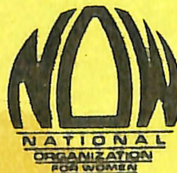


A LITTLE OF WHAT YOU FANCY....

Compiled by:

Betty Johnston
Mary Taves
Joyce Purcell

FOR THE WICHITA CHAPTER OF



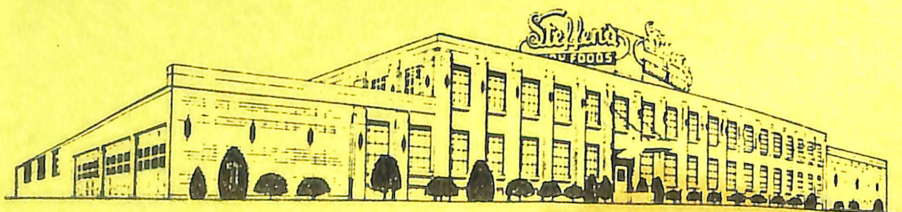
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Whether you turn to the stove for survival or for fun, this book has something in it for you.

Some of the recipes are original creations contributed by Wichita NOW members. Others have been published in newspapers. We have used several from the Christian Science Monitor's Thursday Food Section in particular. A few have been passed down within a family from generation to generation. Some take time and skill. Some are quick and easy. All of them are good.

Enjoy

Wichita NOW



"Above the titles of wife and mother, which although dear, are transitory and accidental, there is the title human being which precedes and out-ranks every other."

Mary Livermore
Reformer

TX
714
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[v.2]

BLOODY MARY'S PUNCH

2 qt. sparkling water
1 qt. vodka
1 46-oz. can tomatoe juice
2 T. Worcestershire sauce
1 lemon, sliced thin

Mix with generous amount of ice in punch bowl.
Serves a block party or ten friends discussing
politics.

FRUIT PUNCH

6 oz. frozen orange juice
6 oz. frozen lime juice
6 oz. frozen lemonade
Thaw.
12 oz. pineapple juice
2 c. water
2 c. or 14 oz. club soda
Mix. Serve over ice.

LIME SHERBET PUNCH

6 oz. frozen lemonade, mixed according to can.
Add 1 can pineapple juice. Place in punch bowl
over small amount of ice. Let stand until ready
to serve. Then add by spoonfuls, 1 qt. lime
sherbet. Float sliced strawberries in the punch.

SANGRIA

To one bottle red or white fruit-flavored wine,
add 1/2 c. lemon/lime pop plus 3 T. fresh lemon
juice. Slice in 1 whole orange and 1 whole lemon
and serve over ice.

COOLERS

APRICOT-ORANGE VELVET

1-1/2 c. cold orange juice
1 carton (8 oz.) apricot yogurt
3 T. wheat germ
2 T. sugar

Put all ingredients in blender. Cover and blend at high speed one minute. Refrigerate before serving. Yields 2-2/3 c. nutritious, tangy drink.

BLACK CHERRY-PINEAPPLE VELVET

1-1/2 c. cold pineapple juice
1 carton (8 oz.) black cherry yogurt
3 T. wheat germ
2 T. sugar

Proceed as for Apricot-Orange Velvet.

BOSTON COOLER

1 bottle red wine
2 c. vodka
1 qt. sparkling water
6 oz. can lemonade
2 c. water

Mix and serve over ice, or over ice in a punch bowl.

STRAWBERRY PUNCH

2 pkgs. strawberry Koolaide
2 c. sugar
2 qts. water
46 oz. pineapple juice
1 qt. ginger ale
1 pkg. frozen strawberries

Mix all ingredients in punch bowl, except the ginger ale. When ready to serve, add ginger ale and ice.

YOUNG PEOPLES' PARTIES

Dips the kids can help prepare. The after-school snacking hour may be your chance to conduct a few basic cooking lessons with the microwave.

CURRY CHEESE DIP

1 pkg (3 oz) cream cheese, cut in 4 pieces
4 slices American cheese, each cut in 4 pieces
1/3 cup milk
1 tablespoon honey
1-1/2 teaspoon prepared mustard
1/4 teaspoon curry

Put cream cheese and milk in small bowl or 1-quart glass measure. Cover with plastic wrap; cook in microwave at 50 percent power 2 minutes. Stir well with fork. Add American cheese, honey, mustard, and curry; cover. Cook in microwave about 3 minutes, or until hot, stirring after each minute. Serve with apple wedges for dipping.

