



Cookbook



Mary Cosgrove Kratz

She enjoys cooking, sharing recipes

By CHARLOT M. DENMON
Staff Correspondent

"I enjoy cooking, particularly preparing different kinds of desserts," said Mary Cosgrove Kratz, this week's Dallas Post cook. "I enjoy trying new recipes, they're a challenge, but more than doing anything, I like to sew."

That Mary likes to sew is obvious since she is among the very well-dressed teachers in Dallas Junior and Senior High Schools and most of her clothes she has made herself. If she lived near some of the large cities where she could enroll in design classes, Mary said she would like to enroll in some of them.

Mary also enjoys entertaining and loves to spend an evening playing Trivial Pursuit. Recently, she defeated her husband, Leonard, not an easy thing to do, according to Mary. When possible, she also enjoys going out for dinner and likes to try various restaurants.

Employed by the Luzerne Intermediate Unit No. 18, Mary teaches learning-disabled students at the junior and senior high schools, a full day, year-round position.

In her leisure time, Mary does candlewicking or embroidery, or finds a quiet spot and reads one of the best seller novels which she enjoys. She likes to travel and she and her husband have been to Ireland, Quebec and New Orleans.

Among the recipes Mary shares with Post readers this week are two favorites she serves when entertaining - Shrimp Toast and Stuffed Clam Shells. Both are easy to prepare and do not take a lot of time.

The Fudge Balls are neither difficult to make nor are they expensive and make a delicious confection to serve while playing a game of Trivial Pursuit.



Dallas Post/Charlot M. Denmon

Sharing recipes

Mary C. Kratz takes time out from her busy teaching schedule to share recipes with Dallas Post readers and pose for the photographer.

An inexpensive but nutritious dish to serve for lunch is Potato Soup and Mary shares a delicious recipe with our readers.

SHRIMP TOAST

In a warm oven, lightly dry out eight slices white bread, crusts trimmed
Combine in mixing bowl:
½ lb. ray shrimp, chopped fine
¼ lb. boiled ham, minced
2 T. finely chopped onions

¼ t. salad oil
½ t. sugar
1 T. cornstarch
¼ t. accent

Mix all of these thoroughly and then add 2 eggs lightly beaten. Blend the eggs into the mixture thoroughly. Spread mixture on the bread slices and sprinkle ½ cup of flavored bread crumbs over the tops. Cut each slice into four squares or triangles as desired.

Fry in oil until golden brown. Drain on absorbent paper. Serve warm. These can be made ahead of time and frozen. Reheat 20 minutes in 300 degrees oven.

CLAMS APPETIZER

¼ c. flavored bread crumbs
1 t. oregano
1 t. powdered garlic
1 t. parsley, ground
½ t. salt
1 T. diced onion
2 t. olive oil
1 can minced clams
Parmesan cheese

Saute bread crumbs, oregano, garlic, parsley and onions in olive oil for about two minutes. When onions start to brown, remove mixture from pan and mix in clams and salt. Spoon into clam shells and sprinkle with crumbs and Parmesan cheese. Bake on cookie sheet at 375 degrees for 30 minutes. Recipe makes four large or 14 little shells.

FUDGE BALLS

Boil together until sugar dissolves:
2 c. sugar
½ c. butter
½ c. milk
Mix together:
3 c. Mother's oats
1 c. coconut
6 T. cocoa
½ t. salt

Add oatmeal mixture together with teaspoonful of vanilla to sugar mixture and stir. As soon as cool enough to handle roll into balls and dip in powdered sugar and chopped nuts. Refrigerate until well set.

POTATO SOUP

2-3 small pieces celery
1 lg. onion, cut into small pieces
4-5 medium potatoes, sliced thin.
1 T. butter
salt
pepper

Boil celery and onion pieces till practically soft. Add sliced potatoes to onion and celery and cook slowly till all ingredients are soft. Add butter, salt and pepper to taste. Serve while hot.

School menus

Following are cafeteria menus for area school districts for the following week:

BISHOP O'REILLY March 25 - 29 BREAKFAST

MONDAY - Orange juice, French toast or ass't cereals, milk.
TUESDAY - Apple juice, rice krispies or doughnuts, milk.

WEDNESDAY - Grape juice, waffles or shredded wheat w-banana, milk.

THURSDAY - Orange juice, bagel w-peanut butter or jelly, doughnuts, milk.

FRIDAY - Apple juice, raisin bran w-banana or English muffin, hot chocolate or milk.

LUNCH

MONDAY - Wimple on bun, potato puffs, green beans, vanilla pudding, milk.

TUESDAY - Oven baked chicken, mashed potatoes w-gravy, buttered corn, roll, chilled peaches, milk.

WEDNESDAY - egg salad in a pita, fruit juice, soft pretzel, milk.

THURSDAY - Early dismissal.

FRIDAY - Deep-fried haddock on bun w-lettuce-tartar sauce, French fries, iced juice, milk.

DALLAS SCHOOLS March 20 - 26

WEDNESDAY - Oven baked lasagna, Italian bread-butter, garlic bread in Jr. & Sr., fresh lettuce leaf w-dressing, choice of milk or juice. Bonus: Soft chocolate chip cookie.

Or: toasted cheese sandwich, w-turkey noodle soup and potato chips. Or: freshly baked pizza.

