

Cookbook Includes Farm Wife's Prize-Winning Recipe

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YORK SPRINGS (Adams Co.)

— When you think about books and churches, the first things that come to mind are the Bible and the hymnal. The Willing Workers Society of the Holy Trinity Lutheran Church in York Springs has added another book to that list.

The book they have added is the church's first cookbook.

Club members did the book to benefit the church's elevator fund. The cookbook contains 438 recipes that are sure to make your mouth water.

"We have put a lot of hours in the cookbook, but our concerns have paid off, and we have a cookbook we are really proud of," said Mary Jane Reinecker, a member of the Willing Workers.

She said about 80 people submitted recipes for the book and helped put it together.

That is a lot of volunteers for a church that has only about 300 people in its whole congregation.

Reinecker said a unique part of the cookbook is a section featuring recipes by deceased members.

Denise Horn, the wife of the church's pastor, drew the picture of the church that is seen on the cookbook's green and beige cover.

Reinecker said it took six months of work before the cookbook was ready to be sent to the printer.

However, it has been instantly popular and 500 of the 1,000 books printed have been sold since they became available in mid-December, she said.

The book sells for \$8.

Many people who won't see the book will see one of its recipes because Reinecker's recipe for turkey lasagna will be in the Better Homes and Gardens magazine as one of eight winning recipes from the Young Farmer's Convention that was held recently in Des Moines, Iowa.

Mary Jane Reinecker and her family farm 400 acres and fatten 100 beef cattle near York Springs.

Mary Jane decided to enter her turkey lasagna recipe in Young Farmers' Convention contest because it is one of her own family's favorite recipes.

The recipes that won the contest were selected for their nutritional value and ease of preparation, said Reinecker.

TURKEY LASAGNA

8 ounce lasagna noodles
1 can of cream chicken soup
1 can mushroom soup
1 cup grated parmesan cheese
1 cup sour cream
1 cup chopped onions
¼ cup pimento
½ teaspoon garlic salt
2 to 3 cups turkey
2 cups shredded American cheese

Cook the noodles. Blend in the soups, parmesan cheese, sour cream and onions and stir in the turkey. Alternate layers of noodles, turkey mix and American cheese 3 times, ending with the cheese. Bake at 350 degrees for 40 to 45 minutes. Let stand 10 minutes before cutting. The recipe makes 8 servings.

The other recipes will make you hungry even though they won't make it into a magazine.

The Appetizers, Pickles and Relish section has yummys such as Cheese Wafers, Zesty Stuffed Mushrooms, and Fire and Ice Tomatoes.

The segment for Soups, Salads, Dressings and Sauces includes tasties such as Grandma Book's Cole Slaw, Health Salad, Mom's New England Macaroni Salad and Texas Hot Dog Sauce.

The chapter on Main Dishes includes recipes such as Cheeseburger Pie, Five-Decker Dinner, Swedish Cabbage Rolls, Jubilant Chicken Clam Fritters, and One Pot Pork Chop Supper.

The best part, for people who have a sweet tooth, is at the very back of the book in the Cakes, Cookies, Icings section, the Desserts chapter, and the chapter on Candy, Jelly, Jam and Preserves.

Those chapters feature goodies like Chocolate Walnut Sensations, Apricot Balls, Zoe Snyder's Spice Cake, Lemon Delight, Pavlova, Easy Grape Jelly, Virginia Sunshine Punch, Gorp, and Play Dough for Kids.

In addition to the recipes, the cookbook also contains hints on how to remove stains, a chart of weights and measures, advice on party planning, a timetable for cooking meat, an "everyday herb guide," a chart on how many calories are burned by exercise, and a funny section entitled "Parent's Glossary of Kids' Kitchen Terms."

The glossary, by the way, has a definition of a casserole that reads "Combination of favorite foods that go uneaten because they are mixed together."

To get the book, print your name and address and send it to Holy Trinity Lutheran Church, 216 Main St., P.O. Box 242, York Springs, PA, 17372. Include \$8 plus \$2 for postage and handling.

Here are recipes for the pictured items.

BUTTERMILK BRAN MUFFINS

¾ cup raw bran
1 cup buttermilk
1 egg or equivalent egg substitute
½ cup honey
½ cup vegetable oil
1 teaspoon nutmeg
½ cup raisins
½ cup shredded carrots
1¼ cup flour
1 teaspoon baking soda
¼ teaspoon salt
½ cup blueberries
Other fruit may be used instead of raisins and carrots.

Combine bran, buttermilk, beaten egg, honey, oil, raisins, and carrots in a bowl. Let stand for 10 minutes. Preheat oven to 425 degrees and lightly grease the muffin tins. In a large bowl, sift together flour, baking soda, salt, and nutmeg. Make a well in the center and add the buttermilk-bran mixture. Stir just enough to dampen the flour. The batter should be lumpy. do not overmix. Spoon batter into muffin tins, filling each ¾ full. Bake for 15 to 20 minutes or until a tester comes out clean when inserted in the center of a muffin. Recipe yields 1 dozen muffins.