ORANGE PEANUT DIP

2/3 cup peanut butter
1/4 cup each: orange juice, plain yogurt
2 tablespoons orange marmalade
1/8 teaspoon ground ginger

Put peanut butter in small bowl or 1-quart glass measure. Cover with plastic wrap; microcook at 50 percent power 2 minutes. Stir in orange juice, yogurt, marmalade, and ginger. Cover; microcook about 4 minutes, or until hot, stirring after 2 minutes. Serve with apple wedges for dipping.

BUTTERSCOTCH DIP

1 pkg. butterscotch pudding mix 1-1/4 c. milk
1/2 t. vanilla 1/8 t. cinnamon
1/2 c. sliced almonds

Mix pudding, milk, vanilla and cinnamon in small bowl or 1-qt. glass measure. Cover with plastic wrap; microcook on high 3 mins. Stir well; cover and microcook 3 mins. or until hot. Stir in nuts. Serve with apple wedges for dipping.

LEMON/LIME KIDDIE DRINK

Blend in blender, 1 envelope unsweetened lemon/lime kiddie drink, a 13-1/4 oz. can pineapple tidbits, 2 c. water, 1 c. sugar, and 1/3 c. fresh lemon juice. Pour into pitcher. Add 4 cups ice water. Serves 6 adults or 2 kids.

DRESSED-UP FROZEN LEMONADE

Mix a 6 ox. can frozen lemonade according to directions. Cut a lemon in half. Squeeze one half into pitcher. Cut remaining half into slices and toss in. Serve with plenty of ice. Looks and tastes like old-fashioned, home-made lemonade.

BEANS AND THINGS IN BUNS

6 slices bacon, cut in pieces
1 med. onion, chopped
4 frankfurters, cut in small pieces
1 t. prepared mustard
1 t. catsup
1 1-lb. can pork 'n beans
4 hot dog buns

Put bacon pieces in cassarole. Cook, covered, in microwave 4 mins. Stir. Add chopped onion. Cook, covered, 2 mins. Stir. Add frankfurters. Cook, covered 5 mins., stirring once. Add mustard, catsup and beans. Mix well. Cook, covered, 6-7 mins, or until hot, stirring once. Serve hot in heated buns.

RANCBURGERS

6 - 12 slices of bacon, fried crisp and crumbled
1-1/2 c. grated American cheese
2 T. finely chopped onion 1/4 c. catsup
1 t. prepared mustard 6 hamburger buns

Combine bacon, cheese, onion, mustard and catsup. Spread 3 T. on bottom of each bun, cover with top bun. Wrap individually in waxed paper, twisting ends. Place on cookie sheet in 350° oven 15 mins. or microcook individually 3 mins. each.

CHILI CON QUESO

2 lbs. cubed American cheese
1/2 c. tomato juice
2 T. onion juice
1 can green chili peppers, seeded and chopped

Combine cheese, tomato juice, onion juice and green chili peppers in a large saucepan. Cook over low heat, stirring constantly, until cheese is melted and mixture is well blended - 15 mins. Serve the dunk hot, with either corn chips or crackers.

STUFFED MUSHROOMS

1 T. finely chopped onion
1 T. margarine
1 2-1/4-oz can deviled ham
1/4 c. soft bread crumbs
1/4 t. seasoned salt
1/4 t. Worcestershire sauce
* * * *
1 6-oz. can (1-1/2 c.) mushroom
crowns, drained
Melted butter

Cook onion in butter over low heat until tender, but not brown. Combine with deviled ham, crumbs, salt and Worcestershire. Stuff mushrooms with mixture; brush with melted butter. Broil, stuffed side up, 5-8 mins. until heated through. Keep hot in cassarole over candle warmer or in chafing dish.

PECAN CHEESE LOG

Grate together:

- 8 oz American cheese
- 8 oz Cheddar cheese

Add:

- 6 oz cream cheese
- 1/2 teaspoon garlic salt
- 1/2 cup chopped pecans

Mix well. Form log. Sprinkle with paprika. Chill at least 24 hours before serving.

