine stuffing mix and butter, setting aside 1/2 cup for topping. Add remaining ingredients to stuffing mixture. Transfer to greased 2-quart baking dish. Sprinkle with remaining stuffing mixture. Bake, uncovered, at 350°F. for 40 to 45 minutes or until golden brown and bubbly.

Deloris Bachman, Rapid City

Cucumbers Deluxe

1 cup mayonnaise or Miracle Whip
1/4 cup sugar
4 tsp. white vinegar
1/2 tsp. fresh dill weed, chopped
1/2 tsp. salt
4 medium cucumbers, peeled and thinly sliced
3 green onions, sliced thin (use green part also)

In a large bowl, combine first 5 ingredients; mix well. Add cucumbers and onions. Cover and chill at least 1 hour.

Mary Jessen, Holabird

New Potatoes and Peas

1 lb. whole tiny new potatoes
1-1/2 cups shelled peas or loose-pack frozen peas
1/4 cup chopped onion
2 T. butter
2 T. all-purpose flour
1/2 tsp. salt
Dash of pepper
2 cups milk

Scrub potatoes; cut any large potatoes in half. If desired, remove a narrow strip of peel from around the center of each potato. In a medium saucepan, cook potatoes in a small amount of boiling salted water for 10 minutes. Add peas and cook an additional 5 to 10 minutes or until tender. Drain. In a medium saucepan, sauté onion in butter until tender but not brown. Stir in flour, salt and pepper. Add milk all at once. Cook and stir until thick and bubbly. Cook and stir 1 minute more. Stir in potatoes and peas; heat through. Season to taste. Serves 4.

Lola Nelson, Henry

Aunt Nellie's Whole Onion and Fresh Tomato Sauce

1 (15 oz.) jar Aunt Nellie's Whole Holland-Style Onions
1 T. olive or vegetable oil
2 cloves garlic, minced
1/2 cup white wine, chicken broth or vegetable broth
1 cup chopped fresh tomatoes
1/2 cup chopped roasted red bell peppers or sweet piquante peppers
Chopped fresh herbs (such as basil, thyme, oregano, chives)

Drain onions; discard liquid. Heat oil in medium skillet over medium heat until hot. Add garlic; cook and stir 1 minute. Add onions and wine; cook 2-3 minutes or until most of liquid has evaporated. Stir in tomatoes and peppers; heat through. Stir in herbs, as desired.

Note: To serve, toss sauce with cooked pasta. Or, serve over grilled or sauteed chicken breast or fish, such as cod, tilapia or halibut. Servings: 4 (1/2-cup) servings

Nutritional information per serving: 100 calories; less than 1 g protein; 9 g carbohydrate; 4 g fat; 260 mg sodium; 0 mg cholesterol; 1 g dietary fiber; 0.62 mg iron; 1539.78 IU vitamin A; 11.10 mg vitamin C.

Pictured, Cooperative Connections

Frito Corn Salad

2 cans whole kernel corn, drained
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/4 onion, chopped
1 cup chopped celery
1 cup Miracle Whip
1 cup shredded Cheddar cheese
1 (5 oz.) pkg. Fritos honey BBQ twists or chili corn chips

Combine all ingredients except chips. Add chips just before serving.

Pam Hofer, Carpenter

Creamy Broccoli Cabbage`

4 cups shredded cabbage
1/2 lb. fresh broccoli florets
2 T. butter
4 oz. cream cheese, cubed
Salt to taste

Place cabbage and broccoli in a saucepan; add 1 inch of water. Bring to a boil. Reduce heat; cover and simmer for 5 to 8 minutes or until crisp tender. Meanwhile, in another saucepan, melt butter. Stir in cream cheese until melted. Drain vegetables; top with cream sauce. Add salt and toss to coat.

Stephanie Fossum, Hudson

Please send your favorite pasta and wild game recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Pasta Perfection

Creamy Chicken Alfredo Lasagna

- 2 cups shredded chicken breast
- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 (8 oz.) pkg. shredded Mozzarella cheese, divided
- 1/2 cup grated Parmesan cheese
- 1/2 cup chopped sun-dried tomatoes
- 2 (8 oz.) pkgs. cream cheese, softened
- 1 cup milk
- 1/2 tsp. garlic powder
- 1/4 cup chopped fresh basil, divided
- 12 lasagna noodles, cooked

Combine chicken, artichokes, 1 cup Mozzarella cheese, Parmesan cheese and tomatoes. Beat cream cheese, milk and garlic powder. Stir in 2 T. basil. Mix half with chicken mixture. Spread half of the remaining cream cheese mixture onto bottom of a 9x13-inch pan. Cover with 3 lasagna noodles and 1/3 of chicken mixture. Repeat layers twice. Top with cream cheese mixture and mozzarella cheese. Bake at 350°F. for 25 minutes. Sprinkle with remaining basil. Let stand 5 minutes before cutting.

Mary Truman, Kimball

So Good Noodle Casserole

- 1 lb. lean ground beef
- 2 cloves garlic, finely chopped
- 1 tsp. sugar
- 1 tsp. salt
- 1/4 tsp. black pepper
- 2 (8 oz.) cans tomato sauce
- 4 cups dry egg noodles
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- Olive oil
- 1 (4 oz) pkg. cream cheese, softened
- 1 (8 oz.) container sour cream
- 1 cup cottage cheese
- 1 cup shredded Cheddar cheese

In a large skillet, cook beef over med-high heat until browned; drain. Add garlic, sugar, salt, pepper and tomato sauce. Cover; simmer 15 minutes. Meanwhile, in a large pot of salted water, cook noodles just until al dente, firm, yet tender; drain. Sauté onions and green pepper in a little olive oil until tender. In a small bowl, combine cream cheese, sour cream and cottage cheese. Add onions and green peppers, stirring until well-blended. Lightly spray a 9x13-inch baking dish with cooking spray. Arrange noodles over bottom of dish. Spoon meat sauce evenly over noodles. Carefully spread sour cream mixture over top. Sprinkle with Cheddar cheese. Can be made 24 hours ahead and refrigerated covered. Bake at 350°F. for 30 minutes or until heated through and bubbly. Let stand 10 minutes before serving.

Julie Bame, Tyndall

Slow Cooker Fettuccini Bolognese

- 2 T. butter or extra-virgin olive oil
- 1 small onion, finely chopped
- 1 large carrot, finely chopped
- 1 celery stalk, finely chopped
- 4 cloves garlic, finely chopped
- 1 T. chopped fresh thyme (optional)
- Kosher salt and ground black pepper
- 3 oz. thinly sliced pancetta, chopped
- 1-1/2 lbs. ground meat (blend of beef chuck, veal and/or pork)
- 2 T. tomato paste
- 1 cup dry white wine
- 1 (28 oz.) can diced tomatoes, undrained
- 2/3 cup (5 fluid-ounce can) NESTLÉ® CARNATION® Evaporated Milk
- 1/2 cup water
- 1 tsp. MAGGI Beef or Chicken Flavor Instant Bouillon or 1/3 MAGGI Beef or Chicken Flavor Bouillon Tablet
- 3 to 4 packages BUITONI Refrigerated Fettuccine (9 oz.)
- Fresh thyme sprigs for garnish
- 3/4 cup shredded Parmesan cheese

Melt butter in large saucepan over medium heat. Add onion, carrot, celery, garlic, chopped thyme, pinch of salt and pepper; cook, stirring frequently, for 5 to 10 minutes or until tender but not browned. Increase heat to medium-high; add the pancetta. Cook, stirring frequently, for 5 minutes or until pancetta is golden. Add the meat a third at a time, stirring and breaking lumps with a spoon between each addition. Cook for about 15 minutes total (this is where this recipe develops so much flavor, so let it cook the full 15 minutes). Stir in tomato paste; cook for about 2 minutes. Add wine; bring to a boil. With a wooden spoon, scrape all the brown bits stuck to the bottom of the pan and cook for 3 to 4 minutes or until wine has almost evaporated. Transfer mixture to slow cooker along with tomatoes with juice, evaporated milk, water and bouillon; stir to combine. Cover; cook on HIGH for 4 hours or LOW for 6 hours. Prepare pasta according to package directions. Serve sauce over pasta. Top with cheese; garnish with thyme sprigs. Servings: 14

Nutritional information per serving: 100 calories; less than 1 g protein; 9 g carbohydrate; 4 g fat; 260 mg sodium; 0 mg cholesterol; 1 g dietary fiber; 0.62 mg iron; 1539.78 IU vitamin A; 11.10 mg vitamin C.

Pictured, Cooperative Connections

Easy to Stuff Manicotti

- 14 manicotti shells
- 1 lb. ground beef
- 1/2 cup chopped onions
- 26 oz. spaghetti sauce
- 14 pieces string cheese
- 8 oz. shredded mozzarella cheese

Cook manicotti according to package directions (use the shortest cooking time). Meanwhile, in a large skillet, brown ground beef and onion over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce. Spread half of meat sauce into a prepared 9x13-inch baking pan. Drain manicotti; rinse with cold water to make handling easier. Stuff each shell with a piece of string cheese; place over meat sauce. Top with remaining sauce. Cover and bake at 350°F. for 25 to 30 minutes or heated through. Sprinkle cheese over all. Bake uncovered for an additional 5 to 10 minutes or until cheese is melted.

Margene Paige, Presho

Please send your favorite wild game, holiday favorites and soup recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Wild Game Recipes

Roast Raccoon

3 to 4 raccoons, 4 to 6 lbs. each
5 T. salt
2 tsp. pepper
2 cups flour
1 cup shortening
8 medium onions
12 small bay leaves
Rice
Sherry cooking wine, optional

Skin, drain and clean raccoons. Remove without breaking the brown bean-shaped kernels from under fore legs and each thigh. Cut into pieces. Reserve meaty back and legs for baking. Cook bony pieces in water to make broth for gravy and stuffing. Add small amount of seasoning. Simmer until meat is tender; strain and use only the broth. Sprinkle back and leg pieces with salt and pepper. Dredge in flour. Heat shortening in heavy skillet. Add meat, browning on all sides. Transfer pieces to roaster. Add onions and bay leaves; cover. Bake at 350°F. for 2 hours or until tender. Make gravy by adding flour to pan drippings. Use 2 to 3 T. flour for each cup of broth. Add sherry if desired. Prepare rice according to package directions. Spoon rice onto platter. Cover with meat and gravy.

Sharon Hennies, Rapid City

Apricot Honey-Glazed Duck

1 duck
Garlic
Sage
Onions
Apples
Oranges

Preheat oven to 400°F. Rub duck inside and out with garlic and sage. Stuff with quartered onions, apples and oranges, to be removed before serving. Place duck on rack in roasting pan; place pan in oven. Reduce oven to 350°F. Cook until tender, about 20 minutes per pound. Remove from oven; coat duck with following glaze:

1 cup apricot preserves
1/2 cup honey
1 T. brandy
1 T. Cointreau or any orange liqueur

Return to oven for 10 to 15 minutes until glaze caramelizes.

Lois Sears Ahrendt, Sioux Falls

Storing Game

Refrigerate game meat as soon as possible after the kill. Blood may be removed from meat by allowing the meat to soak in salted water overnight. Then rinse, dry well and prepare or freeze for later use. To freeze meat, use an airtight, moisture-proof container or wrap in freezer-safe plastic wrap with an overlay of aluminum foil. Be sure to label the contents. Game meat can be safely stored in the same way as domestic meat.

Impossible Meat Pie

1 lb. rabbit meat, cooked, in pieces
1/2 cup part-skim mozzarella cheese, shredded
1 (6 oz.) can tomato paste
1 tsp. oregano, dried
1/2 teaspoon basil, dried
1/2 cup 1% cottage cheese
2/3 cup biscuit mix
2 eggs
1 cup skim milk
1/2 tsp. pepper
1 tsp. salt

Combine meat, cheese, tomato paste, oregano and basil in a small bowl. Combine biscuit mix, eggs, milk, pepper and salt in a small bowl. Spread cottage cheese into a 9-inch deep-dish pie pan. Spread meat mixture over cottage cheese. Spread biscuit mix mixture over meat. Sprinkle with cheese. Bake at 350°F. for 30 minutes or until brown and knife comes out clean. Let stand 5 minutes before slicing.

Nutritional information (1/4 slice): 290 calories, 39g protein, 15g carbohydrate, 8g fat.

Pictured, Cooperative Connections

South Dakota Pheasant Supreme

2 boned pheasant breasts (4 pieces)
4 T. butter, divided
Flour
1 cup chicken broth
1 or 2 T. fresh lemon juice
Fresh mushrooms, whole or sliced

Pound pheasant breasts to about 1/4- to 1/2-inch thickness. Melt 3 T. butter in fry pan over medium heat. Flour breasts and sauté in butter for about 4 minutes per side, until a light golden brown. Remove pheasant from pan and place on separate plates in warm oven. Add chicken broth, 1 T. butter and lemon juice to leftovers in fry pan. Stir mixture with wooden spoon, scraping browned bits otff bottom of skillet. Simmer 5 minutes; add mushrooms. Spoon sauce over individual breasts. Serve hot with toasted French bread that can be dipped in the sauce. Variations: A dry, white wine can be added to the sauce.

Larry Simpson, Isabel

Venison Stew

1-1/2 lbs. venison, cut into bite-size pieces
Flour
2 large green peppers, diced
1 medium onion, sliced
2 medium carrots, sliced
1-1/2 cups diced celery
2 T. lemon juice
1/2 tsp. garlic powder
3 T. honey
3/4 tsp. salt
1/2 tsp. ginger
1 T. cornstarch
1 T. soy sauce
1-1/2 cups water

Dredge meat in flour; sear in cooking oil. Add peppers, onion, carrots and celery. Combine remaining ingredients; pour over meat. Continue cooking until meat is tender, approximately 1 hour.

Linda Goulet, Tea

Please send your favorite holiday favorites, soup and bread/breakfast recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2014. All entries must include your name, mailing address, telephone number and cooperative name.



Holiday Favorites

Unbaked Fruit Cake

- 1 (1 lb.) box graham crackers, rolled fine
- 3/4 cup dates, finely cut up
- 1 cup nutmeats, broken
- 1-1/4 cups candied fruits, cherries, pineapple, etc.
- 3/4 cup evaporated milk
- 1-2/3 cups miniature marshmallows
- 1/3 cup orange juice
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1-1/2 cups raisins

Put the cracker crumbs, dates, nutmeats and candied fruits in a bowl. Add milk and remaining ingredients; mix well with hands. Press firmly into a 10-inch tube pan or small bread pans lined with foil or waxed paper. Top with extra fruit and nuts. Cover tightly. Chill 2 days before slicing. Keep in refrigerator.

Mary Jessen, Holabird

Milnot Fudge

- 1 cup Milnot evaporated filled milk
- 3 cups sugar
- 1 (7 oz.) jar marshmallow creme
- 1/3 cup butter or margarine
- 1 (12 oz.) pkg. chocolate chips (2 cups)
- 1 cup chopped nuts, optional
- 1 tsp. vanilla, optional

Combine sugar, Milnot, marshmallow creme and butter in a heavy saucepan. Heat slowly to boiling, stirring frequently. When mixture boils vigorously (so that boiling cannot be slowed by stirring), start timing, continue boiling for 4 minutes, stirring constantly. Remove form heat. Stir in chocolate chips until melted; add nuts and vanilla. Pour into a buttered 9x9-inch or larger pan. Cool at room temperature. Variations: Substitute butterscotch or peanut butter chips for chocolate.

Vicky Fitzpatrick, Olivet

Pumpkin Fluff

- 1 (15 oz.) can pumpkin
- 1 small pkg. instant vanilla pudding
- 1 tsp. pumpkin pie spice
- 1 small pkg. instant butterscotch pudding
- 2 cups milk
- 1 (8 oz.) container Cool Whip

Combine all ingredients; chill.

Sandra Jones McCloskey, Rosebud

Sugar Cookie Party Mix

- 6 cups Rice Chex™ cereal
- 1/4 cup butter or margarine
- 1/4 cup granulated sugar
- 2 T. corn syrup
- 2 tsp. pure vanilla
- 1/4 cup powdered sugar
- 1 oz. white baking chocolate or 1/4 cup vanilla milk chips
- 1 to 2 tsp. colored edible glitter or sugar sprinkles

Measure cereal into large microwaveable bowl. Line cookie sheet with waxed paper or foil. In 2-cup microwavable measuring cup, microwave butter uncovered on high 30 seconds or until melted. Add sugar and corn syrup; microwave uncovered on high 30 seconds, until mixture is heated and can be stirred smooth. Stir in vanilla. Pour over cereal, stirring until evenly coated. Microwave uncovered on high 2 minutes, stirring after 1 minute. Sprinkle with powdered sugar; mix well. Spread on waxed paper or foil. Microwave white chocolate on high 30 seconds or until it can be stirred smooth; drizzle over top. Sprinkle with edible glitter or sprinkles. Servings: 14

Nutritional information per serving: calories 120 (calories from fat 35); total fat 4g (saturated fat 2.5g, trans fat 0g); cholesterol 10mg; sodium 140mg; total carbohydrate 20g (dietary fiber 0g, sugars 9g); protein 1g.

Pictured, Cooperative Connections

Frozen Peppermint Delight

- 1 (14 oz.) pkg. Oreo cookies, crushed
- 1/2 cup butter, melted
- 1 gallon peppermint ice cream, slightly softened
- 1 (12 oz.) carton frozen whipped topping, thawed
- 1 (11-3/4 oz.) jar hot fudge ice cream topping, warmed
- Crushed peppermint candy

In a bowl, combine cookie crumbs and butter. Press into an ungreased 13x9x2-inch dish. Spread ice cream over crust; top with whipped topping. Cover and freeze until solid. May be frozen for up to 2 months. Just before serving, drizzle with hot fudge topping and sprinkle with peppermint candy.

Stephanie Fossum, Hudson

Toffee

- 1 3/4 cups butter
- 2 cups sugar
- 1 T. light corn syrup
- 1 cup chopped pecans
- 1 / 4 tsp. salt
- Melting chocolate/candy

Cook first 3 ingredients over medium heat till soft crack stage. Add pecans and salt. Pour into 15x11-inch pan covered in foil that is well-buttered. Let set 5 minutes. Score with knife. When cooled, break apart. Dip into melted candy coating. Dry on waxed paper.

Jan Bentzen, Tabor

Please send your favorite soup, bread, breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2015 Reader Recipes

January

Satisfying Soups

1. Beer Cheese Soup
2. Meatball Soup
3. Zucchini Soup
4. New England Clam Chowder
5. Homemade Chicken Noodle Soup
6. Beefy Nacho Potato Soup

February

Bountiful Brunch

1. Daisy Baked Hash Browns
2. Green Chile Egg Bake
3. White Tail Ridge Orange French Toast
4. Hearty Oatmeal
5. Hash Browns, Sausage, & Bacon Frittata
6. Bacon Cheese Puff

March

Satisfying Seafood

1. Country Catfish
2. Crab Linguine
3. Seafood Slaw
4. Crab Salad
5. Baked Salmon Over Apple-Ginger Quinoa
6. Shrimp Lover Squares

April

Appetizers & Beverages

1. Cranberry Meatballs
2. Yummy Fruit Dip
3. Pineapple-Strawberry Smoothie
4. Mocha Cooler
5. Baked Brie with Jam
6. Bacon, Lettuce and Tomato Bruschetta
7. Vidalia Onion Dip
8. Sausage Dip
9. Granduation Punch

May

Comforting Casseroles

1. Chicken Biscuit Bake
2. Potato Beef Casserole
3. Cowboy Baked Beans
4. Double Cheese Spinach-Potato Pie
5. Blend of the Bayou Seafood Casserole

June

Dairy Delights

1. Ice Cream in a Bag
2. Wake-up Casserole
3. Tutmaj (Armenian) Yogurt Soup
4. Rapid Ruby Rhubarb
5. Powerhouse Green Smoothie
6. Chocolate Chip Cheesecake Bars
7. Crunchy Potato Balls

July

Delicious Desserts

1. Rhubarb Dessert for Two
2. Easy Strawberry Pie
3. Wanda's Fluffy Lemon Dessert
4. Health Bar Dessert
5. Pumpkin Pie Squares with Cinnamon Yogurt Topping
6. Ice Cream Sandwich Dessert
7. My Family's Favorite Dessert

August

Succulent Salads

1. Cran-Chicken-Corn Salad
2. Strawberry Pecan Pretzel Salad
3. Party Salad
4. Garbage Salad
5. Southwestern Bean and Quiona Salad With Cilantro-Lime Dressing
6. Summer Bean Salad
7. Oreo Fluff Salad

September

Garden Delights

1. Cabbage Sloppy Joes
2. Tomato Soup
3. Asparagus Cheese Strata
4. Cucumber Leek Soup
5. Zucchini Supreme Casserole
6. Rhubarb Muffins

October

Pasta-A-Plenty

1. Fettuccine Alfredo
2. Cheesy Chicken Manicotti
3. Baked Spaghetti
4. Turkey Tetrazzini with Cheddar and Parmesan
5. Macaroni Coleslaw
6. Bowtie Pasta Dish

November

Crock Creations

1. No Peek Beef Tips
2. Cranberry Sweet Potatoes
3. Crock-Pot Apple Butter
4. Baked Beans
5. Slow Cooker Fresh Veggie Lasagna
6. Crock-Pot Harvest Soup
7. Crock-Pot Cabbage Roll Casserole

December

Holiday Favorites

1. No Bake Fruit Cake
2. No Bake Oreo Truffles
3. Choco-Mallow Pizza
4. Peanut Butter and Grape Trifle
5. Date Pinwheels
6. Hot Fudge Sauce



Satisfying Soups

Beer Cheese Soup

1/2 cup butter or margarine
1/2 cup diced onion
1/2 cup diced carrots
1/2 cup diced celery
1 cup flour
6 cups chicken broth
1-1/2 lbs. Velveeta, sliced
1 jar diced pimento
12 oz. beer

Melt butter in a large soup pot. Add vegetables and cook until tender, but before onion begins to brown. Add flour and stir until fully absorbed. Slowly add chicken broth (about 1/2 cup at a time), stirring after each addition. Bring to a boil; simmer for 20 minutes. Add Velveeta and stir until completely melted. Add pimento and beer. Stir continuously until heated throughout. Serve with saltines.

Julia Rombough, Keystone

Meatball Soup

1 lb. ground beef
1 egg
1/2 tsp. salt
1/2 tsp. pepper
1/4 cup bread crumbs
1 tsp. oil
1/2 onion, chopped
1 fresh tomato, chopped
4 cups water
1/4 cup tomato sauce
2 medium potatoes, diced
1 carrot, sliced

Mix ground beef, egg, salt, pepper and bread crumbs; form into balls. Saute onion and tomato in oil until tender. Add water and tomato sauce; bring to a rolling boil. Drop meatballs into boiling water one at a time. Add potatoes and carrots. Slow boil approximately 20 minutes or until vegetables are tender.

Elsie Heutinck, Olivia, Minn.

Zucchini Soup

8 cups chopped zucchini (do not peel)
1 large onion, chopped
3 cups water
3 chicken bouillon cubes
1/2 tsp. garlic powder
1/4 tsp. or more pepper as desired
1/2 cup real bacon bits

Combine first 6 ingredients; boil for 25 minutes or until tender. Cool for 30 minutes, then put in blender and puree slightly. Mixture will be hot in the blender, so put a cloth over the top and fill only about 2/3 of the blender. Add bacon bits.

Diane Buckhouse, Sioux Falls

New England Clam Chowder

4 slices bacon, chopped
1 lb.(about 3 medium) potatoes, peeled and cut into 1/2-inch chunks
1/4 cup chopped carrot
1/4 cup chopped onion
1/4 cup finely chopped celery
1/4 cup all-purpose flour
2 (12 oz. each) cans Nestlé Carnation Evaporated Milk
2 (6.5 oz. each) cans chopped or minced clams, undrained
1/2 tsp. salt
1/2 tsp. Worcestershire sauce
1/4 tsp. ground black pepper

Cook bacon in medium saucepan until crisp; drain. Reserve 2 T. bacon fat. Return reserved bacon fat to saucepan. Add potatoes, carrot, onion and celery. Cook, stirring frequently, for 6 to 7 minutes or until potatoes are tender. Combine flour and evaporated milk in small bowl until blended; add to potato mixture. Stir in clams with juice, salt, bacon, Worcestershire sauce and pepper. Reduce heat to medium-low; cook, stirring frequently, for 15 to 20 minutes or until creamy and slightly thick. Makes 4 servings.

Nutritional information per serving: 270 calories; 110 calories from fat; 12g total fat; 7g saturated fat; 50mg cholesterol; 720mg sodium; 26g carbohydrate; 1g fiber; 11g sugars; 14g protein; 15% Vitamin A; 20% Vitamin C; 30% Calcium.

Pictured, Cooperative Connections

Homemade Chicken Noodle Soup

1 whole chicken
1 to 2 cans chicken broth
1 (12 oz.) can condensed carnation milk
5 eggs
2 tsp. salt
4 to 5 cups all-purpose flour

Boil chicken and remove bones. Add 1 or 2 cans chicken broth for more flavor. For noodles, mix eggs, condensed carnation milk, salt and flour to make a stiff dough. Knead on counter top; keep adding flour until it rolls out nicely without sticking. Using a rolling pin, roll as thin as you can. Cut into strips with a pizza cutter. Let dry for 1 hour; add to boiling chicken. Cook for 20 minutes or until done.

Darlene Price, Prairie City

Beefy Nacho Potato Soup

4 to 5 medium potatoes, peeled and cubed
1 can whole kernal corn, undrained
1 can diced tomatoes
1 cup water
2 cups milk
2 cups Cheddar cheese
1 lb. browned ground beef
1 small jar salsa

Combine all ingredients in a slow cooker; cook on low for 3 to 4 hours.

Stephanie Fossum, Hudson

Please send your favorite soup, bread, breakfast and seafood recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Bountiful Brunch

Daisy Baked Hash Browns

- 1 pint sour cream
- 2 lb. bag hash browns, thawed
- Chopped onion
- 1 can cream of chicken soup
- 2 cups shredded cheese
- 2 cups corn flakes
- 1/2 cup melted butter

Combine sour cream, hash browns, chopped onion and soup. Place in 9x13-inch pan. Add shredded cheese. Sprinkle corn flakes on top and drizzle melted butter over corn flakes. Bake, uncovered, at 350°F. for 1 hour.

Darlene Price, Prairie City

Green Chile Egg Bake

- 12 eggs, beaten until fluffy
- 8 oz. Monterey Jack cheese, shredded
- 8 oz. Pepper Jack cheese, shredded
- 1/2 tsp. salt
- 2 (4 oz.) cans diced green chiles, undrained
- 1 cup cottage cheese
- 4 oz. (1 stick) butter, melted
- 1 T. baking powder
- 1/8 tsp. pepper

Combine all ingredients and pour into a 9x13-inch pan (glass works best.) Bake, uncovered, at 350°F. until set. Serve with salsa and sour cream.

Nancy Stenson, Fort Pierre

White Tail Ridge Orange French Toast

- 1 lb. day-old bread, unsliced
- 3 eggs
- 3 egg whites
- 1/4 cup sugar
- 1/4 tsp. salt
- Grated zest of 1 orange
- 1 tsp. almond extract
- 1-1/2 cups orange juice
- 1/4 cup sliced almonds, toasted
- 1 cup water
- 1 cup light brown sugar
- 6 oz. frozen orange juice concentrate

Cut bread in 16 slices about 1/2-inch thick. In a shallow dish, whisk eggs, whites, sugar, salt, zest and almond extract. Stir in orange juice. Dip bread slices into juice mixture until thoroughly soaked. Transfer slices to a baking sheet as you work. Drizzle any remaining liquid over slices. Cook slices on a large, hot griddle until golden. Transfer to a clean baking sheet. Place in oven and bake at 375°F. for 10 minutes. While toast is baking, make syrup. Mix water and brown sugar in a small saucepan; bring to a boil. Reduce heat to medium-low and simmer 1 minute. Add orange juice concentrate; cook until hot, about 1 minute, while stirring. Sprinkle toast with almonds and serve with syrup.

Darcy Bracken-Marxen, Hermosa

Hearty Oatmeal

- 1-3/4 cup lowfat or fat free milk
- 1 cup old fashioned or quick cooking oats (not instant)
- 1 tsp. brown sugar
- 1/8 tsp. ground cinnamon
- 1/4 cup sliced strawberries
- 1/4 cup dried cherries
- 3 T. toasted sliced almonds (3/4 oz.)

Combine milk, oatmeal, brown sugar and cinnamon in saucepan; bring to a boil over medium-high heat. Stir often to prevent boiling over. Cook until thickened. Divide between two serving bowls and top with strawberries, cherries and almonds. Serve immediately. Makes: 2 servings

Nutritional information per serving: 510 calories; 8 g fat; 0 g saturated fat; 10 mg cholesterol; 25 g protein; 87 g carbohydrates; 8 g fiber; 0 mg sodium; 600 mg calcium (60% of daily value). Nutrition figures based on using fat free milk.

Pictured, Cooperative Connections

Hash Brown, Sausage & Bacon Frittata

- 1/2 pkg. of shredded hash browns
- 1/2 cup melted butter
- 2 cups shredded Mexican cheese
- 2 cups shredded Cheddar cheese
- 6 sausage links, diced
- 8 slices bacon, diced
- 1 cup milk
- 9 eggs
- Salt and pepper to taste

Place hash browns into lightly sprayed 9x11-inch pan, press down evenly to form a crust. Drizzle butter evenly over crust and bake at 425°F. for 25 minutes. Place cheeses, sausage and bacon over hash brown crust. Blend milk and eggs together; pour over all. Reduce heat to 350°F. and bake an additional 30 minutes.

Mary Metz-Carda, Hurley

Bacon Cheese Puff

- 5 green onions, chopped tops and all
- 3/4 cup chopped red, green or yellow peppers
- 8 slices bacon, cooked and crumbled or Canadian bacon, cut into pieces
- 12 slices white bread, quartered
- 8 oz. Swiss cheese, shredded
- 8 eggs
- 4 cups milk
- 1-1/2 tsp. salt
- 1/4 tsp. pepper

Cook onions and peppers until soft in bacon grease, if available. Arrange 1/2 bread slices in single layer in bottom of greased 9x13-inc pan. Sprinkle with 1/2 bacon, onions, peppers and cheese. Repeat layers again with bread, onion, peppers, bacon and cheese. Pour beaten eggs, milk, salt and pepper over top layer in pan. Refrigerate overnight. Bake at 350°F. 50 minutes or until eggs are set and top is puffed and golden.

Caroline Bochman, Tyndall

Please send your favorite seafood, appetizers, beverages and casserole recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Satisfying Seafood

Country Catfish

2/3 cup cornmeal
1/4 tsp. salt
Few drops Tobasco sauce
Catfish fillets
2 eggs, beaten lightly

Combine cornmeal and salt in small bowl; stir well. Dip fish in eggs seasoned with Tobasco sauce, then in cornmeal. Place fish on cookie sheet lined with foil and coated with cooking spray. Bake at 425°F. for 8 to 10 minutes until fish flakes easily when tested with a fork.

Mary Jessen, Holabird

Crab Linguine

8 oz. linguine noodles, cooked and drained
1 cup chopped celery
2 cups mock crab, cut into bite-sized pieces
2 (10 oz.) cans cream of shrimp soup
1/4 cup onion flakes
2 T. parsley flakes

Cook celery in a small amount of water until tender; drain. Mix together all ingredients; simmer until bubbly.

Barbara Angerhofer, Hendricks, MN

Seafood Slaw

6 oz. macaroni, cooked and drained
3 cups finely shredded cabbage
1 green pepper, chopped
1-1/2 cups cooked or canned salmon, tuna or shrimp
2 T. minced onion
1/4 cup salad oil
2 T. vinegar
1-1/2 tsp. salt
1/2 tsp. pepper

Combine macaroni, vegetables and seafood in a large bowl. Mix remaining ingredients; pour over macaroni/cabbage mixture and toss lightly. Chill 30 minutes. Add 2/3 cup salad dressing for a more creamy salad.

Shirley Dreher, Clark

Crab Salad

8 oz. crab sticks, cut into small pieces
16 oz. ranch dressing
2 carrots, diced
2 ribs celery, diced
1 can water chestnuts, drained and diced
1 pkg. chicken-flavored ramen noodles and seasoning

Break noodles. Add dressing and let set for 10 minutes. Add seasoning packet and remaining ingredients. Chill.

Donna Glanzer, Carpenter

Baked Salmon Over Apple-Ginger Quinoa

1 cup plus 2 T. Apple NESTLÉ® JUICY JUICE® 100% Juice, divided
1/4 cup soy sauce
1 T. honey
2-1/2 tsp. peeled, grated fresh ginger, divided
1 tsp. rice wine vinegar
1/2 tsp. sesame oil
4 (about 6 oz. each) salmon fillets
1 T. olive oil
1/2 cup chopped shallots or onion
2 cloves garlic, finely chopped
1 cup ivory quinoa, rinsed
1 cup water
1 tsp. MAGGI Instant Chicken Flavor Bouillon
Ground black pepper
Sliced green onions (optional)

Whisk 2 T. Juicy Juice, soy sauce, honey, 1-1/2 tsp. ginger, vinegar and sesame oil. Reserve half of mixture for serving. Pour remaining mixture into shallow pie plate. Add salmon and turn to coat. Cover; marinate in refrigerator for 30 minutes. Preheat oven to 450° F. Line baking sheet with foil. Heat olive oil in medium saucepan over medium-high heat. Add shallots and garlic; cook, stirring frequently, for 2 to 3 minutes or until fragrant. Stir in quinoa; cook, stirring constantly, for 2 to 3 minutes. Stir in water, remaining 1 cup Juicy Juice, bouillon and remaining 1 tsp. ginger. Bring to a boil; reduce heat to low. Cover; cook for 15 minutes or until liquid is absorbed. Fluff with fork; cover to keep warm. Place salmon on prepared baking sheet; sprinkle with pepper. Discard marinade. Bake for 10 to 12 minutes or until fish flakes easily when tested with a fork. Drizzle reserved marinade over salmon; serve with apple-ginger quinoa. Makes 4 servings

Nutritional information per serving: 510 calories; 17g total fat; 2.5g saturated fat; 95mg cholesterol; 41g protein; 46g carbohydrates; 3g fiber; 990mg sodium; 12g sugars

Pictured, Cooperative Connections

Shrimp Lover Squares

1 (8 oz.) tube refrigerated crescent rolls
1 (8 oz.) pkg. cream cheese, softened
1/4 cup sour cream
1/2 tsp. dill weed
1/8 tsp. salt
1/2 cup seafood sauce
24 cooked, medium shrimp
1/2 cup chopped green pepper
1/3 cup chopped onion
1 cup shredded Monterey Jack cheese

In a greased 9x13 pan, unroll the crescent dough; seal seams. Bake at 375°F. for 10 to 12 minutes or until golden brown. Cool completely on a wire rack. In a small mixing bowl, beat cream cheese, sour cream, dill weed and salt until smooth. Spread over crust. Top with sauce, shrimp, green pepper, onion and cheese. Cover and refrigerate for 1 hour. Cut into squares.

Becki Hauser, Tripp

Please send your favorite appetizers, beverages, casserole and dairy recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Appetizers & Beverages

Cranberry Meatballs

1 (16 oz.) can jellied cranberry sauce
1 cup ketchup
3 T. brown sugar
1 T. lemon juice
72 pre-cooked meatballs

In large saucepan, combine first 4 ingredients. Cook, stirring frequently, until the cranberry sauce is melted. Add meatballs and heat thru.

Mary Jessen, Holabird

Yummy Fruit Dip

1 (8 oz.) pkg. cream cheese, softened
3/4 cup brown sugar
1/4 cup white sugar
1 tsp. vanilla

Mix together all ingredients; refrigerate. Serve with fresh fruit.

Shirley Dreher, Clark

Pineapple-Strawberry Smoothie

1 (20 oz.) can pineapple chunks
1 medium banana
1 cup pineapple juice
1 cup vanilla yogurt
1/2 cup strawberries

Combine all ingredients in blender. Serve in chilled glasses.

Stephanie Fossum, Hudson

Mocha Cooler

2/3 cup milk
2 T. instant cocoa mix
1 T. instant coffee
1/3 cup vanilla ice cream

Mix milk, cocoa mix and coffee in electric blender. Add ice cream and blend until smooth.

Rebecca Hauser, Tripp

Baked Brie with Jam

1 (8 oz.) can crescent rolls
1 (8 oz.) round Brie cheese
1 (18 oz.) jar jam*

Unroll dough on greased cookie sheet; pat dough so perforations seal. Place Brie in the middle of the crescent rolls. Cover top of Brie with jam. Press dough evenly around Brie/jam – try to seal completely. Bake at 350°F. for 20 to 30 minutes or until golden brown. Cool 15 minutes. Serve warm with assorted crackers. *We prefer raspberry.

Mary Contz, Hendricks, MN

Bacon, Lettuce and Tomato Bruschetta

8 to 10 slices bacon, crispy cooked and crumbled
3 to 4 roma tomatoes, (plum), seeded and chopped, about 1-1/3 cups
1 cup lettuce, chopped
2 T. fresh basil, chopped
1 clove garlic, minced
1/4 tsp. salt
1/4 tsp. black pepper
1/3 cup blue cheese or feta cheese, crumbled (optional)
About 1/3 cup olive oil
1 (16 oz.) pkg. French bread, cut in 1/4-inch slices

In medium bowl, stir together all topping ingredients; set aside. Brush olive oil on both sides of bread slices; place on baking sheet. Bake at 400°F., turning once, for 7 minutes per side or until crisp and golden brown; cool. Spoon about 1 T. topping on each toast round. Makes about 24 appetizers.

Nutritional information for 1 piece: 68 calories; 5g fat; 1g saturated fat; 2mg cholesterol; 2g protein; 6g carbohydrates; 1g fiber; 121mg sodium

Pictured, Courtesy of www.porkbeinspired.com

Vidalia Onion Dip

1 large Vidalia onion, chopped
1 cup mayonnaise
1 cup grated Swiss Cheese

Mix together and place in baking dish. Bake at 350°F. for 30 minutes or until hot and bubbly.

Glenda Morton, Sioux Falls

Sausage Dip

1 lb. bulk sausage
1 (8 oz.) pkg. cream cheese
1 (10 oz.) can Ro-Tel tomatoes with green chilies

Brown and drain sausage. Add Ro-Tel and cream cheese. Put in small crockpot and cook until hot, stirring often. Serve with chips or crackers.