FANCY TARTS

by Denise B. Horn

10 ounce package of frozen puff pastry shells
¼ cup confectioners' sugar
21 ounce can cherry pie filling
2 3-ounce packages cream cheese
½ teaspoon almond extract

Allow cream cheese to soften at room temperature. Bake shells according to the instructions on the package. Beat cream cheese,



Mary Jane Reinecker, left, and Denise Horn display food made from recipes included in the cookbook, which their church recently published. From left are Fancy Tarts, Mexican Dip, and Buttermilk Bran Muffins.

sugar, and almond extract. When shells are baked, carefully remove tops with a fork and set aside. Remove any soft stringy layers of dough inside of shells and discard. Divide cheese mixture evenly between shells. Place on baking sheet and return to oven for 5 minutes. Cool. Before serving, fill with cherry pie filling and replace pastry cap on top. Lightly sprinkle with confectioners' sugar. This serves 6.

MEXICAN DIP

Carol Geist

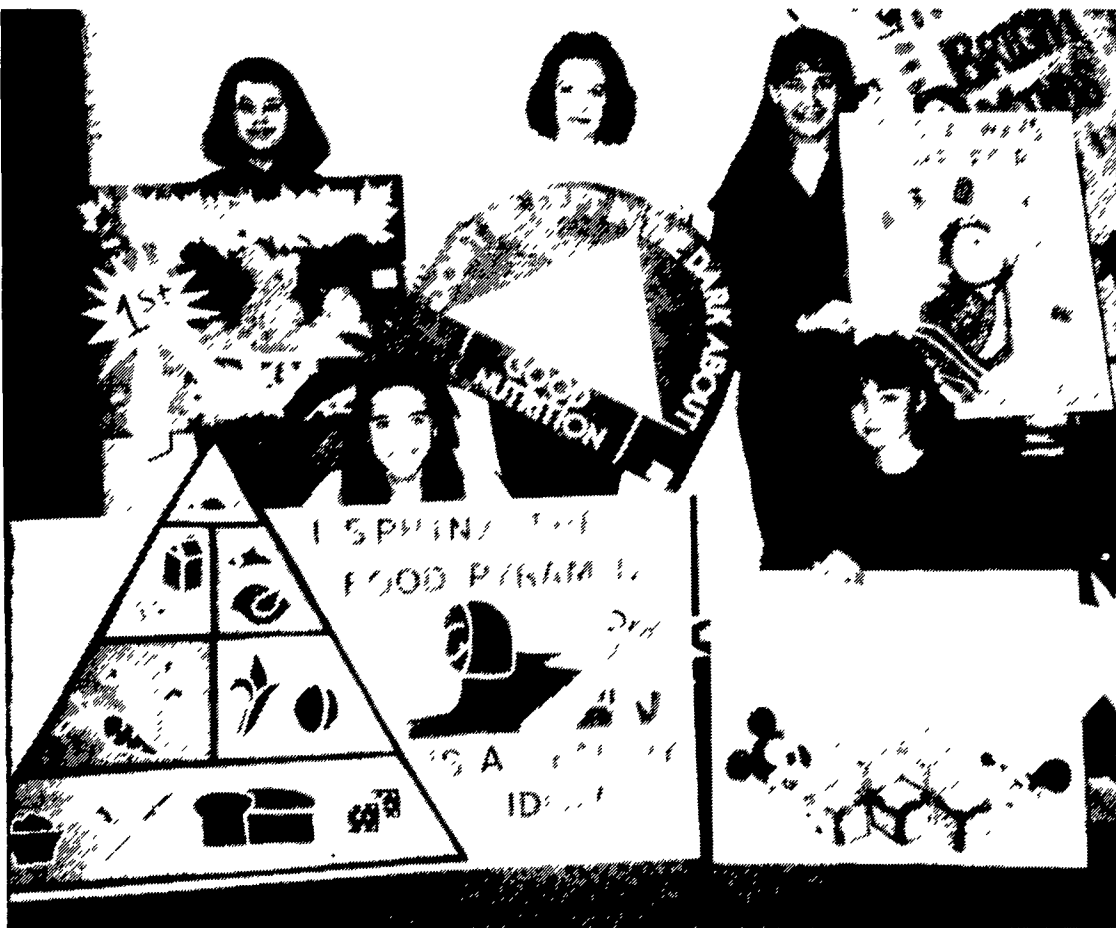
8 ounces cream cheese
8 ounces sour cream
8 ounce jar mild taco sauce

Assorted toppings such as chopped onion, shredded lettuce, chopped tomatoes, chopped mushrooms, chopped olives and chopped green peppers

1 large bag of corn chips for dipping

Mix cream cheese and sour cream until smooth. Spread in a 9 x 13-inch dish. Spread taco sauce on top. If you like medium or spicy foods, try medium or hot taco sauce. Sprinkle any of the assorted toppings over the sauce. Geist said her family prefers tomatoes, lettuce, onion, and olives. Refrigerate until ready to serve. Best if served the same day. Geist said her family likes corn chips as dippers.

Contest Promotes Good Nutrition



Poster winners in the nutrition contest are, back row, from left: Amanda Wade, Meg Fuchs, and Kim Desolls. Front, from left, Michelle Clements and Erin Baker. Not pictured: Chris Gorman.

CENTERVILLE (Lancaster Co.) — A nutrition post contest to promote National Nutrition Month was recently held at Centerville Middle School.

All eighth-grade students participated in designing their own poster as part of the foods and nutrition curriculum in home economics. About 300 posters were entered in the competition.

Judging the competition were Renne Alshouse, Deb Strickler, and Doris Martin. Centerville McDonald's and Good and Plenty restaurants sponsored the prizes for the competition. Many of the

poster entries will be on display at the Centerville McDonald's after April 1.

Prizes were awarded to: Meg Fuchs, grand prize; Amanda Wade, first prize; Kim Desolls, second prize; and Michelle Clements, third prize.

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