



# Home On The Range



## Nutty Recipes To Munch

Nuts are a nutritious, natural food. Technically nuts are seeds, and characteristic of seeds, contain concentrated amounts of nutrition from all four of the basic food groups — protein sources, vegetables, dairy products and grains. Nuts are a good source of vegetable protein and provide significant amounts of vitamins, such as riboflavin and vitamin E, as well as important minerals. For example, the oil in almonds is 90 percent unsaturated and contains no cholesterol, reassuring if you're trying to reduce the level of saturated fat in your diet.

Whenever you need a little crunch, exciting flavor, eye or appetite appeal, think nuts.

Explore the world of nut cookery with this collection of recipes from our readers.

### CONGO SQUARES

2½ cups flour, sifted  
1 pound dark brown sugar  
¼ cup butter or margarine  
3 or 4 eggs  
2 teaspoons baking powder  
1 cup walnuts  
1 (6 oz.) package chocolate chips

Cream butter, eggs and sugar together. Sift flour and measure. Sift together flour, baking powder, mix well. Fold in walnuts and chocolate chips. Bake at 350° in greased pan for 35 to 40 minutes. Cool. Cut into 1½-inch squares.

Delores Sensenig  
New Oxford

### EASY "STICKY" BUNS

Thaw out two loaves frozen bread. Roll each one out into an oblong circle approximately ½ inch thick. In saucepan slowly heat 1 cup dark brown sugar, 1 tablespoon cinnamon, 4 tablespoons honey and 4 tablespoons butter. After syrupy and bubbly add ¼ cup Karo syrup and stir. Use approximately ½ of this mixture to coat inside of bread dough. Roll up jelly roll fashion and slice into ½ inch slices. Pour rest of syrup mixture into bottom of two greased round baking pans (cake layer pans work well). Arrange slices on top of syrup. Let rise till doubled. Bake at 365° approximately 30-35 minutes.

For nut topped sticky buns, add ½ cup chopped walnuts to syrup mixture before placing bun slices in pan. Remove from oven. Cool - inverted onto a plate so sticky stuff runs over top of buns.

Donald K. Love

### OLD-FASHIONED PUMPKIN PIE

#### Pastry:

1 cup unbleached white flour  
1 cup ground nuts (whirl nuts in a blender or food processor)  
3 tablespoons vegetable oil  
¼ cup unsweetened fruit juice (or water)

Combine pastry ingredients and mix well. Press evenly into a lightly oiled 10-inch pie pan.

#### Filling:

1 cup mashed pumpkin  
3 eggs  
2 tablespoons molasses (or lite pancake syrup)

1 tablespoon melted butter  
1 teaspoon cinnamon  
pinch salt (optional)  
3 cups milk (or skim milk)  
1 cup sugar (or ¼ cup Sprinkle Sweet)

Mix well and pour into nut pastry shell. Bake at 350° for 50 to 55 minutes until set.

Alta M. Hoshour  
Bowmansville

### BLACK WALNUT CHIFFON CAKE

Beat until stiff and set aside:

• 1 cup egg whites  
½ teaspoon cream of tartar

Beat thoroughly:

the egg yolks (approx. 7)  
1½ cups sugar  
½ cup oil

Stir in alternately:

¾ cup cold water  
2 cups flour  
3 teaspoons baking powder  
¼ teaspoon salt  
1 teaspoon vanilla  
¼ cup black walnuts (crushed real fine - use rolling pin or blender to make walnuts almost like powder)

Fold in the stiff egg whites. Bake in a tube pan at 350° for 45 minutes. Ice with vanilla icing.

Ruth Shirk  
Lebanon

### FROZEN NUT COOKIES

¾ cup shortening  
¾ cup margarine  
1 cup brown sugar  
1 cup granulated sugar  
3 eggs  
1 teaspoon vanilla  
1½ teaspoon baking soda  
1 pound chopped nuts  
4 cups flour  
1 teaspoon baking powder

Form into rolls. Store overnight in refrigerator. Slice thin and bake. Bake at 350° for 8 to 10 minutes.

Fern Schlegel  
Dalmatia



Sprinkle nuts on a salad, top a dessert, chop them in a cake or sliver them in stir-fry dishes.