Amy Schoenfelder, Cavour

Graduation Punch

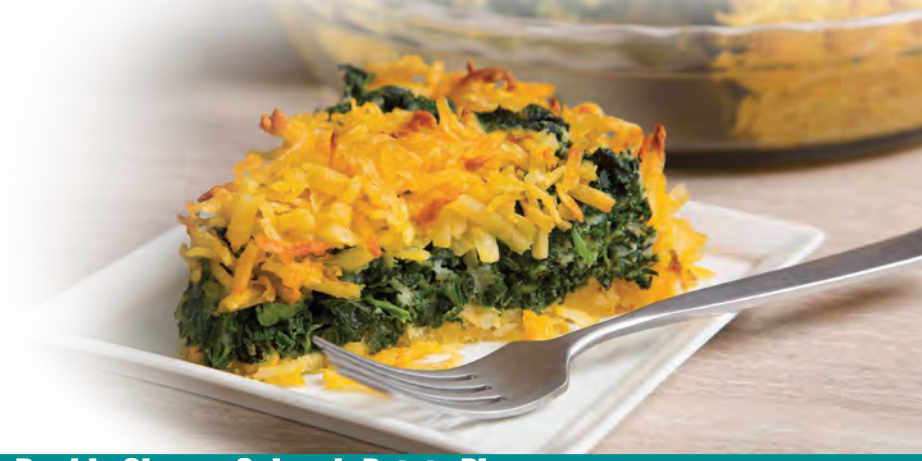
1 (6 oz.) can orange juice
1 (6 oz.) can lemonade
1 pkg. orange koolaid
2 cups pineapple juice
2 quarts water
1 cup sugar
1 (64 oz.) bottle ginger ale

Mix together all ingredients except ginger ale. Add ginger ale just before serving.

Jane Ham, Rapid City

Please send your favorite casserole, dairy and dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.

Comforting Casseroles



Chicken Biscuit Bake

1/4 cup melted butter
3 cups cooked, shredded chicken
1-1/2 cups mixed vegetables
Salt and pepper to taste
1-1/2 cups milk
2 cups Bisquick
1 can cream of chicken soup
1-1/2 cups chicken broth

In a 9x13-inch pan, layer butter, chicken and vegetables. Combine milk and Bisquick (a few lumps are OK). Pour over chicken/vegetables. Do not mix. Combine cream of chicken soup with chicken broth. Pour over Bisquick layer. Do not mix. Bake at 350°F. for 40 to 45 minutes until brown and bubbly. Let rest 5 minutes before serving.

Mary Truman, Kimball

Potato Beef Casserole

3 lbs. potatoes, peeled and sliced 1/4-inch thick
1 lb. lean ground beef
1/2 cup chopped onion
4 T. butter
1/4 cup flour
1 tsp. salt
1/4 tsp. black pepper
2 cups milk
2 cups grated Cheddar cheese
1/2 cup dry bread crumbs

Cook potatoes with a pinch of salt in water until tender; drain. Arrange in a 6x9x2-inch casserole dish. Brown beef and onion; drain. Melt butter in a medium pan; whisk in flour to make a roux. Cook until mixture bubbles, whisking constantly until light brown in color. Gradually add milk while continuing to whisk. When mixture thickens, add salt and pepper. Stir in cheese and beef. Pour beef mixture over potatoes. Bake at 350°F. for 20 minutes until heated and bubbly. Sprinkle bread crumbs on top and bake an additional 5 minutes.

Lois Hanson, Howard

Cowboy Baked Beans

2 (15. oz) cans pork and beans
1/2 cup chopped onion
1/2 cup shredded sharp cheese
2 T. molasses
2 T. Worcestershire sauce
2 T. brown sugar
1 tsp. chili powder
4 slices bacon, fried and crumbled

Mix together all ingredients except bacon. Place in a 2-quart baking dish and top with bacon. Microwave about 10 to 12 minutes on High or bake at 325°F. for about 60 to 75 minutes.

Grace Loerzel, Hermosa

Double Cheese Spinach-Potato Pie

1 (4.2 oz) carton Hungry Jack Cheesy Hashbrown Potatoes
3/4 cup Hungry Jack Mashed Potato Flakes
3/4 cup milk
2 eggs
1/2 cup grated Parmesan cheese
1/2 tsp. ground black pepper
1/4 tsp. salt
16 oz. frozen chopped spinach, thawed and squeezed dry
2 T. vegetable or olive oil

Refresh hashbrown potatoes according to package directions. After 12 minutes, drain and squeeze out any excess liquid from carton. Heat oven to 425°F. Coat 9-inch pie dish with cooking spray. While hashbrowns are standing, combine potato flakes, milk, eggs, Parmesan, pepper and salt in large bowl. Mix in spinach. Add oil to refreshed hashbrowns in carton and mix well. Spread 3/4 of hashbrowns firmly onto bottom and sides of prepared pie dish. Spoon spinach mixture lightly into dish. Top evenly with remaining hashbrowns, fluffing hashbrowns with fork. Bake until hashbrowns are well-browned and center is set, 30 to 35 minutes. Let stand 10 minutes before slicing into wedges. Note: To thaw spinach, microwave in large bowl on High for 4 to 5 minutes. Place in colander and press firmly with spoon or spatula to drain liquid. Makes 6 servings.

To make a casserole pie, double ingredients and prepare in a 9x13-inch baking dish. Allow additional time to thaw spinach. Reserve 1/2 carton of hashbrowns for topping; press remaining 1-1/2 cartons of hashbrowns on bottom and halfway up sides of baking dish. Prepare spinach filling as directed in recipe. Bake at 400°F for 40 to 45 minutes. Makes 12 servings.

Nutritional information per serving: 260 calories; 11 g fat (3 g saturated fat); 11 g protein; 28 g carbohydrate; 3 g fiber; 70 mg cholesterol; 710 mg sodium.

Pictured, Cooperative Connections

Blend of the Bayou Seafood Casserole

4 oz. cream cheese
1/4 cup plus 1 T. butter, divided
1/2 onion, chopped
2 ribs celery, diced
1/2 red or yellow pepper, diced
1 large clove garlic
1 small can mushrooms, drained
1 can cream of mushroom soup
1 can water
1-1/2 cups minute rice, uncooked
1 (6.5 oz.) can crab meat, drained and rinsed
1 (6.5 oz.) can shrimp, drained and rinsed
2 tsp. lemon juice
1/4 tsp. Tabasco sauce

Heat cream cheese and 1/4 cup butter until melted. Saute onions, celery, pepper and garlic in 1 T. butter. Combine all ingredients. Pour into a 9x13-inch pan or 2-quart casserole. Bake at 350°F. for 45 minutes. Fresh shrimp or crabmeat can be added to enhance the seafood flavor. Also, you may opt to add cheese on top.

Sharon Steckley, Geddes

Please send your favorite dairy, dessert and salad recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Dairy Delights

Ice Cream in a Bag

2 T. sugar
1 cup half and half or milk
1/2 tsp. vanilla
1/2 cup rock salt (regular, rock or kosher works)
Ice cubes

Put first three ingredients in a quart-size ziplock bag and seal. Put rock salt and ice in a gallon-size bag. Add the smaller bag to the larger bag and seal. Squeeze the bag for 10 to 15 minutes.

Mary Ellen Luikens, Tea

Wake-up Casserole

8 frozen hashbrown patties
4 cups shredded Cheddar cheese
2 cups cubed ham
7 eggs
1 cup milk
1/2 tsp. salt
1/2 tsp. dry mustard

Place hashbrown patties in a single layer in a greased 10x9-inch glass dish. Sprinkle with cheese and ham. In a bowl, beat eggs, milk, salt and mustard. Pour over ham and cheese. Cover and bake at 350°F. for 1 hour. Uncover and bake an additional 15 minutes until edges are golden brown and knife inserted in center comes out clean.

Mary Jessen, Holabird

Tutmaj (Armenian) Yogurt Soup

1 egg, beaten
3 cups plain or Greek yogurt
1 tsp. salt
2 cups water
1 cup flat egg noodles
4 T. butter
2 T. crushed dry mint
1 small onion, diced

In a 2-quart saucepan, beat egg, yogurt and salt for 3 minutes. Add water. Cook on high, stirring constantly, until boiling. Add noodles. Lower heat and cook until noodles are tender. In fry pan, saute onions in butter until light brown. Add mint. Pour into soup. Cook for 5 minutes. When reheating soup, if too thick, add some boiling water.

Rose Tucker, Hot Springs

Rapid Ruby Rhubarb

1-1/4 cups flour, divided
1/3 cup powdered sugar
1/2 cup butter
2 eggs, beaten
3/4 cup sugar
2 cups finely chopped rhubarb

Mix together 1 cup flour, powdered sugar and butter. Press into 8x8-inch pan. Bake at 350°F. for 15 minutes. Combine eggs, sugar, remaining flour and rhubarb. Spread over hot crust. Bake 30 minutes or until set. Let cool 15 minutes before serving.

Jan Nelson, Belle Fourche

Powerhouse Green Smoothie

3/4 cup seedless green grapes
1/2 cup ripe banana slices
1/4 cup chopped kale
2/3 cup non-fat plain Greek yogurt
1-1/2 tsp. canola oil
1/2 cup ice cubes

In blender, combine all ingredients. Blend for about 30 seconds to 1 minute or until desired smoothness is achieved. Yield: 1 serving

Nutritional information per serving: 290 calories; 7 g total fat (0.5 g saturated fat); 0 mg cholesterol; 42 g carbohydrates; 3 g fiber; 31 g sugars; 17 g protein; 75 mg sodium; 502 mg potassium

Pictured, Cooperative Connections

Chocolate Chip Cheesecake Bars

1 (8 oz.) pkg. cream cheese, softened
1/2 cup sugar
1 egg
1/2 cup coconut, if desired
1 (16.5 oz.) roll Pillsbury® refrigerated chocolate chip cookies

In small bowl, beat cream cheese, sugar and egg until smooth. Stir in coconut. In ungreased, 8- or 9-inch square pan, break up half of cookie dough. With floured fingers, press dough evenly in bottom of pan to form crust. Spread cream cheese mixture over dough. Crumble and sprinkle remaining half of dough over cream cheese mixture. Bake at 350°F. for 35 to 40 minutes or until golden brown and firm to the touch. Cool 30 minutes. Refrigerate at least 2 hours or until chilled. Store in refrigerator.

Paula Vogel, Ethan

Crunchy Potato Balls

2 cups very stiff mashed potatoes
2 cups finely chopped ham
1 cup shredded Cheddar or Swiss cheese
1/3 cup mayonnaise
1 egg, beaten
1 tsp. mustard
1/4 tsp. pepper
2 to 4 T. flour
1-3/4 cups crushed corn flakes

Combine first 7 ingredients; mix well. Add enough flour to make mixture stiff. Chill. Shape into 1-inch balls. Roll in corn flakes. Place on greased baking sheet. Bake at 350°F. for 25 minutes..

Mary Truman, Kimball

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.

At about 25 cents per 8-ounce serving, milk is a bargain, especially when you consider all the liquid assets inside – protein, calcium, potassium, vitamin D, vitamin B12 and more.
Source: www.dairymakessense.com



Delicious Desserts

Rhubarb Dessert for Two

1-1/2 cups cut-up rhubarb
1/2 apple, cut-up
1/4 cup water
1/2 cup frozen strawberries
1/4 cup sugar
2 tsp. strawberry gelatin
1/4 cup flour
1/2 cup brown sugar
3 T. butter, melted
3/4 cup oatmeal

Spray a 1-1/2-quart baking dish with cooking spray. Put rhubarb, apple, water, strawberries, sugar and gelatin in bottom of pan. Mix flour, brown sugar, butter and oatmeal. Put on top of rhubarb mixture. Bake at 350°F. for 35 minutes. Very good while still warm with ice cream or whipped cream.

Darlene Price, Prairie City

Easy Strawberry Pie

2 cups water
1 cup sugar
3 T. cornstarch
Strawberries
1 (3 oz.) box strawberry gelatin
1 graham cracker pie crust or baked pie shell

Combine first 3 ingredients; boil until clear. Add gelatin. Cool and add strawberries. Pour into pie shell.

Marianne Thompson, Colome

Wanda's Fluffy Lemon Dessert

2 cups graham cracker crumbs
4 oz. (1 stick) margarine, melted
1 (3 oz.) box lemon gelatin
1 cup boiling water
8 oz. cream cheese, softened
1 cup sugar
2 tsp. vanilla
1 (13 oz.) can evaporated milk, chilled

Mix graham cracker crumbs and margarine; press into a 9x13-inch pan. Dissolve gelatin in boiling water; cool until starting to set. Blend together cream cheese, sugar and vanilla until smooth. Combine cream cheese mixture with partially set gelatin. Using chilled bowl and beaters, whip evaporated milk until consistency of whipped cream. Fold cream cheese/gelatin mixture into whipped milk, then spread on crust. Chill until set. Serve topped with cherry or blueberry pie filling, if desired.

Nancy Stenson, Fort Pierre

Heath Bar Dessert

12 graham crackers, crushed
12 soda crackers, crushed
1 stick margarine, softened
2 pkgs. instant vanilla pudding
2 cups milk
2 cups chopped Heath bars

Mix together crackers and margarine. Pat into a 9-inch glass pan. Combine pudding and milk; fold in Heath bars. Spread on crust. Refrigerate.

Shirley Dreher, Clark

Pumpkin Pie Squares with Cinnamon Yogurt Topping

Crust
1 cup graham cracker crumbs
1/2 cup old-fashioned oats
1/4 cup brown sugar
1/4 cup butter, melted
2 T. low-fat milk
Cooking spray

Filling
2 cups canned pumpkin
2 eggs
3/4 cup sugar
3/4 cup low-fat vanilla yogurt
1/2 cup low-fat milk
1 tsp. cinnamon
1 tsp. pumpkin spice
1/4 tsp. salt
1/2 cup pecans, chopped

Topping
2 T. sugar
1 tsp. cinnamon
1 cup plain nonfat yogurt

In a large bowl, mix together graham cracker crumbs, oats, brown sugar, butter and 2 T. milk. Press into a thin layer in a 9x13-inch pan greased with cooking spray. Bake at 350°F. for 10 minutes. While the crust is baking, in another bowl, beat together pumpkin through salt. Pour over crust and bake for 40 minutes or until set. Sprinkle pecans over pumpkin filling and bake an additional 10 to 15 minutes or until center is set. Cool slightly in pan. Mix together sugar and cinnamon. Mix in yogurt. Top each square with 1 T. of yogurt topping. Yield: 16 servings

Nutritional information per serving: 182 calories; 6g total fat (3g saturated fat); 35mg cholesterol; 28g carbohydrates; 2g fiber; 4g protein; 108mg sodium

Pictured, Cooperative Connections

Ice Cream Sandwich Dessert

2 boxes ice cream sandwiches
12 Oreos, crushed
2 (8 oz.) containers whipped topping

Layer enough ice cream sandwiches to cover the bottom of a 9x13-inch pan. Cover with half the whipped topping and then half the crushed Oreos. Repeat steps 1 and 2. Keep in freezer until ready to serve.

Jillian Nedved, Harrisburg

My Family's Favorite Dessert

1 cup brown sugar
1/3 cup cocoa
2 cups water
Miniature marshmallows
Chocolate cake mix
Broken nut meats

Mix brown sugar and cocoa in a 9x13-inch pan. Add water. Cover this with miniature marshmallows. Prepare chocolate cake mix according to package directions. Spoon batter over mixture in pan. Top with nut meats. Bake at 350°F. for 45 to 60 minutes. If using a glass baking pan, reduce heat to 325°F. Serve with whipped topping.

Elaine Rowett, Sturgis

Please send your favorite salad, garden produce and pasta recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Succulent Salads

Cran-Chicken-Corn Salad

- 1 (13 oz.) can premium chicken breast, drained
- 1 can whole kernel corn, drained
- 2 T. Miracle Whip
- 1/2 cup Vidalia onion salad dressing
- 1/2 cup chopped red onion
- 1/2 cup Craisins

Mix together all ingredients and serve cold.

M.J. Knopp, Madison, MN

Strawberry Pecan Pretzel Salad

- 1 cup crushed pretzels
- 1/2 cup pecans, chopped
- 3/4 cup brown sugar
- 3/4 cup butter, melted
- 8 oz. cream cheese, softened
- 1/2 cup granulated sugar
- 1 tsp. vanilla
- 8 oz. whipped topping
- 2 cups fresh strawberries, diced

Mix together pretzels, pecans, brown sugar and melted butter; spread in a pan. Bake at 400°F. for 7 minutes. Cool, then break into small pieces. Beat together cream cheese, sugar and vanilla. Fold in whipped topping. Before serving, stir the strawberries and pretzel/pecans pieces into the cream cheese mixture.

Lillian Schlechter, Scotland

Party Salad

- 2 (3 oz.) pkgs. lemon gelatin
- 2 cans chicken rice soup
- 1 can tuna
- 2 cups chopped celery
- 1 cup cream, whipped
- 1/2 cup nuts, chopped
- 1 cup Miracle Whip

Dissolve gelatin in hot soup; cool and refrigerate until partially set. Pour hot water over tuna in strainer; drain. Whip jello; fold in remaining ingredients. Prepare salad the day before so it sets well.

Zona Schanzenbach, Aberdeen

Garbage Salad

- 16 oz. dry pasta
- 6 cups raw vegetables, any combination
- 2 cups mayonnaise
- 1 cup milk
- 2 pkgs. dry Ranch salad dressing mix

Cook pasta, drain and cold rinse. Cut any combination of vegetables into a large bowl. Add pasta. In separate bowl, mix mayonnaise, milk and dry Ranch. Add dressing to pasta/vegetables. Option: Substitute 1 (16 oz.) bottle of Italian dressing for Ranch dressing.

Tina Suhr, Dimock

Southwestern Bean and Quinoa Salad With Cilantro-Lime Dressing

- 1 (15 oz.) can READ Southwestern Bean Salad
- 1/2 cup red cherry tomatoes, halved
- 1/2 cup yellow cherry tomatoes, halved
- 1/2 cup chopped tomatillos
- 1/2 cup thin bell pepper strips
- 2 cups cooked quinoa

Dressing:

- 1-1/2 T. canola oil
- 1 T. fresh lime juice
- 1/2 tsp. shredded lime peel
- 1/8 tsp. cayenne pepper (or to taste)
- 1/4 cup chopped cilantro

Drain bean salad. Discard liquid or save for another use. In large bowl, combine bean salad, tomatoes, tomatillos and bell pepper. For dressing, whisk together oil, lime juice, peel and cayenne. Stir in cilantro. Toss with quinoa. Add to bean salad mixture; toss lightly to combine. Serve at room temperature or chilled. Makes 4 servings.

Nutritional information per serving: 250 calories; 10 g fat; 8 g protein; 35 g carbohydrate; 7 g dietary fiber; 0 mg cholesterol; 8.98 mg iron; 210 mg sodium; 0.12 mg thiamin; 781.13 IU vitamin A; 20.44 mg vitamin C

Pictured, Cooperative Connections

Summer Bean Salad

- 1 (15 oz.) can green beans, drained
- 1 (15 oz.) can yellow beans, drained
- 1 (15 oz.) can kidney beans, rinsed and drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (8 oz.) bag frozen peas
- 1 cup sliced onion
- 1 cup sliced green pepper
- 1 cup sliced yellow pepper
- 1 cup chopped celery
- 1 cup sliced black olives

Dressing:

- 1-1/2 cups white vinegar
- 3/4 cup sugar
- 1/4 cup oil
- 1 tsp. salt, optional

In a large bowl, combine all vegetables. Stir together dressing ingredients, mixing well so sugar dissolves. Pour over vegetables. Refrigerate.

Jane Ham, Rapid City

Oreo Fluff Salad

- 1 box instant chocolate pudding
- 2 cups cold milk
- 1 (8 oz.) container Cool Whip
- 1 pkg. Oreo cookies, crushed

Prepare pudding with milk according to package directions. Refrigerate for 15 minutes. Fold in Cool Whip and Oreos. Refrigerate for at least 2 hours. Note: cheesecake or white chocolate pudding may also be used.

Jillian Nedved, Harrisburg

Please send your favorite garden produce, pasta and crockpot recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Delights

Cabbage Sloppy Joes

1 lb. ground beef
1-1/2 cups finely shredded cabbage
1 medium onion, chopped
1 celery rib, chopped
1/4 cup chopped green pepper
1 cup ketchup
3 T. brown sugar
2 T. lemon juice
1 T. white vinegar
1 T. Worcestershire sauce
1 T. prepared mustard
1 tsp. salt
Dash pepper
8 sandwich rolls

In a large skillet, cook beef, cabbage, onion, celery and green pepper over medium heat until meat is no longer pink and the vegetables are crisp-tender; drain. Stir in ketchup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard, salt and pepper. Cover and simmer for 10 minutes until cabbage is tender. Serve on rolls.

Stephanie Fossum, Hudson

Tomato Soup

2 gallons tomatoes, chopped
1 bunch celery, chopped
1 green pepper, chopped
6 medium onions, chopped
1 cup melted butter
1/8 cup salt
1-1/2 cups sugar
1-1/2 cups flour

Boil vegetables until tender; strain through a colander. This should yield about 4 quarts juice. Mix together butter, salt, sugar and flour. Add to juice slowly, stirring constantly. Boil 20 minutes; will thicken as it boils. Pour into jars and pressure cook 10 minutes at 5 lbs.

Diane Bartnick, New Effington

Asparagus Cheese Strata

1-1/2 lbs. fresh asparagus, cut into 2-inch pieces
3 T. melted butter
1 loaf sliced bread, crusts removed
3/4 cup shredded Cheddar cheese, divided
2 cups cubed, fully cooked ham
6 eggs
3 cups milk
2 tsp. dried minced onion
1/2 tsp. salt
1/4 tsp. dry mustard

In a saucepan, cover asparagus with water. Cover and cook until tender but still firm; drain and set aside. Lightly brush butter over 1 side of bread. Place 1/2 of bread, buttered side up, in a greased 9x13-inch pan. Sprinkle with 1/2 of cheese. Layer with asparagus and ham. Cover with remaining bread, buttered side up. Beat eggs. Add milk, onion, salt and mustard. Pour over bread. Bake uncovered at 325°F. for 50 minutes. Sprinkle with remaining cheese. Bake an additional 10 minutes or until cheese is melted and a knife inserted in center comes out clean.

Shirley Miller, Winfred

Cucumber Leek Soup

1 T. butter, unsalted
2 large leeks (about 1/2 pound), trimmed, cleaned and sliced
3 large seedless cucumbers (4 cups), peeled and coarsely chopped
1-1/2 cups low-fat milk
1 T. lemon juice
1/4 cup fresh mint leaves
Black pepper
Salt
3/4 cup low-fat plain yogurt
1 T. honey
1/2 cup chopped grape tomatoes
1/4 cup feta or blue cheese crumbles

In a large skillet, melt butter over medium heat. Add leeks and sauté for 5 minutes. Mix in cucumbers; sauté for 1 minute then remove from heat. Add leeks, cucumbers, milk, lemon juice and mint to a blender or food processor; puree for 1 minute. Add pepper and salt to taste; blend together. In a separate bowl, mix yogurt and honey together. Fold into cucumber soup. For best flavor results, chill in refrigerator for 1 hour. When ready to serve, ladle soup into four bowls. Add 2 T. of tomatoes and 1 T. of cheese crumbles in the center of each bowl. Makes 4 servings.

Nutritional information per serving: 190 calories; 7g total fat; 4g saturated fat; 9g protein; 25g carbohydrate; 3g dietary fiber; 23mg cholesterol; 243mg sodium

Pictured, Cooperative Connections

Zucchini Supreme Casserole

1/4 cup diced onion
2 lbs. zucchini, diced (about 6 cups)
1 can cream of mushroom soup
1 cup sour cream
1 cup shredded carrots
Diced chicken or turkey
1 pkg. seasoned croutons
1/2 cup butter, melted

Cook onion and zucchini together in a little salted water until soft; drain. Combine soup and sour cream. Add carrots and meat. Fold in zucchini mixture. Toss croutons with melted butter. Place 1/2 croutons in bottom of casserole dish. Spread zucchini mixture over top. Sprinkle with remaining croutons. Bake at 400°F. for 50 minutes.

Paula Vogel, Ethan

Rhubarb Muffins

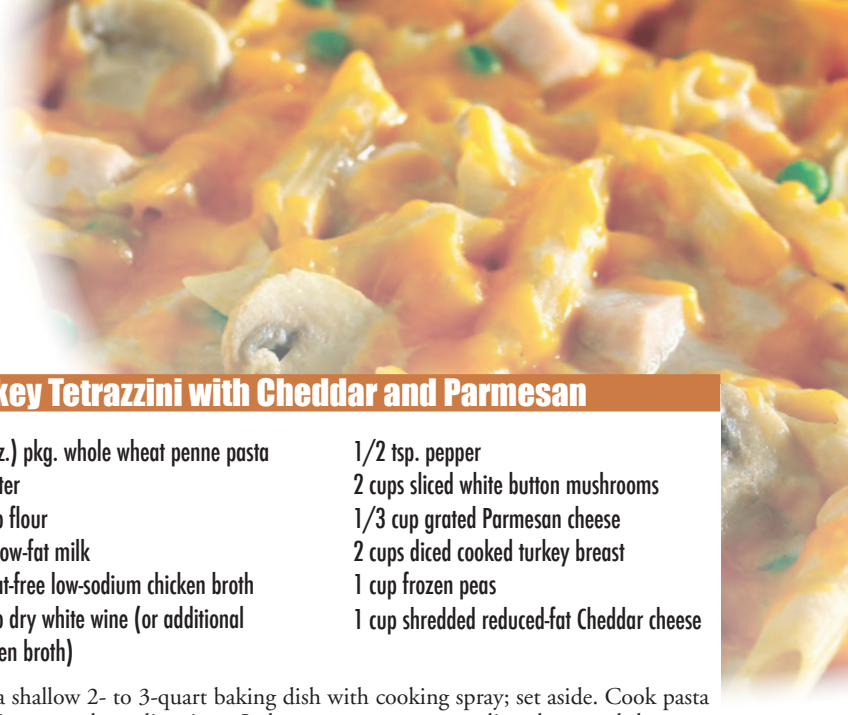
2 cups brown sugar, divided
2 eggs
1 tsp. vanilla
1 cup vegetable oil
1 cup buttermilk
3 cups flour
1 tsp. baking soda
2 cups diced rhubarb
1/2 tsp. salt
1-1/4 cups chopped nuts, divided
2 T. cinnamon

Combine 1-1/2 cups brown sugar, eggs, vanilla, oil and buttermilk. Add flour, baking soda, rhubarb, salt and 3/4 cup nuts. Put in muffin pan. Combine remaining brown sugar, nuts and cinnamon. Sprinkle over top. Bake at 325°F. for 20 to 25 minutes.

Mary Jessen, Holabird

Please send your favorite pasta and crockpot recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.

Pasta-A-Plenty



Fettuccine Alfredo

1 lb. pasta
8 oz. whipping cream
1/4 cup butter
8 oz. Parmesan cheese

Prepare pasta according to package directions; drain. Combine cream and butter in saucepan. Cook over medium-low heat until butter is melted. Add to hot pasta, alternating with Parmesan cheese, tossing to mix well. Serve hot. Variation: May add sautéed scallops, shrimp or mushrooms; season with sherry and freshly ground black pepper.

Amy Schoenfelder, Cavour

Cheesy Chicken Manicotti

1 (16 oz.) jar Alfredo sauce
1-1/2 cups water
1/2 tsp. garlic salt
1 T. dried parsley
1 tsp. dried Italian seasoning
3 large chicken breasts, cut lengthwise into 14 strips
1 (8 oz.) pkg. uncooked manicotti pasta shells (14 count)
1 cup shredded mozzarella cheese
1/2 cup shredded cheddar cheese

In a medium bowl, thoroughly mix pasta sauce, water, garlic salt and parsley. In an ungreased 9x13-inch glass baking dish, spread about 1 cup of pasta sauce mixture. In another medium bowl, sprinkle chicken strips with Italian seasoning. Stuff chicken strips into uncooked manicotti shells. Place stuffed manicotti shells on pasta sauce in prepared baking dish. Pour remaining sauce evenly over shells, making sure all shells have been coated with sauce. Cover with foil. Bake at 375°F. for 45 to 55 minutes or until pasta shells are tender. Remove from oven and sprinkle with shredded cheeses. Broil uncovered until cheese is melted and brown, about 4 to 5 minutes (watch carefully so it doesn't burn).

Anita Kochutin, Box Elder

Baked Spaghetti

8 oz. spaghetti, cooked
1 egg, beaten
1/3 cup Parmesan cheese
1/2 cup green pepper, chopped
1/2 cup onion, chopped
1/2 cup celery, chopped
3 T. butter or margarine
1 cup sour cream
2 lbs. ground beef
1 cup tomato juice
1 (24 oz.) can Hunt's spaghetti sauce
1/2 tsp. garlic powder or salt
2 tsp. oregano
1 cup mozzarella cheese

Cook and drain spaghetti. Stir in egg and Parmesan cheese. Put spaghetti mixture in greased 9x13-inch pan. Saute green pepper, onion and celery in butter. Stir in sour cream. Spoon over spaghetti in pan. Brown ground beef. Add tomato juice, spaghetti sauce, garlic powder or salt and oregano. Spoon on top. Cover with foil. Bake at 350°F. for 30 minutes. Remove foil. Top with mozzarella cheese. Return to oven until cheese melts. Let rest 10 to 15 minutes.

Jane Ham, Rapid City

Turkey Tetrazzini with Cheddar and Parmesan

1 (12 oz.) pkg. whole wheat penne pasta
2 T. butter
1/4 cup flour
3 cups low-fat milk
1 cup fat-free low-sodium chicken broth
1/2 cup dry white wine (or additional chicken broth)
1/2 tsp. pepper
2 cups sliced white button mushrooms
1/3 cup grated Parmesan cheese
2 cups diced cooked turkey breast
1 cup frozen peas
1 cup shredded reduced-fat Cheddar cheese

Spray a shallow 2- to 3-quart baking dish with cooking spray; set aside. Cook pasta according to package directions. In large saucepan over medium heat, melt butter and stir in flour. Stirring constantly, cook about 2 minutes. Whisk in milk, chicken broth, wine and pepper; bring mixture to a boil. Stir in mushrooms, reduce heat and cook about 10 minutes, stirring frequently or until mixture thickens and mushrooms are softened. Stir Parmesan cheese, pasta, turkey and peas into milk mixture; spoon into prepared baking dish. Top with Cheddar cheese and cover loosely with foil. Bake at 350°F. for 45 minutes or until bubbling at edges and heated through. Serves 6.

Nutrition information per serving: 490 calories; 9g total fat; 5g saturated fat; 90mg cholesterol; 370mg sodium; 57g carbohydrates; 6g dietary fiber; 44g protein

Pictured, Cooperative Connections

Macaroni Coleslaw

1 (7 oz.) pkg. ring macaroni
1 (16 oz.) pkg. coleslaw mix
2 stalks celery, chopped fine
1 medium cucumber, chopped fine
1 medium green pepper, chopped fine
1 (8 oz.) can water chestnuts, drained and chopped
2 medium onions, chopped fine

Dressing:

1-1/2 cups salad dressing
1/4 cup vinegar
1/4 tsp. pepper
1/3 cup sugar
1/2 tsp. salt

Cook macaroni according to package directions; drain and rinse under cold water. Put in large bowl. Add coleslaw mix, celery, cucumber, green pepper, water chestnuts and onion. In a small bowl, whisk together dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour.

Mary Jessen, Holabird

Bowtie Pasta Dish

6 oz. bowtie pasta
1 T. olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 cup mushrooms
Pepper
4 cups fresh spinach
Parmesan cheese

Prepare pasta according to package directions; drain. Saute onion, garlic, mushrooms and pepper in olive oil. Add pasta and spinach; cook slightly until wilted. Top with Parmesan cheese. May also add sautéed chicken strips if desired.

Lillian Schlechter, Scotland

Please send your favorite crock pot, holiday favorites and soup recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.

Crock Creations



No Peek Beef Tips

2 lbs. beef tenderloin tips or stew meet
1 can cream of mushroom soup
1 pkg. dry onion soup mix
1 pkg. brown gravy mix
1 cup water or ginger ale
1 (4 oz.) can mushrooms

Place cubed beef into crockpot or 9x13-inch pan. In large bowl, combine soups, gravy mix and water or ginger ale; pour over beef. Add mushrooms; stir to coat. Cook on low in crock-pot for 4 hours or high for 2 hours. If cooking in oven, cover tightly with foil and bake at 300°F. for 3 hours. Serve over rice, mashed potatoes or noodles.

Mary Jessen, Holabird

Cranberry Sweet Potatoes

4 T. orange juice
2 T. butter
2 T. vegetable oil
2 T. brown sugar
1 tsp. ground cinnamon
1/4 tsp. salt
2 lbs. sweet potatoes, washed, peeled and cut into 1-inch pieces
1/2 cup dried cranberries

In a crock-pot, mix together first 6 ingredients. Cover and cook on high while preparing potatoes. Stir potatoes into warm mixture. Cover and cook on high for 3 to 4 hours. Add cranberries during the last hour of cooking.

Stephanie Fossum, Hudson

Crock-Pot Apple Butter

Apples, peeled, cored and sliced
2 to 3 cups sugar, can substitute 1 cup honey for sugar
2 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
1/4 tsp. allspice
1/4 tsp. salt
3/4 cup water or apple cider

Fill crock-pot 3/4 full of apples. Add remaining ingredients; stir. Cover and cook on high for 1 hour, stir. Reduce heat to low. Keep covered and cook for 8 hours or overnight – until butter is thick and dark brown. If it is runny, remove lid and cook until thickened. Place in sterile jars or containers. Store in refrigerator up to 6 weeks. Freeze for longer storage.

Mary Ellen Luikens, Tea

Baked Beans

1 lb. maple sausage
4 slices bacon
1/2 green pepper, diced
1 onion, diced
1/2 cup brown sugar
2 cans Bush's original beans
1 can apple pie filling
1/2 cup Old West barbecue sauce
1 T. prime rib seasoning
1 T. Worcestershire sauce
1 T. yellow mustard

Brown and drain sausage. Fry bacon and cut into small pieces. Saute green pepper and onion in bacon grease; drain. Combine all ingredients in crock-pot. Cook on low for 2-1/2 to 3 hours.

Donna Glanzer, Carpenter

Slow Cooker Fresh Veggie Lasagna

1-1/2 cups mozzarella cheese, shredded
1/2 cup part-skim ricotta cheese
1/3 cup Parmesan cheese, grated
1 egg, lightly beaten
1 tsp. dried oregano
1/4 tsp. garlic powder
1 cup low-sodium marinara sauce, plus additional for serving
1 medium zucchini, diced
4 no-boil lasagna noodles
1 bag baby spinach
1 cup thinly sliced mushrooms
Fresh basil leaves, optional

Spray crockery pot of slow cooker with nonstick cooking spray; set aside. In a small bowl, mix together mozzarella, ricotta, Parmesan, egg, oregano and garlic powder. Spread 2 T. of pasta sauce in bottom of pot. Sprinkle 1/2 of zucchini over sauce and top with 1/3 of the cheese mixture. Break 2 noodles into pieces to cover cheese. Spread 2 T. of sauce and then layer 1/2 of the spinach and 1/2 of the mushrooms. Repeat layering, ending with cheese and the remaining sauce. Firmly press ingredients into pot. Cover and cook over low heat for 4 to 5 hours. Allow lasagna to rest 20 minutes before cutting into wedges to serve. Spoon a little extra sauce over each serving and top with a basil leaf, if desired. Makes 6 servings.

Nutrition information per serving: 240 calories; 10g total fat; 6g saturated fat; 60mg cholesterol; 380mg sodium; 21g carbohydrates; 3g dietary fiber; 16g protein

Pictured, Cooperative Connections

Crock-Pot Harvest Soup

1 lb. ground beef, browned and drained
1 (29 oz.) can Veg-All vegetables
1 (28 oz.) can diced tomatoes
1 (15 oz.) can tomato sauce
1 to 2 T. chopped jalapenos
6 beef bouillon cubes
1 (28 oz.) can green beans
1 (15 oz.) can corn
1 (7 oz.) can green chilies
1 to 2 tsp. chili powder

Place ground beef in crock-pot; add remaining ingredients. Do not drain any vegetables. Cook on low for 2 to 3 hours.

Jane Ham, Rapid City

Crock-Pot Cabbage Roll Casserole

1-1/2 lbs. lean ground beef or pork, or a mixture of both
3 cloves garlic, minced
1 onion, diced
1 (15 oz.) tomato sauce, divided
1-1/3 cups water, divided
1 can tomato soup, divided
1 (28 oz.) can diced tomatoes
Salt and pepper to taste
1 tsp. paprika
1 tsp. thyme
3/4 cup long grain white rice, uncooked
1 head cabbage
1-1/2 cups shredded mozzarella cheese, optional

Brown meat, onion, garlic and seasonings until no longer pink; drain. Over medium heat, add 1 cup tomato sauce, 1 cup water, 1/2 can tomato soup and tomatoes to meat mixture; mix well. Stir in rice. Chop cabbage into 4 wedges; remove core. Chop into chunks. Layer 1/2 meat mixture and 1/2 cabbage in crock-pot. Repeat layers topping with meat mixture or cabbage. Combine remaining sauce, water and soup. Pour over all. Cook on low 4 to 6 hours or until rice is cooked. Once done, turn off cooker, sprinkle with cheese and let set 10 minutes.

Sandy Egly, Blunt

Please send your favorite holiday, soup and bread/breakfast recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2015. All entries must include your name, mailing address, telephone number and cooperative name.

Holiday Favorites



No Bake Fruit Cake

1 pkg. small marshmallows
4 T. orange juice
4 dozen graham crackers, about 3/4 lb.
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
3/4 cup broken walnuts
1 cup light seedless raisins
1 cup candied fruit

Butter pan or jelly roll mold lightly. Mix orange juice and marshmallows in bowl; let stand until needed. Roll graham crackers into fine crumbs. Combine crumbs, cinnamon, nutmeg, cloves, walnuts, raisins and candied fruit. Add orange juice/marshmallow mixture. Press firmly into pan or mold. Chill 2 days. Keep in cool place. Need not keep in refrigerator.

Rose Tucker, Hot Springs

No Bake Oreo Truffles

1 pkg. Doubled Stuffed Oreos
4 to 8 oz. cream cheese, softened
Almond bark, either chocolate or vanilla

Chop Oreos up finely in food processor or crush cookies in a plastic resealable bag with a rolling pin. Save some of the crushed Oreos for garnish. Using a spoon (or hands), mash softened cream cheese and crushed Oreos until well combined. Roll into 1-inch balls and place on parchment- or wax paper-covered cookie sheet. Place in freezer for 15 minutes. While balls are in the freezer, melt almond bark according to directions. Take Oreos out of the freezer and dip into almond bark. Place on parchment paper or wax paper. Garnish with reserved Oreo crumbs. Let almond bark set and refrigerate.

