Recipe: APPLE CASHEW SALAD
From: Toni Stotz
Makes
1 head lettuce cut into bite size pieces
1 can cashews
2 or 3 apples cored and diced
1 brick Swiss cheese (cubed)
1 jar of Bob Evans Colonial Dressing
Mix all ingredients and chill.

Butternut Squash Soup
1 med. to 2 lbs. squash
1 pint 2% milk
1 pint half & half
1/4 TBSP Ginger
1 Stick BUTTER
B. Gould
PUMPKIN CAKE

6 eggs
1 large can pumpkin
1 1/2 cups sugar
1 tsp salt
2 tsp cinnamon
1/2 tsp cloves
1/4 tsp nutmeg
1 can evaporated milk

Mix all ingredients together with mixer.
Pour into greased 9x13 pan

Topping – 1 box of yellow cake mix
1/2 cup margarine – 1 cup of nuts (optional)
Mix with mixer until crumbly.
Put on top of pumpkin mixture and press down a little with spoon.
350 degrees for 1 hour
Fresh Corn Salad

5 ears of corn, shucked
1/4 cup small-diced red onion
3 tablespoons cider vinegar
3 tablespoons good olive oil
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup julienned fresh basil leaves

Corn Salad

Add 6 EARS of COB to boiling water, cook 3 minutes then plunge into ice water; this stops cooking and sets color of corn. Cut end of corn to make flat. Cut close to cob the kernels off the ears. Put into large bowl. Corn, diced, red onion (small) add 3 tablespoons cider vinegar also 3 tablespoons olive oil

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground pepper

Just before serving—roll up fresh basil and slice making julienned basil leaves (long stripes) toss

Serve cold or at room temperature
Hot German Potato Salad

5 or 6 Cans of Potatoes sliced
1 lb Bacon cut up
1 med sweet onion (cut up)
1 cup water
salt & pepper to taste
1/2 cup vinegar
1 cup sugar (or more if needed)
3 Tspoon's Flour with a little water

Fry bacon in lg skillet until crisp, remove & leave the grease. Saute onion's in drippings until tender, stir in water, vinegar, sugar. Then mix up flour & a little water like a paste mixture to thicken the gravy. Then add the Potatoes' heat thoroughly, then add cut up bacon.

Eat & Enjoy

Karen Shroyer
Indian CAULIFLOWER

2 tbs Olive oil
1 ts coriander powder
1 ts cumin powder
1 1/2 ts Turmeric powder
S + P - Cayenne
1 head cauliflower cored broken into 1 inch florets
Put everything into a bowl and toss.
Put onto cookie sheet at 450°

Roast until cauliflower is brown 10 - 15 minutes.

Serve warm or room temperature
Submitted by Chris Scarlett (noon group)

Anna's not sure the dish is recognized in Taiwan, but it's been a family favorite with this name.

Formosan Fried Cabbage

Serves 4

Brown together in heavy saucepan or large skillet:
4 strips bacon or ½ lb. sausage, chopped (no preservative kind)
1 red – ½ medium onion, chopped
Drain off some of the fat. Add:
½ medium cabbage, coarsely chopped - organic
Stir-fry over low heat until cabbage is tender. Add:
1 T. soy sauce - Japanese (tamari)
Serve over rice and pass additional soy sauce season with black pepper.

Busy day version—use store-bought pre-grated cabbage - carrot (slaw) mix.

From More With Less Cookbook
Cook overripe peas and add to cooked rice with onions, garlic, and curry seasonings.
—Kamala Misra, Bhubaneswar, India

VEGETABLE PIZZA

Unroll 2 tubes of crescent rolls in a jelly roll pan and press together the perforations. Bake 375 degrees for 12 - 17 minutes.

Mix together:
1 cup sour cream
1/3 cup Miracle Whip
1 softened 8 oz. cream cheese
1 package Original Ranch salad dressing mix

Spread above mixture over cooled crescent rolls.

Top with:
Yellow, Red and Green bell peppers
Broccoli
Cauliflower
Cherry tomatoes cut into thirds

Sprinkle shredded mild cheddar cheese over the top.

If you like dill, you can add that to the cream cheese mixture and top with any other vegetables you like.

Sandra Jones

Signature