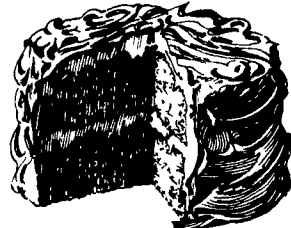


Home On The Range



Satisfy Between Meal Munchies With A Snack

When the hungries strike between meals, a satisfying snack is in order. This week, Lancaster Farming readers have shared their solutions to those tummy rumblings that send you searching through the refrigerator and the breadbox.

When selecting a snack to sate your appetite, it's important to choose foods that will help satisfy your daily nutritional requirements. Sodas and candy bars, while convenient and tasty, will do little but add extra calories to your diet. So reach for foods that will provide you with essential nutrients and tickle your taste buds at the same time.

And if, from time to time, nothing else but a sweet treat will satisfy, it surely can't hurt too much to indulge!

TASTY CAKE

- 4 eggs
- 1 teaspoon vanilla
- 1 1/4 cups sugar
- 2 cups flour
- 2 tablespoons margarine
- 1 cup milk
- 1 teaspoon baking soda

Grease and flour cookie sheets (1 9x13, 1 12-inches round). Mix ingredients. Bake at 350°F. for 10 to 15 minutes. Spread 1 cup peanut butter on top while cake is hot. Chill until peanut butter is firm. Melt an 8-ounce chocolate bar with a little water and pour it over the cake. Cut into squares and serve.

Verna Newswanger
Fleetwood

INDOOR S'MORES

- 2/3 cup light corn syrup
- 2 tablespoons margarine or butter
- 1 11 1/2-ounce package chocolate morsels
- 1 teaspoon vanilla
- 1 10-ounce package graham cracker cereal (8 cups)
- 3 cups miniature marshmallows

Grease 13x9x2-inch pan. Heat corn syrup, margarine and chocolate chips to boiling in 3-quart saucepan, 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 a piece of waxed paper. Let stand until firm, at least one hour. Cut into 1 1/2-inch squares.

Doreen Becker
Elizabethtown

SPICY APPLE CHEESE BARS

- 1/2 cup butter, softened
- 1/2 cup brown sugar, firmly packed
- 1 cup all-purpose flour
- 1/2 cup finely chopped walnuts

- 1/4 cup sugar
- 1 8-ounce package cream cheese, softened
- 1 egg
- 1/2 teaspoon vanilla
- 5 medium apples, peeled and grated (Remove moisture by using absorbent paper towels.)
- 2 tablespoons lemon juice
- 2/3 cup apple butter

Add lemon juice to apples. Cream butter and brown sugar. Add flour and walnuts; mix to make a crumb mixture. Reserve 1 cup for topping. Press remainder into bottom of 9-inch square pan. Bake at 350°F. for about 12 minutes. Spoon half of apple butter over baked crumb crust.

Blend sugar with cream cheese. Add egg and vanilla. Add grated apples with lemon juice, carefully spoon over apple butter on crumb crust. Spoon remaining apple butter over apple and cheese mixture. Sprinkle with reserved crumb mixture. Bake at 350°F. for about 40 minutes longer, or until knife inserted in center comes out clean. Cool and cut into squares. Makes 16 squares.

FRUIT PUNCH SNACK CAKE

- 1 16-ounce can fruit cocktail in juice or extra light syrup
- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/2 cup chopped walnuts
- 1/2 cup shredded coconut

Heat oven to 350°F. Drain fruit cocktail, reserving liquid for other uses. In a large bowl, cream butter. Gradually beat in sugar until light and fluffy. Beat in eggs one at a time. Mix together flour, soda, salt and spices. Stir fruit cocktail into flour mixture; fold into butter-sugar mixture. Pour into greased and floured 9x12x1 1/2-inch baking pan. Sprinkle with walnuts and coconut. Bake 30 to 40 minutes until toothpick inserted in center comes out clean.

CARAMEL POPCORN

- 1 quart popcorn
- 2 cups brown sugar
- 1/2 cup molasses
- 1 cup butter (melted)
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon vanilla

Combine sugar, molasses and butter. Cook until slightly thick. Add vanilla, soda and salt. Pour over popcorn. Mix well. Bake for 1 hour in a warm oven (200°F.), stirring occasionally.



Homemade Fruit Punch Snack Cake fresh from the oven and a tall glass of milk are hard to resist. A snack is a welcome sight any time, whether it comes after school, during a lazy Sunday afternoon or after an invigorating afternoon of yard work.