Emily Luikens, Tea

Choco-Mallow Pizza

1 (12 oz.) pkg. real chocolate chips
1 lb. white almond bark, divided
2 cups miniature marshmallows
1 cup Rice Krispies
1 cup peanuts
1 tsp. vegetable oil
1 (6 oz.) jar red maraschino cherries, drained and halved
3 T. green maraschino cherries, drained and quartered
1/3 cup coconut

Melt chocolate chips and 14 oz. almond bark in large saucepan over low heat, stirring constantly; remove from heat. Stir in marshmallows, cereal and peanuts. Pour on greased 12-inch pizza pan. Top with cherries, sprinkle with coconut. Melt remaining 2 oz. almond bark with oil over low heat, stirring until smooth. Drizzle over coconut. Refrigerate until firm. Store at room temperature. Can also be made in the microwave.

Mary Jessen, Holabird

Peanut Butter and Grape Trifle

1 (16 oz.) container nonfat vanilla Greek yogurt
8 T. creamy peanut butter
2 T. honey
1 (8 oz.) container lite whipped topping, divided
1 (16 oz.) store-bought pound cake, sliced into 1-inch cubes
3 cups red seedless California grapes, plus more for garnish
3 cups green seedless California grapes, plus more for garnish
1/4 cup honey-roasted peanuts, chopped (optional garnish)

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside. In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) if desired and chopped peanuts, if desired. Makes 14 servings.

Nutrition information per serving (with peanuts): 313 calories; 15 g fat (5 g saturated fat); 42% calories from fat; 8 g protein; 38 g carbohydrate; 1 g fiber; 73 mg cholesterol; 197 mg sodium; 206 mg potassium.

Pictured, Cooperative Connections

Date Pinwheels

1 cup butter or margarine
1-1/2 cups white sugar, divided
1 cup brown sugar
3 eggs
4 cups flour
1 tsp. soda
1/2 tsp. salt
1 lb. dates, pitted
1/2 cup water
1 cup nuts

Cream together butter, 1 cup sugar and brown sugar. Add sugar mixture to eggs and beat. Add flour, soda and salt. Roll out to 1/2-inch thick. For filling, boil together dates, 1/2 cup sugar, water and nuts. Cool. Spread filling onto dough. Roll up and refrigerate before slicing. Bake at 350°F. for 10 to 12 minutes or until set.

Linda Rauscher, Aberdeen

Hot Fudge Sauce

1/2 cup cream
1/4 cup brown sugar
4 tsp. butter
1/2 tsp. vanilla
1/4 tsp. salt
2.5 oz. bittersweet chocolate, cut into pieces

In a small saucepan over medium-low heat, combine cream and brown sugar, bringing to a simmer while whisking occasionally. Add butter and whisk until melted; remove from heat. Add chocolate, stirring until melted. Add vanilla and salt. Cool slightly and serve warm over your favorite ice cream. To store, transfer to an airtight container and refrigerate.

Lynn Holzerland, Waubay

Please send your favorite soup and bread/breakfast recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2016 Reader Recipes

January

Super Soups

1. Creamy Lasagna Soup
2. Crockpot Potato Soup
3. Crockpot Harvest Soup
4. Easy Broccoli-Potato-Cheese Soup
5. Chunky Chicken, Vegetable & Rosemary Stew
6. Chicken Taco Soup
7. White Chicken Chili

February

Bountiful Brunch

1. Amish Breakfast Casserole
2. Easy Cinnamon Pull-Aparts
3. Breakfast Enchiladas
4. Ham and Almond Pastry Ring
5. Sunday Morning Coffee Cake
6. Good Pancakes

March

Savory Seafood

1. South Dakota Walleye
2. Shrimp Boil
3. Fish Tacos
4. Alaska Salmon Cakes with Yogurt Dill
5. Salmon Loaf
6. Fish and Cheese Chowder

April

Appetizers and Beverages

1. Hot Olive Puff
2. Cucumber Sandwiches
3. Milk Punch
4. Pepperoni Dip
5. Powerhouse Green Smoothie
6. Sunrise Smoothie
7. Glazed Meatballs
8. Fruit Dip

May

Comforting Casseroles

1. Mexican Spoon Bread Casserole
2. Chicken Crescent Almondine Hot Dish
3. Chicken Noodle Hot Dish
4. Inside-Out Cabbage Rolls
5. Turkey and Dressing Casserole
6. Tuna Biscuit Casserole

June

Dairy Delicious

1. Becki's Coconut Cream Cake
2. Elvis Pie
3. French Vanilla Coffee Mix
4. Strawberry Frozen Yogurt Squares
5. Johnny Cake
6. Potato Salad Dressing

July

Delectable Desserts

1. Anzac Biscuits
2. Apple Dumplings
3. Earthquake Cake
4. Spiced Triple Berry Shortcakes
5. Rhubarb Cobbler
6. Cookies and Cream Pie

August

Succulent Salads

1. Layered Summertime Salad
2. BLT Salad
3. Pineapple-Pretzel Salad
4. Texas New Potato Salad with Grilled Red Onions
5. Snicker Salad
6. Sunrise Salad

September

Garden Goodness

1. Ripe Tomato Relish
2. Sweet & Sour Salad
3. Summer Garden 'N Pasta
4. Roasted Vegetables
5. Vegetable Pizza
6. Zucchini Pancakes

October

Plenty of Pasta

1. Refrigerator Chicken Casserole
2. Fettuccini Alfredo
3. Tomato Basil Liguine
4. Sausage and Pepper Spaghetti Pie
5. Spaghetti Corn
6. Pasta Bake

November

Crockpot Creations

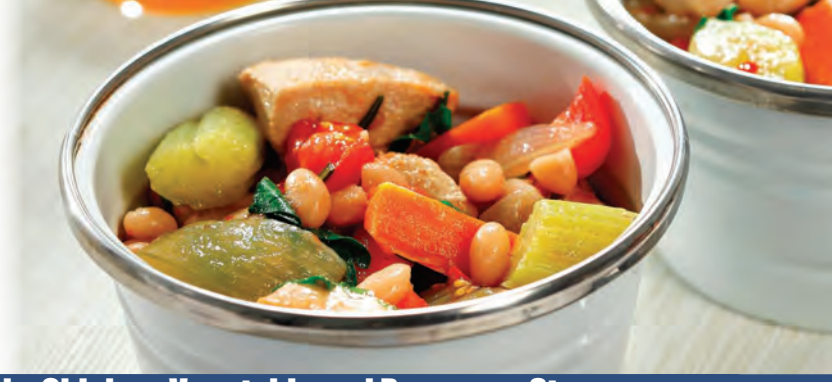
1. Crockpot Corn
2. Calico Beans
3. Crockpot Creamy Italian Chicken
4. Crockpot Hash Brown Casserole
5. Butternut Squash and Apples
6. Crockpot Steak and Rice
7. Western Crockpot Omelet

December

Holiday Treats

1. Almond Snowballs
2. Chex Caramel Corn
3. Can't Fail Caramels
4. Peppermint Bars
5. Pecan Delights
6. Hopscotch

Super Soups



Creamy Lasagna Soup

- 1 (23 oz.) can low-sodium, low fat tomato soup
- 3 cups hot water (equivalent of using 1 empty soup can)
- 3 cups low fat milk (equivalent of using 1 empty soup can)
- 3 T. Tone's Italian seasoning
- 1 lb. ground beef, cooked and drained
- 10 lasagna noodles, broken into pieces
- 8 oz. low fat cream cheese
- 1 cup shredded mozzarella cheese

Combine first 5 ingredients until near boiling on medium high heat. Cook lasagna noodles in boiling water until soft; drain. Add to soup mixture. When heated through, add cream cheese, stirring thoroughly. Serve with mozzarella cheese sprinkled on top. Makes 12 servings.

Julie Thonvold, Erwin

Crockpot Potato Soup

- 1 (32 oz.) bag diced hash browns
- 1 can cream of chicken soup
- 32 oz. chicken broth
- 3 oz. real bacon bits
- 1 cup shredded Cheddar cheese
- 8 oz. cream cheese (do not use light)
- Salt and pepper to taste (may add onion powder and celery salt if desired)

Place all ingredients in crockpot except cream cheese. Cook on low, covered, for 8 hours. Add cream cheese that has been cut into small chunks during last hour of cooking, stirring often. Top with additional Cheddar cheese if desired.

Diana Spence, Utica

Crockpot Harvest Soup

- 1 lb. ground beef
- 1 (29 oz.) can Veg-All
- 1 (28 oz.) can diced tomatoes
- 1 (15 oz.) can tomato sauce
- 1 (28 oz.) can green beans
- 1 (15 oz.) can corn
- 1 (7 oz.) can green chilies
- 2 T. jalapenos, if desired
- 2 tsp. chili powder
- 6 beef bouillon cubes

Brown and drain ground beef. Place in crockpot; add remaining ingredients. Do not drain any can. Cook on low for 3 hours.

Jane Ham, Rapid City

Easy Broccoli-Potato-Cheese Soup

- 4 cans cream of potato soup
- 4 soup cans milk
- 1 lb. Velveeta cheese, cut into small chunks
- 1 small head of broccoli, cut into florets
- Black pepper, to taste

Combine all ingredients in crockpot. Cook on low for 4 hours.

Lois Odien-Page, Hermosa

Chunky Chicken, Vegetable and Rosemary Stew

- 2 T. canola oil, divided
- 12 ounces boneless chicken breasts, cut into 1-inch pieces
- 1 medium onion, cut in 8 wedges
- 3 medium carrots, quartered lengthwise and cut into thirds
- 1 medium celery stalk, cut into 1-inch pieces
- 2 cups water
- 2 dried bay leaves
- 1/4 tsp. crushed red pepper flakes
- 1 (15 oz.) can reduced-sodium navy beans, rinsed and drained
- 1 cup grape tomatoes, quartered
- 1/2 cup chopped fresh Italian parsley
- 1 T. chopped fresh rosemary
- 3/4 tsp. salt

In Dutch oven, heat 1 T. canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown (center will still be slightly pink). Remove from oven and set aside. Add remaining canola oil, onion, carrot and celery. Sauté, stirring frequently, for 5 minutes or until vegetables just begin to lightly brown on edges. Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer covered for 20 minutes or until vegetables are tender. Stir in chicken, beans, tomatoes, Italian parsley, rosemary and salt. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked. Serve immediately or let stew stand 30 minutes to develop flavors and texture. Yields 6 1-cup servings.

Nutritional analysis per serving: 220 calories; 7 g total fat (1 g saturated fat); 50 mg cholesterol; 17 g carbohydrates; 6 g fiber; 3 g sugars; 22 g protein; 380 mg sodium; 532 mg potassium

Pictured, Cooperative Connections

Chicken Taco Soup

- 1 cup chicken broth
- 1 (16 oz.) can kidney beans, drained and rinsed
- 1 (16 oz.) can pinto beans, drained and rinsed
- 1 (16 oz.) can corn, drained or 1 can cream-style corn
- 1 cup diced tomatoes
- 1 can Rotel tomatoes and chilies
- 1/2 cup diced green pepper
- 1/2 cup chopped onion
- 1 lb. cooked chicken, shredded
- 1/2 cup chopped celery
- 1 pkg. taco seasoning

Place all ingredients in a crockpot. Cook on high for 2 hours or low for 4 hours. Can be garnished with sour cream and/or cheese once scooped into a bowl.

Colleen Noecker, Yankton

White Chicken Chili

- 5 to 6 (15 oz.) cans Northern beans, drained
- 3 (13 oz.) cans chunk chicken with juice, shredded
- 8 oz. can green chilies
- 1 can cream of chicken soup
- 1 can cheese soup (Fiesta or Cheddar) or 4 cups shredded cheese
- 16 oz. sour cream
- 1 pkg. white chicken chili seasoning

Combine all ingredients in crockpot. Cook until heated thru.

Jeanine Greenwood, Sioux Falls

Please send your favorite bread/breakfast and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Bountiful Brunch



Amish Breakfast Casserole

1 lb. bacon, diced
1/2 cup diced onion
8 eggs
4 cups frozen shredded hash browns, thawed
1/4 tsp. pepper
2 cups shredded Cheddar cheese
1-1/4 cups shredded Swiss cheese
1-1/2 cups 2% cottage cheese

In a large skillet, cook bacon and onion over medium heat until bacon is crispy; drain. In large bowl, lightly beat eggs. Stir in hash browns, pepper and cheeses. Add bacon and onions, stirring well. Transfer to greased 9x13-inch baking dish. Bake, uncovered, at 350°F. for 35 to 40 minutes or until a knife inserted in center comes out clean.

Amy Schoenfelder, Cavour

Easy Cinnamon Pull-Aparts

2 (16.3 oz.) cans Grands!® refrigerated biscuits
1/2 cup sugar
1 T. cinnamon
1 stick butter
1 cup brown sugar
2 T. milk
1 tsp. vanilla

Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large storage plastic food bag, mix granulated sugar and cinnamon. Separate dough into 16 biscuits. Shake in bag to coat. Arrange standing in pan. In a small saucepan, combine butter, brown sugar and milk. Heat until dissolved and bubbly around edges; remove from heat. Add vanilla. Pour over biscuits. Bake for 30 minutes. May sprinkle walnuts or pecans in bottom of pan before adding biscuits.

Pam Hofer, Carpenter

Breakfast Enchiladas

2 cups cubed cooked ham
1/2 cup chopped onions
1/2 cup chopped green peppers or 1 (4 oz.) can chopped green chilies
10 8-inch flour or corn tortillas
2 cups shredded Cheddar cheese, divided
1 T. flour
2 cups half-and-half
6 eggs, beaten
1/4 tsp. salt

Combine ham, onions and peppers. Place about 1/3 cup down the center of each tortilla; top with 2 T. cheese. Roll up and place seam-side down in a 9x13-inch greased baking dish. In a bowl, combine flour, cream, eggs and salt; mix until smooth. Pour over tortillas. Cover with aluminum foil and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Leaving tortillas covered, bake at 350°F. for 25 minutes. Uncover and bake an additional 10 minutes. Sprinkle with remaining cheese; bake 3 minutes longer or until cheese is melted. Let stand for 10 minutes before serving. Serve with salsa and sour cream if desired.

Jan Gossman, Bison

Ham and Almond Pastry Ring

1/2 cup chive and onion cream cheese spread
2 T. Caesar salad dressing
1 cup ham, diced
1 large apple, seeded and chopped
1/2 cup grapes, red or green, quartered
1/2 cup red onion, finely chopped
1/4 cup green bell pepper, diced
2 (8 oz.) cans refrigerated crescent rolls
1 egg, beaten
1/4 cup almonds, finely chopped

In large bowl, blend cream cheese spread and dressing. Add ham, apple, grapes, onion and green pepper; gently stir until coated. Set aside. Line a large baking sheet with heavy foil. Lightly coat with nonstick cooking spray. Unroll both cans of crescent rolls and separate. On prepared baking sheet, arrange triangles overlapping with shortest side of each roll toward center leaving 5-inch circle open in center. Points of crescent dough may hang over edge of baking sheet. Press overlapping dough to flatten and close center circle to 4-inches. Spoon mixture evenly over widest part of dough. Pull points of dough over filling and tuck dough under dough in center to form ring. (Some filling will be visible.) Brush dough evenly with beaten egg and sprinkle with almonds. Bake at 375°F. for 20 to 30 minutes or until golden and pastry in inner circle is baked. (If necessary, loosely cover outer edge of pastry with foil during the last 10 minutes of baking to prevent over-browning.) Remove from oven and cool for 5 minutes. Using large spatula, slide onto large serving platter. Makes 8 to 10 servings.

Nutritional analysis per serving: 385 calories; 23 g total fat (8 g saturated fat); 58 mg cholesterol; 30 g carbohydrates; 1 g fiber; 12 g protein; 573 mg sodium

Pictured, Cooperative Connections

Sunday Morning Coffee Cake

2 T. butter, softened
1/2 cup sugar
1/2 tsp. salt
1 egg
2/3 cup milk
1 tsp. vanilla extract
1-1/2 cups all-purpose flour
3 tsp. baking powder
Topping:
1/4 cup sugar
2 T. all-purpose flour
1 T. ground cinnamon
1/4 cup cold butter

In a small mixing bowl, beat butter, sugar and salt until crumbly. Add egg, milk and vanilla; mix well. Combine flour and baking powder; add to butter mixture. Transfer to a greased 8-inch square baking dish. For topping, in a small bowl, combine sugar, flour and cinnamon; cut in butter until mixture is crumbly. Sprinkle over batter. Bake at 350°F. for 25 to 30 minutes.

Stephanie Fossum, Hudson

Good Pancakes

2 egg whites
2 egg yolks
2-1/2 cups buttermilk
2 cups flour
1 tsp. salt
1 tsp. baking soda

Beat egg whites and set aside. In a large bowl, beat egg yolks. Add buttermilk, flour, salt and soda; stir. Add beaten egg whites. Fry on hot griddle.

Linda Rauscher, Aberdeen

Please send your favorite seafood, appetizer, beverage and casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Savory Seafood



South Dakota Walleye

1/3 cup melted butter
2 cups soft white bread crumbs
1/4 tsp. salt
12 oz. walleye fillets
Dash of pepper
1 T. sesame seeds

Lightly grease bottom of casserole. Combine butter, bread crumbs and salt. Arrange fish in casserole. Lightly sprinkle with pepper. Top with bread crumb mixture. Sprinkle sesame seeds over all. Bake, uncovered, at 350°F. for 30 to 35 minutes.

Becky Walth, Glenham

Shrimp Boil

Cheap beer, enough to cover the shrimp by 2 inches
1 T. celery seed
1 T. cumin seed
1 T. caraway seed
1 T. poppy seed
Several lbs. large peel and eat shrimp
Melted butter, enough for each diner

In a deep soup pot, bring beer and seasonings to a boil. Be sure the seeds have swollen. It is important to allow the seeds to swell in size as this allows the flavor to develop. Add shrimp and boil together for 5 to 10 minutes to insure the shrimp are cooked. Be careful to prevent the pot from boiling over. (You can reuse this liquid to cook more shrimp.) At the end of the time, scoop enough shrimp from the pot for each diner to begin. Don't rinse them off. Peel and dip into melted butter. Note: Don't worry about manners and dining – put newspapers on the tabletop, have plenty of paper towels, peel the shrimp and throw the shells onto the newspaper. When dinner's over, simply remove the place settings, roll up the papers and throw in the trash. Of course, wash your hands before you pet your friendly feline!

Anda Johnson, Spearfish

Fish Tacos

1/2 cup sour cream
1/4 cup chopped fresh cilantro
1 lb. white fish fillets
2 T. lemon juice
1/2 cup mayonnaise
1 pkg. taco seasoning, divided
2 T. vegetable oil
Taco shells or 8-inch soft flour tortillas
Topping: shredded cabbage, chopped tomato, lime juice, chopped cilantro, Mexican shredded cheese and taco sauce

Combine sour cream, mayonnaise, cilantro and 2 T. taco seasoning in bowl. Combine fish, vegetable oil, lemon juice and remaining taco seasoning in bowl; pour into skillet. Cook over medium heat for 4 to 5 minutes or until fish flakes easily when tested with fork. Fill soft or hard shells with fish mixture. Service with sour cream mixture and various toppings.

Mary Jessen, Holabird

Alaska Salmon Cakes with Yogurt Dill

1 egg
1/4 cup small-curd nonfat cottage cheese
1 T. chopped fresh dill or 1 tsp. dried dill weed
1 tsp. lemon pepper seasoning
1/4 cup sliced green onions
1 (14.75 oz.) can traditional pack Alaska salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked
3 T. garlic-and-herb bread crumbs
Vegetable oil

Yogurt Dill Sauce
1/2 cup nonfat yogurt
1-1/2 tsp. finely minced fresh garlic
Salt and pepper
1 T. chopped fresh dill or 1 tsp. dried dill weed
1/4 cup grated cucumber (squeeze dry)

In medium bowl, whisk egg lightly. Add cottage cheese, dill, lemon pepper and green onions; mix well. Mix in drained salmon, then sprinkle in bread crumbs and mix well. Shape mixture into 4 patties, 1/2- to 3/4-inch thick and 3 inches in diameter. Heat nonstick skillet over medium-high heat and brush skillet with oil. Fry salmon cakes for about 2-1/2 to 3 minutes per side. Cakes should be crisp and golden on the outside and still moist on the inside. Serve with Yogurt Dill Sauce. To make yogurt and dill sauce, mix yogurt and garlic, adding salt and pepper to taste. Stir in dill and cucumber. Refrigerate, covered, until ready to serve. Makes 4 servings.

Nutritional information per serving: 217 calories (34% from fat), 8 g total fat, 2 g saturated fat, 112 mg cholesterol, 27 g protein, 8 g carbohydrate, 0.5 g fiber, 897 mg sodium, 320 mg calcium and 1800 mg omega-3 fatty acids

Pictured, Cooperative Connections

Salmon Loaf

1 can pink salmon, drained and mashed
1 cup cracker crumbs
1 cup milk
2 eggs, beaten
4 T. butter, melted

Mix together all ingredients; place in a greased 1-1/2-quart casserole. Bake at 350°F., uncovered, for 1 hour.

Roxy Cook, Bruce

Fish and Cheese Chowder

1 lb. fish fillets, cut into 1-inch cubes
2 T. butter
6 T. chopped onion
1 cup chopped carrots
6 T. chopped celery
1/4 cup flour
2 (10 oz.) cans chicken broth
1/2 tsp. salt
Dash of paprika
3 cups milk
1 cup grated cheese

Melt butter in saucepan. Add onion, carrots and celery. Cook until carrots and onion are soft. Blend in flour using a bit of the broth so it doesn't get lumpy. Add salt and paprika. Cook 1 minute, stirring constantly. Gradually add chicken broth and milk. Cook until thickened. Add fish; simmer 10 minutes. Add cheese.

Jane Ham, Rapid City

Please send your favorite appetizer, beverage, casserole and dairy recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Appetizers and Beverages



Hot Olive Puff

1 cup grated natural sharp cheese
3 T. soft butter
1/2 cup flour
1/4 tsp. salt
1/2 tsp. paprika
24 stuffed green olives

Blend cheese with butter. Stir in flour, salt and paprika; mix well. Wrap 1 tsp. dough around each olive, completely covering olive. Bake at 400°F. for 10 to 15 minutes or until golden brown. May be prepared ahead and frozen until time to bake.

Carolyn K. Wickert, Baltic

Cucumber Sandwiches

1 (8 oz.) pkg. cream cheese, softened
3 to 4 T. sour cream or real mayonnaise
1 (1 oz.) pkg. Hidden Valley Ranch salad dressing mix, dry
1 (1 lb.) pkg. small cocktail bread, rye or pumpernickel
2 large cucumbers, sliced 1/4-inch thick
Dill weed

Combine first 3 ingredients in bowl; mix well. Spread on slices of bread. Top with a cucumber slice and sprinkle with dill weed. Refrigerate until ready to serve.

Jan Nelson, Belle Fourche

Milk Punch

12 oz. fruit punch concentrate, thawed
2 quarts cold milk
2 quarts vanilla ice cream
1 bottle lemon-lime soda

Combine punch, milk and ice cream; stir until ice cream begins to melt. Add soda just before serving.

Shirley Dreher, Clark

Pepperoni Dip

1 (8 oz.) pkg. cream cheese, softened
1/2 cup sour cream
3 oz. chopped pepperoni
1 can chopped green chiles, undrained
1 to 2 T. minced onion

Combine all ingredients and put in a small baking dish. Bake at 325°F. for 30 minutes. Serve with crackers.

Nancy Noess, Mitchell

Powerhouse Green Smoothie

3/4 cup seedless green grapes
1/2 cup ripe banana slices
1/4 cup chopped kale
2/3 cup non-fat plain Greek yogurt
1-1/2 tsp. canola oil
1/2 cup ice cubes

In blender, combine all ingredients. Blend for about 30 seconds to 1 minute or until desired smoothness is achieved. Yields 1 serving. Serving size: 1-2/3 cups

Nutritional analysis per serving: 290 calories; 7 g total fat (0.5 g saturated fat); 0 mg cholesterol; 42 g carbohydrates; 3 g fiber; 31 g sugars; 17 g protein; 75 mg sodium; 502 mg potassium

Pictured, Cooperative Connections

Sunrise Smoothie

1-1/2 cups frozen sliced strawberries
3/4 cup milk
3/4 cup or 1 (6 oz.) can pineapple juice
1/2 cup vanilla yogurt
1/4 cup frozen pineapple pieces
2 T. sugar
2 T. orange juice
6 large ice cubes

Place all ingredients into blender. Blend until smooth. Garnish with fresh fruit. Serve immediately.

Charlotte Hoverstadt, Webster

Glazed Meatballs

1 lb. ground beef
1/2 cup dry bread crumbs
1/3 cup minced onions
1/4 cup milk
1 egg, beaten
1 T. parsley
1/2 tsp. Worcestershire sauce
1/2 cup bottled chili sauce
12 oz. grape jelly

Combine first 7 ingredients; mix well. Shape into 1-inch balls. Place in cake pan. Bake at 375°F. for 20 to 30 minutes, until browned. Mix together chili sauce and grape jelly. Warm in microwave 2 minutes. Place meatballs in slow cooker. Add sauce and warm for 2 to 3 hours.

Margene Paige, Presho

Fruit Dip

1 can sweetened condensed milk
1 (6 oz.) can lemonade
1 (8 oz.) container Cool Whip

Mix together all ingredients. Serve with any kind of fruit.

Catherine Jungwirth, Ashton

Please send your favorite casserole, dairy and dessert recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Comforting Casseroles



Mexican Spoon Bread Casserole

1-1/2 lbs. ground beef
1 large onion, chopped
1/4 c. chopped green pepper
1 clove garlic, minced
1 cup tomato sauce
1 can corn, undrained
1-1/2 tsp. salt
2 to 3 tsp. chili powder
1/2 c. sliced ripe olives
Cornbread Topping:
1-1/2 cups milk
1 cup cornmeal
1/2 tsp. salt
3/4 cup shredded Cheddar cheese
2 eggs, beaten

Brown first 4 ingredients in a large skillet until onion is tender; drain. Stir in tomato sauce, corn, salt, chili powder and olives; heat to boiling. Reduce heat and simmer uncovered while preparing cornbread topping. For topping: Mix milk, cornmeal and salt in saucepan. Cook and stir over medium heat until mixture boils. Remove from heat and stir in Cheddar cheese and beaten eggs. Turn hot meat mixture into 2-1/2-quart dish and pour cornbread mixture on top. Bake uncovered at 375°F. for about 40 minutes.

Carolyn K. Wickert, Baltic

Chicken Crescent Almondine Hot Dish

3 cups cooked and cubed chicken
1 can cream of chicken soup
1 (8 oz.) can sliced water chestnuts, drained
1 (4 oz.) can mushrooms, stems and pieces
2/3 cup Hellman's mayonnaise
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup sour cream
Topping:
1 (8 oz.) can crescent rolls
2/3 cup shredded Cheddar cheese
1/2 cup slivered almonds
3 T. melted butter

Combine the first 8 ingredients in saucepan. Cook until hot and bubbly; pour into ungreased 9x13-inch pan. Separate rolls into long rectangles and place over chicken mixture. Combine remaining ingredients and spread over dough. Bake at 350°F. for 20 to 25 minutes.

Nancy Noess, Mitchell

Chicken Noodle Hot Dish

1 can each chicken noodle, cream of chicken and cream of celery soups
1 lb. ground beef, browned
1 onion, chopped
1 T. soy sauce
2 cups water
1 cup uncooked rice

Combine all ingredients in baking dish. Bake at 350°F. for 1 hour.

Michele Hoffer, Brandon

Inside-Out Cabbage Rolls

1 lb. lean ground beef
1 large onion, chopped
1 large green pepper, chopped
1 small head cabbage chopped
1 cup reduced sodium beef broth
1 (10 oz.) can diced tomatoes and green chilies
1 (8 oz.) can pizza sauce
1 cup cooked brown rice
1/2 cup shredded reduced-fat Cheddar cheese

In a Dutch oven, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in the cabbage, broth, tomatoes and pizza sauce. Bring mixture to a boil. Reduce heat; cover and simmer for 20 to 25 minutes or until cabbage is tender; stirring occasionally. Stir in rice; heat through. Remove from heat. Sprinkle with cheese. Cover and let stand until cheese is melted. Makes 6 servings

Nutritional Facts Per Serving: Calories 140, Total Fat 7g, Cholesterol 10mg, Sodium 330mg, Carbohydrates 13g, Dietary Fiber 2g, Protein 7g (3.8g from dairy), Calcium 15% Daily Value

Pictured, Cooperative Connections

Turkey and Dressing Casserole

4 cups cubed cooked turkey or chicken
3 T. chicken broth
1 box stuffing mix, prepared
1 (4 oz.) can sliced mushrooms
1 (10 oz.) can cream of mushroom soup
1 (10 oz.) can golden mushroom soup

Place cubed meat in a greased 9x13-inch baking dish. Moisten with chicken broth. Top with prepared stuffing mix. Add canned mushrooms, if desired. Mix soups and spread over casserole. Cover with greased foil and bake at 350°F. for 45 to 60 minutes. Can be prepared and frozen; adjust baking time.

Charlotte Hoverstadt, Webster

Tuna Biscuit Casserole

1 can Cheddar cheese soup
1/2 soup can milk
1 can tuna, drained if using oil-packed
1 T. grated onion
1 T. parsley flakes, optional
1 pkg. or tube (10) refrigerated biscuits

Mix soup and milk until smooth. Add tuna and break in chunks, then add onion and parsley flakes. Heat just to boiling. Put biscuits in ungreased pan (9x9 or 11x2 inch.) Pour heated mixture over top of biscuits. Bake uncovered at 350°F. for 25 minutes or until biscuits pop up through the sauce and are well browned.

Elfrieda Postma, Sioux Falls

Please send your favorite dairy, dessert and salad recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Dairy Delicious



Becki's Coconut Cream Cake

1 white cake mix
3 eggs
1/3 cup vegetable oil
1/2 tsp. coconut extract
1 cup sour cream
1 (8 oz.) can coconut milk

Frosting:
3 (4 oz.) pkgs. cream cheese, softened
1 cup powdered sugar
1 (8 oz.) container Cool Whip

Combine the cake mix, oil, eggs, sour cream and coconut milk. Mix until well blended. Spread batter in greased and floured 9x13-inch pan. Bake at 350°F. for 25 to 30 minutes or until a toothpick inserted in center comes out clean. For frosting, mix cream cheese and powdered sugar until smooth. Fold in Cool Whip. Frost cooled cake and sprinkle with additional coconut.

Becki Hauser, Tripp

Elvis Pie

1 cup creamy peanut butter
1 (8 oz.) pkg. cream cheese, softened
1/3 cup plus 1/4 cup sugar, divided
1-1/2 tsp. vanilla extract
2 cups cold heavy cream, divided
1 (9 inch) graham cracker piecrust
2 large bananas, cut into 1/4-inch slices
Chopped roasted peanuts

Cream together peanut butter, cream cheese, 1/3 cup sugar and vanilla at medium speed. In a separate bowl, whip 1 cup heavy cream until soft peaks form. Carefully fold whipped cream into peanut butter mixture until completely combined. Scrape half the filling into the piecrust and smooth with spatula. Layer sliced bananas on top of filling. Spread remaining filling over bananas. Cover with plastic wrap and refrigerate until set, at least 1 hour. To make topping, whip remaining cream and sugar together until soft peaks form. Spread over pie. Sprinkled with chopped nuts.

Lynn Holzerland, Waubay

French Vanilla Coffee Mix

1/3 cup instant coffee
1 cup instant powdered milk
1/2 cup nondairy creamer
1/3 cup sugar
1/4 cup French Vanilla instant pudding mix

Combine all ingredients; store in a glass jar. For each serving, put 3/4 cup boiling water in mug. Add 2 heaping tsps. of mix; stir well.

Mary Jessen, Holabird

Strawberry Frozen Yogurt Squares

1 (14 oz.) can fat-free sweetened condensed milk, divided
Non-stick cooking spray
1 cup Post Grape-Nuts® or similar cereal
1/2 tsp. ground cinnamon
Pinch ground cloves
1 (10 oz.) pkg. frozen strawberries, about 2-1/2 cups
3 cups fat-free strawberry yogurt

Measure 1 cup of sweetened condensed milk; set aside. Line 8x8-inch baking pan with foil; spray with non-stick cooking spray. In medium bowl, combine cereal, cinnamon, cloves and remainder of sweetened condensed milk. Spread cereal mixture evenly on bottom of pan, place in freezer. Place strawberries and yogurt in a blender; cover and blend. Add 1 cup sweetened condensed milk; blend until smooth. Pour mixture over cereal, smoothing to edges of pan. Cover with foil (or plastic wrap) and freeze 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares and serve. Squares may be individually wrapped and stored in freezer for single servings. Makes 9 servings.

Nutritional Facts Per Serving: Calories 200, Total Fat 0g, Sat Fat 0g, Cholesterol 5mg, Sodium 150mg, Total Carbohydrates 42g, Dietary Fiber 2g, Protein 7g, Calcium 20% Daily Value

Pictured, Cooperative Connections

Johnny Cake

1/2 cup butter
3 eggs, beaten
1 cup sugar
1/2 tsp. salt
1 cup sour cream
1 tsp. soda
1/2 tsp. baking powder
1 cup flour
1 cup corn meal

Combine all ingredients. Pour into a 9x9-inch or 9x13-inch pan. Bake at 400°F. for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Judy Jensen, Langford

Potato Salad Dressing

1/2 cup sugar
2 eggs
1/4 cup vinegar
3 T. butter
1 tsp. mustard
Salt and pepper to taste
1 cup mayonnaise

In a saucepan, mix together sugar, eggs, vinegar, butter, mustard, salt and pepper. Bring to a boil; boil until thick. Cool. Add mayonnaise; stirring well. Toss with your favorite potato salad ingredients

Mary Alice Bartel, Wolsey

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Delectable Desserts



Anzac Biscuits

1 cup quick cooking oats
3/4 cup flaked coconut
1 cup all-purpose flour
1 cup sugar
1/2 cup butter
1 T. golden syrup (honey works)
1 tsp. baking soda
2 T. boiling water

In a bowl, mix together oats, coconut, flour and sugar. In a small saucepan over low heat, melt butter and syrup. Dissolve soda in boiling water; add to melted butter and syrup. Add butter mixture to dry ingredients. Drop by teaspoonfuls on greased cookie sheets (or baking paper). Bake at 350°F. for 18 to 20 minutes.

Clarice Roghair, Okaton

Apple Dumplings

1 apple, cored and cut into 8 pieces
1 (8 oz.) can crescent rolls
Cinnamon
2/3 cup sugar
8 pats butter
1 cup Mountain Dew soft drink

Place 1 apple slice on widest end of crescent roll; roll up starting at wide end. Pinch and seal shut. Place in an 8x8-inch pan. Continue until all slices are used. Sprinkle with cinnamon and sugar. Top with a pat of butter on each. Pour Mountain Dew over all. Bake at 350°F. for 45 minutes.

Velma Schmitz, Bonesteel

Earthquake Cake

1 box German chocolate cake mix
3 eggs
1-1/3 cups water
1/2 cup oil
1 cup coconut
1/2 cup chopped walnuts
1 (8 oz.) pkg. cream cheese, softened
1 stick butter, softened
2 cups powdered sugar
1 tsp. vanilla
1 pkg. chocolate chips
Whipped topping

Lightly spray a 9x13-inch pan with cooking spray. Put coconut and nuts in bottom of pan. Mix cake mix according to package directions. Spread batter over nuts and coconut. In a bowl, mix cream cheese, butter, vanilla and powdered sugar until fluffy. Spread over batter. Sprinkle with chocolate chips. Bake at 350°F. for 50 minutes. Cool. Serve with Cool Whip. When this comes out of the oven, it looks like it has exploded (it does not actually explode, so it won't mess up your oven!). That's why it's called an Earthquake Cake. The cream cheese mixture sinks and the nuts and coconut rise.

Rowena Wipf, Doland

Spiced Triple Berry Shortcakes

Berry Filling:
2 cups sliced strawberries
1 cup blueberries
1 cup raspberries
2 tsp. pure vanilla extract
1/3 cup sugar
1/2 tsp. ground cinnamon
1/4 tsp. ground ginger

Spiced Shortcakes:
1-1/2 cups reduced fat baking mix
3 T. sugar
3/4 tsp. ground cinnamon
1/2 tsp. ground ginger
6 T. fat free milk
2 cups thawed fat free whipped topping

For filling, mix berries and vanilla in large bowl. Mix sugar, cinnamon and ginger in small bowl. Sprinkle over berries; toss to coat well. Let stand 30 minutes to allow berries to release their juices, stirring occasionally. For the spiced shortcakes, mix baking mix, sugar, cinnamon and ginger in large bowl. Add milk; stir to form a soft dough. (If necessary, knead dough in bowl to incorporate dry ingredients.) Drop dough by 6 spoonfuls onto sprayed baking sheet. Bake at 425°F. for 10 to 12 minutes or until golden brown. Cool slightly on wire rack. To serve, split warm shortcakes. Place 1 shortcake bottom on each plate. Top each with 2/3 cup berry filling and 1/3 cup whipped topping. Cover with shortcake tops. Makes 6 servings.

Nutritional Facts Per Serving: Calories 266, Total Fat 2g, Cholesterol 0mg, Sodium 280mg, Carbohydrates 58g, Dietary Fiber 4g, Protein 4g

Pictured, Cooperative Connections

Rhubarb Cobbler

4 to 5 cups diced rhubarb
1-3/4 cups sugar, divided
1/8 tsp. plus pinch salt, divided
1 cup flour
1 tsp. baking powder
1/2 cup butter
1/2 cup milk
1 T. cornstarch
Pinch of salt
1 cup boiling water

Spread rhubarb in a 9x13-inch glass pan. Combine 1/2 cup sugar, 1/8 tsp. salt, flour, baking powder, butter and milk. Place over rhubarb. Mix together remaining sugar, cornstarch and pinch of salt. Sprinkle mixture over batter. Pour boiling water over all. Bake at 375°F. for 1 hour.

Darlene Meyer, Florence

Cookies and Cream Pie

1 pkg. white chocolate pudding
1-1/2 cups milk
8 oz. Cool Whip
1 cup chopped regular or Mint Oreos
1 graham cracker crust

Beat pudding with milk for 1 minute; let set 5 minutes. Fold in Cool Whip and cookies. Spoon into crust; freeze.

Debbie Hinman, Carter

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Succulent Salads



Layered Summertime Salad

2 cups gemelli or spiral pasta
1 cup mayonnaise
2 T. lemon juice
1 tsp. sugar
1/2 tsp. garlic powder
1/2 cup sliced green onion
4 strips bacon, cooked and crumbled
4 cups torn romaine lettuce
1 cup snow peas, trimmed and halved
1 cup cauliflower florets
1 cup broccoli florets
1 large sweet red pepper, chopped
1/2 cup shredded Swiss cheese

Prepare pasta according to package directions. Meanwhile, in a small bowl, mix mayonnaise, lemon juice, sugar and garlic powder; set aside. Drain pasta and rinse in cold water. Toss with onions and half of bacon. In a large bowl, layer one-half of lettuce, pasta mixture, peas, cauliflower, broccoli, red pepper, mayonnaise mixture and cheese. Repeat layers; sprinkle with remaining bacon. Refrigerate until ready to serve.

