"KFC" Coleslaw

1 cabbage
1 carrot
1/3 C. Sugar
salt/pepper
¼ c. milk
½ c. mayonnaise
½ c. buttermilk
1 ½ Tbs. White vinegar
2 ½ Tbs. Lemon juice

finely chopped
shredded
Blend together and add to cabbage/carrot mixture

Salad & Veggies and sauces
Asparagus Francaise Sauce

2 T. wine vinegar
1/2 tsp. garlic powder
2 Tbs. parsley flakes
2 tsp. Dijon mustard
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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 c. raw ground cranberries</td>
<td></td>
<td>Mix and chill cranberries, marshmallows, and sugar.</td>
</tr>
<tr>
<td>6 c. miniature marshmallows</td>
<td></td>
<td>Chill overnight.</td>
</tr>
<tr>
<td>1 ½ c. granulated sugar</td>
<td></td>
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</tr>
<tr>
<td>4 c. diced unpeeled tart apples</td>
<td></td>
<td>Before serving add apples, grapes, pecans, and salt.</td>
</tr>
<tr>
<td>1 c. seedless grapes</td>
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<td></td>
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<tr>
<td>1 c. chopped pecans (or walnuts)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 tsp. salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 c. heavy cream, whipped</td>
<td></td>
<td>Fold whipped cream into mixture -- creating the <em>fluff</em>.</td>
</tr>
</tbody>
</table>

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  
Combine onion, bacon and almonds

6 slices crisp bacon, crumbled

½ c. chopped almonds

**Dressing**

1 c. mayonnaise  
Mix mayonnaise, sugar and vinegar together

½ 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 Tb. vinegar

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  Pare skin lengthwise but leave a few strips of skin on for color.
Salt  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.

½ c. sugar  Mix together sugar, vinegar and pepper. Put cucumbers in a bowl. Pour vinegar
½ c. wine or cider vinegar  mixture over cucumbers. Place a dish on top and weight it so cukes are covered
Pepper  with mixture. Refrigerate 2 hours or overnight.

Cukes with creme

¼ tsp. salt  Drain cucumbers as above.
1 tsp. sugar  Mix salt, sugar, cayenne, lemon juice, vinegar and sour cream.
Pinch of cayenne  Pour over sliced cucumbers.
1 Tb. lemon juice  Chill.
2 Tb. vinegar
2 c. sour cream
Rice/Vegetarian Casserole*  
Bake @ 350º

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

½ wheat thin crumbs saved from above
½ c slivered almonds
melted butter
Mix vegetables, rice, mayonnaise, almonds and soy sauce together in a 2 quart casserole

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

Chili Casserole*  
Bake @ 350º

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. @ 350º

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

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
1 c. cheddar cheese, shredded

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

Sprinkle cheese on casserole mixture.

Bake one hour @ 350°
Chinese Salad

About 2 lbs. boned chicken breasts or on whole chicken

1 1/2 Tbs. Hoisin sauce
1 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. @ 350º. 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
1/4 tsp. pepper
1 tsp. fresh lemon juice
1/4 tsp. five spice pwd.
1/4 tsp. corn oil

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

(Continued on back of page)
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 350º -- 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 3-½ 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 all together and refrigerate.

Katherine served this recipe the first time we visited Wichita Falls and we loved it.
**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
¾ c. sugar
½ c. wine vinegar
2 tsp. salt
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

1½ c. (10 oz. pkg.) frozen mixed vegetables
Cook vegetables, drain and refrigerate.

2 pkgs. garden vegetable Top Ramen noodles

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  Combine oil, vinegar and Karo
2 Tbs. Balsamic vinegar
1 Tb. Karo (could use honey)

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)  Mix dressing ingredients together.
6 T. white wine vinegar
1 T. soy sauce  Pour over cabbage, onions, and noodles
½ tsp. pepper
1 tsp. salt or to taste  Chill 2-4 hours.
1 Tb. hot chili oil (opt)

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (16 oz.) cans pork and beans</td>
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<td></td>
</tr>
<tr>
<td>¾ c. brown sugar (can substitute with some molasses)</td>
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<td></td>
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<tr>
<td>1 tsp. dry mustard</td>
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<td></td>
</tr>
<tr>
<td>6 cut up bacon slices (cooked and drained)</td>
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<td></td>
</tr>
<tr>
<td>Minced onion to taste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ c. pickle relish (opt.)</td>
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</tbody>
</table>

Combine all in a greased shallow casserole. Bake uncovered 2¼ hours @ 325°.

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These are really great beans -- the slow cook is the trick. Adding other types of beans might be interesting.
### Green Bean Casserole

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (16 oz.) green beans (save liquid)</td>
<td>Alternate layers of beans and onions in an 8” baking dish.</td>
</tr>
<tr>
<td>1 can French Fried Onions (O&amp;C brand)</td>
<td></td>
</tr>
<tr>
<td>1 can condensed cream of mushroom soup</td>
<td>Mix mushroom soup and bean liquid.</td>
</tr>
<tr>
<td>¼ c. bean liquid</td>
<td>Pour over beans.</td>
</tr>
<tr>
<td>½ c. grated sharp cheddar cheese</td>
<td>Sprinkle cheese on top. Bake 30 min. @ 350º</td>
</tr>
</tbody>
</table>

This was a very popular recipe in the 70s -- I use to make all the time for company
### Onions -- Grilled and Fried

**Grilled**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 large Walla Walla sweet onion</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>1/3 c. melted butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp. prepared mustard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 c. ketchup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ tsp. salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ tsp. paprika</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

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**Fried**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Walla Walla or Bermuda onions</td>
<td></td>
<td>Peel onions and slice in ¼” rings. Soak in ice water 1 hour.</td>
</tr>
<tr>
<td>2 c. milk</td>
<td></td>
<td>Drain well and air dry or dry with towels</td>
</tr>
<tr>
<td>3 eggs</td>
<td></td>
<td>Mix milk and eggs together.</td>
</tr>
<tr>
<td>All purpose flour</td>
<td></td>
<td>Dip onion slices in egg/milk mixture -- then in flour.</td>
</tr>
</tbody>
</table>

Deep fat fry small batches of onions at 375º 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 @ 350º

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 @ 350º

If calories are not a problem!
Sweet Potatoes and Marshmallows

Bake @ 350º

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 @ 350º

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.

1¼ 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. @ 450º

Serve with pancake syrup.

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