**Appetizers**

Nuts and Bolts 1

New Orleans Appetizer 1

Crabmeat Dip 1

Salmon Party Ball 2

Sherried Cocktail Meatballs 2

Zucchini Appetizers 2

Baked Clams 3

Deviled Eggs 3

Shrimp Mold 3

Asparagus Rolls 4

Crabmeat Supreme Dip 4

Cheese Ball 4

Chafing Dish Nibblers 5

Molded Shrimp Dip 5

Beaver’s Crab Dip 6

Stuffed Mushrooms 6

Spinach Stuffed Mushrooms 6

Cream Cheese Foldovers 7

Best Pina Coladas 7

Kahlua 7

Easy Tuna Crab Chowder 8

Celery Leek Soup 8

Chicken Corn Soup 8

Salmon Chowder 9

New England Clam Chowder 9

Fish Chowder 9

Frankfurter Lentil Soup 10

Minestrone Soup 10

Chili 11

Cream of Broccoli Soup 11

**Salads**

Korean Salad 12

Spicy Peach-Cranberry Ring 12

“Decalorized” 3-Bean Salad 12

Carrot Salad 13

Wilted Cabbage Slaw 13

Sour Cream Slaw 13

Orange Sherbert Salad 14

Noisy Spinach Salad 14

Marshmallow Salad 14

Crab/Rice Salad 15

Cheese Sprout Salad 15

Cranberry-Raspberry Mold 15

Five Cup Salad 15

Baked Potato Salad 16

French Style Salad Dressing 16

Limestone Dressing 16

**Vegetables**

Easy Garden Vegetable Pie 17

Pickled Eggs and Beets 17

Easy Pickles 17

Potato Filling 18

Potatoes Anna 18

Green Bean Casserole 18

Broccoli and Tomato 19

Corn Pie 19

Scalloped Tomatoes 19

Twelve-Minute Skillet Zucchini 20

Oyster Filling 20

Fried Tomatoes 20

**Casseroles**

Oyster Casserole 21

Cheese Broccoli Bake 21

Zucchini Pancakes 21

Pasta with Eggplant 22

Chicken Pot Pie 22

Meat and Potato Casserole 22

Quiche Lorraine 23

Escalloped Cheese 23

Spanish Noodle Casserole 23

Train Wreck Casserole 24

Criss Cross Italian Casserole 24

Baked Macaroni and Cheese 25

French Fry Casserole 25

Jon’s Chicken Cordon Bleu 25

Cabbage Rolls 26

Hamburger Barbecue 26

Chicken Parisien 26

Apple Dumplings 27

Chicken Cordon-Bleu 27

Naked Meatballs 27

Chicken Chow-Mein 28

Crepes Almondine 28

Dried Beef Gravy 29

Hamburger “21” 29

Brown Rice in Chicken Broth 29

Chicken Marengo 30

Shepherd’s Pie 30

Sweet and Sour Pork Chops 30

One-Pot Dinner 31

Pepper Steak 31

Tuna-Noodle Top Stove Dinner 31

“Hot” (Oven) Chicken Salad 32

Beef Stew Burgundy (Beouf Bourguignon) 32

Pepper Steak 33

Forgotten Chicken 33

Ricotta Lasagne Swirls 33

Rouladen 34

Pork Chop Supreme 34

Tomato Gravy for Meat Loaf 34

Many Way Meatballs 34

Baked Pork Chops 35

Sweet and Sour Meatballs 35

Pop-Over Pizza 35

**Desserts & Breads**

Éclair Dessert 36

Apple Crisp 36

Watergate Dessert 36

Black Forest Cherry Torte 37

Rice Pudding 38

Eight Treasures Pudding 38

Butter Nut Crunch Torte 39

Rice Pudding 39

Apple Torte 40

Lemon Fantasy 40

Cream Cheese Tarts 40

Frozen Fruit Dessert 41

Bread Pudding 41

Old-Fashioned Creamy Rice Pudding 41

Rice Cream with Strawberry Sauce 42

Cheesecake Dreams 42

Fruit Torte 43

Pat’s Nutty Peach Crisp 43

Banana Bread (Quick Bread) 43

Dilly Casserole 44

Whole Grain Muffins 44

Corn Bread 44

Herman Starter No. 1 45

Herman Starter No. 2 46

Herman Hot Rolls 46

Herman Pizza Crust 47

Herman Pancakes 47

Herman Coffeecake 47

Herman Sourdough Bread 48

Herman Sourdough Pretzels 48

Herman Oatmeal Cookies 49

Orange-Cinnamon Sourdough Rolls 49

Herman Biscuits 49

Chocolate Sour Cream Herman Cake 50

German Pineapple Herman 50

Herman Carrot Cake 51

Herman Banana Bread 51

Cheddar Cheese Bread 51

**Cakes / Frosting & Pies**

Fresh Apple Cake 52

Poppy Seed Cake 52