Deloris Bachman, Rapid City

BLT Salad

1-1/2 cups tubetti macaroni, cook until tender, drain and cool
1 lb. bacon, cooked and crumbled
1 bunch green onions, sliced thin
1 cup chopped celery
1 cup chopped tomato

Dressing:
1-1/2 cups mayonnaise
3 tsp. vinegar
Salt and pepper to taste

Combine first 5 ingredients. Mix mayonnaise, vinegar, salt and pepper. Add to pasta mixture.

Barbara Angerhofer, Hendricks, MN

Pineapple-Pretzel Salad

2 cups crushed pretzels
1 stick butter, melted
1 cup sugar, divided
1 (8 oz.) container Cool Whip
1 (8 oz.) pkg. cream cheese, softened
1 (20 oz.) can crushed pineapple, drained

Combine pretzels, butter and 1/2 cup sugar. Spread in a 9x13-inch pan. Bake at 400°F. for 7 minutes. Cool. Break into pieces and set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well and refrigerate overnight. Just before serving, add pretzel pieces.

Cindy Krakow, Strandburg

Texas New Potato Salad with Grilled Red Onions

3 lbs. small red potatoes
1 red onion, cut into thick slices
1 T. coriander seed
1 pinch cumin seed
1 T. oregano
2 serrano chiles or 2 jalapeño chiles, minced
3 slices bacon, crisply cooked and coarsely chopped
1 bunch fresh cilantro, thick stems discarded, coarsely chopped

Dressing:
1/4 cup olive oil
1 T. red wine vinegar
1 tsp. salt
1/2 tsp. black pepper

Cook potatoes in boiling water 20 to 25 minutes or until tender. Drain and cool to room temperature. Quarter the potatoes; set aside. Grill onion slices over high heat until lightly caramelized. Toast coriander and cumin seeds in small dry skillet on medium heat 1 minute or until fragrant. Add oregano; lightly toast about 20 seconds, watching for burning. Immediately remove spices from skillet. Mix oil, vinegar, toasted spices, salt and pepper in large bowl with wire whisk until well blended. Add potatoes, onions, chiles, bacon and cilantro; toss lightly. Yield: 8 servings

Nutritional Information Per Serving: Calories 212, Total Fat 8g, Saturated Fat 1g, Cholesterol 3mg, Sodium 381mg, Carbohydrates 30g, Dietary Fiber 4g, Protein 5g

Pictured, Cooperative Connections

RECIPE AND PHOTO COURTESY OF MCCORMICK GOURMET

Snicker Salad

1 (3 oz.) pkg. instant vanilla pudding
1 cup milk
1 (8 oz.) container Cool Whip
3 to 4 apples, peeled, cored and cut into small pieces
6 Snickers bars, cut into small pieces

In a large bowl, mix together pudding, milk and Cool Whip. Chill for 1-1/2 hours. Add apples and candy bars; stir and serve.

Amy Schoenfelder, Cavour

Sunrise Salad

1 large can crushed pineapple
1 pkg. lemon jello
1 (8 oz.) pkg. cream cheese
1 cup green grapes, sliced
1 cup miniature marshmallows
1 (8 oz.) container Cool Whip

In a saucepan, bring pineapple to a boil. Add jello; mix well. Add cream cheese, stirring until melted. Put in a bowl and refrigerate until thick. Add sliced grapes and miniature marshmallows. Stir in Cool Whip. Refrigerate until set.

Sally Hlavka, Howes

Please send your favorite garden produce, pasta and crockpot recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Garden Goodness



Ripe Tomato Relish

12 cups ripe tomatoes, chopped
7 large onions, chopped
3 cups celery, chopped
1/4 cup salt
3 green peppers, chopped
2 cups white vinegar
4 cups sugar
2 T. mustard seed

Combine tomatoes, onions, celery and salt; let set overnight. The next morning, drain for 4 hours. Add remaining ingredients. Put in jars and refrigerate.

Laila Arndt, Glenham

Sweet & Sour Salad

12 cups watermelon, cut into cubes
2 cucumbers, peeled and cubed
2 green onions, coarsely chopped

Dressing:
1/2 cup apple cider vinegar
1/2 cup sugar
1 tsp. poppy seeds
1/4 tsp. salt and pepper

Put watermelon in a colander to drain while preparing cucumbers and onion. Combine watermelon, cucumbers and onions in a large bowl. Mix together dressing ingredients in a shaker bottle until sugar is dissolved. Pour dressing over salad, gently stirring to coat. Refrigerate until ready to serve.

Susie Trapp, Humboldt

Summer Garden 'N Pasta

1 lb. thin spaghetti, broken into 1-inch pieces
1 pint cherry tomatoes, cut in half
2 medium zucchini, diced
1 large cucumber, diced
1 medium green bell pepper, diced
1 red bell pepper, diced
2 (2-1/4 oz. cans) sliced ripe olives, drained
1 red onion, diced

Dressing:
1 (16 oz.) bottle Italian salad dressing
1/4 cup grated Parmesan cheese
1 T. sesame seeds
1 tsp. paprika
1/2 tsp. celery seed
1/2 tsp. garlic powder

Cook pasta according to package directions. Drain and rinse in cold water. In a large bowl, combine pasta, tomatoes, zucchini, cucumber, green and red bell pepper, red onion and olives. To make dressing, whisk together Italian salad dressing, Parmesan cheese, sesame seeds, paprika, celery seed and garlic powder. Pour over salad and toss until coated. Cover and refrigerate for 3 hours or overnight.

Ginny Jensen, Volga

Roasted Vegetables

1 tsp. garlic salt
1 tsp. Italian seasoning
1/2 tsp. fennel seed
1 small green bell pepper, cut into chunks
1 small red onion, cut into thin wedges
1 small yellow squash, sliced
1 small zucchini, sliced
1 cup asparagus pieces
1 cup red potato chunks
1 cup baby carrots
2 T. oil
1 cup shredded mozzarella cheese, optional

Mix seasonings in small bowl. Toss vegetables and oil in large bowl. Add seasonings; toss to coat well. Spread vegetables in single layer on foil-lined 15x10x1-inch baking pan. Bake at 450°F. for 30 minutes or until vegetables are tender, stirring occasionally. If desired, sprinkle 1 cup shredded part-skim mozzarella cheese over vegetables during last 5 minutes of baking. Makes 6 servings.

Nutritional Information Per Serving: Calories 93, Total Fat 5g, Cholesterol 0mg, Sodium 342mg, Carbohydrates 10g, Dietary Fiber 2g, Protein 2g

Pictured, Cooperative Connections

Vegetable Pizza

2 tubes refrigerated crescent rolls
2 (8 oz.) pkgs. cream cheese, softened
1 pkg. dry ranch dressing
1 cup mayonnaise
Garden vegetables of choice – carrots, peppers, broccoli, cauliflower, tomatoes, etc.
Shredded Cheddar cheese

Unroll crescent rolls and pat onto a greased jelly roll pan. Bake according to package directions; cool completely. Mix together cream cheese, dry ranch dressing and mayonnaise. Spread on crust. Top with cut up piece of vegetables, pressing down slightly. Top with shredded cheese. Refrigerate.

Eric Neville, Milesville

Zucchini Pancakes

1/3 cup biscuit baking mix
1/4 cup grated Parmesan cheese
1/8 tsp. pepper
2 eggs, lightly beaten
2 cups shredded zucchini
2 T. butter

In a bowl, combine biscuit baking mix, Parmesan cheese, pepper and eggs just until blended. Add zucchini, mixing well. In a large skillet, melt butter. Drop batter by about 1/3-cupfuls into skillet; press lightly to flatten. Fry until golden brown, about 3 minutes each side.

Lynn Holzerland, Waubay

Please send your favorite pasta, crockpot and holiday treat recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Plenty of Pasta



Refrigerator Chicken Casserole

2 to 2-1/2 cups diced cooked chicken
2 cups elbow macaroni, uncooked
1 can cream of mushroom soup
1 can cream of chicken soup
1 soup can milk
1-3/4 cup chicken broth
1 small onion, finely chopped
1/2 green pepper, diced
1 (2 oz.) jar pimento, diced
1 (5 oz.) can sliced water chestnuts
8 oz. Cheddar cheese, grated

Mix together all ingredients in order given. Pour into well-greased 9x13-inch pan. Cover with aluminum foil. Refrigerate overnight until ready to bake. Uncover and bake at 350°F. for 1 hour.

Karen Huether, Tripp

Fettuccini Alfredo

24 oz. dry fettuccini pasta
1 cup butter
3/4 pint heavy cream
Salt and pepper to taste
1 dash garlic salt
3/4 cup grated Romano cheese
1/2 cup grated Parmesan cheese

Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain. In a large saucepan, melt butter into cream over low heat. Add salt, pepper and garlic salt. Stir in cheese over medium heat until melted; this will thicken the sauce. Add pasta to sauce. Use enough of the pasta so that all of the sauce is used and the pasta is thoroughly coated. Serve immediately.

Jillian Nedved, Harrisburg

Tomato Basil Linguine

1 lb. Brie cheese, rind removed and cut into small pieces
4 large tomatoes, coarsely chopped
1 cup chopped fresh basil
1/2 cup olive oil
3 garlic cloves, minced
1/2 tsp. salt
1/4 tsp. pepper
1-1/2 lbs. uncooked linguine
Shredded Parmesan cheese

In a large serving bowl, combine Brie, tomatoes, basil, oil, garlic, salt and pepper. Let stand at room temperature for up to 1-1/2 hours. Cook linguine according to package directions; drain. Toss with cheese mixture. Sprinkle with Parmesan cheese. Serve immediately.

Stephanie Fossum, Hudson

Sausage and Pepper Spaghetti Pie

8 oz. spaghetti
1 T. olive oil
1/2 lb. Italian sausage, casing removed
1 cup thinly sliced green bell pepper
1 cup thinly sliced onion wedges
1 (14.5 oz.) can diced tomatoes, undrained
2 tsps. Rosemary leaves
1 tsp. garlic powder
1 tsp. oregano leaves
1 tsp. thyme leaves
1/2 tsp. salt
2 cups shredded mozzarella cheese, divided
8 eggs

Cook spaghetti as directed on package. Drain well. Meanwhile, heat oil in large ovenproof skillet on medium-high heat. Break up sausage in skillet. Add bell pepper and onion; cook and stir 5 minutes or until sausage is browned. Add tomatoes, rosemary, garlic powder, oregano, thyme and salt; cook and stir 10 minutes until most of the liquid has evaporated. Beat eggs in large bowl. Add spaghetti and 1 cup of the cheese; mix well. Stir into mixture in skillet. Cook on medium-low heat 5 minutes or until bottom is set. Sprinkle with remaining 1 cup cheese. Bake at 350°F. for 8 to 10 minutes or until center is just set and cheese is melted. Cut into 8 wedges to serve.

Nutritional Information Per Serving: Calories 367, Total Fat 19g, Cholesterol 246mg, Sodium 754mg, Carbohydrates 28g, Dietary Fiber 2g, Protein 21g

Pictured, Cooperative Connections

Spaghetti Corn

1 can creamed corn
2 cups broken spaghetti
1 stick melted butter
1 can whole corn
1 cup Monterey Jack cheese
Onion, optional

Combine all ingredients; pour into buttered casserole. Bake at 350°F. for 25 minutes with lid off and an additional 20 minutes with lid on.

Nikki Larson, Hayti

Pasta Bake

1 lb. ground beef
3 cups penne pasta, cooked and drained
1 (24 oz.) jar spaghetti sauce
1/2 cup grated Parmesan cheese, divided
1-1/2 cups shredded mozzarella cheese

Brown beef and drain. Add pasta, sauce and 1/2 the Parmesan cheese, mixing well. Spoon into a 9x13-inch baking dish. Top with remaining cheeses. Bake at 375°F. for 20 minutes or until heated thru.

Mary Jessen, Holabird

Please send your favorite crockpot, holiday treat and soup recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Crockpot Creations



Crockpot Corn

2 (16 oz.) bags frozen corn
8 oz. cream cheese, softened
1/4 cup melted butter
2 T. sugar
1 tsp. salt
1 tsp. pepper

Combine all ingredients in crockpot. Cook on HIGH setting for 2 hours or LOW for 4 hours.

Beverley Allbee, Woonsocket

Calico Beans

1-1/2 lbs. ground beef
1 lb. bacon, diced
1/2 cup chopped onion
1 can kidney beans
1 can pork and beans
1 can butter or lima beans
1/2 cup ketchup
3/4 cup brown sugar
2 T. mustard
1 T. vinegar

Brown ground beef, bacon and onion; drain. Combine all ingredients in crockpot. Cook on LOW for 6 to 8 hours.

Denene Miles, Doland

Crockpot Creamy Italian Chicken

1-1/2 lbs. chicken
1 pkg. Good Seasons Italian Dressing
1/4 to 1/2 cup water
8 oz. cream cheese
1 can cream of chicken soup
6 to 8 oz. sliced mushrooms
Butter

Place chicken in crackpot. Mix Italian dressing and water together; pour over the chicken. Cook on HIGH for 4 hours or LOW for 8 hours. After the chicken is cooked, remove from pot and set aside. Mix cream cheese and chicken soup into the liquid that remains in the crockpot. Stir until melted and heated through. Shred chicken and add to cream sauce. Saute mushrooms in butter. Add to chicken mixture. Serve over rice or noodles.

Tracy Romey, Oelrichs

Crockpot Hash Brown Casserole

2 rings smoked sausage, cut into pieces
1 onion, chopped
1 bag frozen hash browns
2 cups shredded Cheddar cheese
2 cups cream of chicken soup

Place sausage in bottom of crockpot. Sprinkle with onions. Add hash browns. Spread soup over all. Sprinkle cheese on top. Cook on HIGH 2 hours.

Lynn Holzerland, Waubay

Butternut Squash and Apples

2 small butternut squash, peeled and cut into 1-1/2-inch chunks (about 8 cups)
2 apples, such as Braeburn or Gala, peeled, cored and cut into 1-inch chunks (about 4 cups)
1 large red onion, cut into 1-inch chunks
1/2 cup chicken broth
1/4 cup apple cider
1/4 cup firmly packed brown sugar
1/4 cup (1/2 stick) butter, melted
1 T. pumpkin pie spice
1 tsp. salt
1 tsp. thyme leaves
1/2 cup toasted flaked coconut

Place squash, apples and onion in slow cooker. Mix remaining ingredients except coconut in small bowl until well blended. Pour over squash mixture. Cover. Cook 3 to 4 hours on HIGH, stirring after 2 hours. Stir before serving. Sprinkle with toasted coconut. Makes 15 (2/3-cup) servings.

Nutritional Information Per Serving: Calories 116, Total Fat 4g, Cholesterol 8mg, Sodium 222mg, Carbohydrates 19g, Dietary Fiber 2g, Protein 1g

Pictured, Cooperative Connections

Crockpot Steak and Rice

1-1/2 lbs. round steak, cut into bite-size pieces
Onion
1 can golden mushroom soup
1 can cream of chicken soup
1 can water
1 cup rice
2 T. soy sauce

Brown steak with a little onion. Mix soup and water in crockpot. Stir in rice and soy sauce; mix well. Stir in browned steak. Cook on LOW 8 to 10 hours. May be cooked in oven for 1-1/2 hours.

Shirley Miller, Winfred

Western Crockpot Omelet

1 (30 oz.) pkg. frozen hash browns, thawed
1 lb. ham, cubed
1-1/2 cups shredded Cheddar cheese
1 onion, chopped
1 green pepper, chopped
12 eggs
1 cup 2% milk
1 tsp. salt
1 tsp. pepper

Grease a 5-quart crockpot. Layer half of hash browns, ham, cheese, onion and green pepper. Repeat layers. Whisk together eggs, milk, salt and pepper. Pour over potato mixture. Cook on LOW, covered, for 6 to 7 hours until set. Turn off crockpot. Let stand uncovered 15 to 20 minutes.

Mary Jessen, Holabird

Please send your favorite holiday treat, soup and brunch recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Holiday Treats



Almond Snowballs

1/2 cup toasted slivered almonds
1 cup butter, softened
1 tsp. vanilla extract
2-1/2 cups all purpose flour
1/4 tsp. salt
1-1/2 cups powdered sugar, divided

Process almonds in a food processor 30 seconds or until very finely ground. Beat butter at medium speed until creamy. Gradually add vanilla and 1 cup powdered sugar, beating until blended. Combine flour, salt and almonds in a medium bowl; gradually add flour mixture to butter mixture, beating until blended. Shape dough into 3/4-inch balls; place 2 inches apart on parchment paper-lined baking sheets. Bake at 325°F. for 12 to 15 minutes or until lightly browned. Cool on baking sheets for 2 minutes. Transfer to wire racks and cool for 10 minutes. Roll warm cookies in remaining powdered sugar.

Stephanie Fossum, Hudson

Chex Caramel Corn

1 bag popped microwave popcorn
3 cups Corn Chex
3 cups Rice Chex
1/2 to 3/4 cups honey roasted peanuts

Topping:
1/4 cup margarine
1/3 cup packed brown sugar
2 T. light corn syrup
1/2 tsp. vanilla

Pop corn; remove unpopped kernels. In large microwavable bowl, combine popcorn, cereal and peanuts. In medium bowl, microwave butter, brown sugar, syrup and vanilla on HIGH about 2 minutes, stirring after 1 minute, until mixture is bubbling. Pour over cereal/popcorn mixture; stirring gently until evenly coated. Microwave on HIGH 5 to 6 minutes, stirring and mixing after every minute. Spread on waxed paper or cookie sheet to cool. Break up. Store in airtight container.

Jane Ham, Rapid City

Can't Fail Caramels

2 cups sugar
1 cup firmly packed brown sugar
1 cup light corn syrup
1 cup heavy cream
1 cup milk
1 cup butter or margarine
4 tsp. vanilla

Combine sugars, corn syrup, cream, milk and butter or margarine. Cook slowly, stirring constantly to 248°F. or when small quantity dropped in cold water forms a firm ball; remove from heat. Add vanilla. Pour into greased 8x8x2-inch pan or cookie sheet; cool. When firm, place on board and cut into squares. Wrap each square in waxed paper. Makes 1-1/4 pounds of caramels.

Judy Jensen, Langford

Peppermint Bars

Brownie:
1 (family-size) pkg. fudge brownie mix

Chocolate Glaze:
12 ounces semi-sweet baking chocolate, coarsely chopped
1/2 cup (1 stick) butter
Crushed peppermint candies or candy canes

Peppermint Filling:
5 cups confectioners' sugar
14 T. butter, melted
2 T. heavy cream
1 tsp. peppermint extract
1/8 tsp. red food coloring

Prepare brownie mix as directed on package. Spread in greased, foil-lined 15x10x1-inch baking pan. Bake at 350°F. for 15 minutes or until toothpick inserted into center comes out clean. Cool in pan on wire rack. Meanwhile, beat filling ingredients in large bowl with electric mixer on medium speed until well blended and smooth. Spread evenly over brownie. Refrigerate 30 minutes. For glaze, microwave chocolate and butter in microwavable bowl on HIGH 2 minutes or until butter is melted, stirring until chocolate is melted. Spread over top of brownie. Sprinkle with crushed peppermint candies. Cut into bars. Makes 36 servings.

Nutritional Information Per Serving: Calories 258, Total Fat 14g, Saturated Fat 7g, Cholesterol 30mg, Sodium 104mg, Carbohydrates 31g, Dietary Fiber 1g, Protein 2g

Pictured, Cooperative Connections

Pecan Delights

2-1/4 cups packed brown sugar
1 cup butter or margarine
1 cup light corn syrup
1/8 tsp. salt
1 (14 oz.) can sweetened condensed milk
1 tsp. vanilla extract
1/2-lb. whole pecans
1 cup semisweet chocolate chips
1 cup milk chocolate chips
2 T. shortening

In a large saucepan, combine the first 4 ingredients. Cook over medium heat until all sugar is dissolved. Gradually add milk and mix well. Continue cooking until a candy thermometer reads 248°F. (firm-ball stage). Remove from heat; stir in vanilla until blended. Fold in pecans. Drop by tablespoonfuls onto a greased or parchment paper-lined baking sheet. Chill until firm. Loosen from paper. Melt chocolate chips and shortening in a microwave-safe bowl or double boiler. Drizzle over each cluster. Cool.

Ginny Jensen, Volga

Hopscotch

1 cup chocolate chips
1/2 cup peanut butter
2 cups chow mein noodles
2 cups miniature marshmallows

Melt chocolate chips and peanut butter over hot water. Mix in noodles and marshmallows. Drop by teaspoonfuls onto waxed paper. Let cool.

Belle Kvale, Lemmon

Please send your favorite soup, brunch and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2017 Reader Recipes

January

Super Soups

1. Cheeseburger Soup
2. Butternut Squash Bisque
3. Super Easy Potato Soup
4. Cream of Crab Soup
5. Mushroom Salsa Chili
6. Santa Fe Cheese Soup

February

Bountiful Brunch

1. Favorite Breakfast Bake
2. Ultra-flexible Ham and Veggie Quiche
3. Overnight French Toast
4. Cinnamon Crunch Cake
5. Eggs Benedict Casserole
6. Egg Bake

March

Savory Seafod

1. Lemon Pasta with Spinich and Shrimp
2. Simple Salmon Soup
3. Tuna and Noodles - On the Light Side
4. Baked Fish Dijon
5. Crab Quiche
6. Salmon Casserole

April

Appetizers and Beverages

1. Hot Cocoa Mix
2. Easy Sausage Appetizers
3. Holiday Punch
4. Texas Caviar
5. Country Ham and Swiss Dip
6. Dried Beef Log
7. Tortilla Pinwheels

May

Comforting Casseroles

1. Ham and Pasta
2. Green Bean Casserole
3. Quick Casserole
4. Cheesy Mexican Cornbread Casserole
5. Jalapeno Popper Casserole
6. Chicken Spaghetti Casserole

June

Dairy Delicious

1. Blues Buster Smoothie
2. Easy Creamy Chicken Enchiladas
3. Coconut Cream Cheescake Bars
4. No Bake Cookie Dough Ice Cream Sandwiches
5. Spam Hotdish
6. Crab Dip

July

Delectable Desserts

1. Easy Cake Dessert
2. Bourbon Peach Cobbler
3. Raspberry Poke Cake
4. S'mores Pie
5. Easy Rhubarb Dessert
6. French Coconut Pie

August

Succulent Salads

1. Peach Jello Salad
2. Coleslaw
3. Mom's Cranberry Salad
4. Blueberry Salad
5. Greek Pasta Salad with Cucumber Yogurt Dressing
6. Shoestring Potato Salad
7. Chicken Salad

September

Garden Goodness

1. Zucchini Cobbler
2. Saucy Chicken and Asparagus
3. Refrigerator Pickles
4. Cheesy Vegetable Spaghetti Pie
5. Sweet and Sour Onions
6. Pepper Salad

October

Pasta Perfection

1. Creamy Gilled Chicken Piccata
2. Bow Tie Pasta
3. Pizza Macaroni
4. Ham and Spinach Two-Cheese Pasta
5. Lasagna

November

Crockpot Creations

1. Slow Cooker Potato Casserole
2. Slow Cooker Corn
3. Slow Cooker Whole Chicken
4. Sweet and Sour Pork
5. Slow Cooker Chocolate Pecan Pie Cake
6. Thyen Family Slow Cooker Dressing
7. Morning Slow Cooker Casserole

December

Holiday Favorites

1. Can't Fail Caramels
2. Church Window Cookies
3. Krazy Corn
4. Cowboy Christmas Biscuits
5. Chocolate Fudge
6. Mystery Bars
7. Indoor S'mores

Super Soups



Cheeseburger Soup

1/2 lb. ground beef
3/4 cup chopped onion
3/4 cup shredded carrots
3/4 cup diced celery
1 tsp. dried basil
1 tsp. dried parsley flakes
4 T. butter or margarine, divided
3 cups chicken broth
3 cups diced, peeled potatoes
1/4 cup all-purpose flour
2 cups cubed processed American cheese
1-1/2 cups milk
3/4 tsp. salt
1/4 to 1/2 tsp. pepper
1/4 cup sour cream

In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, sauté onion, carrots, celery, basil and parsley in 1 T. butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10 to 12 minutes or until potatoes are tender. Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3 to 5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream. Yield: 8 servings

Nancy Noess, Mitchell

Butternut Squash Bisque

1 T. canola oil
1 T. unsalted butter
1/2 cup diced onion
3/4 cup diced carrots
3 cups vegetable broth
4 cups peeled and cubed butternut squash
Salt and pepper to taste
1/2 cup heavy cream, optional
Ground nutmeg to taste

Heat oil and melt butter in a large pot over medium heat. Cook and stir onion until tender. Mix carrots and squash into pot. Pour in vegetable broth and season with salt, pepper and nutmeg. Bring to a boil; reduce heat and simmer until vegetables are tender. In a blender or food processor, puree soup mixture until smooth. Return to pot; stir in heavy cream. Heat through but do not boil. Serve warm with a dash of nutmeg. Yield: 4 servings

Debra Weaver, Box Elder

Super Easy Potato Soup

8 oz. cream cheese, cut into small pieces
1 can cream of chicken soup
32 oz. chicken broth
2 lb. hash browns
1/3 cup chopped onion
Diced bacon or ham, as desired
Salt and pepper to taste

Mix together all ingredients in a slow cooker. Cook on LOW for 7 hours. May add diced green or red peppers and carrots for color.

Amy Schoenfelder, Cavour

Cream of Crab Soup

1/4 cup (1/2 stick) butter
1 medium onion, coarsely chopped (1 cup)
1/3 cup flour
1 T. OLD BAY® Seasoning
1/2 tsp. McCormick® Parsley Flakes
4 cups milk or half-and-half
1 lb. lump crab meat
3 T. dry sherry

Melt butter in 3-quart saucepan on medium heat. Add onion; cook and stir 5 minutes or until softened. Add flour, Old Bay and parsley; whisk until well blended. Whisking constantly, gradually add milk. Bring to boil, stirring occasionally. Stir in crab meat. Reduce heat to low; simmer 20 minutes, stirring occasionally. Stir in sherry. Heat 1 to 2 minutes. Sprinkle with additional Old Bay, if desired. Yield: 6 servings

Nutritional Information Per Serving: Calories 285, Total Fat 14g, Cholesterol 119mg, Sodium 605mg, Carbohydrates 16g, Dietary Fiber 1g, Protein 22g

Pictured, Cooperative Connections

Mushroom Salsa Chili

1 lb. ground beef
1 lb. bulk pork sausage
2 (16 oz. each) cans kidney beans, rinsed and drained
1 (24 oz.) jar chunky salsa
1 (14.5 oz.) can diced tomatoes, undrained
1 large onion, chopped
1 (8 oz.) can tomato sauce
1 (4 oz.) can mushroom stems and pieces, drained
1/2 cup each chopped green pepper, sweet red and yellow pepper
1/2 tsp. dried oregano
1/4 tsp. garlic powder
1/8 tsp. thyme
1/8 tsp. dried marjoram

Cook beef and sausage over medium heat until meat is no longer pink; drain. Transfer meat to a 5-quart slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8 to 9 hours or until vegetables are tender.

Stephanie Fossum, Hudson

Santa Fe Cheese Soup

1 (15 oz.) can whole kernel corn, drained
1 (15 oz.) can pinto beans, rinsed and drained
1 (14 oz.) can chicken broth
1 (10 oz.) can diced tomatoes and green chilies, undrained
1 (4 oz.) can premium chuck white chicken, drained
1 (4 oz.) can chopped green chilies, if desired
1 lb. processed American cheese, cubed

In a 3-quart saucepan or slow cooker, combine all ingredients. Cook and stir until cheese is melted. Garnish with crushed tortilla chips. If using a slow cooker, cook on LOW for 2 to 3 hours, stirring occasionally. Note: May serve with a dollop of sour cream in each bowl.

Patricia Hopkins, Central City, NE

Please send your favorite brunch and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Bountiful Brunch



Favorite Breakfast Bake

- 1 lb. sausage, cooked and drained
- 2 cups frozen hash browns, thawed
- 1 pkg. crescent rolls
- 1 cup shredded Cheddar cheese
- 5 eggs, beaten
- 1/4 cup milk
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 T. onion, sliced thin
- 2 T. green pepper, sliced thin
- 2 T. Parmesan cheese

Pat crescent rolls into a 9x13-inch pan that has been sprayed with cooking spray. Spoon sausage over top. Sprinkle on hash browns and Cheddar cheese. Combine eggs, milk, salt and pepper. Gently pour over all. Top with onions and green pepper. Sprinkler with Parmesan cheese. Bake at 375°F. for 30 minutes.

Jane Ham, Rapid City

Ultra-flexible Ham and Veggie Quiche

- 1 refrigerated pie crust (half of a 14.1 oz. pkg.) or 8-inch frozen deep-dish pie crust
- 1/2 cup sliced green onions or finely chopped white, yellow or red onions
- 1/2 cup vegetable of choice, such as shredded carrots or thinly sliced asparagus, baby green beans or shredded zucchini
- 1/2 cup chopped baked ham or deli ham, ham steak or honey-glazed ham
- 1/2 cup (2 oz.) shredded sharp Cheddar cheese or provolone or Monterey Jack
- 6 eggs
- 2/3 cup half-and-half (or 1/3 cup milk and 1/3 cup cream)
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Prepare crust, if necessary, according to package directions. Layer onions, carrots (or other vegetables), ham and cheese in crust. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk until frothy. Pour mixture over veggies and ham. Bake, uncovered, at 350°F. until the top is set and light golden brown, about 50 minutes. Remove from oven and cool 10 minutes, then slice and serve.

Judy Bierle, Utica

Overnight French Toast

- 1/2 cup butter
- 3/4 cup brown sugar
- 1 tsp. cinnamon
- 12 slices bread
- 5 eggs
- 1/2 cup milk
- Dash salt
- Vanilla, to taste

Melt butter in a 9x13-inch pan. Add brown sugar and cinnamon. Put bread in 2 layers across pan. Mix remaining ingredients; pour over bread. Refrigerate overnight. Bake, uncovered, at 350°F. for 30 minutes. Invert on tray and serve.

Mary Jessen, Holabird

Cinnamon Crunch Cake

- 2 cups flour
- 1/2 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 T. McCormick® Cinnamon, Ground
- 1 cup (2 sticks) cold butter, cut into chunks
- 1 package (2-layer size) white cake mix
- 1 egg
- 1 cup sour cream
- 1/4 cup (1/2 stick) butter, melted
- 1 tsp. McCormick® Pure Vanilla Extract

Mix flour, sugars and cinnamon in large bowl. Cut in cold butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Set aside. Beat cake mix, egg, sour cream, melted butter and vanilla in large bowl with electric mixer on medium speed about 1 minute or just until mixed. Spread evenly in greased and floured 13x9-inch baking pan. Sprinkle evenly with topping mixture. Bake at 350°F. for 30 to 35 minutes or until cake pulls away from sides of pan. Cool on wire rack. Cut into squares to serve. Makes 24 servings.

Blueberry Crumb Cake: Prepare topping and batter as directed. Spread batter in baking pan. Sprinkle with 1 cup blueberries, then the topping mixture. Bake 45 minutes.

Nutritional Information Per Serving: Calories 265, Total Fat 13g, Cholesterol 41mg, Sodium 226mg, Carbohydrates 34g, Dietary Fiber 1g, Protein 3g

Pictured, Cooperative Connections

Eggs Benedict Casserole

- 8 large eggs
- 3 cups milk, divided
- 3 green onions, chopped
- 1 tsp. onion powder
- 3/4 lb. Canadian bacon, diced
- 6 English muffins, diced
- 1 (.9 oz.) pkg. hollandaise sauce
- 1/4 cup butter

Whisk eggs, 2 cups milk, onions and onion powder together in a large bowl until well mixed. Spray 9x13-inch baking dish with cooking spray. Layer half the Canadian bacon in prepared baking dish. Spread English muffins over meat and top with remaining Canadian bacon. Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight. Sprinkle casserole with paprika; cover with aluminum foil. Bake at 375°F. until eggs are nearly set, about 30 minutes; remove foil. Continue baking until eggs are completely set, about 15 additional minutes. Whisk hollandaise sauce mix with 1 cup milk in a saucepan. Add butter and bring to a boil, stirring frequently. Reduce heat to medium-low, simmer and stir until thickened, about 1 minute. Drizzle sauce over casserole to serve.

Cortney Reedy, Tea

Egg Bake

- 1/2 lb. sausage
- 1/2 cup shredded Cheddar cheese
- 2 eggs
- 1/2 cup Bisquick
- 1 cup milk

Mix together; pour into pie plate. Bake at 400°F. for 25 to 30 minutes.

Diana Gillick, Tea

Please send your favorite seafood, appetizer or beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Savory Seafood



Lemon Pasta with Spinach and Shrimp

2 T. butter
2 T. olive oil
1 lb. uncooked large shrimp, peeled and deveined
1/4 tsp. salt
8 oz. pasta such as fusilli
1 cup finely chopped onion
1 cup chicken broth
1/4 cup freshly squeezed lemon juice
1 T. grated lemon zest
1/3 cup ricotta cheese
1/2 tsp. black pepper
8 oz. baby spinach leaves, fresh
1 cup fresh grated Parmesan cheese

Melt butter in large skillet. Add olive oil and heat until very hot. Add shrimp and salt; saute until shrimp turns pink. Remove shrimp and set aside. Cook pasta in well-salted water until al dente. While pasta is cooking, add onion to butter and olive oil mixture; cook over medium heat until onion is soft. Add broth to pan, along with lemon juice and zest. Cook and stir until mixture reduces slightly and takes on a thicker consistency. Add ricotta cheese and pepper, stirring until smooth. Pull the al dente pasta out of the boiling water with a strainer. Drop it into the sauce. The little bit of starchy water that goes in with the pasta will help thicken the sauce. Stir in shrimp and spinach. The spinach will wilt as it heats up. When well combined and heated through, stir in Parmesan cheese. Makes 4 servings.

Deborah Rieck, Edgerton, MN

Simple Salmon Soup

1 (14-3/4 oz.) can salmon, undrained
1 (10-3/4 oz.) can celery soup
4 cups milk
1/2 tsp. dried dill weed
Chopped fresh parsley or chives
Sliced, hard-cooked eggs, optional

Remove and discard skin and bones from salmon. Break salmon into small pieces. Place into a large 4-quart saucepan. Combine soup, milk and dill weed; add to salmon. Heat over medium until hot, stirring occasionally.

June Herke, Watertown

Tuna and Noodles – On the Light Side

1 T. diet margarine
2 T. flour
1/2 cup evaporated skim milk
1/2 can mushrooms, drained
2 tsp. onion flakes
1 can tuna, drained
Salt and pepper to taste
4 oz. cooked peas
1/2 cup cooked noodles

Combine margarine and flour in saucepan. Gradually add milk. Cook over medium heat, stirring until thickened. Remove from heat and add remaining ingredients. Place in casserole dish. Bake at 350°F. for 30 minutes.

Mary Ellen Luikens, Scotland

Baked Fish Dijon

1-1/2 lbs. firm white fish fillets, such as cod, pollock, flounder or sole
Juice of 1 lemon
1 T. Dijon mustard
1 T. olive oil
1 tsp. McCormick® Dill Weed
1/2 tsp. McCormick® Black Pepper, Ground
1/4 tsp. McCormick® Garlic Powder
1 carrot, peeled and shredded
3 T. grated Parmesan cheese

Rinse fish and pat dry. Set aside. Mix lemon juice, mustard, oil, dill, pepper and garlic powder in small bowl. Brush dressing on both sides of fish fillets. Arrange fish, overlapping thinnest portions, in 13x9-inch baking dish. Drizzle remaining dressing over fish. Arrange shredded carrot over fish. Sprinkle with cheese. Bake at 350°F. about 12 minutes or until fish flakes easily with fork. Makes 6 servings.

Nutritional Information Per Serving: Calories 131, Total Fat 4g, Cholesterol 54mg, Sodium 154mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 20g

Pictured, Cooperative Connections

Crab Quiche

4 eggs, beaten
3/4 cup milk
1/2 tsp. salt
1/2 tsp. ground thyme
1 T. chopped pimento
1-1/2 cups fresh broccoli, chopped
6 oz. imitation crab
1 cup shredded Cheddar cheese
1 cup shredded Monterey Jack cheese
2 T. minced onion
1 unbaked 10-inch pie shell

Combine eggs, milk, salt, thyme and pimento; set aside. Toss chopped broccoli, crab, cheeses and onion together; place in pie shell. Pour liquid mixture over all. Bake at 350°F. for 50 to 55 minutes. Let cool 10 to 15 minutes before cutting. The red and green are pretty for a Christmas brunch.

Barbara Angerhofer, Hendricks, MN

Salmon Casserole

1 can salmon
1/8 tsp. pepper
1 cup crushed saltine crackers
1 egg
1/3 cup chopped onion
1 can cream of mushroom soup
2 T. chopped celery
1 tsp. Worcestershire sauce
Milk Gravy:
2 T. butter
2 T. flour
2 cups milk
Salt and pepper, to taste
2 slices cheese, if desired

Combine all casserole ingredients; put in loaf pan. Bake, uncovered, at 350°F. for 30 to 40 minutes. For gravy, in skillet combine butter, flour, salt and pepper. Add milk slowly; cooking until thickened. Add cheese if desired. Serve over top of casserole.

Mary Jessen, Holabird

Please send your favorite appetizer, beverage or casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Appetizers and Beverages



Hot Cocoa Mix

1 large box instant dry milk
1 (16 oz.) box Nestles Quick
1 (6 oz.) jar of Coffee Mate
1 cup powdered sugar

Combine all ingredients and store in air-tight container. Add 1/4-cup mixture to 1 cup hot water. Top with marshmallows, if desired.

Emily Luikens, Tea

Easy Sausage Appetizers

1 lb. sausage
2 cups baking mix
8 oz. shredded or grated sharp Cheddar cheese

Crumble uncooked sausage with cheese. Mix in baking mix. Shape into small balls. Place on ungreased cookie sheet or parchment paper. Bake at 375°F. for 20 to 25 minutes until browned.

Elaine Rowett, Sturgis

Holiday Punch

11 cups water, divided
2 cups sugar
1 (6 oz.) pkg. red gelatin
1 (46 oz.) can pineapple juice
2 tsp. almond extract

Boil together 2 cups water and sugar for 1 minute. Remove from stove and stir in gelatin. Pour into 5-quart plastic container. Add remaining ingredients. Mix well, cover and freeze. Three hours before serving, remove from freezer. When soft, break up with spoon and fluff with electric mixer.

