

**"KFC" Coleslaw**

**1 cabbage  
1 carrot**

***finely chopped  
shredded***

**1/3 C. Sugar  
salt/pepper**

**1/4 c. milk**

**1/2 c. mayonnaise**

**1/4 c. buttermilk**

**1 1/2 Tbs. White vinegar**

**2 1/2 Tbs. Lemon juice**

***Blend together and add to cabbage/carrot mixture***

**Asparagus Francaise Sauce**

**2 T. wine vinegar**  
**½ tsp. garlic powder**  
**2 Tbs. parsley flakes**  
**2 tsp. Dijon mustered**  
**2 T. + 2 tsp. lite olive oil**  
**4 tsp. grated parmesan**  
**pepper**

**Wisk all until blended**

**Serve on asparagus, broccoli, spinach**

**Great sauce from Katherine**

## Cranberry Fluff

4 c. raw ground cranberries                      Mix and chill cranberries, marshmallows, and sugar.  
6 c. miniature marshmallows    Chill overnight.  
1½ c. granulated sugar

4 c. diced unpeeled tart apples                  Before serving add apples, grapes, pecans, and salt.  
1 c. seedless grapes  
1 c. chopped pecans (or walnuts)  
¼ tsp. salt

2 c. heavy cream, whipped                      Fold whipped cream into mixture -- creating the *fluff*.

Great holiday dish -- serving the colorful *Fluff* in a crystal bowl is a must.

## **Pea Salad**

**Any size package of frozen peas**

**Enough mayonnaise mixed with curry powder to coat**

**Smoked, chopped almonds**

**Mix all ahead of time so peas will thaw and flavors mix. Can add water chestnuts, onions or mushrooms.**

### **Broccoli Salad\***

**4 heads broccoli (peel, chop, use stems)**

**Blanch broccoli for 2-3 min.**

**1 c. raisins**

**Soak raisins in water and drain**

**½ c. red onion, chopped**

**6 slices crisp bacon, crumbled**

**Combine onion, bacon and almonds**

**½ c. chopped almonds**

#### **Dressing**

**1 c. mayonnaise**

**Mix mayonnaise, sugar and vinegar together**

**¼ c. sugar to taste**

**2 tsp. vinegar**

**Combine dressing with broccoli, raisins, onion, bacon and almonds. Serve.**

**A honey mustard dressing might substitute well with this recipe.**

### **Italian Mushroom Bean Salad**

**1 pkg. frozen baby lima beans, cooked and drained**  
**8 mushrooms, sliced**  
**4 green onions, chopped**  
**2 Tbs. snipped parsley**  
**½ tsp. salt**  
**½ tsp. oregano**  
**¼ c. oil and vinegar dressing**  
**Water chestnuts (opt)**

**Combine ingredients and refrigerate 4 hours before serving.**

**Golden Marinated Carrots\***

**2 lbs. carrots, peeled, sliced and cooked just until crisp and tender. Drain.**

**1 green pepper, sliced in rings  
1 onion, sliced in rings**

**Combine peppers and onions with carrots**

**Dressing**

**½ c. oil**

**¾ c. apple cider vinegar**

**1 can tomato soup**

**1 c. sugar**

**1 tsp. prepared mustard**

**Combine dressing ingredients**

**Mix dressing with carrots, peppers and onions. Marinate at least 12 hours.**

**Use Walla Walla sweet onions -- if they aren't in season try red onions for more color**

### **Black-Eyed-Pea Salad with Champagne**

**8 c. water**

**3 Tbs. dried basil (fresh is better)      Bring to a boil, simmer 5 min.**

**1 Tb. salt**

**3 lbs frozen black-eyed peas      Add peas and cook about 45 min or until peas are tender but not mushy.  
Drain. Cool.**