THURSDAY - Turkey bar-b-que on roll w-special sauce, magnoli macaroni salad, applesauce, choice of milk or juice. Bonus: Spring flour special. Or: triple decker (PB&J) sandwich w-beef vegetable noodle soup and potato chips. Or: Freshly baked pizza.

FRIDAY - Cheese filled pierogies, garden peas-carrots, choice of milk or juice. Bonus: Orange gelatin jewels. Or: Tuna fish hoagie w-chicken gumbo soup and potato chips. Or: Freshly baked pizza.

MONDAY - Bunwich (sliced hot ham-cheese wrapped in foil on bun), chicken-rice soup, sliced pears, choice of milk or juice. Bonus: Potato chips. Or: Italian hoagie w-chicken noodle soup and potato chips. Or: Freshly baked pizza.

TUESDAY - Steak-cheese hoagie on steak roll, sauteed sliced onions, butter whipped potatoes w-gravy, choice of milk or juice. Bonus: Freshly baked apple cake w-whipped topping. Or: Italian hoagie w-vegetable soup and potato chips. Or: Freshly baked pizza.

WEST SIDE TECH March 25 - 29

MONDAY - Hamburg on bun, cheese sticks, baked potatoes, chilled peaches, shortbread cookies, milk.

TUESDAY - Beef bar-b-que on seeded bun, spiced applesauce, buttered vegetables, Tandy cake, milk.

WEDNESDAY - Hot dog on bun, relish-onions, macaroni-cheese, baked beans, ice cream, milk.

THURSDAY - Open face turkey sandwich-gravy, cranberry sauce, mashed potatoes, Ko Ko Mungas cookies, milk.

FRIDAY - Pizza twins, tossed salad-dressing, creamy rice pudding, raisins, milk.

LAKE-LEHMAN SCHOOLS March 25 - 29 Senior High

MONDAY - Turkey bar-b-que or hot chipped ham on bun, potato puffs, baked beans, peaches, milk.

TUESDAY - Ham patti or chicken patti on bun w-relish, candied sweet potatoes, yellow wax beans, Dixie cup, milk.

WEDNESDAY - Macaroni-beef casserole, tossed green salad, Italian bread-butter, jello, milk.

THURSDAY - Early dismissal.

FRIDAY - Batter dipped fish on bun, tartar sauce, French fries, applesauce, oatmeal raisin cookie, milk.

Junior High & Elementary

MONDAY - Toasted cheese sandwich, pickle chips, tomato soup-saltines, pears, milk.

TUESDAY - Turkey bar-b-que on bun w-relish, buttered corn, potato puffs, chocolate pudding, milk.

WEDNESDAY - Macaroni beef casserole, tossed green salad, Italian bread-butter, jello, milk.

THURSDAY - Early dismissal.

FRIDAY - Batter dipped fish on bun, tartar sauce, French fries, applesauce, oatmeal raisin cookie, milk.

GATE OF HEAVEN SCHOOL March 20 - 26

WEDNESDAY - Shake n'bake chicken, mashed potatoes, green beans, plums, blueberry cake, milk.

THURSDAY - Hamburgers, corn, French fries, pickles, oranges, pudding pops, milk.

FRIDAY - Macaroni-cheese, carrots, fruit cocktail, cookies, milk.

MONDAY - Beef-a-roni, green beans, applesauce, tastykake, milk.

TUESDAY - Gater burger, special sauce, pickles, peaches, pudding pops, milk.

March is proclaimed 1985 Nutrition Month

"Crispy, refreshing, spicy, sweet, crunchy, delicious food - it even sounds nutritious." That according to Billye June Eichelberger, R.D., of the Pennsylvania Department of Health is the 1985 March Nutrition Month campaign theme.

There are many things that made food appealing, the state's chief public health nutritionist points out. There's eye appeal - a red, ripe tomato or golden brown roasted turkey. There's nose appeal - the smell of fresh baked bread and coffee brewing. And there's ear appeal - the sound of meat sizzling on the grill or vegetables being chopped.

Sights, smells, sounds. You just can't wait to dig in. And for those who can't wait there are fast foods. They are convenient, quick and readily satisfy the appetite. But are they good for you?

"All food has some value if no more than energy (calories). However, the traditional fast food meal of a burger, fries and soft drink tends to be high in calories, fat, carbohydrate and salt, but does provide some protein," Eichelberger says.

"But the fast food picture is changing as more variety is added to the menus in the form of salads and baked potatoes. Salads, made

with a variety of fresh vegetables and beans, peas, nuts or cheese or small pieces of meat are very good. Just remember to go easy on the dressings, which are high in fat and calories.

Consider having a slice of pizza when you're in the mood for fast foods. Pizza is a combination food, its ingredients come from each of the food groups. The crust comes from the grain group; the meat toppings come from the meat group; the tomatoes, green pepper, onions, mushrooms from the fruit and vegetable group; and the cheese comes from the milk group.

Chili is another good choice, since it is high in protein and provides iron, Vitamin B12, B6, B1, and B2.

Tomatoes in the chili also boost its Vitamin C content.

Eichelberger stressed that consumers must be wary of the caloric content of most fast food meals. If used in moderation and sufficient dairy products, fruits and vegetables are obtained elsewhere in the diet, fast foods can be part of a nutritionally sound diet.

Eichelberger further emphasizes that fast foods should not become a

staple in the diet of children. By restricting the choice of foods, they can have adverse effects on the child's developing food preferences.



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