SIZZLING RIPE OLIVES

1 7-ounce can pitted ripe olives
1 to 2 cloves garlic, minced
2 tbsp 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 tsp salt
1/4 tsp pepper
1/2 cup chili sauce

1 tbsp Worcestershire sauce
1/4 cup onion, chopped fine
1/2 cup cornflake crumbs
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 jar (4 1/2 oz) sliced mushrooms, drained
1/4 cup margarine, melted
2 tbsp flour
1/2 tsp salt
1/8 tsp pepper
1 cup chicken bouillon
1-1/2 cups diced cooked chicken


Each serving has 1 1/2 oz of meat allowance.

TURKEY PUFF SANDWICHES

6 slices Vienna bread, 1/2 inch thick
1/2 cup cranberry-orange relish
12 1-oz slices cooked turkey
2 egg whites
1/4 tsp dry mustard
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.
CRANBERRY MUFFINS

1½ tbsp margarine  
1/2 cup sugar  
1/4 cup evaporated skim milk  
1/4 cup water

1 cup flour  
1 1/2 tsp baking powder  
1/2 tsp salt  
2 cups raw cranberries


"BUTTER" SAUCE

1/4 lb margarine  
1/2 cup evaporated skim milk

1 cup sugar  
1 tsp vanilla milk

Cook slightly and serve over hot muffins.

CINNAMON COFFEE CAKE

1-1/2 cups flour  
2-1/2 tsp baking powder  
1/2 tsp salt  
1/2 cup sugar  
1 egg, beaten  
1/4 cup oil  
3/4 cup skim milk

Topping

1/2 cup brown sugar  
1/2 cup chopped pecans or almonds  
2 tbsp flour  
2 tbsp oil  
2 tsp cinnamon