Clarice Roghair, Okaton

Texas Caviar

1 can shoepeg corn
1 can pinto beans
1 can black-eyed peas
1 small jar pimento
1 red pepper, chopped
1 green pepper, chopped
1 jalapeno pepper, chopped
1 medium onion, chopped
Cilantro, to taste
1 cup sugar
3/4 cup apple cider
1/2 cup olive oil
1/2 tsp. salt
1/2 tsp. pepper
Scoop chips

Drain and rinse corn, beans, peas and pimento. Combine sugar, cider, oil, salt and pepper. Mix together all vegetables and marinate in dressing. Serve with chips.

Brad James, Vermillion

Country Ham and Swiss Dip

1 cup milk
1 pkg. McCormick® Pork Gravy Mix
1 (8 oz.) container whipped cream cheese
1/4 cup mayonnaise
1 T. yellow mustard
1 cup cubed ham
1/2 cup shredded Swiss cheese
Pickle chips, optional
Sliced baguette or crackers

Gradually stir milk into gravy mix with whisk in medium saucepan. Stirring frequently, cook on medium heat until gravy comes to boil. Reduce heat and simmer 1 minute. Stir in cream cheese, mayonnaise, mustard and ham. Spread mixture in glass pie plate sprayed with no stick cooking spray. Sprinkle with cheese. Top with pickles, if desired. Bake at 350°F. for 20 minutes or until cheese is melted. Serve with sliced baguette or crackers. Makes 16 servings, 2 T. each.

Nutritional Information Per Serving: Calories 95, Total Fat 7g, Saturated Fat 7g, Cholesterol 21mg, Sodium 323mg, Carbohydrates 4g, Dietary Fiber 0g, Protein 4g

Pictured, Cooperative Connections

Dried Beef Log

1 (8 oz.) pkg. cream cheese, softened
1/4 cup grated Parmesan cheese
1 T. prepared horseradish
1/3 cup chopped green olives
1-1/2 oz. dried beef, finely snipped
Crackers

Blend cream cheese, Parmesan cheese and horseradish. Mix in olives. On waxed paper, shape mixture into 2 6-inch rolls. Wrap and chill several hours or overnight. Roll in snipped beef. Slice and serve with crackers.

Tina Haug, Pierre

Tortilla Pinwheels

1 (8 oz.) container sour cream
1 (8 oz.) pkg. cream cheese, softened
1 (4 oz.) can diced green chili's, drained
1 (4 oz.) can diced black olives
1 (2 oz.) can diced jalapeno's
1 cup grated Cheddar cheese
1/2 cup chopped green onion
Garlic salt to taste
8 to 10-inch tortilla shells
Salsa, if desired for topping or dipping

Mix thoroughly all filling ingredients. Divide filling and spread evenly over tortilla shells. Roll up tortillas. Place on individual pieces of plastic wrap and roll tightly. Refrigerate overnight. Unwrap tortillas; cut in slices 3/4- to 1-inch thick. An electric knife works great for this. Lay pinwheels flat on plate to serve. Top each pinwheel with a small amount of salsa, if desired.

Monica Johnson, Marion

Please send your favorite casserole, dairy or dessert recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Comforting Casseroles



Ham and Pasta

1 (16 oz.) pkg. elbow macaroni
4 cups fresh broccoli florets
1/2 cup finely chopped onions
1/2 cup butter, cubed
1/2 cup flour
1 tsp. ground mustard
1 tsp. salt
1/4 tsp. pepper
6 cups milk
1 (15 oz.) jar processed cheese sauce
2 cups (8 oz.) shredded Cheddar cheese, divided
4 cups cubed, fully cooked ham

Cook macaroni according to directions, adding broccoli during the last 3 to 4 minutes; drain. In a large Dutch oven, sauté onion in butter 2 minutes. Stir in flour, mustard, salt and pepper until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cheese sauce and 1 cup Cheddar cheese until blended; remove from heat. Stir in ham, macaroni and broccoli. Divide between a greased 9x13-inch pan and 8-inch square baking dish. Sprinkle with remaining cheese. Bake one and freeze the other. Cover and bake at 350°F. for 50 to 60 minutes or until bubbly. To use frozen casserole: Thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking.

Joane Beringer, Gettysburg

Green Bean Casserole

3 T. melted butter
2 T. flour
1 tsp. sugar
1/2 tsp. grated onion or 1/3 tsp. onion powder
1 tsp. salt
1/4 tsp. pepper
1 cup sour cream or light cream
3 cans cut green beans, drained
8 oz. grated Cheddar cheese
1/2 cup crushed corn flakes

Combine 2 T. butter with flour; mix over low heat until smooth. Remove from heat; add seasonings and cream. Fold in beans. Place in greased 8x10-inch baking pan. Top with grated cheese. Mix remaining butter with corn flakes; sprinkle on top. Bake at 350°F. for 30 to 45 minutes.

Belle Kvale, Lemmon

Quick Casserole

1 lb. ground beef
Onion
1 can vegetable soup
1 can SpaghettiOs

Brown ground beef with onion; drain. Combine all ingredients. Bake at 350°F. for 45 to 60 minutes. Sprinkle with Parmesan cheese, if desired.

Shirley Dreher, Clark

Cheesy Mexican Cornbread Casserole

1 lb. prepared cornbread, cut into 1/2-inch cubes
6 eggs
1-1/2 cups milk
1 cup sour cream
1 T. McCormick® Chili Powder
2 tsp. McCormick® Oregano Leaves
1/2 tsp. McCormick® Garlic Powder
1/2 tsp. McCormick® Chipotle Chili Pepper
1/2 tsp. salt
2 cups (8 oz.) shredded Mexican blend cheese, divided
1 can (14-1/2oz) petite diced tomatoes, drained
1 can (8-2/4 oz.) whole kernel corn, drained
1 can (4 oz.) chopped green chiles

Place cornbread in 9x13-inch baking dish sprayed with no stick cooking spray. Set aside. Beat eggs in large bowl with wire whisk. Add milk, sour cream and seasonings; mix well. Stir in 1-1/2 cups cheese, tomatoes, corn and chiles. Gently pour over cornbread. Sprinkle with remaining 1/2 cup cheese. Bake at 350°F. for 45 to 55 minutes or until center is set and edges are golden browned. Let stand 5 minutes before serving. Serve with additional sour cream, if desired. Makes 12 servings.

Nutritional Information Per Serving: Calories 275, Total Fat 15g, Sodium 653mg, Cholesterol 141mg, Carbohydrates 23g, Dietary Fiber 2g, Protein 12g

Pictured, Cooperative Connections

Jalapeno Popper Casserole

2 lbs. tater tots
2 (8 oz.) pkgs. cream cheese
1 cup sour cream
2 cups Mexican shredded cheese
1 lb. bacon, cooked and crumbled
6 green onions, thinly sliced
6 jalapeno peppers, deseeded and diced

Place tater tots in a 9x13-inch pan. Bake at 425°F. for 15 minutes. Combine cream cheese, sour cream, 1-1/2 cups cheese, bacon, onions and jalapenos; spread over tater tots. Top with the remaining cheese. Sprinkle bacon and onions over top, if desired. Bake for 20 minutes. Note: Prepackaged bacon pieces may also be used.

Kim Jost, Agar

Chicken Spaghetti Casserole

4 oz. spaghetti, broken into pieces
1 chicken, cooked and cut up
1 can cream of chicken soup
1/2 cup milk
1/4 cup pimento
1/4 cup minced green pepper
1 T. minced green onion
1 cup shredded Cheddar cheese

Cook spaghetti as directed on package. Combine with remaining ingredients. Place in greased casserole dish. Sprinkle with cheese, if desired. Bake at 350°F. for 35 minutes.

Mary Truman, Kimball

Please send your favorite dairy, dessert or salad recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Dairy Delicious



Blues Buster Smoothie

- 1 (6- oz.) container low-fat blueberry-flavored yogurt
- 1/2 cup apple juice
- 2/3 cup fresh or frozen blueberries
- 3 to 4 ice cubes

Combine all ingredients in a blender; blend until smooth and creamy.

Cortney Reedy, Tea

Easy Creamy Chicken Enchiladas

- 3 small chicken breasts or 2 large chicken breasts
- 2 (10.5 oz.) cans cream of chicken soup
- 3/4 cup sour cream
- 1/3 cup milk
- 1 (7 oz.) can chopped green chilies
- 1 small can sliced olives
- 2 cups shredded or grated Cheddar cheese
- 1 pkg. flour tortillas

Cook chicken breasts in crockpot until tender. Shred. Mix together cream of chicken soup, sour cream and milk; set aside. Prepare 9x13-inch pan. To the chicken, add chopped green chilies, olives and half of the soup mixture. Roll up chicken mixture in tortillas; 8 to 10 usually fit in a 9x13-inch pan. Spread remainder of soup mixture over all and top with Cheddar cheese. Bake at 350°F. for 35 to 40 minutes. If prepared in advance and refrigerated, bake for 50 to 55 minutes. Serve with sour cream and salsa, if desired.

Jane Ham, Rapid City

Coconut Cream Cheesecake Bars

- 84 Nilla wafers, divided
- 6 T. butter, melted
- 1 (8 oz.) pkg. cream cheese, softened
- 1 (8 oz.) container Cool Whip, thawed, divided
- 2 T. sugar
- 2 (3.4 oz) pkg. vanilla instant pudding
- 2-1/2cups cold milk
- 1-1/2cups coconut, toasted, divided

Reserve 24 wafers. Crush remaining wafers and then mix with butter. Press onto bottom of 9x13-inch pan. Refrigerate while preparing filling. Beat cream cheese and sugar with mixer until well blended. Whisk in 1 cup Cool Whip. Carefully spread over crust. Stand reserved wafers around edges. Beat pudding mix and milk with whisk in medium bowl for 2 minutes. Stir in 1 cup Cool Whip and 3/4 cup coconut; spread over cream cheese layer. Top with remaining Cool Whip and coconut. Refrigerate 5 hours.

Gail Lee, Brookings

No Bake Cookie Dough Ice Cream Sandwich

- 1/2 cup creamy peanut butter
- 1/3 cup butter, softened
- 2/3 cup confectioners' sugar
- 1/3 cup firmly packed brown sugar
- 2 tsp. McCormick® Pure Vanilla Extract
- 1-1/4 cups vanilla wafer crumbs (about 35 vanilla wafers)
- 1 cup miniature chocolate chips
- 4 cups vanilla ice cream, softened

Mix peanut butter and butter in large bowl until well blended. Add sugars and vanilla; stir until blended and smooth. Stir in vanilla wafer crumbs and chocolate chips. Line a 8-inch square pan with foil, with ends of foil extending over sides of pan. Press 1/2 of the dough into an even layer. Pat remaining dough on parchment or wax paper into 8-inch square. Gently spread ice cream over layer in pan. Flip 8-inch square layer onto top of ice cream. Peel back parchment paper. Cover with foil. Freeze 3 hours or until firm. Let stand at room temperature 2 to 3 minutes to allow ice cream to soften slightly. Cut into 16 bars. Wrap each in plastic wrap. Store in freezer.

Nutritional Information Per Serving: Calories 305, Total Fat 17g, Sodium 118mg, Cholesterol 21mg, Carbohydrates 33g, Dietary Fiber 2g, Protein 5g

Pictured, Cooperative Connections

Spam Hotdish

- 2 cups macaroni, cooked
- 2-1/2 cups milk
- 1/4 cup butter, melted
- 1/2cup bread crumbs
- 4 eggs, well beaten
- 1 can cream of mushroom soup
- 1/2 green pepper, diced
- 1 medium onion, diced
- 1/4 lb. Velveeta, cubed
- 1 can Spam, cubed

Combine macaroni, milk, butter, bread crumbs, eggs and cream of mushroom soup. Add green pepper, onion, cheese and Spam. Pour into casserole dish. Bake at 350°F. for about 1 hour or until bubbly. If time is of the essence, casserole can be heated thoroughly in microwave before putting in the oven and then cut baking time in half.

Leann Fredrickson, Aberdeen

Crab Dip

- 1 (16 oz.) container sour cream
- 1 (8 oz.) pkg. cream cheese, softened
- 1 pkg. ranch dressing mix
- 1 bunch green onions, chopped
- 1 pkg. slivered almonds
- 1 pkg. imitation crab, chopped
- 2 cups shredded cheese

Mix together sour cream, cream cheese and ranch dressing mix. Add remaining ingredients. Chill. Serve with assorted chips or crackers.

Pam Hofer, Carpenter

Please send your favorite dessert, salad or garden produce recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Delectable Desserts



Easy Cake Dessert

1 spice cake mix
1 can apple pie filling
3 eggs
6 T. sugar
2 tsp. cinnamon
1/2 cup chopped nuts

Combine spice cake mix, apple pie filling and eggs. Pour half the batter into a 9x13-inch greased pan. Mix together sugar and cinnamon; sprinkle half over batter. Add remaining batter; top with sugar mixture and nuts. Bake at 350°F. for 30 to 35 minutes. Top with ice cream or whipped cream.

Carolyn Saugstad, Alcester

Bourbon Peach Cobbler

2-1/4 cups plus 1 T. flour, divided
2/3 cup plus 1/2 cup sugar, divided
2 (16 oz.) bags frozen peaches, 6 cups
8 T. bourbon, divided
1 T. baking powder
12 T. butter
3/4 cup half-and-half
1 large egg

Butter bottom and sides of 9x13-inch baking dish. Combine 1 T. flour, 2/3 cup sugar, 4 T. bourbon and peaches in a medium bowl. Spread mixture evenly in bottom of baking dish. Whisk together remaining flour, sugar and baking powder. Melt butter in a medium bowl. Mix in half-and-half, egg and remaining bourbon. Stir the butter mixture into the dry mixture (add cinnamon if desired) and whisk until smooth. Drop dollops of batter over peaches evenly. Bake at 375°F. for 50 minutes or until top is golden and toothpick inserted into center comes out clean. Serve with ice cream.

Cortney Reedy, Tea

Raspberry Poke Cake

1 white cake mix
1 (3 oz.) pkg. raspberry jello
1 (8 oz.) container whipped topping
1 cup hot water
1 (3 oz) carton raspberry yogurt
2 (10 oz.) boxes fresh raspberries

Prepare and bake cake according to package directions in a 9x13-inch pan. Remove from oven and poke holes in cake while warm with a wooden spoon handle or knife handle. Mix together jello and water, stirring until jello is dissolved. Pour over holes in cake. Cool. Mix whipped topping and yogurt together until blended; gently fold in raspberries. Spread evenly on cake. Refrigerate.

Barbara Angerhofer, Hendricks, MN

S'mores Pie

Graham Cracker Crust:
1-1/2 cups graham cracker crumbs
7 T. butter, melted
1/3 cup sugar

Filling:
3/4 cup heavy cream
6 oz. semi-sweet chocolate, chopped
2 tsp. McCormick® Ground Cinnamon
1 T. plus 1 tsp. McCormick® Extra Rich Pure Vanilla Extract, divided
1 (7 oz.) jar marshmallow creme
4 oz. (1/2 package) cream cheese, softened
1 (8 oz.) container whipped topping

For the crust, mix all ingredients in medium bowl. Press into bottom and up sides of 9-inch pie plate. Set aside. For the filling, bring cream just to boil in small saucepan. Pour over chocolate in medium heatproof bowl. Let stand 1 minute then stir until smooth. Stir in cinnamon and 1 tsp. of the vanilla. Pour into prepared crust. Refrigerate 30 minutes or until chocolate is firm. (Freeze 15 minutes for faster chilling.) Beat marshmallow creme, cream cheese and remaining 1 T. vanilla in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping until well blended. Spread evenly over chocolate layer in crust. Refrigerate at least 2 hours or until ready to serve. Garnish with chocolate curls or toasted marshmallows, if desired. Yield: 8 servings

Nutritional Information Per Serving: Calories 600, Total Fat 36g, Sodium 267mg, Cholesterol 75mg, Carbohydrates 65g, Dietary Fiber 2g, Protein 4g

Pictured, Cooperative Connections

Easy Rhubarb Dessert

1 cake mix (strawberry, white, yellow or lemon)
3 cups sliced rhubarb
1 cup chopped walnuts, divided
3/4 cup brown sugar

Prepare cake mix according to package directions. Fold in rhubarb and 1/2 cup chopped walnuts. Pour into a greased 9x13-inch glass pan. Sprinkle top with brown sugar and remaining walnuts. Bake at 325°F. for 30 to 40 minutes. Serve with lemon sauce, whipped topping or just plain.

Elaine Rowett, Sturgis

French Coconut Pie

4 T. butter
2 eggs
1 T. all-purpose flour
3/4 cup sugar
1 cup milk
1 cup or 3-1/2 oz. can shredded coconut
1 9-inch unbaked pie shell

In a large bowl, combine melted butter, eggs, flour, sugar, milk and coconut. Pour into pie shell. Bake at 400°F. until firm, about 45 to 60 minutes.

Lynn Holzerland, Waubay

Please send your favorite salad, garden produce or pasta recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Succulent Salads



Peach Jello Salad

1-1/2 cups crushed Ritz crackers
1/2 cup margarine, melted
3/4 cup plus 4 T. sugar, divided
2 (3 oz.) boxes peach jello
Juice from peaches plus water to equal 3 cups total
1 (29 oz.) can sliced peaches
1 (8 oz.) pkg. cream cheese, softened
1 T. milk
3/4 cup whipped topping

Mix cracker crumbs, margarine and 4 T. sugar together; press into a 9x13-inch pan. Bake at 350°F. for 10 minutes. Cool. Boil juice from peaches and water. Stir in jello to dissolve. Chill until slightly congealed. Cream together cream cheese, remaining sugar and milk. Fold in whipped topping. Spread on cooled crust. Lay peaches on top. Pour congealed jello over peaches. Chill until set.

Debbie Hinman, Carter

Coleslaw

6 to 7 cups chopped cabbage, carrots, red or green pepper, celery or onion
1/2 cup water
1/2 cup white wine vinegar
1 cup sugar

Place chopped vegetables in bowl. Boil water, vinegar and sugar; pour hot mixture over all. Refrigerate. Keeps up to 1 month in refrigerator.

Jan Nelson, Belle Fourche

Mom's Cranberry Salad

1 quart cranberries, grind when frozen
2 cups sugar
1 pkg. orange jello
1 cup hot water
1 cup ground celery
2 cups ground apples

Combine cranberries and sugar; let stand overnight. Dissolve jello in hot water; chill until thickened. Stir in cranberries, celery and apples. May substitute lemon jello.

Verna Nelson, Wakonda

Blueberry Salad

1 (21 oz.) can blueberry pie filling
1 can crushed pineapple, drained
1 can mandarin oranges, drained
1 (14 oz.) can sweetened condensed milk
1 (8 oz.) container Cool Whip

Combine all ingredients; refrigerate.

Alberta Olson, Piedmont

Greek Pasta Salad with Cucumber Yogurt Dressing

1/2 cup cucumber, peeled, seeded and diced
1/2 cup plain Greek nonfat yogurt
2 T. light mayonnaise
1 tsp. lemon juice
1 tsp. garlic powder
1 tsp. dill weed
1/2 tsp. oregano
1/2 tsp. Sicilian sea salt
8 oz. pasta, such as cellentani or gemelli
2 cups broccoli florets
1 cup heirloom cherry tomatoes, quartered
1/4 cup thinly sliced red onion
1/4 cup pitted Kalamata olives, quartered
2 T. crumbled feta cheese

For dressing, place cucumber, yogurt, mayonnaise, lemon juice, garlic powder, dill, oregano and sea salt in blender container; cover. Blend on high speed until smooth. Refrigerate until ready to use. For salad, cook pasta as directed on package, adding broccoli during the last 1 minute of cooking. Rinse under cold water; drain well. Place cooked pasta, broccoli, tomatoes and onions in large bowl. Add dressing; toss gently to coat. Top with olives and feta cheese. Serve immediately or refrigerate until ready to serve. Makes 8 servings

Nutritional Information Per Serving: Calories 151, Total Fat 3g, Sodium 274mg, Cholesterol 2mg, Carbohydrates 25g, Dietary Fiber 2g, Protein 6g

Pictured, Cooperative Connections

Shoestring Potato Salad

1 cup salad dressing
1/2 tsp. vinegar
Salt and pepper to taste
2 cups cooked, diced chicken
1 cup grated carrots
1 cup diced celery
1/2 diced green pepper
3 oz. slivered almonds
Shoestring potatoes

Mix together salad dressing, vinegar, salt and pepper. Add next 5 ingredients; refrigerate overnight. Just before serving, add shoestring potatoes.

Doris Miller, Brandon

Chicken Salad

1 cup mayonnaise
1 tsp. paprika
1 tsp. seasoned salt
1-1/2 cups dried cranberries
1 cup chopped celery
2 green onions, chopped
1/2 cup minced green pepper
1 cup chopped pecans
4 cups cubed, cooked chicken
Ground black pepper to taste

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, onion, bell pepper and pecans. Add chopped chicken; mix well. Season with black pepper to taste. Chill 1 hour.

Cortney Reedy, Tea

Please send your favorite garden produce , pasta or slow cooker recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Garden Goodness



Zucchini Cobbler

8 cups chopped, seeded and peeled zucchini
2/3 cup lemon juice
1 cup sugar
1 tsp. ground cinnamon
1/2 tsp. ground nutmeg

Crust:
4 cups all-purpose flour
2 cups sugar
1-1/2 cups cold butter, cubed
1 tsp. ground cinnamon

In a large saucepan over medium-low heat, cook and stir zucchini and lemon juice for 15 to 20 minutes or until zucchini is tender. Add sugar, cinnamon and nutmeg; cook 1 minute longer. Remove from heat; set aside. For crust, combine flour and sugar in a bowl; cut in butter until mixture resembles coarse crumbs. Stir 1/2 cup into zucchini mixture. Press half of remaining crust mixture into a greased 10x15-inch baking pan. Spread zucchini over top; crumble remaining crust mixture over zucchini. Sprinkle with cinnamon. Bake at 375°F. for 35 to 40 minutes or until golden and bubbly. Yield: 16-20 servings.

Jean Osterman, Wheaton, MN

Saucy Chicken and Asparagus

1-1/2 lbs. fresh asparagus spears, cut-up
4 boneless, skinless chicken breasts
2 T. cooking oil
1/2 tsp. salt
1/4 tsp. pepper
1 can cream of chicken soup
1/2 cup mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/2 cup shredded Cheddar cheese

Place asparagus in a greased 9-inch square baking dish. Brown chicken in oil; season with salt and pepper. Arrange chicken over asparagus. Mix soup, mayonnaise, lemon juice and curry powder. Pour over chicken. Cover and bake at 375°F. for 40 minutes or until chicken is tender and juices run clear. Sprinkle with cheese. Let set 5 minutes before serving.

Shirley Miller, Winfred

Refrigerator Pickles

7 cups sliced, unpeeled cucumbers
1 cup sliced onion
2 cups sugar
1-1/4 cups vinegar
1 T. non-iodized salt
1 T. celery seed

Layer cucumbers and onions in pint jars. Dissolve sugar, vinegar and salt over low heat. Stir in celery seed. Pour over cucumbers. Refrigerate 2 days; will keep for months in refrigerator.

Jane Ham, Rapid City

Cheesy Vegetable Spaghetti Pie

8 oz. spaghetti
1 T. olive oil
2 cups sliced fresh mushrooms
1/2 cup thinly sliced green bell pepper
1/2 cup thinly sliced onion wedges
1 1/2 cups thinly sliced zucchini
1 (14.5 oz.) can diced tomatoes, undrained
2 tsp. McCormick® Rosemary Leaves
1 tsp. McCormick® Garlic Powder
1 tsp. McCormick® Oregano Leaves
1 tsp. McCormick® Thyme Leaves
1/2 tsp. salt
8 eggs
1 (8 oz.) pkg. shredded mozzarella cheese (2 cups), divided

Cook spaghetti as directed on package. Drain well. Meanwhile, heat oil in large ovenproof skillet on medium-high heat. Add mushrooms, bell pepper and onion; cook and stir 5 minutes or until tender. Add zucchini, tomatoes, rosemary, garlic powder, oregano, thyme and salt; cook and stir 10 minutes until most of the liquid has evaporated. Beat eggs in large bowl. Add spaghetti and 1 cup of the cheese; mix well. Stir into vegetables in skillet. Cook on medium-low heat 5 minutes or until bottom is set. Sprinkle with remaining 1 cup cheese. Bake at 350°F. for 8 to 10 minutes or until center is just set and cheese is melted. Cut into 8 wedges to serve.

Nutritional Information Per Serving: Calories 306, Total Fat 14g, Sodium 500mg, Cholesterol 234mg, Carbohydrates 27g, Dietary Fiber 3g, Protein 18g

Pictured, Cooperative Connections

Sweet and Sour Onions

4 large onions
1/4 cup vinegar
1/4 cup butter
1/4 cup boiling water
1/4 cup sugar

Slice or chunk onions in baking dish. Mix remaining ingredients. Pour over onions. Bake at 300°F. for 1 hour or until onions are cooked through.

Elaine Rowett, Sturgis

Pepper Salad

1 small sweet onion
1 red pepper
1 yellow pepper
1 green pepper
1 orange pepper (when in season)
4 large tomatoes
1 pkg. Good Seasons Zesty Italian Dressing
1 (16 oz.) bottle Kraft Italian Dressing

Cut onion and peppers into 1-inch chunks. Marinate in Italian seasonings and dressing several hours or overnight. Add chunked tomatoes just before serving. May add sliced black olives if desired.

Caroline Bochman, Tyndall

Please send your favorite garden produce , pasta or slow cooker recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Pasta Perfection



Creamy Grilled Chicken Piccata

Chicken:
3 T. lemon juice
3 T. olive oil
1 T. minced garlic
1 tsp. salt
1/4 tsp. black pepper
1/2 tsp. basil
2 boneless chicken breasts

Pasta:
2 cups dried penne
2 T. butter
6 T. lemon juice
1 T. minced garlic
1/2 cup half & half
1/2 cup grated parmesan cheese
2 tsp. dried basil
2 T. capers

Combine first 6 ingredients and mix well. Place chicken and liquid mixture in Ziploc bag and marinate overnight. Grill when done. Cook penne according to package directions; drain, reserving 1/2 cup pasta water. In same saucepan, melt butter over medium heat. Whisk in lemon juice and garlic. Pour in half & half; whisk until hot. Add salt and pepper to taste. Add parmesan cheese, basil and capers; heat until cheese is melted. Check sauce consistency and add pasta water to loosen sauce if necessary. Toss in pasta.

PJ Hansel, Sherman

Bow Tie Pasta

2 lbs. ground beef
2 medium onions
1 (12 oz.) box bow tie pasta
1 jar Cheese Whiz
1 large jar Pace mild chunky salsa
1 (12 oz.) pkg. mozzarella cheese, shredded

Dice onions and fry with hamburger; drain well. Cook, rinse and drain pasta according to package directions. Stir Cheese Whiz and salsa together well. Combine all ingredients except mozzarella and place in a 9x13-inch pan. Top with mozzarella cheese. Bake at 350°F. for 45 minutes. Enjoy with Italian or garlic bread!

Trudy Moberg, Bruce

Pizza Macaroni

2 eggs
1 cup milk
2 cups cooked macaroni
2 lbs. ground beef, browned
1 onion
1 can pizza sauce
Shredded cheese

Beat together eggs and milk. Add to cooked macaroni; spread on greased cookie sheet. In a saucepan, combine hamburger, onion and pizza sauce; simmer a few minutes. Spread on macaroni mixture. Top with cheese. Bake at 350°F. for 20 minutes. Let set a few minutes before serving.

Kathleen Hahn, Lennox

Ham and Spinach Two-Cheese Pasta

2 oz. dried whole-grain penne pasta (2/3 cup)
1 (5 oz.) pkg. fresh baby spinach
2 tsp. olive oil
1/2 cup chopped onion (1 medium)
1 T. all-purpose flour
1/2 tsp. McCormick® mustard, ground
1/2 cup evaporated fat-free milk
1/4 cup shredded reduced-fat Italian blend cheese
2 T. shredded Parmesan cheese
2 oz. low-sodium ham, cubed

In a medium saucepan, cook pasta according to package directions. Place spinach in a large colander in sink. Pour pasta over spinach in colander; drain well. Set aside. In same saucepan, heat oil over medium heat. Add onion; cook about 5 minutes or until tender. Stir in flour, mustard, and 1/2 teaspoon ground black pepper. Cook and stir for 1 minute. Add evaporated milk all at once. Cook and stir until slightly thickened. Cook and stir for 1 minute more. Stir in Italian blend cheese and half of the Parmesan cheese. Cook and stir until cheese melts. Stir in pasta mixture and ham; stir gently to coat. Divide mixture between 2 10-ounce ramekins or individual casserole dishes. Sprinkle with remaining Parmesan cheese. Bake at 400°F. about 10 minutes or until tops start to brown.

Nutritional Information Per Serving: Calories 332, Total Fat 4g, Sodium 571mg, Cholesterol 27mg, Carbohydrates 37g, Protein 23g

Pictured, Cooperative Connections

Lasagna

8 oz. lasagna noodles
1 lb. ground beef
2/3 (28 oz.) jar spaghetti sauce
2 lbs. ricotta cheese
1/2 cup grated Romano cheese
1 egg
1/4 C. dried basil
1 clove garlic
1 (8 oz.) pkg. sliced pepperoni sausage
8 oz. mozzarella cheese, shredded

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Brown hamburger; drain. In a saucepan, heat spaghetti sauce. In a medium bowl, stir together ricotta cheese, Romano cheese, egg, basil and garlic. Coat bottom of a 9x13-inch baking dish with sauce. Place 3 or 4 noodles in bottom of pan, overlapping edges; cover with sauce. Spread half of the ricotta mixture over noodles. Cover ricotta with half hamburger, half pepperoni slices and 1/4 of mozzarella cheese. Repeat sauce, noodles, ricotta, meat and cheese layers. Layer sauce and noodles again; pour remaining sauce over all, being sure to cover edges. Top with remaining mozzarella. Cover pan with foil and pierce 3 or 4 times with a fork to ventilate. Bake at 375°F. for 45 minutes. Remove foil and bake an additional 15 minutes to brown top.

Cortney Reedy, Tea

Please send your favorite slow cooker, holiday treat and soup recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Crockpot Creations



Slow Cooker Potato Casserole

- 2 lb. pkg. frozen hash brown potatoes, partially thawed
- 2 (10 oz.) cans Cheddar cheese soup
- 1 (13 oz.) can evaporated milk, undiluted
- 1 can French-fried onions
- Salt and pepper to taste

Combine potatoes, soup, milk and half the onions. Pour into a greased slow cooker. Add salt and pepper to taste. Cover and cook on LOW 8 or 9 hours or on HIGH for 4 hours. Sprinkle remaining onions over top before serving.

Carolyn Saugstad, Alcester

Slow Cooker Corn

- 2 (16 oz.) bags frozen corn
- 1 (8 oz.) pkg. cream cheese
- 1 stick butter
- 2 T. sugar
- 2 T. water

Place frozen corn in slow cooker. Cut cheese and butter into small cubes. Add to corn with sugar and water. Cook on HIGH for 45 minutes. Stir with a wooden spoon. Turn to LOW for 3-1/2 hours, stirring occasionally.

Shirley Miller, Winfred

Slow Cooker Whole Chicken

- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. each cayenne pepper, thyme, onion powder and white pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 large roasting chicken

In a small bowl, combine spices. Place frozen chicken in slow cooker. Pour seasonings over chicken. Do not add any liquid. Cook on LOW 4 to 8 hours.

Teresa Affeldt, Box Elder

Sweet and Sour Pork

- 1-1/2 to 2 lbs. pork steak, cut into strips
- 2 T. canola oil
- 1 large onion, sliced
- 1 large green pepper, cut into strips
- 1 (4 oz.) can mushroom pieces
- 1 (8 oz.) can tomato sauce
- 1 cup brown sugar
- 2 T. vinegar or Worchestershire sauce
- 1-1/2 tsp. salt
- 1 (10 oz.) jar sweet & sour sauce

Brown pork in oil; drain. Place all ingredients into slow cooker. Cover and cook on LOW 6 to 8 hours. May serve over rice or noodles.

Patricia Hopkins, Central City, Neb.

Slow Cooker Chocolate Pecan Pie Cake

- 1 pkg. (2-layer size) chocolate cake mix
- 2 tsp. McCormick® Cinnamon, Ground
- 1 T. plus 2 tsp. McCormick® Pure Vanilla Extract, divided
- 2 cups chopped pecans
- 1-1/2 cups light corn syrup
- 1-1/2 cups firmly packed brown sugar
- 1/2 cup (1 stick) butter, melted

Spray inside of 6-quart slow cooker with no stick cooking spray. For the Chocolate Cake, prepare cake batter as directed on package, stirring in cinnamon and 2 tsp. vanilla. Pour into greased slow cooker. Place towel over slow cooker and cover with lid. Cook 2 hours on LOW or until cake is almost set. For the Pecan Pie Topping, sprinkle pecans over cake. Beat remaining ingredients with wire whisk until smooth. Slowly pour over pecans. Cover. Cook 10 minutes longer on LOW. Turn off slow cooker. Carefully remove slow cooker insert and place on wire rack. Cool 20 minutes before serving. Serve with vanilla ice cream, if desired.

Nutritional Information Per Serving: Calories 580, Total Fat 28g, Saturated Fat 7g, Sodium 377mg, Cholesterol 57mg, Carbohydrates 78g, Dietary Fiber 2g, Protein 4g

Pictured, Cooperative Connections

Thyen Family Slow Cooker Dressing

- 1/2 cup parsley
- 1 cup diced onions
- 2 (8 oz.) cans mushrooms
- 2 cups diced celery
- 1 cup butter
- 12 to 13 cups of bread crumbs
- 1-1/2 tsp. sage
- 1 tsp. poultry seasoning
- 1 tsp. thyme
- 4-1/2 cups chicken broth
- 2 eggs, well beaten

Saute first 4 ingredients in butter. Combine bread crumbs, sage, poultry seasoning and thyme. Mix together all ingredients. Put in slow cooker on HIGH for 45 minutes. Reduce heat to LOW for 4 to 8 hours.

Emily Luikens, Tea

Morning Slow Cooker Casserole

- 1 (2 lb.) bag frozen hash brown potatoes
- 1 lb. diced, cooked and drained bacon or ham
- 3/4 cup diced onions
- 1 green pepper, chopped
- 1 cup shredded cheese
- 12 eggs
- 1 cup milk
- 1 tsp. salt
- Pepper to taste

Place layer of frozen hash browns on bottom of slow cooker. Layer 2 or 3 times the bacon, onions, green peppers, cheese and hash browns; ending with cheese on top. Beat eggs, milk, salt and pepper. Pour over all; cover. Cook on LOW for 10 to 12 hours.

Elaine Rowett, Sturgis

Please send your favorite holiday treat, soup and brunch recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Reader **Recipes**

Holiday Favorites



Can't Fail Caramels

2 cups sugar
1 cup firmly packed brown sugar
1 cup light corn syrup
1 cup heavy cream
1 cup milk
1 cup butter or margarine
4 tsp. vanilla

Combine first 6 ingredients. Cook slowly, stirring constantly to 248°F. or when small quantity dropped in cold water forms a firm ball; remove from heat. Add vanilla. Pour into a greased 8x8x2-inch pan; cool. When firm, place on board and cut into squares. Wrap each square in waxed paper.

Judy Jensen, Langford

Church Window Cookies

1 (12 oz.) pkg. chocolate chips
1 pkg. colored miniature marshmallows
1 stick butter
1 small pkg. chopped walnuts
Coconut

Melt together chocolate chips and butter; let cool until barely warm. In a large bowl, mix together marshmallows and walnuts. Add chocolate mixture and stir. Pour half of mixture onto a piece of foil sprinkled with coconut. Shape into log by rolling in coconut. Wrap and refrigerate until set. Repeat with other half of mixture. Unwrap to slice.

Donna Holland, Sioux Falls

Krazy Corn

1 bag hulless puff corn
1/2 cup butter
1 cup brown sugar
1/2 cup corn syrup
1/2 tsp. salt
1/2 tsp. vanilla
1/2 tsp. baking soda

Place puff corn in a large roaster pan. Bring to a boil butter, brown sugar, corn syrup and salt. Boil on low 5 minutes without stirring; remove from heat. Stir in vanilla and baking soda. Pour over puff corn. Bake at 250°F. for 1 hour, stirring every 15 minutes. Spread out onto wax paper to cool.

Alana Neville, Milesville

Cowboy Christmas Biscuits

4 cups Bisquick
1 cup cultured sour cream
1 cup 7-Up
1/2 cup butter

Gently stir together the first 3 ingredients just enough to moisten. Melt butter in bottom of a 9x13-inch pan. Pat dough out in pan. Before baking, cut into 12 to 15 biscuit squares. Bake at 425°F. for 15 to 20 minutes. Serve warm.

Jane Ham, Rapid City

Chocolate Fudge

1 (8 oz.) pkg. semi-sweet baking chocolate
1 (8 oz.) pkg. cream cheese, softened
3 cups confectioners' sugar
1 T. McCormick® Pure Vanilla Extract
1/2 cup toasted chopped walnuts

Line an 8-inch square pan with foil, allowing foil to extend over sides of pan. Spray with no stick cooking spray. Melt chocolate as directed on package. Beat cream cheese in large bowl with electric mixer until smooth. Gradually beat in sugar on low speed until well blended. Add melted chocolate and vanilla; mix well. Stir in chopped nuts. Spread evenly in prepared pan. Refrigerate at least 1 hour or until firm. Use foil to lift out of pan onto cutting board. Cut into 25 squares or triangles. Store in refrigerator.

Nutritional Information Per Serving: Calories 155, Total Fat 7g, Sodium 29mg, Cholesterol 10mg, Carbohydrates 21g, Dietary Fiber 1g, Protein 2g

Pictured, Cooperative Connections

Mystery Bars

40 soda crackers
1 cup butter or margarine
1 cup packed brown sugar
2 cups milk chocolate chips

Line a 15-in. x 10-in. x 1-in. baking pan with foil and coat with cooking spray. Place crackers in rows on foil. In a saucepan, melt butter; add brown sugar and bring to a boil. Boil for 3 minutes. Pour over crackers and spread until completely covered. Bake at 350°F. for 5 minutes or until crackers float and bubble. Spread chocolate chips over hot bars. Let set for a minute. Spread the chocolate evenly. Cut while still warm.

Verna Nelson, Wakonda

Indoor S'mores

2/3 cup light corn syrup
2 T. butter
1 (12 oz.) pkg. real milk chocolate chips
1 tsp. vanilla
1 (10 oz.) pkg. Golden Grahams cereal (about 8 cups)
3 cups miniature marshmallows

Butter a 9x13-inch baking pan. In a 3-quart saucepan, heat corn syrup, butter and chocolate chips just to boiling, stirring constantly; remove from heat. Stir in vanilla. Pour over cereal in large mixing bowl; toss quickly until completely coated with chocolate. Fold in marshmallows, 1 cup at a time. Press mixture evenly in pan with back of buttered spoon. Let stand until firm, at least 1 hour. Cut into 1-1/2 inch squares – makes approximately 48 squares.