### WALNUT DREAMS

1 cup butter  
½ cup sugar  
½ cup brown sugar, firmly packed  
3 eggs, separated  
1 tablespoon water  
1 teaspoon vanilla extract  
½ teaspoon almond extract  
2 cups flour  
½ teaspoon baking soda  
½ teaspoon salt  
12 ounces chocolate chips  
1 cup chopped walnuts, black  
½ cup brown sugar, firmly packed

Dash cream of tartar  
Combine butter, sugar and ½ cup brown sugar in large mixing bowl. Beat at medium speed until creamy. Beat egg yolks lightly and stir into creamed mixture. Add water and flavorings; beat well. Sift together flour, soda, and salt; stir into creamed mixture, blending well. Spread batter in ungreased 15x10x1-inch pan. Sprinkle with chocolate chips and walnuts. Beat egg whites until foamy. Add cream of tartar, beating until stiff peaks form. Fold in ½ cup brown sugar, spreading over chips and walnuts. Bake at 300 degrees for 50 to 55 minutes. Cool in pan; cut into 2-inch squares.

A Faithful reader

### BLACK WALNUT CAKE

Sift together and set aside:  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon salt

Cream:  
½ cup shortening  
1¼ cups sugar

Blend in and beat one minute:  
2 squares chocolate (2 oz.)  
2 eggs, one at a time

Combine:  
1 cup buttermilk or sour milk  
1 teaspoon vanilla

Add with dry ingredients to creamed mixture, alternately, starting with dry ingredients and ending with dry ingredients. Add 1 cup chopped black walnuts. Bake at 350° for 30 to 35 minutes using two 9-inch greased and floured cake pans.

Madeline Cable  
Grampian

### HARVEST CAKE

Let sit one hour:  
4 cups diced apples  
2 cups sugar

Sift:  
3 cups all purpose flour  
2 teaspoons baking soda  
1 teaspoon salt  
1 teaspoon nutmeg  
1 teaspoon cinnamon

Beat together 3 eggs, 1 cup cooking oil, 1 teaspoon vanilla. Add flour mixture with apple mixture. Fold in egg mixture. Beat on medium speed. Add 1 cup English walnuts, 1 cup or ½ cup raisins. Bake at 350° in tube pan or two small loaf pans for 55 to 60 minutes.

Helen Lobough  
Hanover

**JELLO NUT DESSERT**  
1 package sugar-free or reg. 3 oz. Jello  
1 cup pineapples (unsweetened)  
2 diced unpeeled apples  
2 sticks diced celery  
½ cup to ¾ cup nuts (any kind)  
Dissolve Jello. Add pineapples and let start to gel. Add apples, celery and nuts. Mix and let set for a few hours to gel.

Alta M. Hoshour  
Bowmansville

(Turn to Page B8)

## Featured Recipe

You want it all — Food that is fast, fresh, nutritious, tasty and lower in calories and fat.

You can have it if you use the recipes found in the leaflet, "Light 'N' Easy," put out by the dairy association.

The leaflet has 11 recipes plus nutritional analysis. It is available free from MAMMA, 216 Carroll Building, 8600 LaSalle Road, Townsend, MD 21204. For your copy send a self-addressed, stamped #10 envelope.

Pat Purcell, communications director for MAMMA, encourages dairy farmers to request 25 to 50 leaflets to hand out to farm tour groups and visitors. Make sure you include a larger envelope with sufficient postage if you order in quantity.

In the meantime, enjoy this recipe that appears in the leaflet.

### PASTA & VEGETABLES WITH PESTO

4 ounces uncooked linguine  
1 cup lowfat cottage cheese  
1 cup packed fresh basil leaves  
2 tablespoons grated Romano cheese  
1 tablespoon olive oil  
1 tablespoon ground walnuts  
2 cloves garlic  
¼ teaspoon pepper  
2 tablespoons butter  
1 cup shredded carrots,  
1 cup julienne red pepper strips  
1 cup sliced fresh mushrooms  
¼ cup sliced green onion

Cook pasta on stove according to package directions; rinse; drain; keep warm. Meanwhile, place cottage cheese, basil, Romano cheese, olive oil, walnuts, garlic and pepper in work bowl of food processor or blender; cover. Process until smooth; set aside.

Place butter and vegetables in 2-quart glass casserole; cover. Microwave at High 6 to 7 minutes, or until vegetables are tender-crisp. Stir twice.

To serve, combine cooked vegetables and cottage cheese mixture. Toss with hot pasta. Serve immediately.

## 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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

Feb.	24-	Cherry Desserts
March	3-	Peanut Butter Month
	10-	Nutritious Recipes
	17-	Seafood