

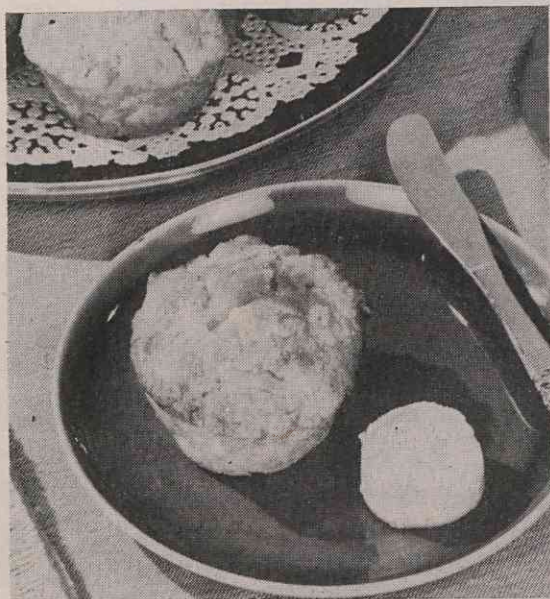
SPICY APPLE MUFFINS

- 2 cups flour
- 4 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup fortified margarine
- $\frac{1}{4}$ cup sugar
- 1 egg
- $\frac{3}{4}$ - 1 cup milk
- $\frac{3}{4}$ cup chopped apple cinnamon - sugar mixture
- $\frac{1}{4}$ apple cut in wedges

Set the oven control at 400 deg. F. and start to heat. Sift flour, measure. Add baking powder, salt, cinnamon and nutmeg. Sift again.

Cream the fortified margarine. Add the sugar gradually and continue beating until light and fluffy. Add the egg and beat well. Stir in the milk and chopped apples. Add flour mixture and stir just enough to dampen the dry ingredients. Do not beat. The batter will look lumpy but that's the way it should look if you want good texture.

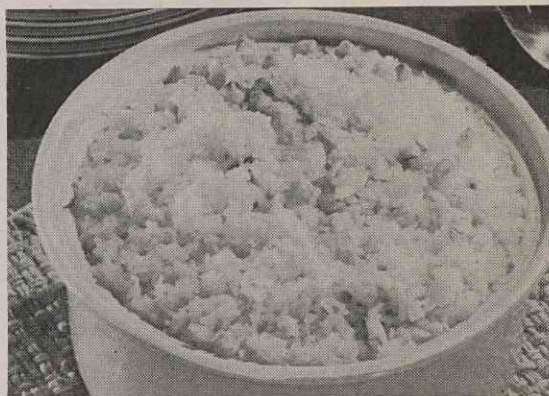
Drop by spoonfuls into margarined muffin pans filling the pans about $\frac{2}{3}$ full. Use two teaspoons to fill muffin pans and remove batter each time from the top. If you dip to the bottom each time the extra stirring will cause poor texture. Prepare the $\frac{1}{4}$ apple in small wedges. Make a cinnamon and sugar mixture using $\frac{1}{4}$ cup sugar and 1 teaspoon cinnamon. Dip the apple wedge in the mixture. Place one on top of each muffin and sprinkle with the cinnamon-sugar mixture. Place in the preheated oven and bake twenty to twenty-five minutes. Remove muffins from the pans as soon as they come from the oven and serve at once. Makes 12 to 15 average size muffins.



VIRGINIA CHICKEN CORN PIE

- 1 cup rice
- 2 cups cooked chicken or several pieces
- 1 cup cooked or canned corn
- 1 cup chicken broth
- Salt, Pepper
- 1 egg
- $\frac{1}{4}$ cup fortified margarine

Cook the chicken until tender in a well-seasoned broth or use left-over baked chicken. Prepare the rice and cook by your preferred method. Season it well while hot with margarine. Put a layer of rice in the bottom of a well-margarined baking dish. Arrange the chicken on the rice. Sprinkle the corn over the chicken and pour over the broth. Season with margarine, salt and pepper. Cover with the remaining rice. Beat the egg with 1 tablespoon of water. Glaze the rice topping. Bake in a moderate oven (325 deg. to 375 deg. F.) for 15 to 20 minutes or until a delicate golden brown. Serve hot. Serves 6 to 8.



SWEDISH MEAT BALLS

- $1\frac{1}{2}$ cups bread crumbs
- $\frac{3}{4}$ cup milk
- 1 to 2 tablespoons minced onion
- 4 to 6 tablespoons fortified margarine
- 1 pound ground beef $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon nutmeg $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ cup flour 1 cup stock or top milk

Soak the crumbs in the milk. Pan-fry the onion in 2 tablespoons of the margarine until soft; add to bread crumbs. Combine the crumb-onion mixture with the beef and seasonings. Form into balls; roll in flour. Pan-fry in margarine until lightly browned. Add stock or top milk; cover. Lower heat and simmer very gently about five minutes.