Carlene Barber, Pierre

Please send your favorite soup, brunch and seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2018 Reader Recipes

January

Kettle Creations

1. Chicken Rice Soup
2. Beef and Barley Soup
3. Shamrock Soup
4. Potato-Sweet Pea Soup

February

Bountiful Brunch

1. Butter Brickle Bread
2. Cornmeal Waffles
3. Quinoa Oatmeal
4. Breakfast Tot Casserole
5. Brunch Baked French Toast

March

Seafood Sensations

1. Seafood Quiche
2. Broiled Salmon with Lemon
3. Freeze Ahead Crab Appetizers
4. Spaghetti Squash Shrimp Lo Mein

April

Appetizers and Beverages

1. Jalapeno Poppers
2. Mocha Freeze
3. Triple Berry Special
4. Southwest Chili Cups
5. Orange Julius

May

Comforting Casseroles

1. Quesadilla Casserole
2. Ham and Cauliflower Casserole
3. Chicken Crescent Casserole
4. Jalapeno Tater Tot Casserole

June

Dairy Delicious

1. Cream Cheese Chicken Taquitos
2. Crunchy Ice Cream Bars
3. Strawberry Cheesecake Pie
4. Lemon Ginger Blueberry Muffins
5. Cowboy Caviar

July

Delectable Desserts

1. Rhubarb Dessert
2. Best Ever Chocolate Chip Cookies
3. Honey Bun Cake
4. Raspberry Almond Crumb Bars
5. Mother's Day Pie

August

Sensational Salads

1. Tzatziki Potato Salad
2. Pineapple Pretzel Salad
3. Chicken Salad
4. Make Ahead Rhubarb Salad
5. Fruit Salad

September

Garden Goodness

1. Cheesy Sausage and Potato Skillet Casserole
2. Zucchini Hot Dish
3. Sandi's Tomato Garden Salad
4. Apple Corn Bread Crisp

October

Perfect Pasta

1. Pasta Rings and Deviled Ham Salad
2. Hamburger-Macaroni Casserole
3. Easy Chicken Noodle Dish
4. Creamy Parmesa and Sun-dried Tomato Chicken Penne

November

Crock Pot Creations

1. 3-Bean Crockpot Casserole
2. Triple Chocolate Surprise
3. Juanita's Crockpot Peanut Clusters
4. Slow Cooker Chicken Rice Curry
5. Crockpot French Dip Sandwiches

December

Holiday Favorites

1. Holiday Streusel-topped Squash
2. Coconut Macaroons
3. Honey Chew Candy
4. Gingerbread Whoopie Pies with Lemon Crème



Kettle Creations

Chicken Rice Soup

1 T. oil

1 lb. boneless skinless chicken breasts

1 cup chopped onion

4-1/2 cups water

4 cups reduced-sodium chicken broth

1/2 tsp. minced garlic

1/4 tsp. thyme leaves

2 bay leaves

1/2 cup sliced carrots

1/2 cup sliced celery

1 package ZATARAIN'S® Yellow Rice

Heat oil in large saucepot or Dutch oven on medium-high heat. Add chicken; cook 3 minutes per side or until lightly browned. Remove chicken; set aside. Add onion to Dutch oven; cook and stir 3 minutes or until softened. Add water, chicken broth, garlic, thyme and bay leaves. Bring to boil. Add carrot, celery, Rice Mix and chicken. Reduce heat to low; simmer 10 minutes or until chicken is cooked through. Remove chicken; set aside to cool. Cover and simmer soup additional 20 minutes or until rice and vegetables are tender. Shred chicken and add to soup. Remove bay leaves before serving. Makes 10 (1 cup) Servings

Nutritional Information Per Serving: Calories 150, Total Fat 2g, Sodium 636mg, Cholesterol 27mg, Carbohydrates 27g, Protein 13g, Dietary Fiber 1g,

Pictured, Cooperative Connections

Beef and Barley Soup

3 lb. beef roast

32 oz. beef broth

1/2 cup diced celery

1/2 cup diced carrots

1 cup peeled and diced potatoes

1 cup water

1/8 tsp. thyme

Salt and pepper (to taste)

1/2 cup barley (quick)

Combine roast, broth and veggies in crock pot and turn on High. In bowl, combine water, thyme, salt and pepper. Pour mixture over roast. After about 6 hours, remove roast from crock pot. Trim fat and shred beef. Place shredded beef back in crock pot. Add barley. You may add more water if desired. Cook an additional hour on High.

Note: If freezing, freeze before adding barley. Barley can be added after soup thaws.

Melanie Eichmann, Canistota

Shamrock Soup

6 celery ribs, chopped

4 medium carrots, sliced

2 cups cubed peeled potatoes

5 cups water

3 cups diced cooked corned beef

2 cups chopped cooked cabbage

1 tsp. dill weed

1 tsp. salt

1 tsp. seasoned salt

1/2 tsp. pepper

In a large stock pot, bring celery, carrots, potatoes and water to a boil. Reduce heat, cover and simmer until tender, about 20 minutes. Add remaining ingredients. Cover and simmer an additional 15 to 20 minutes.

Patricia Hopkins, Central City, NE

Potato-Sweet Pea Soup

3 lb. bag petite red potatoes, unpeeled and chopped into 1/2-inch to 3/4-inch pieces

1 small onion, chopped

1 cup chopped or shredded carrots

1 (13 oz.) bag frozen sweet garden peas

1 tsp. salt

1/2 tsp. pepper

1 tsp. Season-All seasoned salt

3/4 cup powdered coffee creamer

3 T. butter

1 (12 oz.) can evaporated milk

4 to 5 strips bacon, cooked and crumbled

Boil potatoes, onion and carrots until almost done; add peas and continue boiling until tender. Drain water, reserving 3 cups. Add remaining ingredients except bacon. Reheat to a boil; add bacon.

Frankie Hofer, Rapid City

Please send your favorite bread/breakfast or seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Bountiful Brunch

Butter Brickle Bread

- 1 box butter pecan cake mix
- 1 pkg. instant vanilla pudding
- 3/4 cup water
- 3/4 cup oil
- 1 tsp. vanilla
- 4 eggs

Beat together first 5 ingredients. Add eggs, one at a time, beating after each egg. Pour into 2 greased, medium loaf pans. Bake at 350°F. for 35 to 40 minutes. Glaze with powdered sugar frosting, if desired.

Linda Rauscher, Aberdeen

Cornmeal Waffles

- 1-3/4 cup flour
- 1-1/4 cup cornmeal
- 1/2 tsp. salt
- 1 T. baking powder
- 2 eggs, beaten
- 2 cups milk
- 3 T. vegetable oil
- 1-1/2 tsp. vanilla

Whisk together dry ingredients. In separate bowl, beat eggs. Add milk, oil, and vanilla; whisk together. Pour wet mixture into dry mixture, whisking together. Bake on sprayed waffle iron.

Jane Ham, Rapid City

Quinoa Oatmeal

- 2 large eggs
- 1/2 cup brown sugar
- 1/3 cup butter, melted
- 1-1/2 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 1 tsp. almond extract
- 1-1/4 cups whole milk
- 1 cup quinoa, cooked and cooled
- 2 cups old-fashioned rolled oats
- 1 T. ground flax meal
- 1/4 cup sliced almonds

Spray a 9x9-inch baking pan. Whisk together eggs and brown sugar, removing all lumps Whisk in the remaining ingredients, except the quinoa, oats, flax and almonds – stir those in with a spoon. Cover and refrigerate at least 8 hours, preferably overnight. When ready to eat, remove dish from fridge and preheat oven to 350°F. Bake 40 to 45 minutes or until it is set and nicely browned. Let stand 5 minutes before slicing and serving. Serve with warmed milk.

Darcy Bracken-Marxen, Hermosa

Breakfast Tot Casserole

- 8 eggs
- 1/4 cup heavy cream
- 1 package McCormick® Good Morning Ultimate Egg Casserole Slow Cooker Breakfast Seasoning Mix
- 1 (32 oz.) bag frozen potato nuggets
- 2 cups shredded Cheddar cheese
- 8 oz. ground breakfast sausage, cooked and drained

Spray 6-quart slow cooker with no stick cooking spray. Mix eggs, cream and Seasoning Mix in large bowl with wire whisk until well blended. Place 1/2 of the potato nuggets in bottom of slow cooker. Pour in egg mixture. Sprinkle top with 1/2 cup of the cheese, then cooked sausage. Layer with remaining potato nuggets and cheese. Cover. Cook 2 -1/2 hours on HIGH or 5 hours on LOW. Makes 8 servings.

Nutritional Information Per Serving: Calories 502, Total Fat 34g, Saturated Fat 14g, Sodium 1,238mg, Cholesterol 234mg, Carbohydrates 31g, Protein 18g, Dietary Fiber 3g,

Pictured, Cooperative Connections

Brunch Baked French Toast

- 3 eggs, beaten
- 1 cup milk
- 1/4 tsp. salt
- 1/2 cup butter, softened
- 2/3 cup brown sugar
- 1 (16 oz.) loaf French bread, cut into 1-inch slices
- 2 tsp. ground cinnamon or to taste

Preheat oven to 350°F. Whisk eggs, milk and salt together in a bowl; pour into a shallow dish. Soak bread slices in egg mixture until saturated. Spread softened butter over the bottom of a 10x15-inch jelly roll pan. Sprinkle brown sugar over the butter. Arrange bread slices onto sugar in a single layer; sprinkle with cinnamon. Bake in preheated oven until beginning to firm, 25 to 30 minutes.

Cortney Reedy, Tea

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Seafood Sensations

Seafood Quiche

1 (6 oz.) can crab, salmon or tuna, drained

1 cup shredded Cheddar cheese

Onions

4 eggs

1 cup milk

1/2 tsp. salt

Pepper to taste

Fresh chives, optional

Paprika

Spray a 10-inch pie plate with vegetable cooking spray. Combine seafood, cheese and onions. Press into bottom and up sides of pie plate. Beat eggs, milk, salt and pepper; pour over all. Sprinkle with paprika, if desired. Bake at 350°F. for about 30 minutes or until eggs are set. Let set a few minutes before cutting.

Elaine Rowett, Sturgis

Broiled Salmon with Lemon

1 T. extra-virgin olive oil

1 tsp. grated lemon rind plus 1 T. fresh juice (from 1 lemon)

1 tsp. Worcestershire sauce

4 (6 oz.) center-cut salmon fillets (about 1-inch thick)

1/4 tsp. kosher salt

1/4 tsp. black pepper

Combine oil, rind, juice and Worcestershire sauce in a shallow dish. Place fillets, skin side up, in dish. Let stand 15 minutes. Preheat broiler with oven rack 6 inches from heat. Place fillets, skin side down, on a foil-lined baking sheet. Sprinkle with salt and pepper. Broil to desired degree of doneness, 8 to 10 minutes. Remove fillets from foil using a metal spatula.

Tina Haug, Pierre

Freeze Ahead Crab Appetizers

1 jar Old English cheese spread

1/2 c. soft butter

1/4 tsp. garlic salt/powder

1/2 tsp. seasoned salt

1 T. mayonnaise

1 (7 oz.) can crab meat

6 English muffins, separated

Mix first 5 ingredients together well; stir in crab. Spread on each half muffin. Cut each half muffin into 6 wedges. Place in ziplock bag and freeze. When ready to serve, don't thaw. Bake at 400°F. for 10 minutes.

Ginny Jensen, Volga

Spaghetti Squash Shrimp Lo Mein

1 spaghetti squash, (about 2-1/2 lbs.)

1/4 cup reduced sodium soy sauce

2 T. honey

2 tsp. McCormick® Garlic Powder, divided

1-1/4 tsp. McCormick® Ginger, Ground, divided

2 tsp. vegetable oil, divided

1-1/2 cups matchstick carrots

1 medium red bell pepper, thinly sliced

1 lb. shrimp, peeled and deveined

1/4 cup thinly sliced green onions

Cut spaghetti squash crosswise into 1-inch thick rings. Remove seeds. Place rings on microwavable plate. Pour 1/4 cup water in the plate. Cover with plastic wrap. Microwave on HIGH 7 minutes or until tender. Let stand in microwave 10 minutes. Carefully remove from microwave. Peel the skin off the squash, then shred the flesh, using fingers or a fork, into long thin strands. Place squash noodles in large bowl. Discard the skin. (Should yield about 5 cups of squash noodles.) Meanwhile, mix soy sauce, honey, 1-1/2 tsp. of the garlic powder and 1 tsp. of the ginger in small bowl until well blended. Set aside. Heat 1 T. of the oil in large skillet on medium-high heat. Add carrots and pepper; stir-fry 3 minutes. Add shrimp and sauce mixture; stir-fry 2 minutes or just until shrimp turn pink. Remove shrimp mixture from skillet. Heat remaining 1 T. oil in skillet on medium-high heat. Add squash noodles, remaining 1/2 tsp. garlic powder and 1/4 tsp. ginger; cook and stir gently 1 minute to heat through. Return shrimp mixture to skillet; toss gently with squash noodles. Remove from heat. Sprinkle with green onions. Makes 7 (1 cup) servings

Nutritional Information Per Serving: Calories 165, Total Fat 5g, Saturated Fat 1g, Sodium 479mg, Cholesterol 96mg, Carbohydrates 18g, Protein 12g, Dietary Fiber 3g,

Pictured, Cooperative Connections

Please send your favorite appetizer, beverage and casserole recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2018.

All entries must include your name, mailing address, telephone number and cooperative name.



Appetizers and Beverages

Jalapeno Poppers

18 fresh jalapenos cut in half (stems intact if possible), seeds and membrane cleaned out (wear gloves)

1 (8 oz.) pkg. cream cheese

2/3 cup grated Cheddar cheese

2 green onions, chopped

18 slices thin bacon, cut in halves

Bottled barbecue sauce

Toothpicks

Rubber gloves or plastic bags for working with the jalapenos

In a bowl, combine cream cheese, cheddar cheese and chopped green onion mixing gently. Stuff the pepper halves with the cheese mixture. Wrap bacon slices around each pepper half, covering as much of the surface as possible and do not stretch the bacon. Secure the bacon with a toothpick and then brush the surface of the bacon with barbecue sauce. Place on a cookie sheet lined with parchment paper. Bake at 275°F. for 1 hour or until bacon is done. Serve hot or room temperature.

Note: *These can be assembled a day in advance, kept refrigerated and then baked or baked, frozen and reheated prior to serving. Experiment with different cheeses or jellies instead of barbecue sauce.*

Judy Mendel, Doland

Mocha Freeze

2 cups vanilla ice cream, softened

1/4 cup cold strong coffee

1 T. chocolate syrup

1/2 cup crushed ice

Combine ingredients in blender; blend well. Makes 4 servings.

Becki Hauser, Tripp

Triple Berry Special

1 cup frozen strawberries

1 cup raspberries

1 cup blueberries

1 cup milk

1/2 cup buttermilk

1-1/2 cups strawberry yogurt

2 T. honey

2 T. flax meal

Combine ingredients in blender; blend well.

Hannah Schoenfelder, Cavour

Southwest Chili Cups

1/2 lb. lean ground beef

1 (15 oz.) can black beans, drained and rinsed

1 (8 oz.) can tomato sauce

4 tsp. McCormick® Chili Powder

2 tsp. McCormick® Oregano Leaves, finely crushed, divided

1 tsp. McCormick® Garlic Powder

2 (8 oz. each) pkgs. corn muffin mix

1 cup shredded Cheddar cheese

3/4 cup sour cream

1/4 cup thinly sliced green onions

Brown beef in large skillet on medium-high heat. Drain fat. Add beans, tomato sauce, chili powder, 1 tsp. oregano and garlic powder; mix well. Bring to boil. Reduce heat to low; simmer 5 minutes. Prepare corn muffin mix as directed on package, adding remaining 1 tsp. oregano. Spoon batter into 12 greased and floured or paper-lined muffin cups, filling each cup 2/3 full. Spoon beef mixture into each cup, gently pressing into batter. Sprinkle with cheese. Bake at 400°F. for 12 minutes or until edges of muffin cups are golden. Cool 5 minutes in pan on wire rack. Top each cup with sour cream and green onions. Makes 12 servings.

Nutritional Information Per Serving: Calories 317, Total Fat 13g, Sodium 659mg, Cholesterol 67mg, Carbohydrates 38g, Protein 12g, Dietary Fiber 3g

Pictured, Cooperative Connections

Orange Julius

1/2 cup water

1/2 cup milk

1/3 cup frozen orange juice

1 T. sugar

1/4 tsp. vanilla

6 ice cubes

Combine ingredients in blender; blend well.

Fay Swenson, Rapid City

Please send your favorite casserole, dairy and dessert recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Comforting Casseroles

Photo courtesy: McCormick

Quesadilla Casserole

1 lb. ground beef
1/2 cup chopped onion
2 (8 oz. each) cans tomato sauce
1 (15 oz.) can black beans, drained and rinsed
1 (8-3/4 oz.) can whole kernel corn, undrained
1 (4-1/2 oz.) can chopped green chiles, undrained
2 tsp. chili powder
1 tsp. ground cumin
1 tsp. garlic, minced
1/2 tsp. oregano leaves
1/2 tsp. crushed red pepper
6 (8-inch) flour tortillas
2 cups shredded Cheddar cheese

Brown beef and onion in large skillet on medium-high heat; drain. Add tomato sauce, beans, corn and green chiles; mix well. Stir in all seasonings. Bring to boil. Reduce heat to low; simmer 5 minutes. Spread 1/2 cup of the beef mixture on bottom of 9x13-inch baking dish sprayed with no stick cooking spray. Top with 3 of the tortillas, overlapping as needed. Layer with 1/2 of the remaining beef mixture and 1/2 of the cheese. Repeat with remaining tortillas, beef mixture and cheese. Bake at 350°F. for 15 minutes or until heated through. Let stand 5 minutes before serving. Makes 8 servings.

Nutritional Information Per Serving: Calories 391, Total Fat 19g, Sodium 950mg, Cholesterol 63mg, Carbohydrates 31g, Protein 24g, Dietary Fiber 4g

Pictured, Cooperative Connections

Ham and Cauliflower Casserole

4 cups chopped fresh cauliflower
1/4 cup butter, cubed
1/3 cup flour
2 cups milk
1 cup shredded Cheddar cheese
1/2 cup sour cream
2 cups cubed cooked ham
1 (4 oz.) can mushrooms, drained

Topping:

1 cup soft bread crumbs
1 T. butter, melted

In a large saucepan, cover cauliflower with water. Bring to a boil. Reduce heat; cover and simmer for 5 to 10 minutes or until tender. Meanwhile, in another large saucepan, melt butter; stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir until thickened. Remove from heat. Stir in cheese and sour cream until melted. Drain cauliflower. In large bowl, combine cauliflower, ham and mushrooms. Add cheese sauce and toss to coat. Transfer to a greased 2-quart baking dish. Combine topping ingredients; sprinkle over casserole. Bake, uncovered, at 350°F. for 40 to 45 minutes.

Rebecca Hauser, Tripp, S.D.

Chicken Crescent Casserole

4 cups cubed cooked chicken or turkey
1 can cream of chicken soup
1 can cream of celery soup
1 (8 oz.) can sliced water chestnuts, drained
1 (4 oz.) can mushroom stems and pieces, drained
2/3 cup mayonnaise
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup sour cream
1 (8 oz.) can refrigerated crescent rolls
6 oz. shredded Swiss or American cheese
2 to 4 T. butter, melted

In a large saucepan, combine first 9 ingredients. Cook over medium heat until hot and bubbly. Pour into an ungreased 12x8-inch baking dish. Place rolls on top of hot chicken mixture. Combine cheese and butter; spread over rolls. Bake at 350°F. for 20 to 25 minutes or until crust is deep golden brown. ***Variation:*** *Substitute 4 cups of imitation crabmeat for the chicken or turkey and 1 can cream of shrimp soup in place of the cream of chicken soup.*

Mary Crane, Mitchell, S.D.

Jalapeno Tater Tot Casserole

1 (2 lb.) bag tater tots
2 (8 oz.) pkgs. cream cheese, softened
1 cup sour cream
2 cups Mexican Cheddar jack shredded cheese, divided
1 lb. bacon, cooked and crumbled
6 jalapeno peppers, deseeded and diced
6 green onions, thinly sliced

Line a casserole dish with tater tots. Bake at 425°F. for 15 minutes. In a medium bowl, combine cream cheese, sour cream, 1 cup Cheddar jack cheese, bacon (reserve some for topping), diced jalapeno peppers and sliced onions (save a few for the top). Stir to thoroughly combine ingredients. Spread the jalapeno mixture over the tater tots. Top with remaining cup of cheese. Sprinkle with reserved bacon pieces and onion. Bake for 20 minutes. Serves 12.

Sandi Litschewski, Spearfish, S.D.

Please send your favorite dairy, dessert and salad recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Dairy Delicious

Cream Cheese Chicken Taquitos

- 2 boneless chicken breasts
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 (8 oz.) pkg. cream cheese
- 1/3 cup water
- 1/2 cup shredded cheese
- 12 6-inch flour tortillas

Place chicken, chili powder, garlic powder, cumin, cream cheese and water in crock pot. Cover and cook on LOW for 8 hours or 4 hours on HIGH. Place 1/4 cup of the chicken mixture into each tortilla. Top with 1 to 2 T. shredded cheese. Roll tightly and place in a single layer on greased baking sheet. Bake at 400°F. for 10 minutes or until tortillas are slightly browned and cheese is melted.

Cortney Reedy, Tea, S.D.

Crunchy Ice Cream Bars

- 1/2 cup light corn syrup
- 1/2 cup peanut butter, creamy or chunky
- 4 cup Kellogg's Cocoa Krispies
- 1 pint ice cream

Mix corn syrup thoroughly with peanut butter. Pour over Cocoa Krispies and stir until well coated. Press mixture into a 9x13-inch buttered pan. Place in freezer to firm up. Cut into 12 3-inch squares. Place a slice of ice cream between 2 squares. Cut each square into 2 bars. Wrap individually in foil and keep in freezer until needed.

Cindy Reu, Luverne, Minn.

Strawberry Cheesecake Pie

- 2 cups sliced fresh strawberries
- 1/4 cup chopped almonds
- 1 T. sugar
- 1 9-inch graham cracker crust
- 1 (8 oz.) pkg. cream cheese, softened
- 2 cups cold milk, divided
- 1 (3.4 oz) pkg. instant vanilla pudding

In a bowl, combine strawberries, almonds and sugar. Pour into crust. In a mixing bowl, beat cream cheese until smooth; gradually add 1/2 cup milk. Add pudding mix and remaining milk. Beat for 1 minute or until blended; pour over strawberries. Cover and refrigerate for 2 hours or until set.

Stephanie Fossum, Hudson, S.D.

Lemon Ginger Blueberry Muffins

- 2 cups flour
- 2/3 cup sugar
- 1-1/2 tsp. baking powder
- 1 tsp. McCormick® ground ginger
- 1/2 tsp. baking soda
- 1 cup sour cream
- 1/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, lightly beaten
- 1 tsp. McCormick® pure lemon extract
- 1 cup blueberries

Lightly grease 12 muffin cups or line with paper baking cups. Set aside. Mix flour, sugar, baking powder, ginger and baking soda in large bowl. Mix sour cream, milk, oil, egg and lemon extract in medium bowl. Add to flour mixture; stir just until dry ingredients are moistened. (Batter will be thick and slightly lumpy.) Gently stir in blueberries. Spoon batter into prepared muffin cups, filling each cup 2/3 full. Bake at 400°F. 20 to 25 minutes or until toothpick inserted in center of muffins comes out clean. Serve warm. Makes 12 (1 muffin) servings.

Nutritional Information Per Serving: Calories 213, Total Fat 9g, Sodium 122mg, Cholesterol 29mg, Carbohydrates 30g, Protein 3g, Dietary Fiber 14g

Pictured, Cooperative Connections

Cowboy Caviar

- 2 cans Mexicorn
- 2 cups shredded Cheddar cheese
- 1 cup Miracle Whip
- 1 cup sour cream
- 1 can diced tomatoes and green chilies
- 6 green onions, chopped
- Fritos Scoops corn chips

Mix together all ingredients; serve with corn chips.

Jane Ham, Rapid City, S.D.

Please send your favorite dessert, salad and garden produce recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Delectable Desserts

Rhubarb Dessert

1 white cake mix
4 cups diced rhubarb
1 cup sugar
1 (3 oz.) pkg. strawberry jello
Whipped topping

Prepare cake according to package directions. Spread in a 9x13-inch pan. Layer rhubarb over cake batter. Sprinkle with sugar and dry jello. Bake at 350°F. for 35 to 40 minutes. Serve with Cool Whip.

Pam Hofer, Carpenter, SD

Best Ever Chocolate Chip Cookies

1 cup white sugar
1 cup brown sugar
2 cups butter-flavored Crisco
2 eggs
2 tsp. vanilla
2 tsp. baking soda
2 tsp. cream of tarter
2 tsp. baking powder
1 tsp. salt
3-1/2 cups flour
12 oz. chocolate chips

Cream together the first 5 ingredients; add next 5 ingredients. Stir in chocolate chips. Bake on air bake pan at 350°F. for 10 to 12 minutes. Let set a few minutes before removing from pan.

Sharon Sunvold, Renville, MN

Honey Bun Cake

1 yellow cake mix
4 eggs
2/3 cup vegetable oil
1 (8 oz.) container sour cream
1 cup brown sugar
1 T. cinnamon
Icing:
1-1/2 cups powdered sugar
3 T. butter, melted
2 T. milk (or to desired consistency)

Combine cake mix, eggs, oil and sour cream. Pour 1/2 of batter into a greased 9x13-inch pan. Mix together brown sugar and cinnamon; sprinkle over batter in prepared pan. Pour remaining batter over top of cinnamon mixture. Run a butter knife through to marble the batter. Bake at 350°F. for 45 minutes. Let cake set 5 minutes, then frost with icing. For icing, mix together powdered sugar, butter and milk; pour over cake. Let cool at least 30 minutes before serving.

Sheryl Fromm, Hartford, SD

Raspberry Almond Crumb Bars

2-1/2 cups flour
1/2 cup confectioners' sugar
1/2 cup granulated sugar
1/2 tsp. baking soda
1/2 tsp. salt
1 egg
1 tsp. McCormick® Pure Almond Extract
3/4 cup (1-1/2 sticks) cold butter, cut into chunks
1 cup raspberry preserves
1/2 cup sliced almonds

Mix flour, sugars, baking soda and salt in food processor until well blended. Add butter; pulse until mixture resembles coarse crumbs. Mix egg and almond extract in small bowl. Add to food processor while pulsing. Reserve 1/3 of crumb mixture for topping. Press remaining crumb mixture into an even layer in foil-lined 9x13-inch baking pan. Spread raspberry preserves over top. Sprinkle clumps of the reserved crumb mixture over preserves. Sprinkle with almonds. Bake at 350°F. 35 to 40 minutes or until edges are lightly browned. Cool in pan on wire rack. Cut into bars. Makes 24 servings.

Nutritional Information Per Serving: Calories 175, Total Fat 7g, Sodium 129mg, Cholesterol 23mg, Carbohydrates 26g, Protein 2g, Dietary Fiber 1g

Pictured, Cooperative Connections

Mother's Day Pie

1 cup sugar
2 T. all-purpose flour
1/4 tsp. salt
6 T. butter, melted
1 tsp. vanilla extract
3 eggs
1 (12 oz.) can evaporated milk
1 cup shredded coconut

In a medium bowl, combine sugar, flour and salt. Stir in butter and vanilla extract. Add eggs, one at a time, mixing well after each addition. Mix in evaporated milk followed by coconut. Pour into a greased and floured 9-inch pie plate or quiche pan. Bake at 325°F. for 35 to 40 minutes or until custard is nearly set and a knife inserted in center comes out clean. Let cool. Refrigerate before serving.

Joy Hagen, Webster, SD

Please send your favorite salad, garden produce and pasta recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Sensational Salads

Tzatziki Potato Salad

2 lbs. unpeeled Yukon Gold potatoes, cut into 1-inch cubes (about 6 cups)

3/4 cup (6 oz.) plain Greek-style yogurt

1/4 cup reduced fat sour cream

2 T. milk

1 T. lemon juice

2 tsp. honey

2 tsp. McCormick® Garlic Powder

1-1/2 tsp. McCormick® Oregano Leaves

1/2 tsp. McCormick® Black Pepper, Coarse Ground

1/2 tsp. Sea Salt from McCormick® Sea Salt Grinder

1 cup diced unpeeled, seeded cucumber

1/4 cup chopped red onion

Place potatoes in water to cover in large saucepan. Bring to boil on high heat. Reduce heat to low; simmer 10 to 12 minutes or until potatoes are fork-tender. Drain well. Cool completely. Mix yogurt, sour cream and milk in small bowl with wire whisk until well blended. Add lemon juice, honey and seasonings; mix until well blended. Place potatoes, cucumber and onion in large bowl. Add yogurt dressing; toss gently to coat well. Garnish with crumbled feta cheese, if desired. Cover. Refrigerate until ready to serve. Makes 10 (2/3 cup) servings.

Nutritional Information Per Serving: Calories 97, Total Fat 1g, Sodium 109mg, Cholesterol 3mg, Carbohydrates 18g, Protein 4g, Dietary Fiber 2g

Pictured, Cooperative Connections

Pineapple Pretzel Salad

1 stick butter

1 cup crushed pretzels

1 cup sugar, divided

1 (8 oz.) pkg. cream cheese

1 (12 oz.) container whipped topping

1 (20 oz.) can crushed pineapple, drained

Melt butter. Stir in pretzels and 1/2 cup sugar. Spread on 9x13-inch baking sheet. Bake at 350°F. for 7 minutes. Cool. Break into pieces and set aside. Beat together softened cream cheese and remaining 1/2 cup sugar. Stir in whipped topping and pineapple. Add pretzel mixture just before serving.

Beth Eickman, Salem, S.D.

Chicken Salad

1 chicken, roasted, deboned and diced

2 lbs. red grapes, washed and halved

2 cups diced carrots

2 cups diced celery

1 to 1-1/2 cups real mayonnaise

1 (9 oz.) can Pik-Nik Shoestring Potatoes

Mix together first 5 ingredients. Add shoestring potatoes just before serving. This looks lovely on a large leaf of lettuce.

Judy Mendel, Doland, S.D.

Make Ahead Rhubarb Salad

2 cups diced rhubarb

1/2 cup sugar

1 (3 oz.) pkg. strawberry gelatin

1 (3 oz.) pkg. cream cheese

1 cup chopped celery

3/4 cup chopped nuts

1 (8 oz.) container whipped topping

In a saucepan, cook rhubarb and sugar for 10 minutes; remove from heat. Stir in gelatin and cream cheese; cool. Add celery and nuts. Fold in whipped topping. Refrigerate overnight.

Elaine Rowett, Sturgis, S.D.

Fruit Salad

1 can peach pie mix

1 small can chunk pineapple, drained

2 bananas, sliced or diced

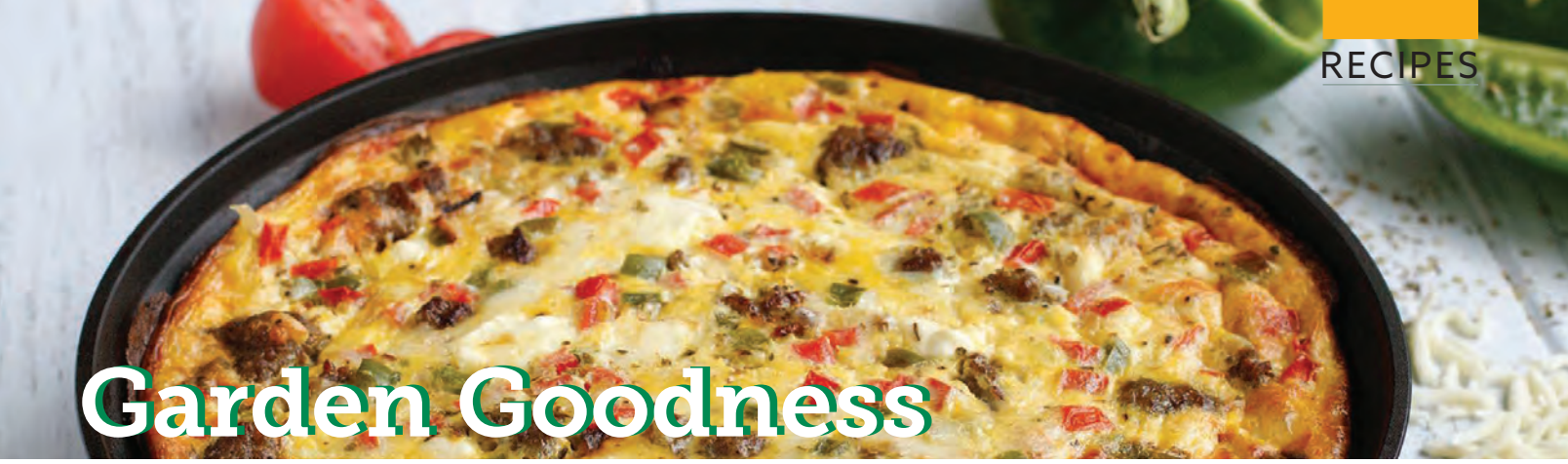
1 pint fresh strawberries, sliced or diced

1 (16 oz.) container whipped topping

In a large bowl, fold together all ingredients.

Shirley Thedorff, Centerville, S.D.

Please send your favorite salad, garden produce and pasta recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Garden Goodness

Cheesy Sausage and Potato Skillet Casserole

- 8 oz. bulk breakfast sausage, crumbled
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 6 eggs
- 1 cup milk
- 1 T. McCormick® Oregano Leaves
- 1/2 tsp. salt
- 1/4 tsp. McCormick® Black Pepper, Coarse Ground
- 1-1/2 cups shredded mozzarella cheese
- 1 cup crumbled feta cheese
- 2 plum tomatoes, seeded and chopped
- 1 T. oil
- 1 (20 oz.) pkg. refrigerated shredded hash browns

Cook and stir sausage in large skillet on medium heat 5 minutes or until lightly browned. Add onion and bell pepper; cook and stir 5 minutes or until vegetables are tender. Set aside. Beat eggs in large bowl with wire whisk. Add milk, oregano, salt and pepper; mix well. Add sausage mixture, cheeses and tomatoes; mix well. Set aside. Pour oil into same skillet, swirling to coat the pan. Spread hash browns in bottom and up sides of pan. Pour egg mixture over potatoes. Cover. Cook on medium heat 10 to 15 minutes or until eggs are set. Makes 12 servings

Nutritional Information Per Serving: Calories 221, Total Fat 13g, Saturated Fat 6g, Cholesterol 122mg, Sodium 477mg, Protein 12g, Carbohydrates 14g, Dietary Fiber 2g

Pictured, Cooperative Connections

Zucchini Hot Dish

- 1 medium unpeeled zucchini, washed, seeded and cut into chunks
- 1-1/4 cups uncooked rice
- Fresh sliced tomatoes
- Sliced onion
- Sliced green pepper
- American cheese slices
- Uncooked bacon

Spray a 10x10-inch casserole dish. Layer zucchini chunks in bottom of pan. Sprinkle rice over top of zucchini. Place a layer of tomatoes, sprinkled with oregano, salt and pepper over rice. Next, top this with a layer of onion, green pepper and cheese slices. Lastly, place layer of bacon over all. Bake, covered, at 350°F. for 1-1/2 hours. The raw ingredients will provide enough moisture to cook the rice.

Gail Lyngstad, Pierre, SD

Sandi's Tomato Garden Salad

- 3/4 cup sugar
- 1/2 cup olive oil
- 2/3 cup tarragon vinegar
- 2 T. yellow mustard
- 2 T. parsley
- 1 tsp. basil
- 1 tsp. thyme
- Salt and pepper to taste
- 6 large tomatoes, coarsely chopped
- 1 large onion, coarsely chopped
- 2 green peppers, coarsely chopped
- 2 cucumbers, coarsely chopped (optional)
- Rotini noodles, cooked

In a large bowl, mix together first 8 ingredients. Add vegetables. Refrigerate overnight.

Sandi Polkinghorn, Lake City, SD

Apple Corn Bread Crisp

- 4 cups peeled, sliced tart apples, about 4 to 5 medium
- 3/4 cup packed brown sugar, divided
- 1/2 cup quick-cooking oats
- 1 (8.5 oz.) pkg. corn bread/muffin mix
- 1 tsp. ground cinnamon (or to taste)
- 5 T. cold butter, cubed

Stir together apples and 1/4 cup brown sugar. In another bowl, combine corn bread mix, oats, cinnamon and remaining brown sugar. Cut in butter until crumbly. Add 1/2 cup corn bread mixture to apples. Transfer to a greased 8-inch square baking dish. Sprinkle remaining corn bread mixture over top. Bake at 350°F. for 30 to 35 minutes or until filling is bubbly and topping golden brown. Serve warm.

Jean Osterman, Wheaton, MN

Please send your favorite pasta, slow cooker and holiday favorites recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Perfect Pasta

Pasta Rings and Deviled Ham Salad

1 (7oz.) pkg. macaroni rings, cooked and drained
2 cups ground cooked ham
3 hard-boiled eggs, chopped
1 cup finely chopped celery
1/3 cup dill pickle relish
1-1/4 cups mayonnaise
1 tsp. mustard
1/4 tsp. pepper

In a large bowl, combine all ingredients. Chill thoroughly before serving.

Becki Hauser, Tripp, SD

Hamburger-Macaroni Casserole

1 lb. ground beef, do not brown
1 T. instant onion
1/2 cup diced celery
1/2 cup diced green pepper
1 cup uncooked macaroni
1 can tomato soup
1 can cheese soup
1 tsp. sugar
1 tsp. salt
1/4 T. basil, optional

Combine all ingredients in casserole; refrigerate overnight. Bake at 350°F. for 1 hour. Serves 6.

Shirley Thedorff, Centerville, SD

Easy Chicken Noodle Dish

1/3 cup chopped onion
1 T. butter
3 cups noodles, uncooked
2-3/4 cups chicken broth
1/4 tsp. lemon extract
1 tsp. salt
1 cup sour cream
2 cups cooked chicken
1/4 cup silvered almonds
3 T. snipped parsley

Sauté onion in butter. Add noodles, chicken broth, extract and salt. Bring to a boil. Cover and cook on low heat for 25 minutes or until noodles are tender. Stir in sour cream, chicken, almonds and parsley. Serve hot in bowls. Serves 4.

