

Treasures from Heaven

Women of New Life Family Worship Center publish cookbook to raise funds for missions

Persons wishing to add a new dish to their menu and help "spread the Word" will enjoy some of the tasty family treasures that are a part of the new cookbook, "Treasures From Heaven - A Collection of Recipes from New Life Family Worship Center Women of the Word," that is on sale by contacting New Life Family Worship Center in Kings Mountain at 739-9371.

The W.O.W. printed 300 of the cookbooks and they are available for \$6 each. All proceeds go to women's mission programs.

The cookbook includes 10 sections featuring appetizers, relishes and pickles; soups, salads and sauces; main dishes; meats, poultry and seafood; vegetables; breads, rolls, pies and pastries; low calorie foods; cakes, cookies and confections; desserts; and beverages, sandwiches and miscellaneous.

There are over 200 recipes from church members, members of their families and friends. There are also tips on canning, freezing, cooking meat, a guide to healthy cooking and eating, and a calorie counter.

New Life Family Worship Center is a 3-year-old church located in the old Putnam Store building on Oak Grove Road. It began with 11 members and now has over 100 members. Its youth group has grown from six to 60.

Robert Eng is the pastor. W.O.W. meets once a month. Its officers are Susan Eng, president; Pat Kowalczyk, vice president; and Brenda Phillips, secretary/treasurer.

Following are some of the recipes from "Treasures From Heaven."

Hot Broccoli Dip

By Pat Kowalczyk

1/2 large onion chopped
1/2 stick butter
3 10-oz. packages chopped broccoli

2 cans cream of chicken soup
6 ounce Rohdelle semi-soft garlic cheese
3 ounces mushrooms

Saute onion in butter. Cook broccoli. Put broccoli, onion, soup, cheese and mushrooms in large pan and heat until bubbly. Serve with dip size corn chips.

Chicken Soup With Tofu

By Brenda Phillips

1 quart chicken stock
1/2 pound tofu cut in 1/2 inch pieces
1/2 pound spinach chopped
1/2 teaspoon salt
1/4 teaspoon white pepper
1/2 teaspoon sesame oil
1 teaspoon sou sauce
2 tablespoon cornstarch
2 egg whites lightly beaten

In sauce pan, bring stock to a boil. Stir in tofu, spinach, seasonings, oil, cornstarch with 4 tablespoons of chicken stock. Return to soup and cook over medium heat until slightly thickened, slowly stir in egg whites. Serve soup in small bowl.

Baked Flounder With Vegetables

By Sandy Eng

6 flounder fillets
2 tsp olive oil
2 tbsp fresh ginger, grated
1/4 c soy sauce
2 tsp rice vinegar
2 cloves garlic, minced
1/4 c dry white wine
salt and pepper to taste
8 c Chinese cabbage, chopped
3 carrots, julienne
1 yellow pepper, seeded and thinly sliced
1 onion coarsely chopped

Combine olive oil, soy sauce, ginger, rice vinegar, garlic, wine, and salt and pepper. Combine cabbage, carrots, yellow pepper and onion and toss. Pour olive oil mixture over vegetable and toss. Place flounder and fold aluminum foil on top of the fish and vegetables. Bake for 15-20 minutes at 375. Do not

overcook.

Salmon Stew

By Susan Eng

1 medium onion
1 stick butter
1 14 3/4 ounce can salmon (clean off all black skin)
1/8 teaspoon salt
1/8 teaspoon pepper
1 can evaporated milk
1 can water

Sauteed onions and butter with salmon until onions turn clear. Add salt and pepper, then mix with milks and water. Heat over medium heat. Do not boil milk, just allow to simmer.

Barbecue Meatballs

By Wendy Queen

(Meatballs)
1 lb. ground beef
1 cup bread crumbs
1 egg
1/2 cup milk

Combine these ingredients and shape into balls.

(Sauce)

2 tablespoon brown sugar
2 tablespoon vinegar
2 tablespoon lemon juice
1/2 cup ketchup
salt to taste
small chopped onion
2 tablespoon worcestershire sauce

Mix together ingredients. Put shaped meatballs in a greased pan. Pour sauce over meatballs and bake at 350 for 50 to 60 minutes.

Cooper Carrot Pennies

By Louise Kimble

2 lbs. carrots
1 small green pepper, chopped
1 medium onion, chopped

Marinade:

1 cup sugar
1 can tomato soup
1/2 cup salad oil
3/4 cup vinegar



GARY STEWART / THE HERALD
Donna Weaver, left, and Pat Kowalczyk look over a copy of "Treasures from Heaven" cookbook which is being offered for \$6 each by the Women of the Word of New Life Family Worship Center, Kings Mountain.

1 teaspoon mustard
1 teaspoon Worcestershire sauce
Salt and pepper to taste

Slice carrots like pennies and boil in salted water until tender. Do not overcook. Drain and cool. Mix marinade ingredients thoroughly in a blender. Layer half of the carrots, pepper, onion; repeat with a second layer. Pour marinade over vegetable and refrigerate (covered) overnight.