**2 med. sweet red peppers, diced**

**2 med. bell peppers, diced      Toss with peas.**

**1 large red onion, thinly sliced**

**2/3 c. safflower oil**

**1/3 c. sweet champagne, such as Asti Spumante**

**1/3 c. rice wine vinegar**

**1 tsp. freshly ground pepper      Whisk together and pour over peas, pepper and onions**

**1 tsp. salt**

**Marinate for several hours in refrigerator. Serve at room temperature. If you are pressed for time use an extra zesty Italian dressing.**



### **Marinated Rice Salad**

**2½ c. cooked rice**  
**¼ c. chopped onion**  
**2 tsp. salt**  
**2 tsp. curry pwd**  
**2 Tbs. salad oil**  
**1 Tb. vinegar**

**Mix together and toss with rice and onion**  
**Marinate 3 hours**

**1 pkg. peas, thawed**  
**1 c. celery**  
**¾ c. Miracle Whip or mayonnaise**

**Mix together and marinate 3 more hours. Shrimp would be a nice addition to this salad.**

### Cucumbers -- Sliced and Chilled

3 cucumbers  
Salt

Pare skin lengthwise but leave a few strips of skin on for color.  
Cut cukes into halves and dig out some of the seeds. Slice in 1/8 inch slices.  
Arrange on paper towels or dish towels -- sprinkle with salt. Cover with towels and put a weight on the top. Let stand to drain at least 1 hour.

1/2 c. sugar  
1/2 c. wine or cider vinegar  
Pepper

Mix together sugar, vinegar and pepper. Put cucumbers in a bowl. Pour vinegar mixture over cucumbers. Place a dish on top and weight it so cukes are covered with mixture. Refrigerate 2 hours or overnight .

### Cukes with creme

1/4 tsp. salt  
1 tsp. sugar  
Pinch of cayenne  
1 Tb. lemon juice  
2 Tb. vinegar  
2 c. sour cream

Drain cucumbers as above.  
Mix salt, sugar, cayenne, lemon juice, vinegar and sour cream.  
Pour over sliced cucumbers.  
Chill.

**Rice/Vegetarian Casserole\***

**Bake @ 350°**

1 c. chopped celery (or shredded zucchini)  
1 c. grated carrots  
2 Tb. chopped onions  
¼ c. chopped green peppers  
1¾ c. cooked rice (brown rice is okay)  
1 c. (save out ½ c. for topping) wheat thin crumbs  
½ mayonnaise  
¼ c. slivered almonds  
1 can mushrooms  
2 Tbs. soy sauce

Mix vegetables, rice, mayonnaise, almonds and soy sauce together in a 2 quart casserole

½ wheat thin crumbs saved from above  
½ c slivered almonds  
melted butter

Mix crumbs with enough butter to lightly stick together  
Add slivered almonds. Sprinkle mixture on top of  
casserole. Bake 40-50 minutes @ 350°.

**Chili Casserole\***

**Bake @ 350°**

4 cans green chilies, drained

Put chilies on the bottom of an 8 inch casserole.

2 pkg (10 oz.) cheddar cheese, grated Sprinkle cheese on chilies.

3 c. milk  
6 Tbs. flour  
7 eggs  
1 tsp. salt

Beat milk, flour, eggs, and salt together.  
Pour over chilies and cheese.  
Bake 45-60 min. @ 350°

**Sauce**

2 c. stewed tomatoes  
2 tsp. minced onions  
1 tsp. oregano

Simmer tomatoes, onion, and oregano for 20 min.

Sauce can be pour over cooked casserole or put on the side for individual servings according to taste.

This is a great dish for a coffee or brunch

**Jiffy Corn Pudding**

**Bake @ 350°**

1 Tb. grated onion  
½ tsp. salt  
¼ tsp. pepper  
2 eggs, beaten  
1 pkg. (8 oz) cream cheese, softened  
1 can (16 oz.) whole corn, drained  
1 can (16 oz.) creamed corn  
1 box (8 oz.) corn muffing mix