Verna Knapp, Waubay, SD

Creamy Parmesa and Sun-dried Tomato Chicken Penne

2 cups penne pasta
2 T. butter
2 cloves garlic, finely chopped
1 lb. chicken tenders
1 cup half-and-half
2 T. cornstarch
1 (14.5 oz.) can petite diced tomatoes, undrained
1/4 cup chopped sun-dried tomatoes
1 tsp. McCormick Gourmet™ Organic Italian Seasoning
1/2 tsp. McCormick® California Style Onion Powder
1/2 tsp. McCormick Gourmet™ Sicilian Sea Salt
1/4 tsp. McCormick Gourmet™ Organic Black Pepper, Coarse Ground
3/4 cup grated Parmesan cheese

Cook pasta as directed on package. Drain well. Meanwhile, melt butter in large skillet on medium-high heat. Add garlic; cook and stir 30 seconds. Add chicken; cook and stir 5 minutes or until lightly browned. Mix half-and-half and cornstarch in small bowl until smooth. Add to skillet along with tomatoes, sun-dried tomatoes, seasonings and Parmesan cheese. Bring to boil, stirring constantly with wire whisk until well blended. Reduce heat to low; simmer 5 minutes. Stir in pasta; toss gently to coat. Serve with additional Parmesan cheese, if desired. Makes 8 servings.

Shrimp variation: Use 1 lb. large shrimp, peeled and deveined, in place of the chicken. Cook and stir shrimp in melted butter 2 minutes. Continue as directed.

Nutritional Information Per Serving: Calories 292, Total Fat 12g, Saturated Fat 7g, Cholesterol 66mg, Sodium 486mg, Protein 22g, Carbohydrates 24g, Dietary Fiber 2g

Pictured, Cooperative Connections

Please send your favorite slow cooker, holiday favorite or soup recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Crock Pot Creations

3-Bean Crockpot Casserole

- 1/2 lb. bacon
- 1/2 lb. hamburger
- 1 cup chopped onions
- 1/2 tsp. salt
- 2 T. vinegar
- 1 T. prepared mustard
- 1/2 cup brown sugar
- 1/2 cup ketchup
- 1 can pork and beans
- 1 can lima beans
- 1 can kidney beans

Brown bacon until crispy. Brown hamburger with the onions. Combine all ingredients in a crock pot. Cook on LOW for 3 to 4 hours.

Mary Ellen Luikens, Tea, SD

Triple Chocolate Surprise

- 1 (18 oz.) chocolate cake mix
- 8 oz. sour cream
- 1 pkg. instant chocolate pudding
- 3/4 cup oil
- 4 eggs
- 1 cup water
- 1 cup chocolate chips

Combine all ingredients. Spray crock pot with no stick cooking spray. Pour mixture into pot. Cook on LOW 6 to 8 hours.

Betty Klingbile, Wall, SD

Juanita's Crockpot Peanut Clusters

- 1 (16 oz.) jar salted peanuts
- 1 (16 oz.) jar unsalted peanuts
- 1 (12 oz.) bag semi-sweet chocolate chips
- 4 oz. German chocolate bar, broken into pieces
- 3 lbs. almond bark, broken into pieces

Layer ingredients in crock pot in order given. Cook on LOW for 3 hours. DO NOT OPEN. After 3 hours, stir and cook an additional 5 minutes. Turn off crock pot and let cool at least 15 minutes. Stir and spoon heaping spoonfuls onto waxed or parchment paper. Let sit until set.

Marcia Broone, Rapid City, SD

Slow Cooker Chicken Rice Curry

- 4 bone-in chicken breasts, halves (about 2 lbs.), skin removed
- 1 T. McCormick® Curry Powder
- 1 pkg. McCormick® Chicken Gravy Mix
- 1 (14.5 oz.) can chicken broth
- 1 medium red bell pepper, cut into 1/2-inch pieces
- 1 medium Golden Delicious apple, unpeeled, cored and coarsely chopped
- 1/4 cup raisins
- 1/4 cup McCormick® Onions, Chopped
- 2 McCormick® Bay Leaves, broken in half
- 1/2 tsp. McCormick® Garlic Powder
- 1 cup instant rice

Rinse chicken and pat dry. Cut each breast half into 2 pieces. Sprinkle chicken with curry powder. Gradually stir gravy mix into broth in slow cooker until well blended. Add seasoned chicken and remaining ingredients except rice; stir well. Cover. Cook 8 hours on LOW or 4 hours on HIGH. Gently stir in rice. Cover. Cook 15 to 20 minutes longer on HIGH or until rice is tender. Remove bay leaves before serving. Makes 6 servings

Nutritional Information Per Serving: Calories 296, Total Fat 4g, Cholesterol 78mg, Sodium 600mg, Protein 35g, Carbohydrates 30g, Dietary Fiber 2g

Pictured, Cooperative Connections

Crockpot French Dip Sandwiches

- 3 lb. roast, beef or pork
- 1 (10 oz.) can French onion soup
- 1 (10 oz.) can beef broth
- 1 (12 oz.) can beer
- Swiss cheese

Cook above ingredients in crock pot on LOW for 7 hours. Shred meat with fork. Let set 30 minutes. Fill buns (I use steak buns). Top with Swiss cheese. Use the juice in crock pot for dipping, if desired.

Jane Ham, Rapid City, SD

Please send your favorite holiday, soup or brunch recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2018. All entries must include your name, mailing address, telephone number and cooperative name.



Holiday Favorites

Holiday Streusel-topped Squash

1 butternut squash (2 to 2.5 lbs.) peeled, seeded and cut in 1/2-inch chunks, about 4-1/2 cups
1/4 cup water
1/2 tsp. salt
1/3 cup flour
1/4 cup brown sugar
1/4 cup chopped pecans
2 T. softened butter
1/2 tsp. pumpkin pie spice
1 cup sweetened dried cranberries

In an 11x7-inch microwavable dish, spread squash cubes. Add water and sprinkle with salt. Cover with plastic wrap, folding back one edge or corner 1/4-inch to vent steam. Microwave on high 5 minutes or until crisp tender. Meanwhile mix flour, brown sugar, pecans, butter and pumpkin pie spice together using a fork. Top squash with sweetened cranberries. Sprinkle streusel evenly over cranberries and squash. Bake at 350°F. uncovered 40 to 45 minutes or until streusel is brown. Serves 8.

Michelle Ommen, Mitchell, SD

Coconut Macaroons

2/3 cup sweetened condensed milk
2 T. flour
1 tsp. vanilla
2-1/2 cups flaked coconut
1/2 cup semi-sweet chocolate chips

Combine sweetened condensed milk, flour and vanilla. Stir in coconut and chocolate chips. Drop by spoonfuls onto well-greased cookie sheets. Bake at 350°F. 10 to 12 minutes until golden brown. Remove to wire racks to cool.

Maxine Smith, Owanka, SD

Honey Chew Candy

1/2 cup butter
1 cup honey
1/2 cup chopped dates
1 cup chopped walnuts

Cook butter and honey for 20 minutes, stirring constantly. Add dates and nuts; mix well. Put into an 8-inch buttered pan. Cool. Cut candy into bite-sized pieces; wrap each piece in waxed paper. Makes about 48 pieces.

Helen Gregory, Lemmon, SD

Gingerbread Whoopie Pies with Lemon Crème

3 cups flour
2 tsp. ground ginger
1 tsp. ground cinnamon
1 tsp. baking soda
1/4 tsp. ground nutmeg
1/4 tsp. salt
1-1/2 sticks butter, softened
3/4 cup packed brown sugar
1/2 cup molasses
1 egg
1 tsp. vanilla extract
1/4 cup granulated sugar
1 cup crushed peppermint candies

Lemon Creme:

1 (7 oz.) jar marshmallow creme
1/2 stick butter, softened
4 oz. (1/2 pkg.) cream cheese, softened
1 tsp. lemon extract

For the Gingerbread Whoopie Pies, mix flour, ginger, cinnamon, baking soda, nutmeg and salt in large bowl. Set aside. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; beat well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight. Shape dough into 1-inch balls. Roll in granulated sugar to coat. Place 2 inches apart on ungreased baking sheets. Bake at 350°F. 8 to 10 minutes or until edges of cookies just begin to brown. Remove to wire racks; cool completely. Meanwhile, for the Lemon Creme, mix marshmallow creme, butter, cream cheese and lemon extract in medium bowl until well blended. To assemble whoopie pies, place about 1 T. filling on the flat side of 1 cookie. Top with a second cookie, pressing gently to spread the filling. Repeat with remaining cookies. Roll edge of cookies in crushed candy. Store whoopie pies between layers of wax paper in airtight container in refrigerator up to 5 days. Makes 30 servings.

Nutritional Information Per Serving: Calories 203, Total Fat 7g, Protein 2g, Cholesterol 28mg, Sodium 135mg, Protein 22g, Carbohydrates 33g

Pictured, Cooperative Connections

Please send your favorite soup, brunch or seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2019 Reader Recipes

January

Super Soups

1. Male Chauvinist Chili
2. Bacon Potato Chowder
3. Leftover Turkey-Sage Noodle Soup
4. Dill Pickle Soup

February

Bountiful Brunch

1. Slow Cooker Monkey Bread
2. Oatmeal Pancakes
3. Wake-up Casserole
4. Eggs Benedict Casserole

March

Seafood Sensations

1. Clam Chowder Dip
2. Shrimp Lover Squares
3. Crab Quiche
4. Tilapia Parmesan

April

Appetizers and Beverages

1. Hot Chicken Dip
2. Crab Roll-Ups
3. Rise and Shine Smoothies
4. Cocktail Weiners
5. Orange Glazed Turkey Meatballs
6. Cappuccino Mix

May

Comforting Casseroles

1. Turkey Noodle Bake
2. Chili Pheasant Casserole
3. Wonder Tot Casserole
4. Crescent-topped Cheesburger Casserole

June

Dairy Delicious

1. Orange Cream Chiller
2. Rhubarb Dessert
3. Butter Pecan Pumpkin Dessert
4. Monkey Bread with Sausage
5. Goat Milk Fudge

July

Delectable Desserts

1. Rhubarb Dump Cake
2. Cherry-Pineapple Dessert
3. Mexican Cheese Cake (Sopapilla)
4. Spiced Peanut Butter Caramel Pie
5. Ginger Snaps

August

Very Vegetarian

1. Southwest Brunch Casserole
2. Black Bean Burgers
3. Baked Pineapple
4. Bean 'n' Butter Bread

September

Garden Goodness

1. Roasted Vegetables
2. Microwave Tomato Dish
3. Zucchini Chips
4. Apple Pie Filling
5. Kohlrabi Au Gratin

October

Perfect Pasta

1. Angel Hair Pasta with Italian Sausage & Herbs
2. Taco Pasta Salad
3. Smoky BBQ Chicken Salad
4. Cheating Cheesburger Macaroni

November

Slow Cooker Sensations

1. Slow Cooker Egg Casserole
2. Cream Cheese Chicken Taquitos
3. Pork Sausage and Rice
4. Slow Cookers Tamale Pie
5. Mississippi Pot Roast

December

Holiday Favorites

1. Fanny Farmer Fudge
2. Andes Mint Cookies
3. Vanilla Pecan Pie
4. Filled Graham Crackers



Recipe and photo courtesy mccormick.com/recipes

Super Soups

Male Chauvinist Chili

6 slices bacon
10 oz. hot Italian sausage
10 oz. lean ground beef
1 large Spanish onion, cut in chunks
1 bell pepper, cut in large pieces
2 cloves garlic, minced
1/2 jalapeno pepper, diced (optional)
1 cup dark red wine
1/2 cup Worcestershire sauce
1 tsp. dry hot mustard
1-1/2 tsp. chili pepper
1 tsp. celery seeds
1/2 tsp. salt
1-1/2 tsp. fresh black pepper
6 cups Italian tomatoes, mashed with liquid
1 (15 oz.) can pinto beans, undrained
1 (15 oz.) can kidney beans, undrained
1 (15 oz.) can garbanzo beans, undrained

Brown bacon; drain, crumble and set aside. Brown sausage and ground beef separately; set aside. In a Dutch oven, cook onion, bell pepper, garlic and jalapeno pepper over low heat 2 to 3 minutes. Stir in wine and Worcestershire sauce; simmer uncovered for 10 minutes. Add mustard, chili pepper, celery seeds, salt and pepper; simmer 10 minutes. Add tomatoes and meats to onion mixture; heat to boiling. Reduce heat, cover and simmer 30 minutes, stirring occasionally. Stir in beans; heat to boiling; Reduce heat, cover and simmer 1 hour, stirring occasionally.

Ruth Schilberg, Viborg

Bacon Potato Chowder

8 slices bacon, cut-up
1 cup chopped onion
1 cup chopped celery
2 medium potatoes, peeled and diced
1 cup chicken broth
Salt and pepper to taste
1/2 cup sour cream
1-1/2 cups milk
1 (10 oz.) can cream of mushroom soup

In a saucepan, cook bacon, onion and celery until bacon is lightly browned and vegetables are tender. Pour off drippings. Add diced potatoes, broth, salt and pepper. Cover; simmer 12 to 15 minutes until potatoes are done. Stir in soup, sour cream and milk; heat through. Serves 6.

Mary Jessen, Holabird

Leftover Turkey-Sage Noodle Soup

2 tsp. oil
1 cup chopped onion
1 (32 oz.) container Kitchen Basics® Original Chicken or Turkey Stock
2 cups frozen peas and carrots
1-1/2 tsp. sage, rubbed
1/2 tsp. thyme leaves
2 bay leaves
1 cup medium egg noodles
2 cups chopped roast turkey

Heat oil in large saucepan on medium heat. Add onion; cook and stir 5 minutes or until softened. Add stock, peas and carrots, sage, thyme and bay leaves; bring to boil. Stir in noodles; cover and cook 10 minutes or until noodles are almost tender. Add turkey; cook 5 to 10 minutes or until noodles are tender and turkey is heated through. Remove bay leaves before serving. Makes 5 1-cup servings.

Nutritional Information Per Serving: Calories 209, Total Fat 5g, Protein 24g, Cholesterol 69mg, Sodium 444mg, Carbohydrates 17g, Fiber 3g

Pictured, Cooperative Connections

Dill Pickle Soup

5-1/2 cups chicken broth
2 lbs. potatoes, peeled and diced
2 cups chopped carrots
1/2 cup unsalted butter
1 cup diced dill pickles
1/2 cup cooked, diced chicken
1/2 cup flour
1 cup sour cream or Greek yogurt
1/4 cup water
2 cups pickle juice
Salt to taste
1/2 tsp. pepper

Bring chicken broth, potatoes, carrots and butter to a boil. Continue until potatoes and carrots are tender. Add pickles and diced chicken; continue to simmer. In a small bowl, whisk together flour, sour cream and water. Quickly stir into soup to thicken. Add pickle juice, salt and pepper. Continue cooking an additional 5 minutes.

Catherine Harts, Mission Hill, SD

Please send your favorite brunch, seafood, appetizer/beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Recipe and photo courtesy mccormick.com/recipes

Bountiful Brunch

Slow Cooker Monkey Bread

1 cup (2 sticks) butter

1 cup firmly packed light brown sugar

1 T. ground cinnamon

1/2 cup granulated sugar

2 (16.3 oz. each) cans flaky layers refrigerated biscuits, each biscuit cut into 6 pieces

Spray 6-quart slow cooker and outside of wide mouth glass jar with no stick cooking spray. Place glass jar in middle of slow cooker. Melt butter in small saucepan on medium heat. Add brown sugar and stir to combine; set aside. Place cinnamon and granulated sugar in large resealable plastic bag. Add biscuit pieces in batches and shake to coat. Place 1/2 of the biscuit pieces in slow cooker around glass jar. Pour 1/2 of the butter mixture over biscuit pieces. Place remaining coated biscuit pieces in slow cooker. Sprinkle with any remaining cinnamon-sugar mixture in bag. Pour remaining butter mixture evenly over top. Cover slow cooker with clean kitchen towel then with slow cooker lid to secure towel. Cook 1 hour on HIGH. Carefully remove slow cooker insert and rotate. (This allows monkey bread to cook evenly.) Cook 1 hour longer or until toothpick inserted in center comes out clean. With towel and lid still secure, remove slow cooker insert from heat. Let stand 10 minutes. Carefully remove glass jar. Invert monkey bread onto serving platter. Makes 18 servings.

Nutritional Information Per Serving: Calories 302, Total Fat 14g, Saturated Fat 8g, Protein 3g, Cholesterol 27mg, Sodium 491mg, Carbohydrates 41g, Fiber 1g

Pictured, Cooperative Connections

Oatmeal Pancakes

2 eggs, separated

2 cups warm milk

2 cups quick cooking oats

1/3 cup oil or shortening

1/3 cup flour

2-1/2 tsp. baking powder

1 tsp. salt

Beat egg whites until stiff. In separate bowl, add warm milk to oatmeal; let set a few minutes. Add egg yolks. Mix in oil, flour sifted with baking powder and salt; mix well. Fold in whipped egg whites. Heat a nonstick griddle over medium heat. Coat pan with cooking spray. Spoon about 2-1/2 T. batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles; cook until bottoms are lightly browned.

Elfrieda Postma, Sioux Falls, SD

Wake-up Casserole

8 frozen hash brown patties

4 cups shredded Cheddar cheese

2 cups cubed ham

7 eggs

1 cup milk

1/2 tsp. salt

1/2 tsp. dry mustard powder

Place hash brown patties in a single layer in a greased 9x9-inch glass dish. Sprinkle with cheese and ham. In bowl, beat eggs, milk, salt and mustard together. Pour over ham and cheese. Cover and bake at 350°F. for 1 hour. Uncover and bake an additional 15 minutes until edges are golden brown and knife inserted in center comes out clean. Makes 8 servings.

Mary Jessen, Holabird, SD

Eggs Benedict Casserole

8 large eggs

3 cups milk, divided

3 green onions, chopped

1 tsp. onion powder

1 tsp. salt

3/4 lb. Canadian bacon, cut into 1/2-inch pieces

6 English muffins, cut into 1/2-inch pieces

1/2 tsp. paprika

1 (.9 ounce) pkg. hollandaise sauce mix

1/4 cup butter

Spray 9x13-inch baking dish with cooking spray. Whisk eggs, 2 cups milk, green onions, onion powder and salt together in a large bowl until well mixed. Layer half the Canadian bacon in prepared baking dish. Spread English muffins over meat and top with remaining Canadian bacon. Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight. Sprinkle casserole with paprika; cover with aluminum foil. Bake at 375°F. until eggs are nearly set, about 30 minutes; remove foil. Continue baking until eggs are completely set, about 15 more minutes. Whisk hollandaise sauce mix with 1 cup milk in a saucepan. Add butter and bring to a boil, stirring frequently. Reduce heat to medium-low, simmer and stir until thickened, about 1 minute. Drizzle sauce over casserole.

Cortney Reedy, Tea, SD

Please send your favorite seafood, appetizer, beverage or casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, phone number and co-op name.



Seafood Sensations

Clam Chowder Dip

- 2 slices bacon, chopped
- 1/3 cup chopped onion
- 1 pkg. McCormick® Original Country Gravy Mix
- 1-1/2 cups milk
- 1 cup shredded white Cheddar cheese, divided
- 1 (6.5 oz.) can chopped clams, drained
- 2 tsp. McCormick® Parsley Flakes

Cook bacon in large skillet on medium-high heat until crisp. Remove bacon, reserving drippings in pan. Add onion; cook and stir 2 to 3 minutes or until translucent. Stir in gravy mix, milk and 1/2 cup shredded cheese. Bring to boil. Reduce heat and simmer 2 minutes or until gravy starts to thicken. Remove from heat. Stir in clams. Pour into 9-inch glass pie plate. Sprinkle with remaining 1/2 cup cheese. Bake at 350°F. for 15 minutes or until cheese is melted. Sprinkle with bacon and parsley. Serve with toasted baguette slices or crackers. Makes 12 servings.

Nutritional Information Per Serving: Calories 94, Total Fat 6g, Saturated Fat 3g, Protein 4g, Cholesterol 9mg, Sodium 278mg, Fiber 1g, Carbohydrates 6g,

Pictured, Cooperative Connections

Shrimp Lover Squares

- 1 (8. oz) tube refrigerated crescent rolls
- 1 (8. oz) pkg. cream cheese, softened
- 1/4 cup sour cream
- 1/2 tsp. dill weed
- 1/8 tsp. salt
- 1/2 cup seafood sauce
- 24 medium shrimp, cooked
- 1/2 cup chopped green pepper
- 1/3 cup chopped onion
- 1 cup shredded Monterey Jack cheese

In a greased 9x13-inch pan, unroll the crescent dough; seal seams. Bake at 375°F. for 10 to 12 minutes or until golden brown. Cool completely on a wire rack. In a small mixing bowl, beat cream cheese, sour cream, dill weed and salt until smooth. Spread over crust. Top with seafood sauce, shrimp, green pepper, onion and cheese. Cover and refrigerate for 1 hour. Cut into squares. Makes 2 dozen.

Becki Hauser, Tripp, SD

Crab Quiche

- 4 beaten eggs
- 3/4 cup milk
- 1/2 tsp. salt
- 1/2 tsp. ground thyme
- 1 T. diced pimento
- 1-1/2 cups chopped broccoli
- 1 cup chopped imitation crab
- 1 cup shredded Cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 2 T. minced onion
- 1 unbaked 10-inch pie shell

Mix together first 5 ingredients; set aside. Combine broccoli, crab, cheeses and onion; spread in piecrust. Pour liquid mixture over all. Bake at 350°F. for 50 to 55 minutes. Let cool 10 to 15 minutes before cutting.

Barbara Angerhofer, Hendricks, MN

Tilapia Parmesan

- 2 lbs. tilapia fillets
- 2 T. lemon juice
- 1/2 cup grated Parmesan cheese
- 3 T. mayonnaise
- 4 T. butter, room temperature
- 3 T. finely chopped onions
- 1/4 tsp. dried basil

In a buttered 9x13-inch baking dish, lay fish fillets in a single layer. Do not stack fillets. Brush with juice. Bake at 350°F. for 10 to 20 minutes or until fish flakes. Meanwhile, combine cheese, mayonnaise, butter, onions and basil. Spread cheese mixture on fish fillets and bake an additional 5 minutes or until golden brown.

Cortney Reedy, Tea, SD

Please send your favorite appetizer, beverage, casserole or dairy recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, phone number and co-op name.



Appetizers and Beverages

Hot Chicken Dip

- 3 (8 oz.) pkgs. cream cheese, softened
- 2 (10 oz.) cans chicken breast, drain 1 can
- 1 (4 oz.) can sliced jalepenos, chopped
- 1 can cream of chicken soup

Mix together and heat in microwave or crock pot. Serve warm with any snack crackers or scoop chips.

Nancy Stenson, Fort Pierre, SD

Crab Roll-Ups

- 2 (8 oz.) pkgs. cream cheese
- 1/2 to 1 pkg. Hidden Valley Ranch dressing mix
- 1 pkg. frozen crab meat, thawed
- 1 pkg. large flour tortilla shells

Melt cream cheese in microwave until soft enough to stir; mix in ranch dressing mix. Cut up crab meat into small pieces; mix with cream cheese. Spread over tortilla shells and roll up. Refrigerate 1 hour. Cut into 1-inch slices. Store in refrigerator.

Patricia Cerny, Gregory, SD

Rise and Shine Smoothies

- 1 cup fresh strawberries
- 1 banana
- 1 ripe mango
- 1/4 cup orange juice
- 1/2 cup vanilla yogurt
- 2 T. honey
- 1 cup ice cubes

Wash and hull strawberries. Peel banana and cut into chunks. Pit, peel and slice mango. In a blender, combine all ingredients, blending until smooth. Pour into glasses. Makes 2 servings.

Eileen Holzerland, Waubay, SD

Cocktail Weiners

- 1 cup brown sugar
- 1 cup ketchup
- 1/3 to 1/2 cup grape jelly
- 2 pkgs. cocktail smokies

Combine all ingredients; simmer on low heat.

Linda Rauscher, Aberdeen, SD

Orange Glazed Turkey Meatballs

- 1 egg
- 1/4 cup milk
- 1/2 cup plain bread crumbs
- 1 tsp. salt
- 1/2 tsp. McCormick® Poultry Seasoning
- 1/4 tsp. McCormick® Black Pepper, Ground
- 1 lb. ground turkey
- 1 T. olive oil
- 1/2 cup chicken broth
- 1 cup orange marmalade
- 1 T. white wine vinegar
- 1 pinch McCormick® Red Pepper, Ground

Beat egg and milk in large bowl. Stir in bread crumbs, salt, poultry seasoning and pepper. Add ground turkey; mix well. Cover. Refrigerate 1 hour. Shape into 1-inch meatballs. Heat oil in large skillet on medium heat. Place meatballs in single layer in skillet. Cook until well browned on all sides. Remove meatballs from skillet. Set aside. Mix orange marmalade, broth, vinegar and red pepper in skillet on medium heat. Bring to boil, stirring to release browned bits in bottom of skillet. Return meatballs to skillet. Reduce heat to medium-low; cook 10 minutes or until meatballs are cooked through and sauce has reduced to glaze consistency. Makes 15 (2 meatball) servings.

Nutritional Information Per Serving: Calories 123, Total Fat 3g, Protein 7g, Cholesterol 37mg, Sodium 245mg, Carbohydrates 17g

Pictured, Cooperative Connections

Cappuccino Mix

- 1 cup coffee creamer
- 1 cup chocolate drink mix
- 2/3 cup coffee crystals
- 1/2 cup sugar
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg

Combine all ingredients. Add 3 tsp. mix to 1 cup hot water.

Verna Nelson, Wakonda, SD

Please send your favorite casserole, dairy or dessert recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, phone number and co-op name.



Comforting Casseroles

Turkey Noodle Bake

1 T. oil

1 cup chopped onion

2 (14.5 oz. each) cans diced tomatoes, undrained

2 cups water

1 (4.5 oz.) can chopped green chiles, undrained

1 package McCormick® Chili Seasoning Mix, Original

3 cups uncooked wide egg noodles

2 cups shredded cooked turkey

1 (4 oz.) package cream cheese, cubed

2 cups shredded Mexican cheese blend, divided

Heat oil in large saucepan on medium heat. Add onion; cook and stir 3 minutes or until tender. Stir in tomatoes, water, chiles and Seasoning Mix. Bring to boil. Remove from heat. Stir in egg noodles, turkey, cream cheese and 1 cup of the shredded cheese. Pour mixture into 9x13-inch baking dish. Cover with foil. Bake at 375°F. for 15 minutes. Remove foil. Stir mixture and sprinkle with remaining 1 cup shredded cheese. Bake, uncovered, 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving. Serve with assorted toppings such as sour cream and guacamole, if desired. Makes 8 servings.

Nutritional Information Per Serving: Calories 325, Total Fat 17g, Saturated *Fat 9g, Sodium 530mg, Cholesterol 93mg, Carbohydrates 23g, Protein 20g, Dietary Fiber 3g*

Pictured, Cooperative Connections

Chili Pheasant Casserole

8 to 10 oz. egg noodles

1/2 cup chopped raw onion

1/2 cup chopped celery (optional)

1 can cream of chicken soup

1 T. fresh or dried parsley flakes

1 to 2 tsp. chili powder

1 tsp. smoked paprika

1 cut-up cooked pheasant

1/2 cup of sour cream

1/2 lb. of white Cheddar or Monterey Jack cheese, grated

Cook noodles in boiling water 8 minutes; drain. Combine all ingredients in a greased 3- to 4-quart casserole; stir together. Pour 1/2 cup hot water over casserole before baking. Bake at 350°F. for 40 minutes.

Laurie Wernke, Lennox, SD

Wonder Tot Casserole

3/4 lb. salmon

3/4 lb. tater rounds

1/4 lb. American cheese

1/2 cup chopped onion

1/2 cup chopped celery

1 can cream of mushroom soup

3/4 cup milk

Put salmon and tater tots in a greased casserole, reserving a few tots for topping. In a saucepan, combine cheese, onions, celery, soup and milk; heat until cheese is melted. Pour over salmon and tater tots. Bake at 325°F. for 1 hour. Season with salt and pepper.

Deb Merkwan, Yankton, SD

Crescent-topped Cheeseburger Casserole

1 lb. lean ground beef

1/4 cup chopped onion

1/4 cup chopped dill pickles

1/2 cup water

1/2 cup ketchup

1 T. yellow mustard

1/8 tsp. pepper

1-1/2 cups shredded American cheese

1 (8 oz.) can refrigerated crescent rolls

1 egg, beaten

1 T. sesame seed

In a 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes until thoroughly cooked; drain. Stir in pickles, water, ketchup, mustard and pepper. Spoon beef mixture into an 11x7-inch glass baking dish. Sprinkle with cheese. Unroll crescent dough; press into 12x8-inch rectangle. Cut into 6 squares; place on top of cheese. Brush with egg; sprinkle with sesame seed. Bake at 375°F. for 25 to 30 minutes or until deep golden brown.

Stephanie Fossum, Hudson, SD

Please send your favorite dairy, dessert or vegetarian recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Dairy Delicious

Orange Cream Chiller

- 3 oz. orange juice concentrate
- 1 cup milk
- 1/2 cup plain Greek yogurt
- 1 small frozen banana
- 1 tsp. honey
- 1/2 tsp. vanilla extract

Combine all ingredients; blend until smooth. Serves 2.

Stephanie Fossum, Hudson, SD

Rhubarb Dessert

- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 4 T. butter
- 4 T. milk
- 2 eggs, beaten

Filling:

- 3 cups rhubarb
- 1 (6 oz.) pkg. red gelatin

Topping:

- 1 cup sugar
- 1/2 cup flour
- 1/3 cup butter

Combine first 6 ingredients. Pat into a 9x13-inch pan. Distribute rhubarb over crust. Sprinkle gelatin over rhubarb. Mix together topping ingredients. Sprinkle over rhubarb. Bake at 350°F. for 45 minutes.

Roxanna Streckfuss, Mansfield, SD

Butter Pecan Pumpkin Dessert

- 3 cups pumpkin
- 3 eggs
- 1 cup sugar
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1 (13 oz.) can evaporated milk
- 1 butter pecan cake mix
- 1/2 cup butter, sliced thin
- 1/2 cup chopped pecans or walnuts

Combine pumpkin and eggs. Add spices and salt to sugar. Blend sugar mixture and milk with pumpkin mixture. Pour into a 9x13-inch pan. Sprinkle cake mix over all. Top with butter slices and pecans. Bake at 350°F. for 40 to 45 minutes. Serve with whipped topping or ice cream.

Arlene BaanHofman, Corsica, SD

Monkey Bread with Sausage

- 3/4 cup milk
- 1 pkg. McCormick® Original Country Gravy Mix
- 1/4 cup melted butter
- 2 cups shredded Cheddar cheese, divided
- 3 (7.5 oz. each) cans refrigerated buttermilk biscuits
- 1/2 lb. ground breakfast sausage, cooked and drained

Mix milk, gravy mix and melted butter with whisk in large bowl until well blended. Reserve 1/2 cup of gravy mixture; set aside. Cut biscuits into quarters. Add biscuit pieces to gravy mixture in large bowl; gently toss to coat. Stir in 1-1/2 cups cheese and cooked sausage until well blended. Place biscuit mixture into greased 10-cup bundt pan. Pour reserved gravy mixture over top. Bake at 350°F for 35 minutes. Sprinkle with remaining 1/2 cup cheese. Bake 5 minutes longer or until cheese is melted. Cool in pan 5 to 10 minutes. To unmold, loosen sides of monkey bread from pan with a knife. Invert, cheese side up, onto serving plate. Makes 12 servings.

Nutritional Information Per Serving: Calories 321, Total Fat 17g, Saturated *Fat 8g, Sodium 855mg, Cholesterol 37mg, Carbohydrates 31g, Protein 11g, Dietary Fiber 1g*

Pictured, Cooperative Connections

Goat Milk Fudge

- 1 lb. powdered sugar
- 1/2 cup cocoa powder
- 1/2 cup butter
- 1/4 cup whole goat milk (may use cow milk)
- 1 tsp. vanilla
- 1/2 cup nuts, optional

Combine sugar and cocoa in large microwavable bowl; make a well in the center. Place cut-up butter and milk in well; do not stir. Microwave on HIGH for 2 minutes; add vanilla. Blend with stick blender or mixer until smooth; stir in nuts. Pour into greased 8x8-inch square pan. Refrigerate until firm; cut into squares.

Jersi Kruger, 5 years old, Dell Rapids, SD

Please send your favorite dessert, vegetarian or garden produce recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Recipe and photo courtesy mccormick.com/recipes

Delectable Desserts

Rhubarb Dump Cake

1 lb. rhubarb, cut into 1/4-inch slices

1 cup white sugar

1 (3 oz.) pkg. strawberry gelatin

1 (18.25 oz.) pkg. yellow cake mix

1 cup water

1/4 cup margarine, melted

Spread rhubarb evenly in bottom of a buttered 9x13-inch baking dish. Sprinkle sugar over rhubarb, followed by gelatin mix and finally the cake mix. Pour water and melted margarine over top. Do not stir. Bake at 350°F. for 45 minutes or until rhubarb is tender.

Jean Osterman, Wheaton, MN

Cherry-Pineapple Dessert

1 (20 oz.) can crushed pineapple with juice

1 (21 oz.) can cherry pie filling

1 box yellow cake mix

1 cup coconut flakes

1 cup chopped pecans or walnuts, if desired

1 cup (2 sticks) butter

Dump pineapple with juice and spread into bottom of pan. Top with cherry pie filling. Sprinkle top evenly with dry cake mix. Add coconut and chopped nuts. Slice butter over all. Bake at 350°F. for 35 to 40 minutes. Let cool before cutting.

Arlene BaanHofman, Corsica, SD

Mexican Cheese Cake (Sopapilla)

2 (8 oz. each) cans refrigerated crescent rolls

2 (8 oz. each) pkgs. cream cheese, softened

1-3/4 cups sugar, divided

1 tsp. vanilla

1/2 cup butter, melted

1 T. ground cinnamon

In medium bowl, beat cream cheese and 1 cup sugar and vanilla. Unroll 1 can dough. Place in bottom of ungreased 9x13-inch (3-quart) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal. Spread cream cheese mixture over dough. Unroll second can of dough. Firmly press perforations to seal. Carefully place on top of cream cheese layer. Pinch seams together. Mix remaining sugar with cinnamon; sprinkle evenly over all. Drizzle melted butter evenly over top. Bake at 350°F. for 30 to 35 minutes or until puffed and brown. Cool before cutting.

Clarice Roghair, Okaton, SD

Spiced Peanut Butter Caramel Pie

1-3/4 cups graham cracker, crumbs

1/2 tsp. ground ginger

6 T. butter, melted

2 (8 oz. each) pkg. Neufchâtel cheese, 1/3 less fat than cream cheese, softened

1/2 cup peanut butter

1/2 cup sugar

2 tsp. apple pie spice

2 tsp. pure vanilla extract

2 cups thawed frozen light whipped topping

1/4 cup caramel dessert topping

1/2 cup chopped peanuts

Mix crumbs and ginger in medium bowl. Stir in butter until well blended. Press crumb mixture evenly into bottom and up sides of lightly greased 9-inch pie plate. Bake at 350°F. for 10 minutes. Cool completely on wire rack. Beat cream cheese, peanut butter and sugar in large bowl with electric mixer on medium speed until well blended and smooth. Beat in apple pie spice and vanilla until well mixed. Gently stir in whipped topping. Spoon into cooled crust. Drizzle with dessert topping. Using knife, gently swirl topping into pie until marbled. Sprinkle with peanuts. Refrigerate 4 hours or until set. Store leftover pie in refrigerator. Makes 12 servings.

Nutritional Information Per Serving: Calories 401, Total Fat 25g, Sodium 380mg, Cholesterol 42mg, Carbohydrates 34g, Protein 10g, Dietary Fiber 1g

Pictured, Cooperative Connections

Ginger Snaps

2 cups sugar

1-1/2 cups butter

1/2 cup molasses

2 eggs

5 cups flour

3 tsp. soda

1 tsp. salt

2 tsp. cinnamon

1 tsp. cloves

1/2 tsp. nutmeg

3 tsp. ginger

Mix in order listed. Roll into small balls the size of walnuts. Roll balls in sugar. Place 2 inches apart. Bake at 375°F. for 15 minutes.

Bonnie Weber, Aberdeen, SD

Please send your favorite vegetarian, garden produce and pasta recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Recipe and photo courtesy mccormick.com/recipes

Southwest Brunch Casserole

2 T. oil
1 medium onion, chopped
1 red bell pepper, chopped
1 (8 oz.) loaf Italian bread, cut into 1-inch cubes (5 cups)
1 (15 oz.) can black beans, drained and rinsed
2 cups shredded Cheddar cheese
1 cup shredded Monterey Jack cheese
6 eggs
2 cups milk
1 tsp. chili powder
2 tsp. ground oregano
1 tsp. ground cumin
1 tsp. salt

Heat oil in large skillet on medium heat. Add onion and bell pepper; cook and stir 3 minutes or until softened. Spread 1/2 of the bread cubes in 13x9-inch baking dish. Layer with 1/2 each of the onion mixture, beans, Cheddar cheese and Monterey Jack cheese. Repeat layers. Beat eggs in medium bowl until foamy. Add milk, chili powder, oregano, cumin and salt; beat until well blended. Pour evenly over top. Press bread cubes lightly into egg mixture until completely covered. Let stand 10 minutes. Bake at 350°F. for 40 to 50 minutes or until center is set and top is golden brown. Makes 12 servings.

Nutritional Information Per Serving: Calories 275, Total Fat 15g, Sodium 633mg, Cholesterol 121mg, Carbohydrates 21g, Protein 14g, Fiber 3g

Pictured, Cooperative Connections

Black Bean Burgers

3 (15 oz.) can black beans, rinsed and drained
1-3/4 cups diced onion
1-1/2 cups uncooked regular oats
3/4 cup chopped fresh cilantro
2 T. seeded, minced jalapeno pepper (or pepper of choice)
3/4 tsp. salt
2 large eggs, lightly beaten
1/4 cup all-purpose flour
1/4 cup cornmeal

In a large bowl, coarsely mash beans with a fork. Add next 6 ingredients; stir well. Shape into 8 patties. Combine flour and cornmeal in a pie plate; stir well. Dredge patties in mixture. Cook patties in a small amount of oil over medium-high heat until lightly browned – about 5 minutes on each side.

Darcy Bracken, Hermosa, SD

Baked Pineapple

1 cup sugar
6 T. flour
5 T. pineapple juice
2 cans pineapple tidbits, drain, reserving juice
2 cups grated Cheddar cheese
1 stick butter, melted
1/2 cup cornflake crumbs

Mix together sugar, flour and pineapple juice. Add pineapple and cheese. Place in a greased casserole dish. Combine butter and cornflake crumbs; sprinkle over all. Bake at 350°F. until brown and bubbly. Serve hot or cold.