Fresh Plum Kuchen 53

Easy Icing 53

Oatmeal Cake 54

Soft Brown Sugar Cake 54

Creamy Frosting 54

Helen’s Apple Cake 55

Applesauce Cake 55

Dump Cake 55

Apple Cake 56

Brown Sugar Pound Cake 56

Red Cake 57

Plain Cake 57

Texas Chocolate Cake 58

Easy Chocolate Cake 58

Christmas Carol Cake 58

Hot Milk Cake 59

Crème De Menthe Cake 59

Pound Cake 59

“Simply Delicious” Apple-Apricot Pie 60

Strawberry Glaze Pie 60

Sour Cream Pie 60

Easy Cranberry Pie 61

Pumpkin Pie 61

Impossible Pie 61

Butterscotch Pie 62

Shoofly Pie 62

Walnut Pie or Ritz Cracker Pie 62

Impossible Zucchini Pie 63

Shoofly Pie 63

Pretzels 63

**Cookies & Candies**

Rum Balls 64

Spritz Butter Cookies 64

Cadamon Krumkake (Norwegian) 64

Aebelskiver 65

Italian Honey Cookies 65

Spiced Nuts 65

Ginger Cookies 66

Meringue Cookies 66

Apple Slice Bars 66

Holiday Walnuts 67

Almond Cookies 67

Rosettes 67

Sugar Cookies 68

Sugar Cookies 68

Pumpkin Chocolate Chip Cookies 68

Kim’s Surprise Cookies 69

Pfeffernuesse-Pepper Nuts 69

Swedish Macaroons (Tea Cakes) 69

Snickerdoodles 70

Choco-Nut Dainties 70

Almond Crescents 70

Maple No-Bake Confections 71

Fudge Brownies 71

Nut-Puffs 71

Havremakroner (Oatmeal Cookies) 72

Krumkake (Cones) 72

Pride O’Scotland Shortbread Wedges 72

Marbled Fudge Bars 73

Sannekake 73

Special K Bars 73

**Health Foods**

Preface to Health Food Section 74

Battuto 75

For Minestrone 75

For Pasta 75

French Onion Soup 75

Frittata 75

Eggplant Moussaka 76

Maple Baked Beans 76

Boston Brown Bread 76

Oven Dumplings 76

Bouillabaisse 77

Baked Brown Rice 77

Nutty Brown Rice 77

Rice Pancakes 77

Cracked Wheat Vegetable Pilaf 78

Baked Stuffed Zucchini 78

Pilaf-Stuffed Tomato Salad 79

Vegetable Curry 79

Chivra (from India) 79

Individual Mushroom-Rice Casseroles 80

Baked Lamb Neck Stew 81

Greek Beet-Root Salad 81

Tangy Meatball-Filled Squash 82

Ham Cuplets 82

Tender-Crisp Vegetable Medley 83

Vegetable-Filled Dutch Baby 83

Vegetable-Topped Crisp Noodles 84

Chow Mein 84

Custard-Topped Vegetable Casserole 85

Colorful Vegetable Carbonara 86

Rice-Stuffed Vegetables 87

“A Dish of Pottage” 88

Lebanon’s Classic Tabbuli 88

Kibbeh, The Stretcher 89

Stuffed Japanese Eggplants 90

Lebanese Spinach Salad 90

Yogurt Dressing for Wilted Greens 91

Aioli Sauce (low calorie) 91

Salmon Quiche 91

Small Vegetarian Meat Loaf 92

Fresh Vegetable and Egg Sandwiches 92

Eggplant and Egg Sandwiches 92

Hot Beef and Slaw Sandwiches 93

Spicy Beef and Raisin Sandwich 93

Mediterranean Salad Sandwich 93

Chutneys (Coconut and Peanut) 94

Pita 95

Cheese Twists 95

India Parathas 95

Wheat Berry Bread 96

Whole Wheat French Bread 96

Pancakes for the “I hate eggs” Child’s Breakfast 97

Waffles 97

Banana Handfuls 97

Baked Apples stuffed with Almonds 97

Whole Pie Crusts

 Oatmeal Pie Crust 98

 Whole Wheat Pie Crust 98

Monsters for Men 99

Compromise Candy 99

Cooky Paint 99

Whole Wheat Sponge Cake 100

Buche De Noél (Yule Log Cake) 100

Zucchini Loaf 101

Tiger’s Candy 101

**Miscellaneous**

Recipe for Happy Children 102

“How to Preserve a Husband” 102

Pineapple Stuffing 103

Frozen Punch 103

To Clean Silverware 103

To Make Christmas Tree White 103

Cookie Hints 103

Cookie Hints continued 104

Cookie Hints continued 105

Cookie Hints continued 106

Miscellaneous Recipes 107

Equivalents 108

Equivalents continued 109