BLACK OLIVE CHEESE BALL

- 1 pkg. (8 oz) cream cheese
- 1 1/2 cups grated mild Cheddar
- 1 jar smoked-flavored process cheese spread (5 oz)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1 can chopped ripe olives (7-1/2 oz)

Soften cream cheese. Blend with mild Cheddar cheese, cheese spread, Worcestershire sauce, mustard, and salt. Beat until smooth. Fold in chopped olives and shape into ball or log.

BLUE CHEESE BALL

Mix:

- 8 oz cream cheese
- 4 oz blue cheese
- 1/2 stick butter

Add:

- 1 tablespoon chopped onion
- 3/4 cup ripe olives, chopped

Shape into ball and roll in nuts.

CHEESE BALL

Mix:

- 8 oz cream cheese
- 1 jar Olde English Sharp Cheese
- 2 tablespoons grated onion
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic salt

Shape into ball and roll in nuts.

CREAMY ONION DIP

Blend:

- 1-1/2 cups sour cream
- 2 tablespoons packaged onion-soup mix

Add:

- 2 oz crumbled blue cheese
- 1/3 cup chopped walnuts

Mix well. Makes about 2 cups.

DILL DIP OR SPREAD

Mix together:

- 8 oz sour cream
- 8 oz mayonnaise
- 2 teaspoons dill weed
- 1/4 teaspoon garlic powder

Serve as dip or spread. Especially good on rye bread or with raw vegetables.

CHEESE SPREAD

Thoroughly combine:

- 2 cups shredded sharp Cheddar cheese
(1/2 lb)
- 1 cup crumbled blue cheese (4 oz)
- 1 3 oz pkg. cream cheese, softened

Makes 2 cups.

DEE'S LEMON FLUFF

Crust: 2 c. finely crushed graham cracker
2 T. sugar
3/4 stick butter or margarine, melted

Reserve 1/3 c. crumbs. To the remaining crumbs add sugar and melted butter. Press into bottom of 9/13 or two 8" square cake pans. Put in refrigerator and chill about 1 hr.

Fluff: 1 large can evaporated milk
1 4-oz. pkg. lemon gelatin
1-3/4 c. hot water
1/2 c. lemon juice
1 c. sugar

Chill unopened milk in freezer until icy. Dissolve gelatin in hot water in a large size mixing bowl. Chill until partially set, then whip until light and fluffy. Add lemon juice and sugar. Stir well. Whip the chilled milk and fold into the gelatin mixture. Pour over crumb crust. Sprinkle with reserved crumbs. Chill until firm.
Serves 10-12

PEGGY'S BEEF-BAR-B-Q BISQUITS

1 can (4 3/4 oz) roast beef spread
2 tablespoons minced green pepper
2 tablespoons Bar-B-Q sauce
1 can (8 oz) refrigerated buttermilk biscuits

Mix in a small bowl: beef spread, green pepper, and Bar-B-Q sauce. Separate biscuits into 2 layers. Place 2 tablespoons Bar-B-Q mixture in center of biscuit half and cover with top half of biscuit. Place on baking sheet. Bake at 375° for 10-13 minutes or until golden brown. Serve hot or cold. 5 servings.

VERY SPECIAL CHEESE BOATS

18 French rolls	1 lb. Longhorn cheese grated
3 sm. green onions chopped	1 lg. can pitted green olive
1 sm. can green chilis	4 hard cooked eggs, chopped
1/2 c. oil	1 can tomato sauce
	2 T. vinegar

Slice tops off rolls. Remove center of roll. Mix ingredients well. Fill cavity of roll with mixture. Wrap in foil. Bake 30 mins. at 375°.

OPEN-FACE AVOCADO SANDWICHES

Toasted bread
Layer with Monterrey Jack cheese
Layer with sliced avocado
Top with mixture of:
diced tomatoes
diced onions
diced green peppers
diced mushrooms.
Salt and pepper.

Bake at 350° in preheated oven until cheese melts. Serve sprinkled with alfalfa or bean sprouts.