Verna Nelson, Wakonda, SD

Bean 'n' Butter Bread

1 (15 oz.) can kidney beans
1/3 vegetable oil
1/3 cup peanut butter
1/3 cup molasses
3 T. sugar
1 tsp. salt
1 egg, beaten
1 cup hot water
3 pkgs. yeast
4 cups all-purpose flour
1 cup whole wheat flour
Egg white

Place first 7 ingredients in blender; blend until smooth. Pour into large mixing bowl. Stir in hot water. Combine yeast and 4 cups flour. Add to bean mixture, mixing well. Add wheat flour. Work in to form a stiff dough. Let rise 1-1/2 hours. Punch down and let rise 15 minutes. Shape into 2 loaves, placing on a greased cookie sheet. Mix egg white with 2 T. water for egg wash. Brush on loaves. Make 1/8-inch slash every 2-1/2 inches apart. Bake at 350°F. for 55 minutes. You may use crunchy peanut butter or add sunflower seeds.

Anne Burleson, Lead, SD

Please send your favorite garden produce, pasta and slow cooker recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2019. All entries must include your name, mailing address, telephone number and cooperative name.

Recipe and photo courtesy mccormick.com/recipes



Garden Goodness

Roasted Vegetables

1 tsp. garlic salt
1 tsp. Italian seasoning
1/2 tsp. fennel seed
1 small green bell pepper, cut into chunks
1 small yellow squash, sliced
1 small red onion, cut into thin wedges
1 small zucchini, sliced
1 cup asparagus pieces
1 cup red potato chunks
2 T. oil

Mix seasonings in small bowl. Toss vegetables and oil in large bowl. Add seasonings; toss to coat well. Spread vegetables in single layer on foil-lined 15x10x1-inch baking pan. Bake at 450°F. for 30 minutes, stirring occasionally. Makes 6 Servings.

Nutritional Information Per Serving: Calories 93, Total Fat 5g, Sodium 342mg, Cholesterol 0mg, Carbohydrates 10g, Protein 2g, Fiber 2g

Pictured, Cooperative Connections

Microwave Tomato Dish

2 large, firm ripe tomatoes
1/2 lb. ground beef
4 T. chopped onion
1/4 tsp. garlic salt
1/2 cup seasoned stuffing mix
2 beaten eggs
Dash of pepper

Cut a slice off the stem end of tomato. Scoop out pulp; place into a small glass baking dish. Combine remaining ingredients to fill tomato shell. Place filled tomatoes in dish of pulp. Cover with waxed paper. Microwave 5 to 8 minutes. Let set covered 2 minutes.

Elaine Rowett, Sturgis, SD

Zucchini Chips

4 cups thinly sliced zucchini (about 2-3 medium)
2 T. extra virgin olive oil
2 T. white balsamic vinegar
2 tsp. coarse sea salt

Use a mandolin or slice zucchini as thin as possible. In a small bowl, whisk olive oil and vinegar together. Place zucchini in a large bowl and toss with oil and vinegar. Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt. Depending on how thin you sliced the zucchini and on your dehydrator, the drying time will vary, anywhere from 8 to 14 hours. To make in the oven, line a cookie sheet with parchment paper. Layer zucchini evenly. Bake at 200°F. for 2 to 3 hours. Rotate half way during cooking time. Store in an airtight container.

Becki Hauser, Tripp, SD

Apple Pie Filling

4-1/2 cups sugar
1 cup cornstarch
2 tsp. cinnamon
1/4 tsp. ground nutmeg, optional
1 tsp. salt
3 T. lemon juice
2 to 3 drops yellow food coloring
5-1/2 to 6 lbs. tart apples, peeled and sliced

In a large saucepan, blend sugar, cornstarch, cinnamon and nutmeg. Add salt and stir in 10 cups water. Cook and stir until thickened and bubbly. Add lemon juice and food coloring. Pack raw apples into hot jars, leaving 1-inch head space. Use spatula to help distribute syrup. Adjust lids. Process in boiling water bath – pints 15 minutes and quarts 20 minutes. Makes 6 to 8 quarts. Before serving, prepare pastry for a double crust 8- or 9-inch pie. Line pie plate with pastry, add 1 quart apple pie fulling. Adjust top crust, cutting slits for escape of steam; seal edges. Bake at 400°F. for 50 minutes.

Linda Goulet, Tea, SD

Kohlrabi Au Gratin

6 med. kohlrabi, peeled and sliced
3 T. flour
3 T. margarine, melted and divided
1 cup sour cream
3/4 cup shredded American cheese
1/2 cup milk
2 T. sliced green onion
3/4 cup soft bread crumbs (1 slice)

Cook kohlrabi, covered, in small amount of boiling salt water 25 minutes, drain. Blend flour into 2 T. melted margarine. Stir in sour cream, cheese, milk and onion. Cook and stir until cheese melts. Combine kohlrabi and sauce; turn into 1.5-quart casserole. Toss crumbs and remaining margarine; sprinkle over top. Bake, covered, at 350°F. for 15 minutes. Uncover and bake and additional 15 to 20 minutes. Serves 6 to 8.

Shirley Thedorff, Centerville, SD

Please send your favorite pasta, slow cooker and holiday recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Perfect Pasta

Angel Hair Pasta with Italian Sausage and Herbs

- 1 lb. angel hair pasta
- 1 lb. sweet Italian sausage, casing removed
- 2 T. olive oil
- 1-1/2 cups chopped red onion
- 8 oz. mushrooms, quartered
- 1 tsp. McCormick Gourmet™ Organic Basil
- 1 tsp. McCormick Gourmet™ Organic Italian Seasoning
- 1 tsp. McCormick Gourmet™ Parsley, Flat Leaf
- 1/2 tsp. McCormick Gourmet™ Organic Garlic Powder
- 1/2 tsp. McCormick Gourmet™ Organic Fennel Seed
- 1/2 tsp. Sicilian sea salt
- 1/2 cup grated Romano cheese

Cook pasta as directed on package. Drain well. Meanwhile, break up sausage in large skillet. Cook on medium-high heat 5 to 6 minutes. Remove sausage; drain fat. Rinse skillet and wipe clean. Heat oil in same skillet on medium heat. Add onions, mushrooms and seasonings; cook and stir 5 minutes. Add cooked sausage; cook and stir 5 minutes longer. Place pasta in large serving bowl. Add sausage mixture and cheese; toss to coat well. Serve with additional cheese, if desired. Makes 12 (1 cup) servings.

Nutritional Information Per Serving: Calories 281, Total Fat 13g, Cholesterol 26mg, Sodium 374mg, Protein 10g, Carbohydrates 31g, Dietary Fiber 2g

Pictured, Cooperative Connections

Taco Pasta Salad

- 1-1/2 lbs. ground beef, cooked and drained
- 4 T. taco seasoning
- 1 lb. rotini, cooked, drained and rinsed with cold water
- 1/2 small onion, minced (optional)
- 1 pint grape tomatoes, sliced in half
- 3 cups shredded lettuce
- 2 cups shredded cheese
- 1 bottle Catalina dressing
- 1 bag nacho cheese tortilla chips, crushed

Stir together hamburger and taco seasoning. ln a large bowl, combine hamburger, pasta, onions, tomatoes, lettuce and cheese. Mix in dressing. Stir in chips. Serve immediately.

Dawn Leibel, Glencross, SD

Smoky BBQ Chicken Salad

- 1 box Betty Crocker™ Suddenly Salad® Ranch and Bacon Pasta Salad Mix
- 1/2 cup frozen corn
- 1/4 cup mayonnaise
- 2 cups shredded rotisserie chicken
- 1/4 cup barbecue sauce
- 1 cup cherry or grape tomatoes, halved
- 12 butter lettuce leaves, optional
- 1/4 cup chopped green onions

Empty pasta mix into a 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally, adding corn during last 2 minutes of cooking. Drain pasta and corn; rinse with cold water. Shake to drain well. In large bowl, stir together seasoning mix, mayonnaise and barbecue sauce. Stir in pasta, corn, chicken and tomatoes. Line serving plate with lettuce leaves. Top with salad mixture; sprinkle with green onions. Serve immediately or cover and refrigerate 1 hour to chill.

Jean Osterman, Wheaton, MN

Cheating Cheeseburger Macaroni

- 1-1/2 lbs. ground beef
- 1/4 cup chopped onion
- 1/2 pkg. baby carrots, finely chopped
- 1 can cream of chicken soup
- 1 can cheddar cheese soup
- 1 cup water
- 1/4 cup sour cream, optional
- 2 cups macaroni, cooked and drained

Cook ground beef and onion; drain. Add carrots and cook while macaroni is cooking. Mix soups, water and sour cream; add to hamburger. Simmer over medium heat for a few minutes. Stir in pasta. Serve immediately.

Becki Hauser, Tripp, SD

Please send your favorite slow cooker, holiday or soup recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2019.

All entries must include your name, mailing address, telephone number and cooperative name.



Slow Cooker Sensations

Slow Cooker Egg Casserole

- 1 (32 oz.) bag frozen hash browns
- 1 lb. ham, cooked and cubed
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 T. olive oil
- 1-1/2 cups shredded Cheddar cheese
- 12 eggs
- 1 cup milk
- 1/2 tsp. salt
- 1/2 tsp. pepper

Spray inside of slow cooker with cooking spray. In a small frying pan, saute onion and green pepper in oil until tender. Cool 10 minutes. Place 1/3 frozen hash browns in slow cooker. Add 1/3 ham, onion and green pepper mixture and cheese. Repeat layers, ending with cheese. In large bowl, beat eggs, milk, salt and pepper until well blended. Pour over hash browns. Cook, covered, on LOW for 10 to 12 hours or overnight until casserole is set and eggs are thoroughly cooked. Serves 12.

Mary Jessen, Holabird, SD

Cream Cheese Chicken Taquitos

- 2 boneless chicken breasts
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- 8 oz. cream cheese
- 1/3 cup water
- 1/2 cup shredded cheese
- 12 6-inch flour tortillas

Combine chicken, chili powder, garlic powder, cumin, cream cheese and water in slow cooker. Cover and cook on LOW for 8 hours or 4 hours on HIGH. Place 1/4 cup chicken mixture into each tortilla. Top with 1 to 2 T. shredded cheese. Roll tightly and place in a single layer on greased baking sheet. Bake at 400°F. for 10 minutes or until tortillas are slightly browned and cheese is melted.

Cortney Reedy, Tea, SD

Pork Sausage and Rice

- 2 boxes Uncle Ben's Wild Rice
- 1 lb. seasoned pork sausage
- 1 (8 oz.) can of mushrooms
- 1 (10.5-oz.) can cream of mushroom soup

Prepare Uncle Ben's rice as directed. Brown pork sausage. Combine all ingredients in slow cooker. Cook on LOW for 3 to 4 hours.

Robert Bernhardt, Aberdeen, SD

Slow Cookers Tamale Pie

- 2 lbs. lean ground beef
- 1 pkg. McCormick® Slow Cookers Chili Seasoning
- 2 (14.5 oz. each) cans stewed tomatoes, cut-up
- 1 (14.5 oz.) can kidney or pinto beans, drained and rinsed
- 1 (4 oz.) can chopped green chiles
- 1/2 cup water

Topping:

- 1 (8.5 oz.) box corn muffin mix
- 1/2 cup shredded Cheddar cheese

Cook ground beef in large skillet on medium-high heat until no longer pink; drain. Place in slow cooker. Add Seasoning Mix, tomatoes, beans, chiles and water; mix well. Cover. Cook 8 hours on LOW or 4 hours on HIGH. For the Cornbread Topping, if using low setting, increase to HIGH. Prepare corn muffin batter as directed on package. Drop batter by spoonfuls on top of simmering chili. Cover. Cook 30 minutes longer or until toothpick inserted into center of cornbread topping comes out clean. Sprinkle with cheese. Makes 10 servings.

Nutritional Information Per Serving: Calories 362, Total Fat 14g, Cholesterol 89mg, Sodium 9340mg, Protein 26g, Carbohydrates 33g, Dietary Fiber 4g

Pictured, Cooperative Connections

Mississippi Pot Roast

- 1 3 to 4 lb. chuck roast
- 1 pkg. ranch dressing mix
- 1 pkg. au jus gravy mix
- 1/4 cup butter
- 4 to 5 pepperoncini peppers with some juice

Place roast in slow cooker. Sprinkle dressing mix and au jus mix on top. Place peppers on top of the mixes; add butter. Cook on LOW 8 hours. *Note: Do not add any water or broth to this. It will make enough liquid as it cooks.*

Jean Osterman, Wheaton, MN

Please send your favorite holiday, soup or brunch recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2019. All entries must include your name, mailing address, telephone number and cooperative name.



Holiday Favorites

Fanny Farmer Fudge

- 4-1/2 cups sugar
- 1 (12 oz.) can evaporated milk
- 2 cups semi-sweet chocolate chips
- 2 cups milk chocolate chips
- 1 cup butter (use butter, not margarine)
- 2 tsp. vanilla
- 1-1/2 cups chopped walnuts (optional)

Mix sugar and milk together; bring to rolling boil. Boil for 6 minutes. Remove from heat; add chocolate chips and butter. Beat with electric mixer until very creamy. Add vanilla and stir well. Add nuts if desired. Pour into a 9x13-inch pan (glass works best) sprayed with cooking spray. Refrigerate at least 4 hours before cutting. Store in airtight container. Will keep for months in refrigerator and still be smooth and creamy.

Nancy Stenson, Fort Pierre, SD

Andes Mint Cookies

- 2-1/2 cups flour
- 3/4 cup cocoa powder
- 1 tsp. baking soda
- 2 sticks and 2 T. butter, softened
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 tsp. peppermint extract
- 1 cup chocolate chips
- 1 cup mint chips or chopped Andes mints

Sift flour, cocoa powder and baking soda in a medium bowl and set aside. Using a hand mixer, cream together butter and both sugars until fluffy. Add eggs, vanilla and peppermint extracts, mixing well. Add dry mixture to butter mixture and mix well. Stir in chocolate and mint chips. Roll dough into 1-1/2-inch balls. Place on prepared baking sheet and with 2 fingers, press down to about 1-inch thick. Bake at 350°F. for 15 to 18 minutes or until no longer glossy.

Cortney Reedy, Tea, SD

Vanilla Pecan Pie

- 1 refrigerated pie crust
- 1 (8 oz.) pkg. cream cheese, softened
- 3 eggs, divided
- 3/4 cup sugar, divided
- 4 tsp. McCormick® Pure Vanilla Extract, divided
- 1/2 cup light corn syrup
- 3 T. butter, melted
- 1/4 tsp. salt
- 2 cups pecan pieces, toasted

Prepare crust as directed on package for one-crust pie using 9-inch deep dish pie plate. Beat cream cheese, 1 egg, 1/4 cup sugar and 2 tsp. vanilla in large bowl with electric mixer on medium speed until well blended and smooth. Spread evenly on bottom of crust. Bake at 350°F. for 15 minutes. Beat remaining 2 eggs and sugar in large bowl with wire whisk until smooth. Add corn syrup, butter, remaining vanilla and salt; stir until well blended. Sprinkle pecans evenly over cream cheese layer. Slowly pour corn syrup mixture over nuts. Bake 35 to 40 minutes or until just set in center. Makes 10 servings.

Nutritional Information Per Serving: Calories 506, Total Fat 34g, Fiber 2g, Protein 7g, Cholesterol 96mg, Sodium 307mg, Carbohydrates 43g

Pictured, Cooperative Connections

Filled Graham Crackers

- 1 lb. box honey graham crackers
- 1 cup brown sugar
- 1/2 cup butter or margarine
- 1/3 cup milk
- 1 egg, beaten
- 1 tsp. vanilla

Line up 22 (unbroken) graham crackers on a sheet of waxed paper. Place remaining crackers in a zip-lock bag and crush fine with a rolling pin. Combine brown sugar, butter, milk and egg. Bring to a boil then cook an additional 7 minutes. Remove from heat; add crushed crackers and vanilla. When mixture has cooled a little, spread filling on 11 of the crackers and top with the other 11. Leave uncovered to keep them crisp or cover for softer crackers.

Mardelle Brown, Redfield, SD

Please send your favorite soup, brunch or seafood recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, telephone number and cooperative name.

COOPERATIVE CONNECTIONS

2020 Reader Recipes

January

Super Soups

1. Leftover Turkey Chowder
2. Crockpot Potato Soup
3. Taco Soup
4. Curried Pumpkin Soup
5. Cheddar-Ham Chowder

February

Bountiful Brunch

1. Pineapple-Zucchini Bread
2. Apple Pie Breakfast Bake
3. Breakfast Casserole
4. Grilled Fruit with Cinnamon Oatmeal Crumble
5. Omelet in a Bag

March

Seafood Sensations

1. Hot Crab Dip
2. Seafood Casserole
3. Red Salmon Spread
4. Crab Lasagna
5. Crab or Shrimp Salad

April

Appetizers and Beverages

1. Pink Rhubarb Punch
2. Jalapeno/Bacon Poppers
3. Spring Radish-Onion Spread
4. Jalapeno Cheddar Biscuits
5. Mocha Freeze

May

Comforting Casseroles

1. Chicken-Broccoli-Rice Casserole
2. Ham and Rye Casserole
3. Corn Casserole
4. Cheesy Potato Beef Bake

June

Dairy Delicious

1. Chicken Lasagna
2. Pineapple-Pretzel Salad
3. Cheesy Garlic Bread
4. S'mores Pie
5. Taco Cheese Dip

July

August

September

October

November

December



Super Soups

Leftover Turkey Chowder

- 4 slices bacon, chopped
- 1/2 cup chopped onion
- 2 cups water
- 4 medium red potatoes, cut in 1/2-inch cubes (about 2 cups)
- 1 pkg. McCormick® Turkey Gravy Mix
- 1/4 cup flour
- 2 cups half-and-half
- 2 cups cubed cooked turkey
- 1 (8 3/4 oz.) can whole kernel corn, undrained
- 1 tsp. McCormick® Sage, Rubbed

Cook bacon in large saucepan on medium heat until crisp. Add onion; cook and stir 3 minutes. Add water and potatoes. Bring to boil. Reduce heat to low; cover and simmer 5 minutes or until potatoes are tender. Stir gravy mix and flour in medium bowl. Stir in half-and-half with wire whisk until smooth. Stir mixture into saucepan. Add turkey, corn and sage. Bring to boil on medium heat. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally. Makes 8 (1 cup) servings.

Nutritional Information Per Serving: Calories 258, Fiber 1g, Protein 16g, Cholesterol 68mg, Total Fat 14g, Sodium 427mg, Carbohydrates 17g

Pictured, Cooperative Connections

Crockpot Potato Soup

- 1 (30 oz.) bag hash browns
- 3 (14 oz.) cans chicken broth
- 1 can cream of chicken soup
- 1/2 cup chopped onion
- 1/4 tsp. pepper
- 1 (8 oz.) pkg. cream cheese

Combine first 5 ingredients in crockpot. Cook on LOW 6 to 8 hours. Add cream cheese 1 hour before serving.

Bonnie Weber, Aberdeen, SD

Taco Soup

- 1 lb. ground beef, browned and drained
- 1 can chili beans, undrained
- 1 pkg. taco seasoning
- 1 (10.75 oz.) can tomato soup
- 1 soup can water
- Tomato juice

Combine all ingredients; heat through. Serve with shredded cheese, corn chips or crackers if desired.

Velma Schmitz, Bonesteel, SD

Curried Pumpkin Soup

- 8 oz. sliced fresh or canned mushrooms
- 1/2 cup chopped onion
- 2 T. butter
- 2 T. flour
- 1 tsp. curry powder
- 3 cups vegetable broth
- 1 (15 oz.) can pumpkin
- 1 (12 oz.) can evaporated milk
- 2 T. honey
- 1/4 tsp. ground nutmeg
- Salt and pepper

In a large saucepan, saute mushrooms and onions in butter until tender. Stir in flour and curry powder until blended. Gradually add broth. Bring to a boil; cook and stir 2 minutes or until thickened. Add pumpkin, milk, honey, nutmeg, salt and pepper. Heat through.

White Tail Ridge Bed & Breakfast, Hermosa, SD

Cheddar-Ham Chowder

- 2 cups water
- 2 cups cubed potatoes
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 1/4 cup chopped onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup butter
- 1/4 cup flour
- 2 cups milk
- 2 cups shredded Cheddar cheese
- 1 (16 oz.) can corn, drained
- 1-1/2 cups cubed, cooked ham

In a large saucepan, bring first 7 ingredients to a boil; reduce heat. Cover and simmer for 8 to 10 minutes or until vegetables are just tender; remove from heat but do not drain. Meanwhile, in a medium saucepan, melt butter and blend in flour. Add milk all at once, cooking and stirring until thickened and bubbly. Add cheese, stirring until melted. Stir into undrained vegetable mixture. Return large saucepan to heat; add corn and ham. Heat through, stirring occasionally.

Diane Fode, Rapid City, SD

Please send your favorite brunch, seafood or appetizer/beverage recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, telephone number and cooperative name.



Recipe and photo courtesy mccormick.com/recipes

Bountiful Brunch

Pineapple-Zucchini Bread

- 3 eggs
- 2 cups sugar
- 2 tsp. vanilla
- 1 cup oil
- 2 cups peeled and grated zucchini
- 3 cups flour
- 1 tsp. salt
- 1 tsp. soda
- 1 cup crushed pineapple, drained

Beat eggs, sugar, vanilla and oil. Mix in zucchini and dry ingredients; stir well. Fold in pineapple. Bake at 350°F. for 1 hour. Makes 2 loaves.

Geraldine Dahlin, Beresford, SD

Apple Pie Breakfast Bake

- 2 cans refrigerated French bread
- 1 cup butter, melted
- 1 (21 oz.) can apple pie filling
- 1 (14 oz.) can sweetened condensed milk
- 1 tsp. apple pie spice
- 1 tsp. vanilla

Bake loaves as directed on can; cool 20 minutes. Cut 1-1/2 loaves into 1/2-inch cubes to equal 7-1/2 cups. Reserve remaining 1/2 loaf for another use. Increase oven temperature to 375°F. In a 9x13-inch glass baking dish, evenly layer melted butter, apple pie filling and bread cubes. In a medium bowl, stir together milk, apple pie spice and vanilla. Pour over bread, pushing bread down to absorb liquid. Bake 25 to 30 minutes or until deep golden brown and bubbly. Cool 15 minutes. Serve warm with maple syrup. (Note: You may also use day-old French bread cut into 1/2-inch cubes.)

Jean Osterman, Wheaton, MN

Breakfast Casserole

- 1 (8 oz.) can crescent rolls
- 1 (16 oz.) pkg. bulk sausage, cooked and drained
- Diced onion, green pepper and mushrooms, optional
- 16 to 32 oz. hash brown potatoes, depending on number of servings desired
- 1-1/2 cups shredded cheese
- 8 eggs, lightly beaten
- 1/2 cup milk
- 1 pkg. country-style gravy mix, prepared according to package directions

Press crescent rolls in a lightly greased 9x13-inch pan. Spread with sausage crumbles and veggies. Layer hash browns on top. Sprinkle with cheese. Combine eggs with milk; pour over all. Spread on gravy. Bake at 325°F. for 1 hour or until cooked through in the middle.

Kim Jost, Agar, SD

Grilled Fruit with Cinnamon Oatmeal Crumble

- 6 T. butter, softened, divided
- 2 T. light brown sugar
- 1 tsp. cinnamon, ground
- 3/4 cup quick-cooking oats
- 2 ripe peaches, halved and pitted
- 2 ripe plums, halved and pitted

Mix butter, brown sugar and cinnamon in a medium bowl. Reserve 2 T.; set aside. Add oats to remaining butter mixture, stirring until well blended. Brush fruit with reserved butter mixture. Place cut-side down on grill over medium heat. Tent with foil or close grill lid. Grill 2 minutes or until grill marks appear. Turn fruit cut-side up; spoon oat mixture evenly on top of each piece. Return foil tent or close lid. Grill 3 minutes longer or until fruit is tender and topping is crisp. Serve topped with whipped cream or ice cream, if desired. Cooking over a campfire? Place grill grate over top of campfire. Grill fruit as directed, rearranging hot coals as needed to maintain even direct heat. Makes 4 servings

Nutritional Information Per Serving: Calories 290, Total Fat 18g, Fiber 3g, Cholesterol 45mg, Sodium 137mg, Carbohydrates 29g, Protein 3g

Pictured, Cooperative Connections

Omelet in a Bag

- 2 large eggs
- Ham or bacon pieces
- Onion, chopped
- Tomato, diced
- Green pepper, diced
- Mushrooms, chopped
- Grated cheese

Give each guest a quart-size Ziploc freezer bag and have them write their name on the bag with a permanent marker. Crack 2 eggs into each bag (not more than 2). Shake to combine them. Put out a variety of ingredients and let each guest choose what they want in their omelet. Shake the bag. Zip the bag after making sure to get all the air out. Bring a large kettle of water to a full rolling boil. Place the bags into the water. When the water begins to boil again, boil for exactly 14 minutes. You can usually cook 6 to 8 omelets at a time. For more, make another kettle of boiling water. Open bags and the omelet will roll out easily. Serve with fresh fruit and coffee cake.

Roxanna Streckfuss, Mansfield, SD

Please send your favorite seafood, appetizer and beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, telephone number and cooperative name.

Recipe and photo courtesy mccormick.com/recipes



Seafood Sensations

Hot Crab Dip

1 (8 oz.) pkg. cream cheese, softened
1 cup mayonnaise
2 tsp. OLD BAY® Seasoning
1/2 tsp. ground mustard
1 lb. lump crabmeat
1/4 cup shredded Cheddar cheese

Mix cream cheese, mayonnaise, Old Bay Seasoning and ground mustard in medium bowl until well blended. Add crabmeat; toss gently. Spread in shallow 1-1/2-quart baking dish. Sprinkle with Cheddar cheese and additional Old Bay Seasoning, if desired. Bake at 350°F. for 30 minutes or until hot and bubbly. Serve with assorted crackers or sliced French bread. Makes 28 servings.

Nutritional Information Per Serving: Calories 110, Total Fat 10g, Cholesterol 30mg, Sodium 181mg, Protein 5g

Pictured, Cooperative Connections

Seafood Casserole

1 (6 oz.) pkg. crab, tuna or salmon, drained
1 cup shredded Cheddar cheese
Onions, chopped
4 eggs, beaten
1 cup milk
Salt and pepper, to taste
Paprika

Spray an 8x8-inch pan or casserole dish. Combine seafood, cheese and onions. Put in pan. Beat eggs, milk, salt and pepper. Pour over casserole; sprinkle paprika on top. Bake at 350°F. for 30 minutes. Let stand a few minutes before serving.

Velma Schmitz, Bonesteel, SD

Red Salmon Spread

1 (14 oz.) can red salmon, drained
6 oz. cream cheese, softened
1 tsp. liquid smoke
1/2 tsp. garlic salt
Parsley flakes

Remove skin and bones from salmon; cut into small chunks. Combine cream cheese, liquid smoke and garlic salt. Add salmon. Shape into 2 or 3 balls. Sprinkle with parsley flakes. Refrigerate. Serve with assorted crackers.

June Herke, Watertown, SD

Crab Lasagna

1/4 cup chopped onion
1 stick butter
1 quart half-and-half
1/2 tsp. minced garlic
4 T. cream cheese
24 oz. pkg. imitation crab, shredded
12 oz. cottage cheese
1 egg
1 T. parsley
1/2 cup Parmesan cheese
12 uncooked lasagna noodles
2 cups mozzarella cheese

Saute onions in butter. Add half-and-half, garlic and cream cheese. Prepare 9x13-inch pan. Assemble layers as follows: 1 cup sauce, top with lasagna noodles, 1/2 of cottage cheese mixture, 1/2 of crab, 1 cup sauce, lasagna noodles and 1 cup mozzarella cheese. Repeat layers. Cover with foil; refrigerate overnight. Bake at 350°F. for 1 hour. Remove foil and bake an additional 20 minutes until bubbly and cheese starts to brown. Let set 10 minutes before serving.

Jane Ham, Rapid City, SD

Crab or Shrimp Salad

1 (7-oz.) pkg. ring, shell or spiral pasta
1/2 cup diced celery
1/4 cup diced onion
1 (8 oz.) container mock crab or shrimp
1 cup diced cucumber
1 cup Miracle Whip
1/2 cup Dorothy Lynch dressing
1/2 tsp. salt
1/2 tsp. pepper

Prepare pasta according to package directions. Toss together celery, onions, crab or shrimp and cucumbers. Add Miracle Whip, dressing, salt and pepper. Chill.

Joyce Hermans, Milbank, SD

Please send your favorite appetizer, beverage, casserole or dairy recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, phone number and co-op name.



Appetizers and Beverages

Pink Rhubarb Punch

8 cups chopped rhubarb
8 cups water
2 cups sugar
3 T. strawberry gelatin
2 cups boiling water
2 cups pineapple juice
1/4 cup lemon juice
Lemon-lime soda

In large saucepan, bring rhubarb and water to a boil. Reduce heat; simmer for 10 minutes. Drain, reserving liquid. In a large bowl, combine sugar, gelatin and boiling water until dissolved. Add pineapple and lemon juices. Stir in rhubarb liquid; chill. Just before serving, add soda or ginger ale as desired.

Joyce Romkema, Springfield, S.D.

Jalapeño/Bacon Poppers

10 jalapeños
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper
1/4 cup sliced green onions
1-1/2 cup shredded Cheddar cheese
1/2 lb. bacon, cooked and crumbled
1 (8 oz.) pkg. cream cheese, softened

Slice each jalapeño in half lengthwise and use spoon to remove seeds and veins. Combine garlic powder, salt, pepper, green onions, Cheddar cheese, bacon and cream cheese. Spoon the mixture evenly in jalapeños and place on baking sheet. Bake at 400°F. for 20 minutes or until jalapeños are tender. Very flavorful but not hot to taste.

Tina Haug, Pierre, S.D.

Spring Radish-Onion Spread

1 (8 oz.) pkg. cream cheese, softened
1/4 cup butter, softened
1/2 tsp. celery salt
1/2 tsp. Worcestershire sauce
1/4 tsp. paprika
1 cup shredded radishes
1/4 cup finely chopped green onions
Assorted crackers, chips or fresh veggies

Combine first 5 ingredients. Fold in radishes and onions. Cover and chill before serving.

Elaine Rowett, Sturgis, S.D.

Jalapeño Cheddar Biscuits

2 cups flour
1 T. baking powder
1 tsp. baking soda
2 tsp. McCormick Gourmet™ Jalapeño Pepper, Ground
1 cup buttermilk
1/2 cup (1 stick) cold butter, cut into chunks
1 cup shredded Cheddar cheese
2 green onions, thinly sliced

Honey Butter:

1/2 cup (1 stick) butter, softened
3 T. honey

For the biscuits, mix flour, baking powder, baking soda and jalapeño pepper in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Add buttermilk; stir to form a soft dough. Stir in cheese and green onions. Drop dough by rounded 1/4 cupfuls about 2 inches apart onto parchment paper-lined baking sheet, forming 12 biscuits. Bake at 375°F. for 18 to 20 minutes or until golden brown. Cool on wire rack. Meanwhile, for the honey butter, mix butter and honey in small bowl until smooth. Serve with biscuits. Makes 12 servings.

Nutritional Information Per Serving: Calories 270, Total Fat 18g, Fiber 1g, Cholesterol 51mg, Sodium 414mg, Carbohydrates 22g, Protein 5g

Pictured, Cooperative Connections

Mocha Freeze

2 cups vanilla ice cream, softened
1/4 cup cold strong coffee
1 T. chocolate syrup
1/2 cup crushed ice

In blender, combine all ingredients. Cover; blend until of desired consistency. Pour into glasses and serve immediately. Makes 4 servings.

Becki Hauser, Tripp, S.D.

Please send your favorite casserole, dairy or dessert recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, phone number and co-op name.

Recipe and photo courtesy mccormick.com/recipes



Comforting Casseroles

Chicken-Broccoli-Rice Casserole

1 lb. chicken tenders or boneless skinless chicken breasts, cut into 1-inch strips

1 cup long grain rice

1-1/2 cups Kitchen Basics® Original Chicken Stock

1 cup milk

2 tsp. garlic powder

2 tsp. onion powder

1-1/2 tsp. rosemary leaves, crushed

1/2 tsp. pepper

1/2 tsp. salt

2 cups fresh or frozen broccoli florets

1 cup shredded Cheddar cheese

Spread chicken and rice in greased 2-quart baking dish. Mix stock, milk and seasonings in medium bowl with wire whisk until well blended. Slowly pour over chicken and rice. Cover with foil. Bake at 400°F. for 45 minutes. Remove foil. Stir in broccoli. Sprinkle with cheese. Bake, uncovered, 15 minutes longer or until rice has absorbed all the liquid and broccoli is tender. Makes 6 (1 cup) servings.

Nutritional Information Per Serving: Calories 317, Total Fat 9g, Cholesterol 69mg, Sodium 492mg, Carbohydrates 31g, Fiber 1g, Protein 28g

Pictured, Cooperative Connections

Ham and Rye Casserole

1 cup chopped onion

1/2 cup chopped celery

1/4 cup butter

4 cups cubed rye bread

1 (8 oz.) pkg. ham, cut into strips or may use cubed ham

1 (8 oz) pkg. American cheese, cubed

2-1/2 cups milk

3 eggs

1-1/2 tsp. prepared mustard

Salt and pepper, to taste

In a saucepan, saute onion and celery in butter until tender. In a 2-quart buttered baking dish, combine onion, celery, bread, ham and half the cheese. In a bowl, beat together milk, eggs, mustard, salt and pepper until well blended. Pour over all; top with remaining cheese. Bake at 350°F. for 1 hour or until golden brown and puffed.

Martha Mehlhaff, Aberdeen, SD

Corn Casserole

1 cup broken spaghetti, uncooked

1 can cream-style corn

1 cup cubed processed cheese

1/2 cup milk

1 can whole kernel corn

Diced onions, optional

Salt and pepper to taste

Combine all ingredients in a 1.5-quart casserole. Bake at 350°F. for 1 hour, stirring after the first 30 minutes.

Emily Luikens, Tea, SD

Cheesy Potato Beef Bake

1 lb. ground beef

2 (4 oz. each) cans mushroom stems and pieces, drained

2 (5-1/4 oz. each) pkgs. au gratin potatoes

4 cups boiling water

1-1/3 cups milk

2 tsp. butter

1 tsp. salt

1/2 tsp. seasoned salt

1/2 tsp. pepper

1 cup shredded Cheddar cheese

In a skillet over medium heat, cook beef until no longer pink; drain. Place in a greased 9x13-inch baking pan. Top with mushrooms. Combine potatoes and contents of sauce mix packets, water, milk, butter, salt, seasoned salt and pepper. Pour over beef and mushrooms. Cover and bake at 400°F. for 30 minutes or until heated through. Sprinkle with cheese. Bake, uncovered, for 5 minutes longer or until cheese is melted. Let stand 10 minutes before serving.

Stephanie Fossum, Hudson, SD

Please send your favorite dairy, dessert or vegetarian recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in June 2020. All entries must include your name, mailing address, telephone number and cooperative name.

Recipes and photo courtesy mccormick.com/recipes



Dairy Delicious

Chicken Lasagna

1 can cream of chicken soup
1 can cream of mushroom soup
1/2 cup milk
1 cup sour cream
1 cup Parmesan cheese
3 cups diced chicken
3 cups shredded Cheddar cheese
Lasagna noodles, cooked

Mix together soups and milk. In a separate bowl, combine sour cream, Parmesan cheese, diced chicken and cheese. Spread a thin layer of the soup mixture in the bottom of a 9x13-inch glass baking dish. Make a layer of cooked lasagna noodles. Spread an even layer of the chicken mixture. Top with another layer of soup. Repeat layers until gone. Bake at 325°F. for 1 hour.

Mary Hunt, Gary, S.D.

Pineapple-Pretzel Salad

2 cups crushed pretzels
1 stick butter, melted
1 cup sugar, divided
1 (8 oz.) container Cool Whip
1 (8 oz.) pkg. cream cheese, softened
1 (20 oz.) can crushed pineapple, drained

Combine pretzels, butter and 1/2 cup sugar. Spread on a 9x13-inch pan. Bake at 400°F. for 7 minutes; cool. Break into pieces; set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well; refrigerate overnight. Just before serving, add pretzel pieces.

Linda Rauscher, Aberdeen, S.D.

Cheesy Garlic Bread

1 cup Miracle Whip
1/2 cup sour cream
1 cup shredded yellow cheese
1/4 tsp. garlic salt
1 cup chopped onion
1 loaf French bread

Combine salad dressing, sour cream, shredded cheese, garlic salt and onion. Cut the French bread length-wise. Cover both sides, cut-side up, with mixture. Sprinkle with parsley and paprika, if desired. Bake at 400°F. for 8 to 10 minutes. Cut diagonally for a pretty presentation.

Jane Ham, Rapid City, S.D.

S'mores Pie

Graham Cracker Crust:
1-1/2 cups graham cracker crumbs
7 T. butter, melted
1/3 cup sugar

Filling:
3/4 cup heavy cream
6 oz. semi-sweet chocolate, chopped
2 tsp. ground cinnamon
1 T. plus 1 tsp. vanilla extract, divided
1 (7 oz.) jar marshmallow creme
1 (4 oz.) pkg. cream cheese, softened
1 (8 oz.) container frozen whipped topping, thawed

For the crust, mix all ingredients in medium bowl. Press into bottom and up sides of 9-inch pie plate. Set aside. For the filling, bring cream just to boil in small saucepan. Pour over chocolate in medium heatproof bowl. Let stand 1 minute then stir until smooth. Stir in cinnamon and 1 tsp. of the vanilla. Pour into prepared crust. Refrigerate 30 minutes or until chocolate is firm. (Freeze 15 minutes for faster chilling.) Beat marshmallow creme, cream cheese and remaining 1 T. vanilla in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping until well blended. Spread evenly over chocolate layer in crust. Refrigerate at least 2 hours or until ready to serve. Garnish with chocolate curls or toasted marshmallows, if desired. Makes 8 servings

Nutritional Information Per Serving: Calories 600, Total Fat 36g, Cholesterol 75mg, Sodium 267mg, Carbohydrates 65g, Fiber 2g, Protein 4g

Pictured, Cooperative Connections

Taco Cheese Dip

1 (8 oz.) pkg. cream cheese, softened
1 pkg. taco seasoning
1 (8 oz.) container sour cream
Shredded Cheddar cheese

Blend cream cheese, taco seasoning and sour cream well in serving dish. Spread shredded Cheddar cheese on top. Serve with chips.

Mary Ellen Luikens, Scotland, S.D.

Please send your favorite dessert, vegetarian or garden produce recipes to your local electric cooperative (address found on Page 3).

Each recipe printed will be entered into a drawing for a prize in December 2020. All entries must include your name, mailing address, telephone number and cooperative name.