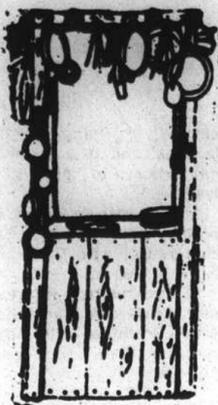


Kitchen Chatter



by Nancy Winfrey

Due to the drastic change in the outdoor temperature, I thought it would be quite appropriate to offer creamy cheese dishes, along with hearty stews and casseroles. Sprinkled among the recipes you'll find easy desserts and other ideas I hope you will try. ENJOY!

MEXICAN BEAN CASSEROLE

This is a really nice recipe and easy.

- 1 (8 oz.) carton sour cream
- 1 cup cottage cheese, cream-style
- 2 cups shredded Monterey Jack cheese
- 1/4 cup chopped onions
- 2 tablespoons chopped green chiles
- 1/4 teaspoon salt
- 1/4 cup chopped onions
- 2 tablespoons green pepper, chopped
- 1 clove garlic, finely chopped or minced
- 1 tablespoon vegetable oil
- 1 (16-oz.) can whole tomatoes, undrained and coarsely chopped
- 2 (16-oz.) cans red kidney beans, drained
- 1 (8-oz.) can tomato sauce
- 1-1/2 teaspoons chili powder
- 1 (2-1/4-oz.) can sliced ripe olives,

- drained
- 2 cups crushed corn chips, divided
- 1 cup grated sharp cheddar cheese

Combine sour cream, cottage cheese, Monterey Jack cheese, 1/4 cup chopped onions, chopped green chiles and salt and blend well - set aside.

Saute the remaining 1/4 cup chopped onions, green peppers and minced garlic in hot oil until tender. Stir in tomatoes, beans, tomato sauce and chili powder. Bring this mixture to a boil. Reduce heat and simmer for 5 minutes; stir in olives.

Sprinkle 1/2 cup corn chips in a lightly greased 2-1/2-quart casserole. Layer with half each of sour cream mixture and bean mixture. Sprinkle with 3/4 cup corn chips - layer with remaining sour cream mixture and bean mixture. Bake-uncovered-at 350 degrees for 30 minutes. Sprinkle with remaining 3/4 cup corn chips and cheddar cheese-bake an additional 5 minutes. Serves 6-8. Accompany with a tossed salad.

CHEESE AND ZUCCHINI CASSEROLE

- 2 medium zucchini, cut into 1/4-inch slices
- 1 onion, thinly sliced
- 1 tablespoon vegetable oil
- 3 tomatoes, peeled and chopped
- 1 (4 oz.) can chopped green chiles, drained
- 1/8 teaspoon salt
- 3 eggs, beaten
- 1 cup shredded Monterey Jack cheese

Cook zucchini in a small amount of water for about 5 minutes. Drain and set aside.

Saute the onions in vegetable oil until tender. Then, stir in tomatoes, green chiles and salt. Layer half each of zucchini, tomato mixture, eggs, and cheese in a 2-quart casserole. Repeat layers until all used up. Bake in 350 degree oven for 25 minutes. Serves 6.

BAKED CHICKEN WITH SOUR CREAM

- 2 whole chicken breasts, split and boned
- 2 tablespoons vegetable oil
- 1 cup chopped onions
- 2 tablespoons paprika (yes, that is 2 tablespoons)

- 1 tablespoon all-purpose flour
- 2 teaspoons salt
- Dash pepper
- 1 can (8-oz.) whole tomatoes
- 1/2 cup water
- 1 cup sour cream

Saute, skin side down, chicken in oil in a skillet until golden brown. Remove the chicken from skillet. Add onions to skillet and saute just until they are tender. Add paprika, flour, salt and pepper and blend well. Stir in tomatoes and water and bring mixture to a boil. Add chicken and turn to coat. Lower heat, cover, and simmer for 15 or 20 minutes. Stir in sour cream and heat thoroughly. Garnish with fresh mushrooms stuffed with sausage. (Stuff caps of fresh mushrooms with sausage and broil until sausage is cooked.)

ZUCCHINI AND PASTA

This is a wonderful way to use frozen zucchini.

- 2 or 3 medium size zucchini
- 2 cloves garlic, finely chopped or minced
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- Dash pepper
- 1/2 teaspoon Italian herbs, crumbled well
- 1 cup half and half cream
- 1 cup sour cream
- 1 (8-oz.) package spinach noodles (green noodles)
- 1 (8 oz.) package wide noodles
- 3 tablespoons butter or margarine
- Parmesan cheese

Bring 6 quarts of water and 2 tablespoons salt to a boil.

Cube enough zucchini to equal 3 cups. Combine flour, salt and pepper and Italian herbs in a small bowl. Combine the half and half cream and sour cream and set aside.

Add spinach noodles and regular wide noodles into the boiling water and cook according to directions on package. Saute zucchini and garlic in butter or margarine in a large skillet. Cook just until zucchini is crisp-tender. Add flour-herb mixture and toss gently to coat well. Stir in half and half cream and sour cream mixture. Cook just until well heated and mixture begins to thicken.

