

Noodle Casseroles Save The Cook And The Budget

Quick-to-fix casseroles that can be assembled ahead of time are lifesavers for busy ladies today. Besides they help stretch the food budget. Here are two suggestions for family supper main dishes to help you celebrate National Macaroni Week proclaimed by the pasta products people. German Noodle-Sausage Casserole is a tasty combination that will appeal to those who like food with a foreign flavor. Take popular egg noodles, brown and serve sausages, celery soup, some sauerkraut and shredded cheese (the packaged kind simplifies preparation). Mix them with a bit of caraway seed and that's it.



by Ethel Moore
(Makes 4 to 6 servings)

- 6 ounces medium egg noodles (about 3 cups)
- 1 tablespoon salt
- 3 quarts boiling water
- 1 package (8 ounces) brown and serve sausages
- 1 can (10 3/4 oz.) condensed cream of celery soup
- 1 cup drained sauerkraut (about 8 ounces)
- 1 cup shredded Cheddar cheese (4 ounces)
- 1/2 teaspoon caraway seed

Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Meanwhile, brown sausages according to package directions. Combine condensed soup, sauerkraut, cheese and caraway seed; mix with cooked noodles and place in a greased 1 1/2 quart casserole. Arrange sausages on top and bake in a 350° oven for 30 minutes.

Easy Frankfurter Noodle Bake
(Makes 4 to 6 servings)

Gradually add 6 ounces medium egg

Toaster Ovens Need Proper Care To Work

Toaster ovens are convenient and popular in today's kitchens. They are more economical for small servings or quick warm-ups because they use less energy than heating a larger conventional oven. But, like any other appliance, toaster ovens need regular care to work efficiently.

According to specialists with the North Carolina Agricultural Extension Service, you should always unplug the oven before cleaning. If the appliance has been used recently, allow

to cool, then clean. Some toaster ovens have a crumb tray that is completely removable. All you have to do is pull it out. On others the tray is hinged and must be unlatched. Wash the tray with a sudsy sponge, then rinse and dry. If the unit is both an oven and a broiler,

remove each tray and wash. Wipe the interior of the appliance, the oven door, racks, and the exterior with a damp cloth or sponge. Rinse all these areas and polish or dry with a soft cloth. Some toaster ovens have removable racks for easier care.

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FRANKFURTER-NOODLE BAKE

Most popular family meal

Holiday Fare For Feasting

Make the holiday table this year with a menu that has a delicious variation of an old favorite: Cranberry-Grape Glazed Ham. This fresh ham cooked with a topping of grape-cranberry drink, orange juice, and raisins will come out of your oven moist and tender. Finish the ham with Cranberry Fruit Relish served alongside lemon halves. This relish is an interesting blend of flavors and can be whipped up easily right before. End off the meal with sweet potatoes and string beans. For a special treat, make cranberry "people." Top a can of Ocean Spray jellied cranberry sauce in refrigerator for a couple of hours. Then, remove the sauce from the can in one piece and cut the cranberry into thick slices. Use gingerbread people cookie cutter to cut into shapes.

CRANBERRY-GRAPE-GLAZED HAM

- (Makes about 2-1/2 cups sauce)
- 3 tablespoons cornstarch
- 2 cups Ocean Spray CranGrape, grape cranberry drink
- 1/2 cup orange juice
- 1 teaspoon grated orange rind
- 2 tablespoons butter
- 1 cup raisins
- 1 (10-14 pound) whole ham

Combine cornstarch and grape cranberry drink in medium-size saucepan. Cook over medium heat stirring constantly until mixture thickens and clears. Add remaining ingredients except ham; blend well. Set aside. Place ham, fat side up on rack in open, shallow baking pan. Insert meat thermometer into center of thickest part of ham. Do not let it touch the bone. Do not add liquid and do not cover. Bake 18-20 minutes per pound in a 325° F. oven. To glaze: remove ham from oven 20 minutes before end of cooking time. Carefully score ham with sharp knife. Score ham into diamond square shapes. Stud ham with whole cloves. Spoon on Cranberry-Grape Ham Glaze. Return to oven. Continue cooking until thermometer registers 160° internally.

CRANBERRY FRUIT RELISH

- (Makes about 3 cups)
- 2 red sweet apples, cored but not peeled
- 1/2 lemon, seeded
- 1 small onion, minced
- 1 teaspoon curry powder
- 1 can (1 pound) Ocean Spray whole berry cranberry sauce

Chop apples and lemon coarsely. Blend in remaining ingredients. Stir to blend well. Chill. If desired, serve relish in hollowed out lemon halves.

From Ethel's Cookery
Pasta Quickies for Singles/Doubles

What do today's on-the-go singles and doubles look for when it's time to eat? CONVENIENCE! Unimac Cookery is a new concept for macaroni products geared to serving units — one for now, one for later. The "eat now" — "freeze one" entrees require only a few ingredients and provide great-tasting, nourishing meals. Frozen portions can be heated in microwave, conventional or toaster oven.

Regardless of lifestyle, nutrition is vital. Read labels when you buy. Enriched pasta, made from durum and/or hard wheat, offers valuable nutrients... energy from the carbohydrate content and substantial amounts of B-vitamins — niacin, thiamine and riboflavin, in addition to iron. Counting calories? There are only 210 calories in two ounces of uncooked macaroni and spaghetti, 220 in egg noodles. Pasta is a low-fat, low sodium, easily digested food.

Become a Unimac chef... with these and other pasta entrees. If you're wondering how to measure 4 ounces of spaghetti, it's easy! Hold enough tightly in an upright position to cover the surface of a quarter. Enjoy!

Speedy Macaroni and Cheese

- (Makes 2 servings)
- 1/2 cup elbow macaroni (4 ounces)
- 1/2 teaspoon salt
- 2 quarts boiling water
- 1/2 cup process pasteurized cheese spread

Boil macaroni and salt to rapidly boiling water. Water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Return to cooking pot. Add cheese spread. Cook and stir on low heat until mixture is smooth and heated through. Dine on half immediately. Freeze remainder for later use. Reheating: cover frozen casserole and bake in oven about 40 minutes or until hot. CALORIES PER SERVING: 468.

Italian Spaghetti

- (Makes 2 servings)
- 1/2 cup spaghetti
- 1/2 teaspoon salt
- 2 quarts boiling water
- 1/2 cup prepared marinara sauce

Boil spaghetti as per package directions. Drain in colander. Return spaghetti to cooking pot; add marinara sauce and stir until heated. Enjoy half and freeze remainder for later use. Reheating: cover frozen casserole and bake in 375° oven about 45 minutes or until hot. CALORIES PER SERVING: 350.

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