

Add Dairy To Your Diet With These Contest Recipes

(Continued from Page B12)

CHERRY CHEESE BARS

Crust:
 1 cup walnut pieces, divided
 1/4 cups flour
 1/2 cup firmly-packed brown sugar
 1/2 cup flaked coconut
 1/4 cup butter
 1/4 cup shortening

Filling:
 1 package (8-ounce) cream cheese, softened
 1/4 cup sugar
 2 eggs
 2 teaspoons vanilla
 1 can (21-ounce) cherry pie filling

Chop 1/2 cup nuts coarsely; set aside. Chop remaining nuts finely. Combine flour and brown sugar. Stir in butter and shortening until fine crumbs. Add finely chopped nuts and coconut. Remove 1/2 cup; set aside. Press remaining crumbs in a greased 9x13-inch pan. Bake at 350 degrees for 12-15 minutes.

Meanwhile beat cream cheese, sugar, eggs, and vanilla until smooth. Spread over hot baked crust. Return to oven and bake 15 minutes longer. Spread pie filling over cheese layer. Combine reserved nuts and crumbs. Sprinkle over cherries. Bake additional 15 minutes. Cool and cut into bars.

We enjoy these bars very much! They taste like cheesecake. I enjoy working with recipes and using dairy products. I live at home on a dairy farm which we farm and also have two broiler houses.

Sharon Reiff
 Mifflinburg

LADYFINGER CHEESECAKE

2 packages (11.1-ounce each) no-bake cheesecake mix
 3/4 cup butter, melted
 1/4 cup sugar
 1 package (3-ounce) ladyfingers (25 cookies)
 1 package (8-ounce) cream cheese, softened
 3 cups cold milk, divided
 1 carton (12-ounce) frozen whipped topping, thawed
 1 can (21-ounce) raspberry pie filling or flavor of your choice

In a bowl, combine contents of crust mix packages, butter, and sugar. Press onto the bottom of an ungreased 10-inch springform pan. Arrange ladyfingers around edge or side of pan.

In a mixing bowl, beat cream cheese and 1/2 cup milk until smooth. Gradually beat in remaining milk. Add contents of filling mix packages; beat until smooth. Beat on medium speed for 3 minutes. Fold in whipped topping. Pour over crust. Cover and refrigerate for at least 1 hour. Top with pie filling. Remove sides of pan before serving. Makes 12 servings.

I appreciate looking at all the different recipes that are submitted during the month of June. Thanks for sharing these recipes with us.

Roy and I (along with our three children) operate a 100-acre dairy farm and milk between 60-65 cows. Renae, 21, will be a senior in college this fall, Ryan, 19, works for us on the farm and also for his uncle, and Reuben, 16, also works on the farm and will be a junior in high school this fall. What a blessing it has been to raise our family on the farm. Renae and I go to market 3-4 days a week. That keeps us very busy trying to keep food prepared and baked goods around, plus all the other house/yard work that is here. I have a very small garden and plant sweet corn in the field for freezing.

It has been a challenging year with low milk prices and the wet month of May that we just came through. God is faithful and always has and will provide for us. Have a blessed summer.

Ruth Ann Bender
 Cochranville

ICE CREAM PIZZA

1/2 cup sugar
 2 tablespoons butter
 2 tablespoons water
 1 1/2 cup chocolate chips
 2 eggs
 1 teaspoon vanilla
 3/4 cup flour
 1/4 teaspoon baking soda
 1/4 teaspoon salt

Topping:
 1 to 1 1/2 quart vanilla ice cream, softened
 1 cup whipped topping
 caramel topping, mini chocolate chips, toffee bits, or any ice cream toppings

In a small saucepan, bring sugar, water, and butter to a boil. Remove from heat and stir in chocolate chips until melted. Beat eggs and vanilla. Add chocolate mixture. Pour into a 12-inch pizza pan. Bake at 350 degrees for 12-15 minutes or until a toothpick inserted near center comes out clean. Cool, then freeze.

After crust is frozen, top with layer ice cream, whipped topping, and toppings. Freeze. A brownie mix for a 9x9-inch pan can be used with excellent results. Also, other ice cream flavors can be used.

