

(From page 8)  
Cut the bacon in 1/2 inch strips and press lengthwise into surface of Redi-Wheat and bake in slow oven, 325 degrees, for 45 minutes. Remove cover and continue baking about 40 minutes. Make 3 to 4 servings.

**READY-TO-SERVE WHEAT SALAD**

1 can (10 ounces) unseasoned ready-to-serve wheat (bulgar)  
3 tablespoons French dressing  
3 tablespoons chopped sweet pickle  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups thinly sliced celery

1/4 cup chopped green pepper  
2 chopped hard-cooked eggs  
1 to 2 teaspoons minced onion  
3/4 cup mayonnaise

Prepare bulgar according to directions on can. Turn into bowl. Add French dressing, sweet pickle, salt and pepper; mix well. Chill. Add celery, pepper, eggs, onion and mayonnaise. Mix well. Serve on bed of lettuce and garnish with tomato wedges. If desired, add a can of tuna fish or some diced cooked meat or poultry for a delicious and hearty main course salad. Makes 3 to 4 servings.

**SWEDISH CABBAGE WITH WHEAT STUFFING**

8 large cabbage leaves  
1 can (10 ounces) seasoned ready-to-serve wheat (pilaf)  
1/2 pound ground meat (fresh or left over)  
3/4 cup chicken or meat stock  
1/2 teaspoon mace  
4 teaspoons margarine  
3/4 cup beef stock or tomato puree or mixture of both  
Seasoned salt

Wilt cabbage leaves for 5 to 10 minutes in hot water. Mix together the pilaf, ground meat, chicken or meat stock, and mace.

Divide mixture into eight parts. Mount 1 part on each cabbage leaf. Fold leaf up and over Redi-Wheat mixture, envelope fashion; secure with toothpicks. Arrange rolls in shallow baking dish. Dot each roll with 1/2 teaspoon margarine. Pour beef stock over rolls. Sprinkle each roll with seasoned salt. Cover and bake in moderate oven (375 degrees) for forty minutes. Uncover and continue baking for about 40 minutes. Baste occasionally. Make 4 servings.

**WHEAT STUFFING FOR POULTRY**

1/2 cup butter or margarine

**WHEELHORSE and SIMPLICITY Garden Tractors**

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1/2 cup chopped onion  
1/2 cup chopped celery  
1/2 cup diced tart green apple (peeled and cored)  
6 glets, chopped  
1 can (10 ounces) unseasoned ready-to-serve wheat (bulgur)  
1/4 cup slivered blanched almonds  
3/8 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon poultry seasoning  
3/4 cup chicken stock or water

Heat butter or margarine. Add onion, celery, apple and giblets. Cook until onions are straw-colored. Add bulgur, almonds, salt, pepper, poultry seasoning, and chicken stock. Cover and cook over moderate heat until all liquid is absorbed. Makes about 3 cups dressing.

**WHEAT SUPREME AU GRATIN**

1 4-oz can mushroom stems and pieces  
3 tablespoons margarine  
3 tablespoons chopped onions  
1 can (10 ounces) unseasoned ready-to-serve wheat (bulgar)  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon seasoned salt  
3/4 teaspoon Worcestershire Sauce  
1 cup mushroom liquid plus beef stock or canned consommé  
3 ounces sharp cheddar cheese

Paprika  
Drain mushrooms and reserve liquid. Heat margarine. Add onions and mushrooms; brown lightly. Add bulgur, salt, pepper, seasoned salt, Worcestershire Sauce and the mushroom liquid mixture. Cover and bring to boil over moderate heat. Turn into 1 1/2 quart casserole. Grate or slice cheese. Stir into Redi-Wheat mixture, reserving a layer for the surface. Sprinkle with paprika. Bake in moderate oven, 350 degrees, for about 30 minutes or until nicely browned and bubbly. Serve as a main course casserole with a vegetable or a chisp salad. Makes 3 to 4 servings.

**SCOTCH BROTH WITH READY-TO-SERVE WHEAT**

2 1/2 quarts water  
2 pounds lamb shanks  
1 cup diced or shredded carrots  
1/2 cup chopped onions or leek  
1 cup sliced celery  
1/4 cup snipped parsley  
1 can (10 ounces) unseasoned ready-to-serve wheat (bulgur)  
2 to 3 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon curry powder (optional)  
2 tablespoons butter or margarine  
4 tablespoons flour  
Simmer lamb shanks in water or 2 to 3 hours. Remove meat and bones and (Turn to page 10)



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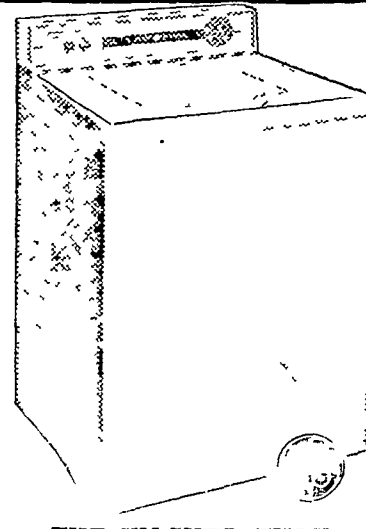


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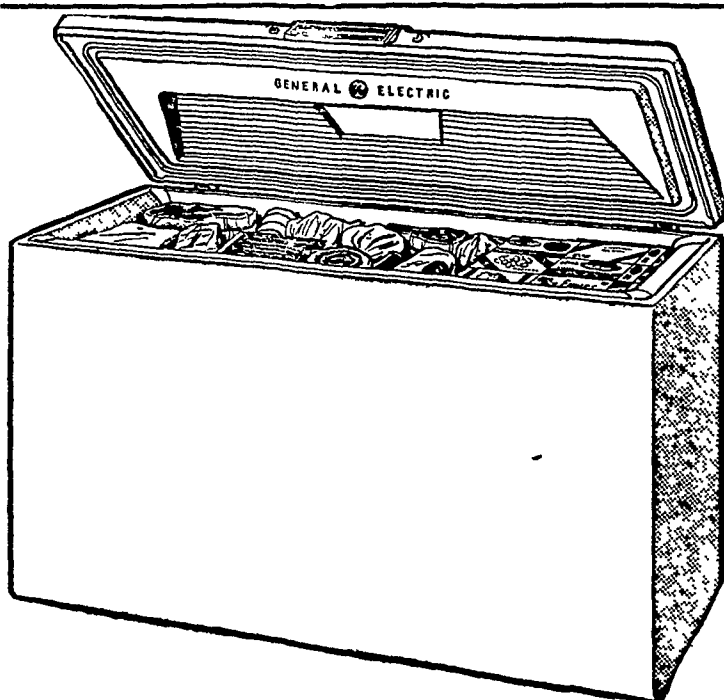
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