**Mix together well and pour in well buttered  
two quart casserole.**

1 c. cheddar cheese, shredded

**Sprinkle cheese on casserole mixture.  
Bake one hour @ 350°**

## Chinese Salad

About 2 lbs. boned chicken breasts or on whole chicken

1½ Tbs. Hoisin sauce  
¼ tsp. five spice pwd.  
1 clove garlic, minced  
1 Tb. dry sherry  
3 Tb. ketchup  
1 Tb. honey  
salt to taste  
soy sauce to taste (opt)

Combine Hoisin, spices, sherry, ketchup and honey and rub over whole frying chicken. Place 1 whole green onion in the cavity and roast breast side up for 45 min. and then breast side down for 45 min. @ 350°. Cool. Remove meat, cutting into thin strips. Refrigerate  
If you use chicken breasts (much easier) just roast until done. Cool, cut in strips, and refrigerate.

## Dressing

7 Tbs. rice vinegar  
6 Tbs. sugar  
2 tsp. salt  
¼ tsp. pepper  
1 tsp. fresh lemon juice  
¼ tsp. five spice pwd.  
¼ tsp. corn oil

Mix together vinegar, sugar, lemon juice, oil and spices.

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## Chinese Salad (Continued)

### Salad

1 head lettuce, shredded                      Combine lettuce and onion with chicken.  
3 green onion, minced  
Water chestnuts or celery cut up (opt.)

½ c. blanched, slivered almonds, toasted

3 oz. rice stick noodles                      Break noodles into 3" pieces.  
Frying oil                                      Heat oil to about 350° -- drop in a few *test* rice sticks. If they "puff up" right away the fat is the right temperature. Fry all rice stick noodles, a handful at a time, until puffed. Drain on paper towels. These can be made ahead and kept in an airtight jar.

To serve: Shake the dressing and toss with the salad to moisten. Sprinkle some *puffed* rice noodles and all of the toasted almonds on top. Toss again and top with extra rice noodles. Serve immediately. Noodles break down as they sit in the salad.

This salad is a lot of work but is delicious. Most of the work can be done ahead of time and then just tossed at the last minute. The chicken served alone is delicious. Be sure not to confuse rice stick noodles (rice noodles, or mai fun) with bean threads. - bean threads won't work.

## **Marinated Mushrooms**

1 lb. small, firm brown or white mushrooms, trimmed and rinsed very well.

1 white onion, thinly sliced

1 bottle (12 ozs.) white wine vinegar

1 c. salad oil

2 cloves garlic, minced

2 Tbs. sugar

2 tsp. salt

2 dashes Tabasco

¼ c. water

Combine vinegar, oil, garlic, sugar, salt, Tabasco and water.  
Pour in a covered jar. Add mushrooms and onions.

Steep from 3-4½ hours only. Drain. Serve.

Have toothpicks nearby. Save marinade for other uses. Do not use large soft mushrooms with this recipe.

### Quinoa Toubuleh

1 c. Quinoa (pronounced *keen-wa*)  
2 c. water

Rinse Quinoa in hot water to prevent bitterness.  
Simmer in water for 12 minutes or until absorbed

4 medium tomatoes  
6 green onions  
1 cucumber  
Parsley or mint (chopped) (opt.)

Chop tomatoes, onion, and cucumber into smallish size pieces.  
Add to cooled quinoa.

### Dressing

1/2 c. lemon juice  
1/8 c. olive oil  
3 garlic cloves, minced  
1 tsp. sea salt (or 1/2 tsp. regular salt)  
1/8 tsp. cayenne

Mix lemon juice, oil, garlic, salt and cayenne

Mix all together and refrigerate.

Katherine served this recipe the first time we visited Wichita Falls and we loved it.

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### Spinach Salad

2 bags spinach (washed and very dry)

2 c. water chestnuts, chopped

4 hard boiled eggs, chopped

1 large onion, sliced in rings (sweet onions are best)

1 c. bean sprouts, washed and drained

1 lb. bacon bits

### Dressing

1 c. salad oil

$\frac{3}{4}$  c. sugar

$\frac{1}{2}$  c. wine vinegar

2 tsp. salt

$\frac{1}{3}$  c. ketchup

Mix oil, sugar, vinegar, salt, and ketchup  
(can be made ahead and refrigerated)

Toss spinach with water chestnut, eggs, onion, bean sprouts and bacon bits. Pour dressing on salad and toss. Serve. If the onions are too strong soak for an hour in a sugar/water solution -- drain well.