CHEDDAR APPLE SNACKS

- 1 cup (4 ounces) shredded Cheddar cheese, at room temperature
- 1 3-ounce package cream cheese, softened
- 1/2 cup finely chopped pecans
- 1 tablespoon milk
- 1/8 teaspoon nutmeg
- 3 medium-sized apples
- Fresh lemon juice
- Crackers, if desired

Beat cheeses in small mixing bowl until light and fluffy. Stir in nuts, milk and nutmeg. Chill, covered, 3 to 4 hours to allow flavors to blend. Remove from refrigerator while preparing apples. Core unpeeled apples and cut into 1/2-inch thick slices. Dip in lemon juice to prevent darkening. Spread each slice with cheese mixture. Put back together to reshape half or whole apples. Serve with crackers on the side.

FRESH APPLE SQUARES

- 1 3/4 cups sugar
- 3 eggs
- 1 cup oil
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup chopped nuts
- 2 to 3 cups chopped apples

Beat sugar, eggs and oil until well blended. Stir together dry ingredients. Fold in apples and nuts. Pour into a greased 9x13-inch pan. Bake at 350°F. for an hour. Sprinkle with powdered sugar if desired.

STUFFED CELERY

- 3 or 4 ounces cream cheese, softened
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon lemon juice
- 1 tablespoon finely chopped pistachio nuts
- 8 3-inch long pieces of celery

Blend cream cheese, Worcestershire sauce and lemon juice until smooth in a small bowl; stir in pistachio nuts.

Spread about 1 tablespoon cheese mixture into hollow in each piece of celery.

PIMIENTO CHEESE SPREAD

- 2/3 cup evaporated milk
- 1 tablespoon flour
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- 1 egg, beaten
- 1 tablespoon margarine

Combine in saucepan and cook over low heat until it thickens, stirring constantly. Remove from heat and pour over: 1 pound processed American cheese which you have cubed. Stir and mash to blend. Add a 4-ounce jar of pimientos, chopped, 2 tablespoons mayonnaise and salt and pepper to taste.

BUTTERY BLUE PECAN TREATS

- 1/2 cup butter
- 1/2 cup (2 ounces) Blue cheese

4 dozen pecan halves

Combine butter and cheese until well mixed. Spread one teaspoon of mixture between 2 pecan halves. Chill 1 to 2 hours before serving.

PIZZA POPCORN

- 4 tablespoons (1/2 stick) butter
- 1 clove garlic, minced
- 1/4 teaspoon leaf oregano, crumbled
- 8 cups freshly popped corn
- 1/2 teaspoon onion salt
- 4 tablespoons grated Parmesan cheese

Melt butter in a small saucepan; stir in garlic, oregano and basil. Heat 1 to 2 minutes.

Pour over popcorn in a large bowl; sprinkle with onion salt and cheese; toss until lightly coated.

Featured Recipe

The holidays are rapidly approaching and it's time to start planning for gifts, decorations and goodies for guests. Homemakers attending the Lebanon County Extension Service's holiday program in Prescott this week, got plenty of ideas and a copy of this scrumptious recipe. For more craft ideas from this program, turn to the story in this section.

Cranberry, Walnut and Orange Muffins

- 2 navel oranges
- 1 cup cranberries, coarsely chopped
- 1 cup chopped walnuts
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 2/3 cup plus 1 teaspoon sugar
- 1/3 cup melted unsalted butter or safflower oil
- 1 egg

Preheat the oven to 400°F. Generously grease 12 muffin cups (2 1/2 inches). Remove the zest from the orange. (Zest is the thin outer orange part of the peel of the orange. Do not include the white parts.) Grate, mince or blend it. You will need 1 tablespoon plus one teaspoon. Squeeze 2/3 cup orange juice. Set aside.

In a bowl, toss together zest, cranberries, and nuts. In another bowl, mix flour, baking powder and 2/3 cup sugar. Combine the egg, oil and juice; pour over dry ingredients; stir 3 or 4 times with a rubber scraper. Add the fruit and nuts. Stir to distribute them. Quickly divide the batter into the muffin cups. Sprinkle tops with remaining sugar. Bake for 25 minutes or until the tops are golden. Let rest in the pan for about 2 minutes, remove to a rack to cool 15 minutes. Enjoy.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P O Box 366, Lititz, PA 17543

November

- 15- Recipes Using Nuts
- 22- Thanksgiving Feast
- 29- Holiday Hors d'oeuvres