We live on a dairy farm in the Mill Creek Valley south of New Holland, with my husband's parents. We have three children, ages 10, months, 3, and 5. When my husband isn't helping with chores and field work, he repairs tractors and other farm equipment.

Annie Martin
 New Holland

BLUEBERRY BARS

Crumb Mixture:
 3/4 cup butter, softened
 1 cup brown sugar, packed
 1 1/4 cup flour
 1/2 teaspoon salt
 1/2 teaspoon baking soda
 1 1/2 cup oatmeal

Filling:
 2 1/2 cups blueberries
 1/2 cup sugar
 2 tablespoons cornstarch
 1 cup water
 1 tablespoon lemon juice

Icing:
 1 cup powdered sugar
 1/4 teaspoon cinnamon
 1 tablespoon milk

Cook filling ingredients over low heat stirring constantly until thick. Set aside to cool. To make crumbs, mix butter and sugar together. Add sifted dry ingredients then oats. Press half of this mixture into buttered 9x13-inch pan. Spread filling on then put on remaining crumbs. Bake at 350 degrees for 35 minutes or until nice and brown. Combine icing ingredients and drizzle over.

We really like these bars. Sometimes I use raisins instead of blueberries which is also delicious. We live on a 134-acre farm and milk 35 cows. We have three children, Regina (4 years), Lavern (2 years), and Leonard (7 months). Have a great summer!

Alice Weaver
 Canondaigua, N.Y.

ASPARAGUS CHOWDER

4 cups sliced asparagus
 2 cups diced new red potatoes, unpeeled
 1/4 cup butter
 1/4 cup flour
 3 cups milk
 1 cup cheddar cheese
 1 bunch scallions, sliced
 salt and pepper

parsley
 Steam asparagus and cook potatoes. Melt butter and whisk in flour and milk. Cook until thickened. Reduce heat and add cheese. Stir until melted. Add asparagus, potatoes, scallions, salt, and pepper. Simmer for 5 minutes, but do not boil. Serve garnished with parsley.

I hope the readers will like this recipe.

As far as myself, I'm involved with the Berk's Visiting Nurse Association in their hospice program. I enjoy it very much. My only hope is if there is anyone out there with extra time they do not know what to do with is to get involved. Volunteering is the keyword.

I have four grandchildren, Chris (12 years), Stephanie (10 years), Brandon (5 years), and Alicia (3 years). I am secretary at my church for 43 years. I'm active in the choir, council, and social ministry. I'm also a Sunday school teacher for several years.

I have three children, Lori Spatz, Tom Stitzel, and Todd Stitzel. Lori is married to Allen Spatz and they live in Dryville. Chris and Steph belong to them. Todd is married to the former Tara Stitzel and Brandon and Alicia belong to them. They live in Kutztown. Tom lives at home with us.

Remember get involved with something whether it be through an association or your church. Please keep up the good work with the Lancaster Farming paper.

Phyllis Stitzel
 Kutztown

APPLE DUMPLINGS

4 cups flour
 4 teaspoons baking powder
 1 cup shortening
 1 teaspoon salt
 4 tablespoons sugar
 1 cup milk
 12 apples cored, peeled, and halved

Syrup:
 2 cups sugar
 1 cup butter
 1 cup water

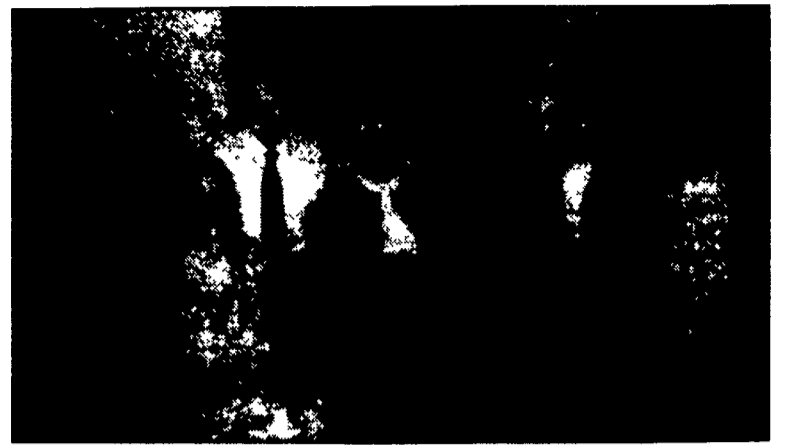
Combine flour, baking powder, shortening, salt, sugar, and milk to make a dough. Roll dough and place apple halves on individual dough squares and pull dough up to cover apple half. Bake at 375 degrees for 45 minutes.