This salad is always a winner.

## **Top Ramen Vegetable Salad**

**1¼ c. (10 oz. pkg.) frozen mixed vegetables**

**Cook vegetables, drain and refrigerate.**

**2 pkgs. garden vegetable Top Ramen noodles**

**Before opening package breakup noodles by pounding on package with back of a knife. Bring 3 cups of water to a boil, add seasoning mix and noodles. Cook 3 min. Drain. Cool. Combine noodles with vegetables**

**1 can chopped water chestnuts**

**Add water chestnuts to noodles and vegetables**

### **Dressing**

**½ c. mayonnaise**

**1 Tb. ketchup**

**½ tsp. dill weed**

**Blend mayonnaise, ketchup and dill weed**

**Toss noodle mixture with dressing. Serve over lettuce with drained julienne beets on the side. If garden vegetable Top Ramen isn't available use mushroom or chicken.**

### Wheat-Berry Salad

1¼ c. wheat berries

Use enough water to cover. Simmer wheat berries about 20 min., until tender, but not soft. Drain.

### Dressing

1/3 c. oil

2 Tbs. Balsamic vinegar

1 Tb. Karo (could use honey)

Combine oil, vinegar and Karo

Combine the following ingredients in whatever amounts you like:

Onion, chopped (red onion is colorful)

Dried cranberries

Fresh whole cranberries which have been lightly cooked with sugar

Currants

Walnuts, chopped coarsely

Parsley, fresh chopped

Yellow squash (acorn, butternut) parboil lightly. Cool and cube.

Toss all ingredients together and chill.

### **Wilted Chinese Cabbage Slaw**

1 head (3 lbs.) cabbage (Napa Valley cabbage is nice)      Shred finely - about 3 quarts total  
6 green onions cut into thin diagonal slices  
1 pkg. (3 ozs.) oriental noodle mix (any flavor) - break up noodles

#### **Dressing**

¼ c. sugar

½ c. salad oil

1 tsp. sesame oil (opt)

6 T. white wine vinegar

1 T. soy sauce

½ tsp. pepper

1 tsp. salt or to taste

1 Tb. hot chili oil (opt)

Mix dressing ingredients together.

Pour over cabbage, onions, and noodles

Chill 2-4 hours.

¼ c. sesame seeds or slivered almonds, lightly toasted

Stir salad before serving and top with sesame seeds or almonds

**Pork and Beans - K Family Style**

**Bake @ 325°**

**2 (16 oz.) cans pork and beans**  
**¾ c. brown sugar (can substitute with some molasses)**  
**1 tsp. dry mustard**  
**6 cut up bacon slices (cooked and drained)**  
**½ c. ketchup**  
**Minced onion to taste**  
**¼ c. pickle relish (opt.)**

**Combine all in a greased shallow casserole.**

**Bake uncovered 2¼ hours @ 325°.**

**These are really great beans -- the slow cook is the trick. Adding other types of beans might be interesting.**

**Green Bean Casserole**

**Bake @ 350°**

**1 can (16 oz..) green beans (save liquid)  
1 can French Fried Onions (O&C brand)**

**Alternate layers of beans and onions in an 8" baking dish.**

**1 can condensed cream of mushroom soup  
¼ c. bean liquid**

**Mix mushroom soup and bean liquid.  
Pour over beans.**

**½ c. grated sharp cheddar cheese**

**Sprinkle cheese on top. Bake 30 min. @ 350°**

**This was a very popular recipe in the 70s -- I use to make all the time for company**

## Onions -- Grilled and Fried

### Grilled

3 large Walla Walla sweet onion

1/3 c. melted butter

2 tsp. prepared mustard

1/3 c. ketchup

¼ tsp. salt

½ tsp. paprika

Peel and slice onions, separate into rings-- about 6 cups. For each serving, place a cup of onion rings on a square of aluminum foil

Combine butter, mustard, ketchup, paprika, and salt.

