



Have You Heard?

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Home Economist

Make Nutritious Cookies For The Holidays

It's time to begin thinking about baking holiday cookies. Why not select recipes which call for fresh nutritious ingredients such as whole wheat flour, oatmeal, dried fruit, nuts, peanut butter or applesauce.

This year, why not decorate your cookies without sugar and save money while reducing the amount of sugar your family eats? Instead of frosting rolled cookies, paint them with colored egg yolk.

Before baking the cookies, paint either the entire surface or designs on the cookies with small paint brushes. If the paint begins to thicken, add a few drops of water.

To make egg yolk paint: mix one beaten egg yolk with one-fourth teaspoon of water. Divide the mixture into several small containers and add a different food color to each. If you have children, let them help you paint your cookies.

After you have baked your

cookies make sure you store them correctly so they will keep their delicious homemade flavor and aroma.

Store soft cookies, bars and squares in a tightly covered container. If they last long enough to begin to dry, add a piece of bread or apple to supply needed moisture. Crisp cookies should be loosely covered. If they pick up moisture and become limp, freshen them by placing in a 300 degree oven for about five minutes.

Begin now to plan for pretty, nutritious holiday cookies to delight your family and friends so they will have a pleasant memory of Christmas 1986.

Here are some nutritious cookie recipes to get you started. Happy Baking!

Oatmeal Fruit Cookies

1 cup (2 sticks) butter
1 cup firmly packed brown sugar
1 cup sugar
2 eggs
1 teaspoon vanilla

1 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
4 cups rolled oats
1 cup ground raisins
1 cup ground pitted dates
1 cup chopped pecans
1 cup shredded coconut

Preheat oven to 325°. Grease baking sheets and set aside. Cream butter with sugars in large bowl until light and fluffy. Beat in eggs and vanilla. Sift flour, soda and salt into egg mixture and stir well. Add remaining ingredients and blend thoroughly. Roll mixture into 36 walnut-size balls. Arrange on baking sheets. Bake about 20 minutes. Transfer cookies to rack and cool. Store at room temperature in an airtight container. Makes about 3 dozen.

Choco-Nut Bars

1/2 cup peanut butter
6 tablespoons butter or margarine, softened
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup whole wheat flour
1 teaspoon baking powder
1/2 cup salted peanuts
1/2 cup chocolate chips

Cream together the peanut butter, butter and sugar. Beat in eggs and vanilla. Combine flour and baking powder and stir in. Add nuts and chocolate chips. Pour into an 11x7, 1/2x1, 1/2-inch pan and bake in a preheated 350°F. oven 25 to 30 minutes. Cool and cut into bars. Makes 24 bars.

Coconut-Carrot Cookies

(The next time you cook carrots

for dinner, cook more than you need and bake these.)

1 cup mashed cooked carrots (about 4 medium)
1/4 cup sugar
1/2 cup margarine or butter, softened
1/2 cup shortening
2 eggs
2 cups all-purpose or whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt

1/4 cup shredded or flaked coconut
Heat oven to 400°F: Mix carrots, sugar, margarine, shortening and eggs. Stir in flour, baking powder and salt. Mix in coconut. Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake until almost no indentation remains when touched, 8 to 10 minutes. Immediately remove from cookie sheet; cool. Makes about 5 dozen cookies.

Cambria County Capon Sells For \$36 Per Pound, Breaks State Record

HARRISBURG — The grand champion capon at the Cambria County Roundup in Ebensburg sold for a record breaking \$36 per pound for a total of \$378. John Rieg, a senior 4-H member, sold his 10 1/2-pound champion to Mark A. Myers during the recent roundup.

The previous state record was \$35 per pound set in 1978 at the Adams County 4-H Capon Roundup in Cashtown Fire Hall.

Rieg won over a field of 10 other 4-H members. The grand champion earned 19 out of a possible 20 points.

Mark and Diane Myers, a husband and wife team, operate Myers Started Capons, R1 South Fork.

Earlier in the year, county agent Jerry McCammon and 4-H leader Elayne Rieg held several training sessions to ensure quality capon at the roundup.

Grange Offers Cookbook

MADISON, Wis. — The National Grange announced the publication of its third cookbook, "The Glory of Cooking," during its 120th annual convention. The cookbook is dedicated to the Bicentennial of the U.S. Constitution which will occur next year.

Mary R. Buffington, director of women's activities, said the

cookbook will contain nearly 1,000 recipes supplied by Grange members and friends nationwide. It will feature both classic American and ethnic recipes. All of the recipes are from scratch and promote the use of American agricultural products.

A mini-sample of the book was distributed at the convention. It will be available Dec. 1 at a cost of \$8. Copies may be purchased from local Granges or by writing to National Grange Cookbook, "The Glory of Cooking," 1616 H St. NW, Washington, D.C. 20006.

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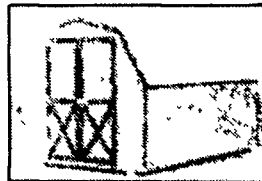
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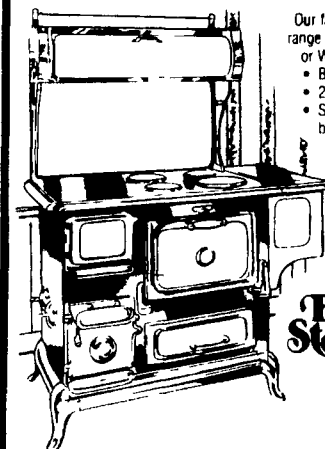
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