



Cookbook



These recipes taste good and are good for you

By CHARLOT M. DENMON
Staff Correspondent

Patty Johnson of Carverton is a native of Kingston but moved to her home on Bodle Road after she married Dean Johnson, son of Mr. and Mrs. Dean Johnson of Trucks-ville.

Patty and Dean have a nine-year-old daughter, Amy, who is a fourth grade student at Westmoreland Elementary School on Lehigh Street, Trucks-ville.

Amy is a diabetic so Patty looks for recipes that Amy may eat but which are also suitable for the entire family. A secretary at Nesbitt Memorial Hospital, Patty spends much of her leisure time trying new foods that provide a tasty, but well-balanced diet. She also prefers recipes in which she can substitute various seasonings and sweeteners that Amy may have.

The recipes she shares with The Dallas Post readers are some she has prepared for Amy, Dean and herself, recipes that are nutritious, tasty and easy to prepare.

The Chicken Rice Casserole and the Corn Pudding make excellent dishes for the homemaker and career woman to prepare and are legal for diabetics. The Bran Muffins are equally delicious and can be eaten by the diabetic providing the exchanges are observed which Patty has included at the end of the recipe.

Since Amy should not have sweets, both the Peanut Butter Cookies and the Jello Candy contain ingredients that Amy may have. We recommend you try them. Not only are they good for you, but they also taste good.

Working, homemaking and planning special dietetic foods keeps Patty busy, but she does find time to read, a favorite pastime of hers, or do ceramics. She also attends

night classes at Luzerne County Community College where she is studying accounting.

Amy is on a soccer team and on a Back Mountain Baseball Inc. softball team, so when they are in season Patty is busy taking Amy to practice or to the games.

CHICKEN & RICE CASSEROLE

1½ c. instant rice
1 can mushroom soup
1 can cream of celery soup
2 cans water
1 pkg. dried onion soup
1 cut up chicken

Mix all ingredients together, put in dripping pan. Place cut up chicken on top and season with salt and pepper. Bake at 350 degrees for one and a half hours.

CORN PUDDING

1 can corn
1 c. milk
3 eggs
2 T. flour
1 t. salt
1 chunk butter

Mix all ingredients together in greased pan. Bake at 350 degrees for 45 minutes.

BRAN MUFFINS

1 egg
¼ c. sugar
1½ c. skim milk
1½ t. melted margarine, cooled
2 c. All Bran cereal
1 c. flour
1 T. baking powder
½ t. salt

Preheat oven to 400 degrees F. Beat egg, add sugar, milk and margarine. Beat well. Stir in bran and allow to stand one or two minutes. Sift dry ingredients together and add to bran mixture. Stir to blend, do not beat. Fill wells of a non-stick coated muffin tin two thirds full. Bake for 25-30 minutes until lightly browned. One muffin - 1½ bread exchange and ½ fat exchange; 123 calories.

PEANUT BUTTER COOKIES

8 graham crackers
8 T. peanut butter



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Relaxing after dinner

Amy Johnson and her mother, Patti, relax by watching television after eating their dinner.

½ packet Twin
4 egg yolks or 2 eggs
4 t. milk
2 t. baking powder

Blend graham crackers with peanut butter, add Twin and baking powder. Add eggs and mix thoroughly, mix in milk and form balls. Place on cookie sheet, press flat

with fork. Bake at 400 degrees for 10 minutes.

JELLO CANDY

4 c. boiling water
4 env. Knox gelatin
3 env. D-Zerta, any flavor

Place all ingredients in 9x13 pan and refrigerate until solid. Cut in small squares or use small cookie cutters for different designs.

School menus

DALLAS SCHOOLS

March 12 - 18

WEDNESDAY - Macaroni-cheese casserole or meatball hoagie on roll, steamed tomatoes, chilled fruit medley, choice of milk or juice.

THURSDAY - Ballpark frank on roll plain or w-meat sauce, or grilled ham-cheese sandwich, honied baked beans, celery w-peanut butter, choice of milk or juice. Bonus: Blueberry muffin.

FRIDAY - Teachers In-service.

MONDAY - Hearty Irish stew w-vegetables or peanut butter-marsh-mello sandwich w-cheese cube-celery sticks, McCabbage noodles, Emerald Isle applesauce, choice of milk or juice.

TUESDAY - Bacon cheeseburger on roll w-lettuce-tomato-mayo or Italian hoagie w-lettuce-cheese, crisp tater tots, fresh apple wedges, choice of milk or juice. Bonus: Pretzel stick.

WEST SIDE TECH

March 12 - 18

LUNCH

WEDNESDAY - Open face roast beef sandwich w-brown gravy, whipped potatoes, buttered mixed vegetables, creamy rice pudding-raisins, milk.

THURSDAY - Baked chicken, candied sweet potatoes, buttered corn, roll-butter, apple fig oatmeal bar, milk.

FRIDAY - In Service.

MONDAY - Paddy's patty on a Blarney Stone bun w-Irish green lettuce-tomato, pat of gold potatoes, Shamrock cookies, milk.

TUESDAY - Taco w-trimmings, buttered corn, Spanish rice, cherry

shortcake, milk.

GATE OF HEAVEN SCHOOL

March 12 - 18

WEDNESDAY - Wimpies, chips, cheese stix, pears, milk.

THURSDAY - Vegetable soup, spice ham sandwich, jello, cookies, milk.

FRIDAY - Tuna fish on bun, cheese cubes, carrot-celery stix, peaches, cookies, milk.

MONDAY - Hot dogs w-buns, beans, applesauce, cookies, milk.

TUESDAY - Spaghetti w-meat sauce, wax beans, peaches-pears, pretzel rods, milk.

LAKE-LEHMAN SCHOOLS

March 12 - 18

Senior High

WEDNESDAY - Veal parmesan, buttered macaroni, broccoli, Parker House roll-butter, ice cream, milk.

THURSDAY - Hamburg gravy, mashed potatoes, peas, Parker House roll-butter, jello, milk.

FRIDAY - Teacher In Service.

MONDAY - Beef stew over noodles, pickled beets, Parker House roll-butter, peaches, milk.

TUESDAY - Deli or tuna hoagie, pickle chips, minestrone soup-sal-tines, orange-pineapple jello, milk.

Junior High & Elementary

WEDNESDAY - Sausage links, buttered waffles w-maple syrup, applesauce, orange wedges, milk.

THURSDAY - Hamburg-gravy, mashed potatoes, peas, Parker House roll-butter, jello, milk.

FRIDAY - Teacher In Service.

MONDAY - Cheeseburg on bun, pickle chips, vegetable soup-sal-tines, pears, milk.

TUESDAY - Beef stew over buttered noodles, pickled beets, roll-butter, orange pineapple jello, milk.

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Contest slated

Eating sensibly for good health means serving chicken often. It could also mean a chance to win \$10,000 - if you enter your favorite chicken recipe in the National Chicken Cooking Contest.

The 37th Cook-Off will take place in May, 1987 in Jackson, Mississippi. A finalist from each state and the District of Columbia will each receive an expense-paid trip to compete there for a total of \$20,000 in prizes.

Deadline for entries is October 15, 1986. Just write name, address and telephone number on the front of the recipe and mail to: Chicken Contest, Box 28158 Central Station, Washington, DC 20005.

Recipes will be judged on taste, appearance, simplicity and appeal.



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