Spoon mixture over each packet of onions.

Wrap foil packet tightly and place on grill over hot coals.

Cook 30-40 min. or until onions are tender. Turn occasionally.

### Fried

6 Walla Walla or Bermuda onions

2 c. milk

3 eggs

All purpose flour

Peel onions and slice in ¼" rings. Soak in ice water 1 hour. Drain well and air dry or dry with towels

Mix milk and eggs together.

Dip onion slices in egg/milk mixture -- then in flour. Deep fat fry small batches of onions at 375° until golden. Drain and sprinkle with salt. For extra crispy onion rings dip the onions in flour, shake off extra flour, dip in egg/milk mixture, then again in flour.

**Potato Casserole**

**Bake @ 350°**

**24 or 32 oz. packages of hash brown potatoes  
3 c. half and half  
1 stick butter, melted**

**Mix hash browns, half/half and butter in casserole.**

**1 c. or more parmesan cheese**

**Top with cheese. Bake 1 hour @ 350°**

**If calories are not a problem!**



**Sweet Potatoes and Marshmallows**

**Bake @ 350°**

**4 c. hot mashed sweet potatoes or yams**  
**¼ c. butter, melted**  
**¼ c. orange juice**  
**½ tsp. salt**

**Combine sweet potatoes, butter, orange juice and salt.**

**½ c. miniature marshmallows**

**Whip marshmallows in to sweet potato mixture and pour in  
casserole. Bake 20-30 minutes @ 350°**

**More marshmallows**

**Top sweet potatoes with additional marshmallows and return to  
oven until lightly browned.**

**These are the holiday sweet potatoes that I always forgot and burned. I was very good at scraping off the burnt marshmallow, putting on another layer, and trying again. It just wasn't Thanksgiving unless I burnt the marshmallows.**

## Egg Tostados

**Corn Tortillas** Fry tortillas quickly in hot oil -- each side about 2 minutes. Drain.

**Eggs** Make scrambled eggs in your favorite way (might add a dash of taco sauce)

Pile eggs on tostado. Sprinkle with onions and cheddar cheese. Set under the broiler until bubbly. Serve with avocado and black olives and taco sauce.

The rest of the family wasn't crazy about these but I loved fixing them for my breakfast or lunch.

### White Frog Eye Salad

1 c. sugar  
2 Tbs. flour  
½ tsp salt

Combine sugar, flour, salt.

1¾ c. pineapple juice  
2 eggs  
1 tsp. lemon juice

Add juice and eggs and cook, stirring constantly until thick

Add lemon juice to egg mixture; cool to room temperature

1 lb. box Accina De Pepe pasta  
(white frog eyes)

Prepare according to package directions. Drain. Combine well with egg mixture. Refrigerate overnight in airtight container.

3 - 11 oz. cans mandarin oranges, drained  
2 - 20 oz. cans pineapple chunks, drained  
1 - 9 oz. carton non-dairy whipped topping  
1 c. miniature marshmallows (opt.)  
1 c. flaked coconut (opt.)

Add all to above. Mix thoroughly. Refrigerate in airtight container until thoroughly chilled.  
Refrigerate leftovers.

This is a great recipe to make ahead and use as a salad or a dessert -- most people guess the Acini De Pepe (frog eyes) are tapioca -- not pasta. It keeps very well. Can add cherries too but they might make it pink.

### Gross Crepes

Fry bacon in an 8" iron skillet. Drain bacon and set aside. Leave enough bacon grease in the bottom of the pan to barely cover.

2 c. flour  
2 c. milk  
¾ tsp. salt  
6 eggs

Mix flour, milk, salt and eggs -- okay if it is lumpy

Pour batter in the bottom of the iron skillet or a heavy pan 1-1½" deep. Bake 20 min. @ 450°

Serve with pancake syrup.

I guess this is a far cry from a crepe -- but the kids use to love it.