

GIVE YOUR BUDGET FOOD THE ECONOMY EDGE

MENUS

While there's a natural wind-down from the holidays, no one can live without a party excuse for too long! Witness Super Bowl celebrations, which seem to grow with every passing year. It may be the excitement of the game, but we suspect that the real reason is there's no better way to get rid of those mid-winter doldrums than a get-together with food, football and friends.

Because the game stretches over the dinner hour, food is a little more substantial, still it's good to look for the easiest dishes to prepare and serve. Instead of the usual lasagna, chicken or baked ham, why not try some meat tarts or savory style pies? And of course, you'll want plenty of dips to keep the crowds going 'til the halftime break. Consider asking your guests to each bring an appetizer. It adds to the variety and subtracts from the work load. Now, got your signals straight? Hut, hut—the game is on!

Walnut And Celery Appetizer Pie

- 1 Egg yolk
- 1 Ready-crust Graham cracker pie crust
- 1 Pkg. (8 oz.) cream cheese, softened
- 1 Pkg. (8 oz.) cream cheese, softened
- 1 Cup sour cream, divided
- 2 Eggs

- 1 Tablespoon all-purpose flour
- ¼ Teaspoon celery salt
- Freshly ground black pepper to taste
- 1½ Cups coarsely chopped walnuts, divided
- ½ Cup chopped celery
- 1 Teaspoon Worcestershire sauce

Beat egg yolk and brush on crust. Bake in a preheated 350°F oven 5 minutes. Set aside. In a large mixing bowl, beat cream cheese, ½ cup sour cream, eggs, flour, celery salt and pepper until smooth. Fold in ¾ cup walnuts and celery. Spoon filling into prepared pie crust and bake 50 minutes or until set. Remove from oven and spread remaining ½ cup sour cream over top of pie. Sprinkle remaining ¾ cup chopped walnuts over sour cream. Cool to room temperature and refrigerate at least 4 hours or overnight. Serve with assorted fresh fruits. Makes 16 appetizer servings.

- 1 Small green pepper, chopped
- 2 Medium size tomatoes

Combine taco mix with ground beef, reserving 2 teaspoons of the taco mix.

Combine all of the ingredients together with ground beef. Combine 2 teaspoons of taco mix with Thousand Island dressing and pour over the salad.

Chorizo Cheese Tarts

- 2 Pkgs. Graham Cracker Ready-Crust tarts (12 tarts)
- 1 Jar (16 oz.) or can chunky salsa
- 1 Pkg. (12 oz.) Mexican Chorizo sausage
- 2 Egg yolks, beaten
- ¼ Cup minced onion
- ¾ Cup (6 oz.) Mexican Chihuahua cheese or Monterey Jack, grated
- 2 Eggs, beaten
- ¼ Teaspoon oregano

Heat oven to 350°F. Brush tarts with the beaten egg yolks and bake for 3 minutes. Remove from oven and prepare the filling.

Remove the sausage from casing and brown. Add onions and saute until the onions are soft and the sausage is well done. Mix the salsa with the other eggs. Spoon sausage and onion mixture into tart shells. Pour the salsa-egg mixture over the sausage. Cover each tart with grated cheese. Dust with oregano. Bake at 350°F for 20-25 minutes. Makes 12 servings.

Hooplas! Taco Salad

- 1 Large head of lettuce, torn in medium-sized pieces
- 1 Lb. ground beef, browned and drained
- 1 Envelope taco mix, reserve 2 tsp.
- 1 Bottle (8 oz.) Thousand Island dressing
- 1 Pkg. (8 oz.) shredded cheese
- 1½ Cups Keebler Hooplas!
- 2 Green onions, chopped

HELP YOUR HEART COOK YOUR RECIPES

American Heart Association

Texas Caviar (Black-Eyed Pea Salad)

Black-eyed peas are a Southern New Year's tradition. This year, why not heat up your meal with this spicy specialty from the Lone Star State?

- 2 cups black-eyed peas, dry
- ¼ cup diced green bell pepper
- ¼ cup diced white onion
- 2 tbsp. finely chopped canned jalapeno peppers
- 2 tbsp. acceptable* vegetable oil
- 2 tbsp. red wine vinegar
- 1 clove garlic, minced
- ¼ tsp. freshly ground black pepper

Sort black-eyed peas and soak overnight in 6 cups of water. Drain. Cook peas in 4 cups of fresh water until done but still firm, about 1½ hours.

Rinse in cold water and drain. In a medium bowl, combine all remaining ingredients and mix well. Add peas and chill. Makes 6 servings.

*Corn, soybean, safflower, sunflower, canola or olive oils.

This Help Your Heart Recipe is from the American Heart Association Low-Salt Cookbook. Copyright 1990 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

Texas Caviar (Black-Eyed Pea Salad) Nutritional Analysis per Serving

113	Calories	0 mg	Cholesterol
5 g	Protein	13 g	Carbohydrates
5 g	Total Fat	18 mg	Calcium
1 g	Saturated Fat	199 mg	Potassium
3 g	Polyunsaturated Fat	39 mg	Sodium
1 g	Monounsaturated Fat		

Goodness Gracious It's Good

Savory Mini-Muffins To The Rescue

Just like your favorite biscuits or yeast rolls, try serving Savory Cheese Mini-Muffins with appetizers, lunch or supper for a change.

The petite muffins will be a welcome addition to your trusted recipe repertoire because they are packed full of flavor and are a great accompaniment to a wide variety of foods. And mini-muffins will save you time in the kitchen because the baking time is short and no rolling out, rising or kneading is necessary.

Try these great ideas for the versatile cheese mini-muffins:

- Serve a basketful with your favorite fresh vegetables and dips.
- Substitute mini-muffins for biscuits and fill with thinly sliced country or baked ham for a satisfying appetizer.
- Adorn a luncheon fruit salad.
- Serve alongside steaming bowls of fresh, creamy tomato soup or hearty chili.

Savory Cheese Mini-Muffins

- 2 cups sifted Martha White Self-Rising Flour
- 1 cup (4 ounces) grated sharp Cheddar cheese
- 1 teaspoon dry mustard
- ½ teaspoon chili powder
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil

Preheat oven to 425 °F. Grease 24 mini-muffin cups (approximately 1 ¼-inch in diameter). Stir together flour, cheese, mustard and chili powder in mixing bowl. Beat egg in separate bowl; stir in milk and oil. Add liquid mixture to dry ingredients, stirring just until blended. Batter will be slightly lumpy. Spoon batter into prepared muffin cups, filling each ¾ full. Bake for 13 to 15 minutes or until golden brown. Makes about 24 mini-muffins.

Note: If using Martha White All-Purpose Flour, sift 1 tablespoon baking powder and ¼ teaspoon salt with flour.

For more great muffin recipes, write for "About Muffins," Martha White Kitchen, P.O. Box 58, Dept. 390-D, Nashville, TN 37202.