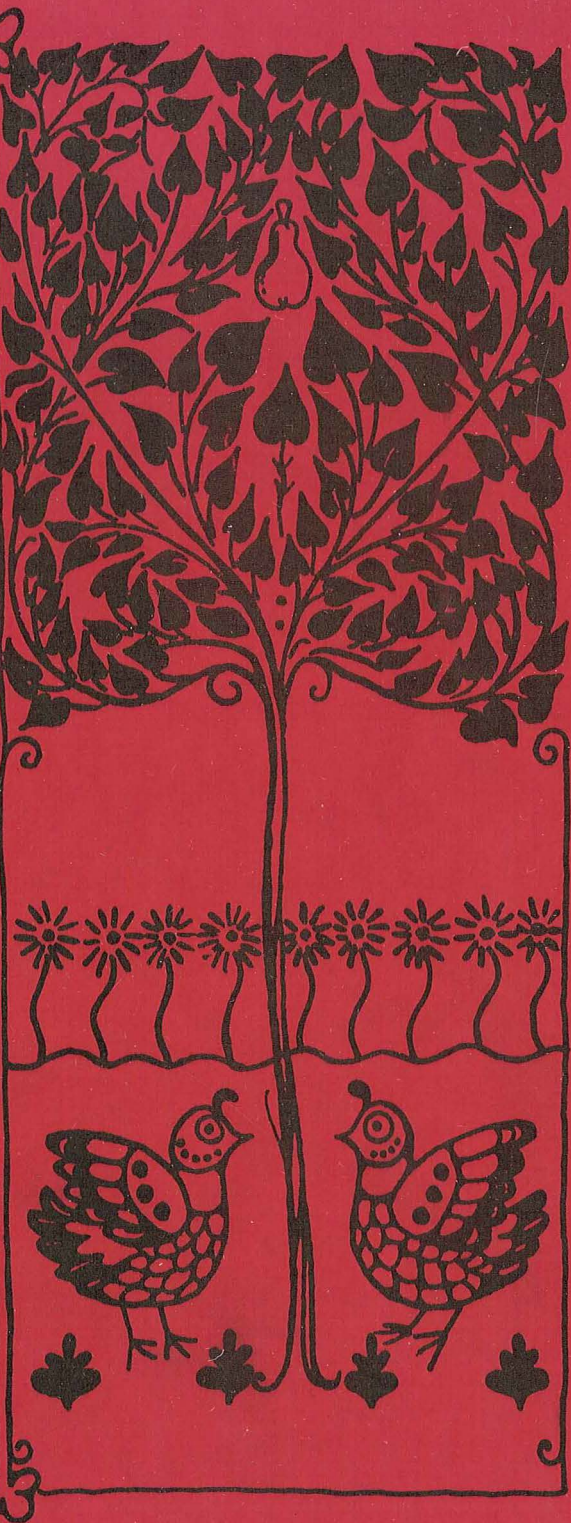


HOLIDAY RECIPES



MSDP
L663
446
444



SIZZLING RIPE OLIVES

1 7-ounce can pitted ripe olives
1 to 2 cloves garlic, minced
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2 tbspd salad oil

To undrained olives in can, add the garlic. Refrigerate several days. To serve, heat olives in small amount of the olive liquid, with salad oil added. Spear on toothpicks.

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SPICY MEATBALLS

1 lb lean ground beef	1 tbspd Worcestershire sauce
1 tsp salt	1/4 cup onion, chopped fine
1/4 tsp pepper	1/2 cup cornflake crumbs
1/2 cup chili sauce	1/4 cup undiluted evaporated skim milk

Mix all ingredients together and shape into 3 dozen tiny meatballs, using about 1 tsp of the mixture for each ball. Place in a 9 x 13-inch pan and bake in a 400° oven for 12-15 minutes or until brown. It is unnecessary to turn the meatballs as they bake. Insert a toothpick into each ball and serve hot with barbecue sauce.

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NORTH STAR BEAN BAKE

1 pkg Long Grain and Wild Rice Mix	1/2 tsp salt
1 jar (4½ oz) sliced mushrooms, drained	1/8 tsp pepper
1/4 cup margarine, melted	1 cup chicken bouillon
2 tbsp flour	1 can (16 oz) French-style green beans, drained
	1-1/2 cups diced cooked chicken

Cook rice according to package directions. Sauté mushrooms in melted margarine until lightly browned. Stir in flour and seasonings. Gradually add bouillon. Cook over low heat, stirring frequently until thickened. Add rice, drained canned beans and chicken. Place in a greased 1½ quart casserole. Bake in preheated oven (350°) for 30 minutes. Garnish with parsley and additional mushrooms, if desired. Makes 6 servings.

Each serving has 1¼ oz of meat allowance.

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TURKEY PUFF SANDWICHES

6 slices Vienna bread, ½ inch thick	2 egg whites
1/2 cup cranberry-orange relish	1/4 tsp dry mustard
12 1-oz slices cooked turkey	1/4 cup mayonnaise or salad dressing

Toast bread lightly. Spread with cranberry relish. Top each slice with 2 slices of turkey. If desired, cover sandwiches, baking dish and all, with plastic and chill.

Beat together egg whites and mustard until stiff; fold in mayonnaise. Spread mixture evenly over turkey. Bake in 400° oven 10 minutes or until this mayonnaise-meringue is golden brown. Serve Hot. Serves 6. Each sandwich has 2 oz of meat allowance.

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CRANBERRY MUFFINS

1½ tbs margarine	1 cup flour
1/2 cup sugar	1½ tsp baking powder
1/4 cup evaporated skim milk	1/2 tsp salt
	2 cups raw cranberries
1/4 cup water	

Heat oven to 375°. Cream margarine and sugar in mixing bowl. Add liquids and combine until smooth. Sift together dry ingredients and add to mixing bowl. Mix until completely blended. Fold in raw cranberries. Grease muffin tins. Fill muffin cups 2/3 full. Bake 1/2 hour. (Caution - do not use paper liners). Makes 9 large or 12 small muffins. Serve warm topped with "Butter" Sauce.

"BUTTER" SAUCE

1/4 lb margarine	1 cup sugar
1/2 cup evaporated skim milk	1 tsp vanilla

Cook slightly and serve over hot muffins.

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CINNAMON COFFEE CAKE

1-1/2 cups flour	<u>Topping</u>
2-1/2 tsp baking powder	1/2 cup brown sugar
1/2 tsp salt	1/2 cup chopped pecans or almonds
1/2 cup sugar	2 tbs flour
1 egg, beaten	2 tbs oil
1/4 cup oil	2 tsp cinnamon
3/4 cup skim milk	

Heat oven to 375°. Grease an 8" square pan. Mix dry ingredients together. Blend in egg, oil and milk. Stir until flour is moistened. Spread half batter in pan. Sprinkle with half of topping. Spread with remaining batter; sprinkle with remaining topping. Bake 30-35 minutes. Makes 9 servings. Each serving has 1/9 egg.

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