April 8, 1999

LOOKING CORNER

(Ed. note - The recipes in today's cooking columns come from a cookbook published by the Cleveland County Chapter, American Red Cross.)

SPINACH DIP

1 (10 oz.) pkg. frozen chopped spinach

- 1 cup mayonnaise
- 1 cup sour cream

1 medium onion, chopped

1 (8 oz.) can water chestnuts,

chopped 1 (1-5/8 oz. pkg. Knorrs vegetable soup mix

Thaw spinach, place on paper towels, press until barely moist. Combine spinach, mayonnaise, sour cream, onion, water chestnuts and soup mix. Stir well. Cover and chill several hours. Serve with crackers or raw vegetables.

RAW VEGETABLECHEESE DIP MARTHA SCRUGGS

1 large pkg. cream cheese, softened

- 1/2 lb. blue or Roquefort cheese, crumbled small can green chilies, heat and cool before using Tabasco sauce to taste crushed garlic pod or salt 1 tsp. Worcestershire sauce 1 tsp. A-I sauce salt to taste
 - dash of sugar

Mix all ingredients. To be used as an appetizer surrounded by pieces of celery, cauliflower, carrots, bell pepper, radishes, cucumbers, spring onions, etc. to be dipped.

GREEN PEA BACON SALAD

FRANCES LUTZ 1 head lettuce shredded 1 small onion, sliced

1 med. pkg. frozen green peas, cooked, drained and cooled

1/2 carton sour cream dash of salt and pepper 1/2 tsp. garlic salt 1 cup shredded Swiss cheese

4-6 slices bacon crumbled or bacon bits

In a shallow dish, put lettuce, onions and peas in layers. Set aside and mix the next 4 ingredients. Spread over ingredients in dish and sprinkle the cheese and bacon bits over all. Chill several hours before serving. May be made ahead. Serves 6-8.

> **BROCCOLI CASSEROLE RHEA BRIDGES**

2 pkgs. chopped broccoli,

PINEAPPLE CASSEROLE

MAXINE RAYNOR 2 cans chunky pineapple, drain mix 3/4 cup sugar and 5

Tbsp. flour 1/2 stick melted margarine

crushed Ritz crackers 1 cup grated sharp cheese Grease casserole dish, add pineapple chunks. She splits chunks. Sprinkle over sugar and flour, then grated cheese. Top with buttered Ritz cracker crumbs. Bake about 30 minutes at 350 degrees. Serves 10-12.

BBQ BEEF PIE

MARGARET TIDDY 4 unbaked pie shells

- Brown:
- 1 lb. hamburger
- 1 medium onion
- 1 med. green pepper

Add 1 can mushroom soup, 1/4 cup chili sauce, 3 Tbsp. flour, 1/4 tsp. oregano and 1/2 tsp. garlic salt. Brown hamburger, onion and pepper. Add other ingredients. mix well and pour into 2 small or 1 large pie shell. Cover with another pie shell or pastry. Bake at 350 degrees for about an hour. Can cook before or after freezing.

SWEDISH MEAT BALLS PAM LEWIS 1 can fine bread crumbs 1/3 cup milk 1/2 cup minced onions

1 lb. ground beef 1 egg beaten 11/2 tsp. salt

1/8 tsp. pepper Soak bread crumbs in milk. Set aside. Mix all other ingredients in mixing bowl. Now add your soaked bread crumbs. Mix thoroughly. Shape in balls. Saute. Cook in your favorite sauce for 30 minutes.

CHICKEN PIE

VIRGINIA COON 1 whole chicken, stewed 1 can celery soup 11/4 cup chicken broth 2 hard boiled eggs

Stew chicken and take from bone. Put chicken in casserole and cover chicken with sliced eggs. Mix soup and chicken broth and pour over chicken. Mix 1 cup self-rising flour, 1 stick margarine melted and 1 cup buttermilk. Pour this batter over chicken and bake at 350 degrees for 1 hour.