PARTY HAM ROLLS

Shredded ham
Asparagus spears, cooked
Pkg. cream cheese
1/2 c. finely shopped pecans

Mix cheese and nuts until smooth. Separate ham into bread-size slices. Place in center of ham slice an asparagus spear, and cover the spear with the cheese-nut mixture. Roll up ham. Serve on 1/2 slice of toast, or cut into 1" slices and serve as canapés.

GUACAMOLE DIP

Mix together:

- 3 ripe avocados, mashed
- 1 small onion, chopped
- 1 tomato chopped

Add:

- 3 oz to 6 oz taco sauce (to taste)
- dash garlic powder.

Serve with corn chips or on bed of shredded lettuce as a salad.

LOW CALORIE SPREAD/DIP

- 2 cups 99% fat-free cottage cheese
- 2 tablespoons buttermilk
- 2 teaspoons dijon mustard
- 1/2 teaspoon curry powder
- 1 small clove garlic, peeled

Combine ingredients in a blender.

Whirl until light and smooth.

Adjust seasonings to taste. Serve as dip or spread.

LOW CALORIE SWEET SPREAD/DIP

- 2 cups 99% fat-free cottage cheese
- 2 tablespoons apple cider
- 1/4 cup chopped fruit
- Cinnamon to taste

Combine ingredients in a blender.

Whirl until well blended.

ITALIAN ZUCCHINI CRESCENT PIE

4 cups zucchini, unpeeled and sliced thin
1 cup onion, coarsley chopped
1/2 cup margarine or butter
1/2 cup parsley, chopped or 2 tablespoons
dried parsley
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
1/4 teaspoon sweet basil leaves
1/4 teaspoon oregano leaves
2 eggs - well beaten
2 cups meunster or mozzarella cheese,
shredded
8 ounce can Pillsbury Refrigerated
Quick Crescent Dinner Rolls
2 teaspoons Dijon mustard

Heat oven to 375°. In 10-inch skillet, cook zucchini and onion in margarine until tender, about 10 minutes. Stir in parsley and seasonings, In large bowl, blend eggs and cheese. Stir in vegetable mixture.

Separate dough into 8 triangles. Place in ungreased 11-inch quiche pan, 10-inch pie pan, or 12 x 8 inch baking dish; press over bottom and up sides to form crust. Spread crust with mustard. Pour vegetable mixture evenly into crust.

Bake at 375° 18 to 20 minutes or until knife inserted near center comes out clean. If crust becomes too brown, cover with foil during last 10 minutes of baking. Let stand 10 minutes before serving. Cut into wedges to serve; serve hot. Serves 6.

(This is the grand-prize winner at the 29th annual Bake-Off, Fontainebleu Hilton Hotel. Baked by Millicent Caplan of Tamarac, Fla.)

BANANA MALT

1 banana, sliced	1/2 c. milk
1/2 c. orange juice	1 scoop orange sherbet

Blend milk and banana in blender until smooth.
Add orange juice. Pour over orange sherbet.

Felicia Hicks

SURPRISE CUPCAKES

Filling: 8 oz. pkg. cream cheese, softened
1 egg, beaten
1/3 c. sugar
1/2 t. salt
6 oz. pkg. chocolate chips

Batter: 3 c. flour	2 t. soda
2 c. sugar	2 c. water
1/2 c. cocoa	2 T. vinegar
2 t. vanilla	2/3 c. oil

Combine filling ingredients, except chips. Beat until smooth, add chips and set aside.

Sift together dry batter ingredients. Add all liquids to sifted ingredients and mix until smooth. Fill cupcake liners 2/3 full, top with a heaping teaspoon of filling. Bake 25 mins. at 350°.

DEVILED EGG AND STUFFED CELERY PLATE

1 doz. hard cooked eggs	1 c. salad dressing
salt and pepper	1 T. mustard

Peel hard cooked eggs and slice length-wise.
Mix yolks with remaining ingredients until smooth.
Fill egg white-halves with mixture until heaping.
Top with sprinkles of paprika and celery seed.

Mix drained 8 oz. cottage cheese with small can potted meat. Salt and pepper to taste. Add few drops Worcestershire sauce. Stuff celery sticks cut in 4" sticks. Sprinkle with paprika.



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for contributions and assistance
in compiling this book.

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