

# Recipes For Summertime Meals

Summertime weather just generally calls for casseroles, or one-dish meals that can be prepared with a minimum of time and trouble. And the wonderful thing about casseroles is the convenience of combining a variety of foods that mold together into an appetizing and hearty dish.

Also, casseroles can go from oven to table in the attractive dish they were cooked in.

The following recipes are from "Southern Living Casseroles Cookbook."

**BEEF AND CABBAGE**  
4 slices bacon, finely diced  
1 large onion, finely diced  
1 teaspoon salt  
Pepper to taste  
1 teaspoon poultry seasoning  
1 egg, slightly beaten  
½ cup soft bread crumbs  
2 pounds lean ground beef

1 head cabbage, shredded  
1 (10½ oz.) can beef bouillon  
Fry bacon until crisp; add onion and saute until onion is transparent but not brown. Add salt, pepper, poultry seasoning, egg, and bread crumbs to beef. Mix onion and bacon. Place a layer of shredded cabbage in a three quart casserole dish; top with a layer of the meat mixture. Continue alternating layers, ending with cabbage. Pour bouillon over all. Cover and bake at 350 degrees for 1½ hours. Remove cover during the last 15 minutes to brown cabbage. Yield: six servings.

**HAM AND CORN CASSEROLE**  
½ cup diced cooked ham  
1 (8 oz.) can cream-style corn  
2 tablespoons shredded Cheddar cheese  
1 egg, beaten  
½ cup milk  
½ cup cracker crumbs  
Mix all ingredients together. Place in a greased 1½ qt. casserole dish and bake at 325 degrees for about 45 minutes or until firm. Yield: two servings.

**BAKED LIVER WITH APPLES**  
1 pound beef liver, sliced  
2 medium apples, chopped  
1 medium onion, chopped  
1½ teaspoons salt  
½ teaspoon pepper  
6 slices bacon, cut into pieces

¼ cup water or beef bouillon  
Place liver into a greased shallow casserole dish. Cover with apples, onion, salt, and pepper. Top with bacon pieces and add liquid. Bake, covered, at 325 degrees for 1½ hours. Remove cover during the last 20 minutes of baking. Yield: six servings.

**HOT CHICKEN CASSEROLE**  
2 cups chopped chicken  
2 cups finely chopped celery  
½ cup chopped pecans or almonds  
½ cup green pepper, optional  
½ tablespoon chopped pimiento, optional  
2 tablespoons minced onion  
½ to 1 tablespoon salt  
2 to 3 tablespoons freshly squeezed lemon juice  
½ cup mayonnaise  
½ cup shredded cheddar cheese  
1 to 3 cups crushed potato chips

Combine all ingredients except cheese and potato chips in a greased three quart casserole dish. Top with cheese and potato chips. Bake at 350 degrees for 15 to 25 minutes or until cheese is melted and celery is tender. Yield: four to six servings.

**BROCCOLI CASSEROLE**  
2 ten oz. pkg. frozen broccoli  
2 tablespoons butter or margarine, melted  
1 tablespoons all-purpose flour  
1 teaspoon salt  
2 cups milk  
¼ teaspoon pepper  
½ cup shredded cheese  
½ cup chopped almonds  
½ cup buttered bread-crumbs  
4 slices bacon

Cook broccoli according to package directions until just tender. Drain and place in a greased casserole dish. Make a sauce of the butter, flour, salt, milk, pepper and cheese. Sprinkle almonds over the broccoli; our sauce over all. Sprinkle top with breadcrumbs and bacon. Bake at 350 degrees for 20 minutes or until bubbling hot and browned on top. Yield: 8 servings.

**FIESTA CASSEROLE**  
2 17 oz. cans cream-style corn  
2 17 oz. cans whole kernel corn

1 teaspoon salt  
Dash hot pepper sauce  
1 cup cracker crumbs  
Combine corn, olives, pimiento, onion and green pepper with eggs and seasonings. Add cracker crumbs, mix thoroughly and pour into a greased two quart baking dish. Bake at 350 for 30 minutes. Yield: eight servings.



**FIVE YEARS SERVICE** - Pictured are employees who received their Five Year Service Awards in May from Spectrum Textured Fibers, Inc. From left to right are: Floyd Sanders - Plant Engineering Department, Rick Laws - Supervisor in Package Dye Department, Herman Queen - Rework Supervisor for Piece Goods, Sue Grigg - Winding Department, and Art Mauney - Supervisor in Finishing Department. Not pictured is Wanda Bess - Winding Department.

**SQUASH DELIGHT**  
1 pound squash  
1 large onion, grated  
1 cup shredded cheddar cheese  
¼ cup cream  
2 tablespoons butter or margarine  
1 egg, beaten

Dash ground nutmeg  
Salt and pepper to taste  
¼ cup cracker crumbs  
Paprika  
Cook squash and onion in a small amount of salted water; drain. Add cheese, cream, butter, egg, nutmeg, salt and pepper. Mix well. Pour into a buttered casserole dish. Top with cracker crumbs and paprika. Bake at 350 degrees until mixture bubbles and crumbs are brown, about 25 minutes. Yield: 4 to 6 servings.

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