CHERRY BANANA DELIGHT CLEO ALLEN 1 cup flour

spread over 2nd layer 6 sliced bananas over pie filling 1 pkg. instant vanilla pudding

2 cups milk

Mix pudding mix with milk. Spread over bananas, etc. Save enough of Cool Whip to cover top and sprinkle with chopped nuts.

NO FRILLS POUND CAKE WILMA HOYLE

1 cup Crisco

- 21/2 cups sugar 4 eggs
- 3 cups flour
- 1 cup milk

for 11/4 hours.

- 1 tsp. baking powder
- 1 tsp. salt
- 11/2 tsp. vanilla
- 3 tsp. lemon flavoring

Cream sugar and Crisco together. Add eggs, one at a time, beating between each. Mix flour, salt, and baking powder with milk. Add vanilla and lemon flavoring. Pour into a greased and floured tube or bundt pan. Bake at 350 degrees

WENDELL'S CHOCOLATE PIE JUDY WHITE

1 cup sugar 6 Tbsp. flour 2 Tbsp. cocoa mix together 2 cups milk 1 Tbsp. vanilla 2 egg volks Add and stir with mixer. Mix together the first 3 ingredients, then add next three beating with electric mixer. Cook on medium heat until thick. Make meringue with 2 egg whites. Bake in 325 degree oven until brown.

APRICOT SALAD JENNIE BARGER 1 6 oz. can crushed pineapple

with jello 2 pkg. apricot jello

2 cups buttermilk 18 oz. carton whipped top-

Bring pineapple and juice to boil. Add jello and dissolve. Cool. Add milk and topping. Refrigerate. Garnish with canned whole apricots.

PARTY PUNCH 2 small pkgs. lemon lime

Kool Aid 2 cups sugar

2 quarts water

1 large can pineapple juice 1 quart ginger ale or Wink Mix all ingredients except ginger ale or Wink. Chill or freeze. Just before serving, add ginger ale or Wink. Makes 1 gallon.

> CHEESE CRISP **CLAUDIA BORDERS**

1/2 cup chopped pecans 2 cups grated sharp cheese 2 sticks margarine 2 cups self-rising flour 2 cups Rice Krispies Mix all ingredients, form in small balls and press with fork on cookie sheet. Bake 10 minutes or until lightly brown at 375 degrees. Remove from sheet, cool and store in covered container.

CRAB DIP MARY WILSON 1 carton sour cream 1 can crab meat 1 pkg. dried onion soup mix Mix well and serve.

JENNY MANER 1/4 cup yogurt 1/4 tsp. lemon juice

1 tsp. diced pimento 1/4 tsp. salt Mix together. Blend well. Dip in raw vegetables such as carrot sticks, cauliflower, cucumber, green pepper or celery.

PIMENTO DIP



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cooked and drained 2 cans cream of chicken soup or mushroom soup 1 large can milk 1/2 pint plain milk 1 large onion, chopped 2 cups cooked rice 1 jar Cheeze-Whiz cheese Mix all ingredients together. Cook until mixture bubbles about 30 minutes at 375 degrees.

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1 cup pecans, chopped 1 stick butter, melted Make into paste. Spread with a fork into 11x14 inch pan. Bake at 350 degrees for 20 minutes. Let cool. 1 cup powdered sugar

8 oz. cream cheese 1 carton Cool Whip, large Mix and cream together, spread over first layer. 1 can cherry pie filling

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ACTUALLY, WHAT YOU Should Dread IS PROSTATE CANCER.

We know it's a sensitive subject, but it's too serious to ignore. Prostate cancer is the most common cancer among men. And it's the second leading cancer killer in men. Fact is, prostate cancer strikes more often in men than breast cancer does in women. Now for the good news. Prostate cancer is one of the most treatable cancers when diagnosed early. Especially with new outpatient procedures liked prostate brachytherapy. Wait, it gets better. The Comprehensive Cancer Center at Gaston Memorial periodically offers free prostate screenings. All you have to do is come in for an exam. For more information, call us at (704) 834-3551 or visit our website at www.gastonhealthcare.org. Now, that wasn't so bad, was it?

