

Meal-In-One Salad and Banana Orange Frosty are great for a hot summer day!

Here's To You, Charlotte's Cooks!

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It's been over two years since I began this weekly feature, "Who's Who In The Kitchen." Since this is probably the last one I'll be writing for the Post, it seemed like a good opportunity to, first of all, thank all the wonderful cooks who have opened their pantries and oven doors and secret recipe files to this camera-toting, ravenous reporter; and second, to share with you some of my favorite recipes, as well as some of those I've wanted to try but haven't yet gotten around to.

A word of warning: when it comes to herbs and spices, I never measure.



PAN COOKIE A LA MODE

- 2 1/4 c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 c. butter, softened
- 3/4 c. sugar
- 3/4 c. firmly packed brown sugar
- 1 tsp. vanilla extract
- 2 eggs
- 2 c. Nestle Toll House morsels
- 1 c. chopped nuts
- Ice cream
- Fudge sauce

Combine flour, soda, and salt; set aside. In large bowl, combine butter, sugars, and vanilla; beat til creamy. Beat in eggs. Gradually add flour mixture, mixing well. Stir in chocolate morsels and nuts. Bake at 375 for 20-25 minutes in greased 15"x10"x1" baking pan. Cool. Cut into 3" squares. Top each with scoop of ice cream and then drizzle with hot fudge sauce.



DUCKLING WITH RICE PILAF

- 1 frozen duckling, defrosted and quartered
- 1/2 tsp. salt
- 1/2 c. long grain rice
- 1 chicken bouillon cube
- 1 1/2 c. sliced celery
- 1 1/2 c. sliced mushrooms
- 1/4 c. sliced green onion
- 1/4 c. butter or margarine
- 1 (1 lb. 5 oz.) can cherry fruit filling (optional)
- 1/4 c. water

quarters. Sprinkle both sides with salt. Place quarters, skin side up, on rack in roasting pan. Bake at 350 til meat is tender, about 2 1/2-3 hours. Turn several times, ending with skin side up. Meanwhile, cook rice as directed on package, adding bouillon cube to water. Cook celery, mushrooms, and green onion in butter til tender, but not brown. Stir in hot cooked rice. Combine cherry filling and water; heat. Serve duckling on pilaf with cherry sauce.

Wash, drain, and dry duckling



PASTA WITH TUNA-BROCCOLI SAUCE

- 1 Tbsp. margarine
- 1/4 c. finely chopped onion
- 2 cloves garlic, minced

- Dash grated lemon peel
- Dash ground nutmeg
- Dash pepper
- 1 c. low-fat milk
- 2 Tbsp. grated Parmesan
- 3 c. broccoli flowerettes, steamed
- 1 can tuna, drained
- 4 c. rotelle or other shaped pasta, cooked

In medium saucepan, melt margarine. Saute onion and garlic til tender. Stir in flour, lemon, nutmeg, and pepper till smooth. Gradually add milk, stirring constantly over low heat until slightly thickened. Stir in 1 1/2 Tbsp. cheese, broccoli, and half the tuna. Cook til hot. Place mixture in food processor or blender and blend til smooth. Toss with pasta. Top with remaining tuna and cheese. Serves 4.

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PASTA WITH LENTILS

- 1/2 lb. lentils, rinsed and soaked overnight
- 1 (16 oz.) can tomatoes (optional)
- Basil
- Oregano
- Garlic
- Salt
- Pepper
- Marjoram
- 1 large onion, minced
- 1/2 lb. elbow pasta or thin spaghetti

Cook lentils in enough water to cover and a little more. Season to taste, adding tomatoes if desired. Cook pasta til done, but not mushy. Stir drained pasta into lentils and cook together an additional 15 minutes or so. Serve with grated cheese. Great with fresh-baked bread.

NOODLES AND CABBAGE

- 1 med. head cabbage, cut thinly
- 1 med. onion, chopped
- 1-2 carrots, grated (optional)
- Oregano
- Salt
- Pepper
- 1/2 lb. med. wide egg noodles, cooked and drained
- Butter or margarine
- Grated Parmesan or Romano cheese

Brown cabbage, onions, and carrot in small amount of oil. Season to taste. Toss with noodles and butter. Top with grated cheese.

SUMMER SIZZLER

- 2 yellow summer squash
- 2 white potatoes, peeled
- 1 onion
- Curry powder

Thinly slice vegetables and brown in small amount of oil. Stir in curry powder to taste. Cook til vegetables are tender.

MEAL-IN-ONE SALAD

- 3 c. cooked rice
- 1 pkg. (10 oz.) fresh crisp spinach
- 3/4 c. sliced green onions with tops
- 1 c. Swiss cheese, cut in thin strips
- 1/2 c. thinly sliced radishes
- 1 tsp. salt
- 1 tsp. pepper
- 1/3 c. seasoned oil and vinegar dressing
- 4 hard-cooked eggs, chopped
- 6 slices bacon, cooked and crumbled

Combine first seven ingredients in large bowl. Just before serving, toss lightly with dressing. Sprinkle with eggs and bacon. Serves 6.

BANANA ORANGE FROSTY

- 2 ripe bananas, peeled and frozen
- 1 egg
- 1 1/2 c. plain yogurt
- 1/4 c. orange juice
- 1 Tbsp. wheat germ
- 1 tsp. vanilla extract

Slice bananas into blender. Add remaining ingredients. Whir until blended. Makes 2 servings.

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