To make syrup combine ingredients and bring to boil. Pour syrup over dumplings. Serve with lots of milk.

My husband, Joe, and I have farmed in Clinton County since 1954. Our valley is called Sugar Valley. A sweet place to



Sydney, 6, (center), and 2-year-old twins Amelia (left) and Anna (right), enjoy growing up on their parents, Sam and Lori Bowen's Virginia farm.



Some members of Doris Heggenstaller's family gather for Christmas 2002.

live. We raise corn and hay. Much of our hay is sold to our Amish neighbors.

We are members of the Sugar Valley Church of the Brethren. I enjoy our church quilting group, "Sisters of the Needle," which meets each Tuesday. Money from the sale of our quilts is given to the Disaster Relief Auction.

Doris Heggenstaller
 Loganton

GRANDMA DINSMORE'S WHIPPED SALAD

2 cups water
 1 box (6-ounce) flavored gelatin (orange, peach, cherry, or strawberry)
 1/2 cup plus 2 tablespoons sugar
 2 tablespoons cornstarch
 2 cups milk
 2 eggs separated and save the whites in a separate bowl to be whipped later in recipe
 Boil the water, add gelatin and stir till dissolved. Mix in 1/2 cups ice cubes. Put in a refrigerator to set.

Using a 2-quart microwave safe casserole dish mix 1/2 cup sugar and cornstarch. Add beaten egg yolks to milk. Stir into cornstarch mixture and microwave on high till thickened, stirring often to keep from lumping. When pudding is cooked set aside to cool and then refrigerate till chilled.

Using a blender, place 1/2 of gelatin into container and beat till light and add 1/2 of chilled pudding, beat again till light. Remember to use the blender lid. Pour gelatin and pudding mix into a larger bowl for mixing. Repeat in blender the gelatin and pudding mixture till all has been whipped.

Beat the 2 egg whites till soft peaks form and add the 2 tablespoons sugar to the beaten whites. Add beaten egg whites to the gelatin mixture and gently fold in. When all mixed pour into a serving bowl and chill till ready to serve.

This is a light and airy salad for all to enjoy with your meal or as a dessert. There is always room for it, even when you are filled to the gills, because it melts into those tiny spaces. This is a salad that my mother had invented instead of using the usual, whipped cream in a gelatin salad. The pudding gives it the extra nutrition and then when adding the whipped egg whites gives it that light and "airy" taste. It is requested many times for special occasions and for our regular weekly meals. It has become a family tradition, and I now make it in memory of mom, for the many times we made it together. To make it festive, I use the color of gelatin to go with the holiday or season celebrating.

We are dairy farmers in Washington County, with the seventh and eighth generation farming on "Huntington Farm."

Myrtle Litman
 Washington

MACARONI SAUSAGE CASSEROLE

1 package (8-ounce) elbow macaroni
 1 pound sausage
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 3 tablespoons flour
 1 teaspoon salt
 2 cups milk
 2 cups shredded cheddar cheese

Cook macaroni as directed. Brown sausage, add peppers and onions and cook until tender. Add flour, salt, milk and cook until thick. Mix together macaroni, sausage mixture and 1 1/2 cups cheese in a 9x13-inch baking dish. Top with remaining cheese and bake at 400 degrees for 25 minutes or until golden brown.

My husband, Sam, and I live on a beef cattle farm. Sam also works a fulltime job off the farm and raises bred heifers and makes hay for our use and to be sold.

We have a large vegetable garden so I spend a lot of time in the summer canning and freezing our vegetables and making jam and jelly. In addition to raising our own beef and making a lot of our bread, we feel that we supply quite a bit of our own food.

I am finishing my first year of home schooling and feel it was a great success. With three active little girls we never have a dull moment at our house but we enjoy it very much, and are very thankful to live on a farm and for all we've been blessed with.

This recipe is one of our favorites. Even our twins, who are very picky eaters, really like it.

Lori Bowen
 Wytheville, Va.

(Turn to Page B15)