

Fancy Ice Cubes (for homemade lemonade or spearmint tea)

Fill ice cube trays half full. Place the very top of a sprig of mint tea, a small strawberry or a peeled piece of lemon rind in each compartment. Freeze. Fill trays completely with water and freeze.

Blueberry Streusel Muffins

- ¼ cup margarine or butter softened
- ½ cup sugar
- 1 egg
- 2½ cups flour
- 1 tablespoon + 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla
- 1½ cup blueberries
- ½ cup sugar
- ½ cup flour
- ½ teaspoon cinnamon
- ¼ cup margarine, softened

Cream butter or margarine. Gradually add ½ cup sugar, beating until fluffy. Add egg and beat well. Combine 2½ cups flour, baking powder and salt. Add to creamed mixture alternately with milk. Stir after each addition. Stir in vanilla and blueberries. Divide batter into 18 cupcake liners.

Combine ½ cup sugar, ½ cup flour and cinnamon. Cut in ¼ cup margarine or butter to make coarse crumbs. Sprinkle over muffins. Bake at 375° 25-30 minutes. Makes 18.

Don't fill the cupcake papers too full because these muffins are juicy and spill over easily.

Chicken in a Garden

6 chicken breast halves, boned, skinned, cut into 1" pieces

- 3 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 3 tablespoons cornstarch
- ¼ teaspoon garlic powder
- 3 green peppers, cut into 1" pieces
- 1 cup diagonally cut pieces of celery
- 6 ounces snow peas
- ¾ cup water
- ¼ teaspoon chicken bouillon
- ¼ teaspoon ginger
- 3 medium tomatoes, cut in eighths or cherry tomatoes to equal

8 scallions cut into ½" slices
Combine chicken, 1 tablespoon oil, 1 tablespoon soy sauce, 1¼ teaspoons cornstarch, garlic powder, pepper. Stir well and let set 20 minutes in refrigerator.

Pour 2 tablespoons oil in large electric fry pan and coat bottom. Heat at 325° for 2 minutes. Add green pepper and stir fry 4 minutes. Add celery, onion and peas. Stir fry 2 minutes. Remove vegetables to bowl.

Combine 1 tablespoon soy sauce and 2½ tablespoons cornstarch. Stir in water, bouillon and ginger. Set aside.

Add chicken to pan. Stir fry 3 minutes. Add reserved vegetables, tomatoes, water mixture. Reduce heat to 225° and scrape chicken pieces from bottom if pan is not non-stick. Cover for 3 minutes until bubbly and thickened. Serves 6 generously.

Not only is this dish visually appetizing, it's healthy too. Serve over fettuccine or rice. Directions call for a wok, but I use an electric fry pan or a large nonstick fry pan.

Meadow Tea

In large kettle, boil approximately 1 gallon of water with 85 sprigs of rinsed spearmint tea stalks for 10-minutes. Strain immediately and add approximately 4 cups of sugar; stir to dissolve. Strain through cheesecloth. Freeze in any size containers. When ready to use, defrost concentrate and add 2 of same container of water, using a 2:1 ratio.

This recipe for meadow tea makes a concentrate that can be frozen and then reconstituted. It's served hot or over ice.

Rainbow Tart

- 2 8-ounces cream cheese
- ½ cup margarine
- 1¼ cups flour
- ¼ teaspoon salt
- ½ cup sugar
- 1 tablespoon lemon juice
- 1 cup heavy cream, whipped
- assorted fresh fruit (strawberry slices, blueberries, kiwi slices)
- ¼ cup apricot preserves
- 1 tablespoon water

Combine 4 ounces cream cheese and margarine and mix until well blended. Add flour and salt and mix well. Form into ball. Chill. On lightly floured surface roll to 14" circle and place in tart pan with bottom that lifts out and has fluted sides. Prick bottom and sides with fork. Bake at 425° 12-15 minutes or until golden brown.

Combine remaining cream cheese, sugar and lemon juice, mixing until well-blended. Fold in whipped cream. Spoon into crust. Arrange fruit on baked crust in decorative manner.

Heat preserves with water. Brush over all fruit. Chill. 10 servings.

Another very attractive dessert that's perfect for the summer season. You'll need a 12" tart pan.

Red-White-And-Blue Berry Salad

- 1 pint strawberries
- 3 packages strawberry gelatin water
- 1 pint blueberries
- ¼ cup sugar
- 1 envelope unflavored gelatin
- ½ cup milk
- 2 eggs, separated
- 2 8-ounce packages cream cheese, softened
- 1 teaspoon almond extract
- ¼ teaspoon salt
- mint leaves for garnish

Early in day or day ahead, slice ¼ cup strawberries. Reserve other strawberries for garnish.

In medium bowl stir gelatin with ¼ cup boiling water until gelatin is completely dissolved. Stir in ¼ cup cold water.

Pour ¼" layer into bottom of 6 cup mold. Refrigerate until almost set, about 10 minutes. Arrange a few strawberry slices and some blueberries on gelatin layer to make pretty design. Refrigerate until set.

Refrigerate remaining gelatin until it mounds when dropped from a spoon. Fold in ¼ cup blueberries and remaining sliced strawberries. Save some strawberries and blueberries for garnish. Spoon over gelatin layer in mold. Refrigerate.

In 2 quart sauce pan mix sugar and unflavored gelatin. In cup with fork, beat milk and egg yolks until blended; stir into gelatin mixture. Cook over medium low heat, stirring constantly, until gelatin is completely dissolved and mixture thickens and coats the back of a spoon. Don't boil. Remove saucepan from heat.

In small bowl with mixer at high speed, beat egg whites until stiff peaks form. In large mixer bowl at low speed, beat cream cheese, almond extract, and salt until smooth. Gradually beat in gelatin mixture until well-blended. Fold egg whites into cream cheese mixture. Pour cream cheese mixture over strawberry layer in mold. Cover, refrigerate until set, about 4 hours.

To serve: Unmold salad onto platter. Garnish with mint leaves, reserved whole strawberries and blueberries. Makes 10 dessert servings.

A perfect Fourth of July dessert; not really a salad. Strawberries and blueberries both have to be available. You'll need a 6 cup mold too.

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