Drain pasta. Turn into large serving bowl and pour over zucchini mixture. Toss to coat. Sprinkle liberally with Parmesan cheese.

BROCCOLI SOUFFLE

- 1/2 cup Kraft Real Mayonnaise
- 1/4 cup all-purpose flour
- 1-1/2 cups milk
- 1 teaspoon salt
- 1 (3 oz.) can Kraft grated Parmesan Cheese
- 1 (10 oz.) package frozen, chopped broccoli, thawed, drained
- 4 eggs, separated

Combine mayonnaise and flour and blend well. Gradually add milk and cook, stirring constantly, over low heat until thickened. Add salt and cheese and continue cooking until cheese melts. Cool slightly. Stir in the broccoli and slightly beaten egg yolks. Fold into stiffly beaten egg whites. Pour mixture into a 1-1/2-quart casserole. With tip of spoon, make slight indentation around top of souffle to form a top hat effect. Bake at 300 degrees for 1 hour an 15 minutes. Serve immediately.

CREAMY POTATO CASSEROLE

- 8 medium potatoes, peeled and cut into about 1-inch cubes

- 1/3 cup water
- 2 (3 oz.) packages cream cheese, softened
- 1 (8-oz.) carton sour cream
- 1/4 cup chives, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/2 cup butter or margarine
- Paprika
- Parsley

Place potatoes in 2-quart glass bowl. Add water and cover with plastic wrap. Microwave at HIGH for 12 minutes or until potatoes are tender - stirring after 6 minutes. Drain the potatoes and mash.

Beat cream cheese with electric mixer until smooth. Add potatoes and sour cream, chives, salt and garlic salt and blend well.

Place the butter or margarine in a shallow casserole. Microwave at HIGH for 1 minute or until butter has melted. Add potato mixture, blending well. Sprinkle with paprika. Cover casserole with plastic wrap and microwave at HIGH for about 4 minutes, giving dish a half-turn after 1-1/2 minutes. Reduce heat to MEDIUM and microwave for 10 minutes or until thoroughly heated, giving dish a half-turn after 4 minutes. Let stand 3 to 5 minutes. Garnish with parsley. Serves 6.

MACARONI AND MEAT BALL CASSEROLE (Serves 4)

Heat 2 tablespoons of vegetable oil in large skillet and add 1-1/2 cups finely chopped onions, 1 large green pepper chopped, and 1 cup of freshly sliced mushrooms (or 1 can). Saute the vegetables for about 6 minutes and then add 1 cup of canned tomatoes and simmer while preparing the meat balls.

To one (1) pound of hamburger add salt and pepper to taste, a pinch of basil and blend well. Form into small meat balls. Brown meat balls in about 2 tablespoons of butter or margarine.

In the bottom of a casserole, arrange a layer of cooked noodles, spaghetti or macaroni and cover with half of the meat balls. Add another layer of the pasta and then the rest of the meat balls. Finally, top with a third layer of pasta and pour the sauce over all. Sprinkle with a lot of grated cheese. Cover and bake in a 375 degree oven for 30 minutes. Cook with the cover removed for the

last 10 minutes and then add more cheese.

CREAMY MACARONI AND CHEESE

- 8 oz. elbow macaroni
- 5 tablespoons butter or margarine
- 1/4 cup all-purpose flour
- 1/2 teaspoon dry mustard
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 teaspoon Worcestershire sauce
- 3 cups milk
- 1 onion, grated
- 3/4 pound medium or sharp cheese, shredded (3 cups)
- 3/4 cup soft bread crumbs

Cook macaroni in boiling water and drain well. Put in a 3-quart casserole. Melt 4 tablespoons butter or margarine and blend in flour and seasonings. Add milk and onion. Cook until thickened-stirring constantly. Stir in cheese and then pour over macaroni and mix gently to coat macaroni. Top with crumbs mixed with remaining 2 tablespoons melted butter or margarine. Bake in 375 degree oven for about 30 minutes or until crumbs are golden brown. Serves 4 to 6.

GREEN BEAN CASSEROLE

- 2 boxes frozen French-style green

- beans
- 1 (19 oz.) can bean sprouts
- 1 (8 oz.) can water chestnuts, sliced
- 1/2 cup Parmesan cheese
- 6 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- Dash cayenne
- 1/4 teaspoon Worcestershire sauce
- 1 pint heavy cream
- 1 cup finely chopped unblanched almonds

Cook beans in salted water for 5 minutes and drain. Put in a shallow 2-quart casserole in alternate layers with bean sprouts, water chestnuts and cheese.

To make sauce - Melt 4 tablespoons butter or margarine and blend in flour, salt, pepper, cayenne and Worcestershire. Add cream, and cook until thickened-stirring constantly. Pour over vegetables, lifting mixture with a fork so sauce will coat all vegetables. Melt remaining 2 tablespoons butter and add almonds. Sprinkle over top of casserole. Bake in 425 degree oven for 15 or 20 minutes or until hot and nuts are brown. Serves 8.



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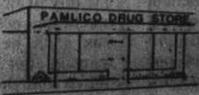
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