Walnut Bread

By Sharon Chaney

3 cups sifted all purpose flour
1 cup sugar
1 teaspoon baking powder
2 teaspoons salt
1 egg, slightly beaten
1/4 cup shortening, melted
1 1/2 cup milk
1 teaspoon vanilla

1 1/2 cups chopped walnuts

Resift flour with sugar, baking powder and salt. Add egg, shortening, milk and vanilla to dry mixture. Stir just until all flour is moistened. Stir in walnuts. Turn into greased 9 x 5 x 3 loaf pan. Bake 350 for 1 hour.

Lo Fat Pound Cake

By Susan Eng

1 cup puritan oil or oil low in fat
3 cups sugar
Egg beaters equivalent to 6 eggs
2 cups plain flour
1 cup self rising flour
1/2 teaspoon soda
1 8 ounce carton not fat sour cream
2 tablespoon butter
2 tablespoon butter
2 tablespoon butter
2 tablespoon butter
1 tablespoon vanilla

Beat sugar and oil, and add eggbeaters, then alternate, flour and sour cream. Add soda and flavoring. Bake in greased tube pan at 325 for 2 hours. Cool before removing from pan.

Glaze:

1 cup powdered sugar
2 tablespoons lo fat margarine, melted
1 tablespoon butter
1 teaspoon vanilla

Mix together and drizzle over cake while warm. Cool and serve.

Snowballs

By Louise Fox

1 lb. vanilla wafers
1 stick soft butter
1 lb. powdered sugar
1 six oz. can frozen orange juice
Flaked coconut

Crush the vanilla wafers. Mix the crumbs, butter, powdered sugar and orange juice together in a large bowl. Roll into small balls and then roll in the coconut. Keep the cookies in refrigerator. This makes about 100 cookies.

Ice Cream Pudding

By Sandy Eng

60 Ritz crackers, crushed fine
2 boxes (3 3/4 oz.) instant pudding (your favorite flavor)
1 1/2 cup milk
1/2 gallon ice cream
8 tables butter (1 stick)

Melt butter and mix with cracker crumbs, then press into bottom of serving dish. Blend together milk and 2 boxes of pudding. Add ice cream. Blend well and pour over cracker crumbs. Refrigerate for several hours or overnight and serve. Top with cool whip.

Olive Spread for Sandwiches

By Lisa Grigg

8 oz. cream cheese
Small jar green olives (drained and chopped)
mayonnaise (to taste)

Soften cream cheese in microwave. Mix all ingredients together.

Alzheimer's Support Group meets Monday

The Alzheimer's Support Group will meet Monday, January 8 at 7 p.m. at the Kings Mountain Senior Center (Depot)

Donna Patton, paralegal with Catawba Valley Legal Services, will discuss legal issues involved in dealing with an alzheimer's patient.

Family, friends and caregivers are encouraged to attend. For more information, call 734-0447 or 739-8132.

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Class	Location	Instructor	Days	Time
CLEVELAND COMMUNITY COLLEGE				
ABE/ESL	Campus 1132	Browne	MTWTH	8:00am-12:00pm
ABE	Campus 2026 / 2027	Newman / Gassman	MTWTH	8:00am-1:00pm
ABE/ESL	Campus 2026 / 2027	Jenkins	MTWTH	5:00pm-9:00pm
AHS	Campus Learning Center	Bailey / Parker	MTWTH	8:00am-9:00pm
AHS	Campus Learning Center	Parker	F	8:00am-4:00pm
HRD	Campus 2021	Hosch / Sharpe	MTWTHF	8:30am-3:00pm
OTHER CLEVELAND COUNTY LOCATIONS				
ABE/AHS	Day Reporting Center 308 Gardner Street, Shelby	Petty	MTWTHF	8:00am-12:00pm & 1:00pm-4:00pm
ABE/AHS/ESL	Central United Methodist Church 113 S. Piedmont Church Kings Mountain	Atwell	MTWTH	8:00am-12:00pm
ABE/Pre-GED	Job Link 201 W. Marion St., Suite 319 Shelby	Blackwell	TWTH	9:00am-12:00pm
ABE/AHS	Grover Elementary School 206 Carolina Ave., Grover	Cogar	MT	5:00pm-9:00pm
ABE/AHS	Casar Elementary School 436 School House Rd., Casar	Walker	MW	5:15pm-9:15pm
ABE/AHS/ESL	East Elementary School Library 600 N. Cleveland Avenue Kings Mountain	Atwell	MTTH	5:30pm-9:30pm
ABE/AHS	First Baptist Church-Lawndale 129 Douglas School Road Lawndale	Wray	MTH	6:00pm-9:00pm
ABE/AHS	Double Springs Baptist Church 1130 Double Springs Ch. Rd. Shelby	Bowen	MT	5:30pm-9:30pm

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