

Meals for Easy Swallowing

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INTRODUCTION

Swallowing can become a significant problem for patients with ALS; and the joys and pleasures of eating become replaced with discomfort and anxiety. At an early stage patients may begin to have difficulty with foods such as popcorn, cornbread or nuts, and choking episodes may occur. Subsequently other foods cannot be swallowed readily, and the effort of chewing and swallowing turns a pleasurable experience into a burden. For the patient, the act of swallowing becomes compromised and the ordeal of eating becomes more time consuming. For the spouse, the task of preparing edible and appetizing foods poses an increasing challenge.

The following collection of recipes is derived from our patients and their creative spouses who translated their caring into foods that look good, taste good, are easy to chew and to swallow, and minimize discomfort.

Included are recipes for meats and other protein containing foods, fruits or fruit drinks, vegetables or dishes containing vegetables, as well as breads. Selections of beverages, desserts, and sauces are provided to add needed fat and calories to the diet. A balanced diet normally supplies enough nutrients for daily needs plus some extra. It is recommended that daily menu plans be made using the Basic Four Food Groups as the backbone. The suggested amounts are:

Food Group	Amount Per Day	Equivalent to One Serving
Milk	2 servings	1 cup pudding 1 cup milk or yogurt 1-3/4 cups ice cream 1-1/2 oz. cheese 2 cups cottage cheese
Meat	2 servings	2 oz. lean meat, fish, poultry 2 eggs 4 Tbsps. peanut butter 1 CUD legumes
Fruits/ vegetables	4 servings	1 medium fruit 1/2 cup fruit or juice 1/2 cup cooked vegetables 1 cup raw vegetables (Be sure to include 1 citrus fruit and 1 dark green or deep yellow vegetable daily)
Breads/ cereals	4 servings	1 slice bread 1 cup dry cereal 1/2 cup cooked cereal, pasta, or rice

Helpful hints are included at the end of each section to provide valuable suggestions on food preparation, service and storage. It is important to remember that the consistency of each recipe be correct for the individual's swallowing problem. Each recipe should be thickened or thinned to conform with the swallowing difficulty.

DIET HIERARCHY

When changes in consistency of foods become necessary, it is useful to think in terms of familiar foods:

- Steak Consistency Diet (No restrictions)
- Pot Roast Consistency Diet (Soft, cooked. Eliminate nuts, popcorn, cornbreads, crackers, raw fruits, and vegetables)
- Meatloaf Consistency Diet (Finely chopped or ground, plus thick liquids)
- Pudding Consistency Diet (Strained, pureed, blended, plus thick liquids)
- Cream Consistency Diet (Enteral feedings)



SWALLOWING TIPS

These are general suggestions: A specific program should be planned on an individual basis with the help of a professional team.

General Body Positioning and Environment	Do	Don't
Head Positioning	Keep head level or tilted slightly forward.	Avoid letting your head lean backwards, even momentarily when you swallow. This action exposes your airway to food.
Trunk Positioning	Keep your trunk at approximately 90 degrees whenever possible, especially when drinking liquids. Sit upright in a firm chair with head erect, both feet firmly on the floor. Take one bite at a time.	Avoid eating or drinking when reclining.
Environment	"Think" about each bite. Allow more time for meals. 5 small meals a day are easier than 3 large meals. Make mealtime as pleasant and relaxed as possible. Your most valuable tool will be an ongoing food diary listing what you ate, what strategies you tried, and how easy or difficult it was to swallow. A sample diary is included at the end of this section.	Avoid speaking when eating. Avoid distractions if eating is very difficult. Never hurry!

II. Mouth Stage (Oral Transit)	Do	Don't
Lip Seal	Be aware of your lip position. Lip balm (especially flavored) can increase your self-monitoring. Keep your lips tightly closed after inserting food or liquids.	Avoid keeping your lips open continually. Otherwise your mouth will become extremely dry and seepage will be a problem.
Jaw Position	Keep jaw closed whenever possible. As soon as food has been inserted, close your lips and teeth tightly before you begin to chew and swallow.	
Drooling	<p><i>Swallow</i> often</p> <p>Keep your teeth and lips closed. Keep a handkerchief or kleenex near.</p> <p>While eating, watch for seepage of liquids.</p>	<p>Avoid poor positioning. When you are not eating or drinking, keep your head level.</p> <p>Avoid the jaw open, head down positions which together exaggerate a drooling problem.</p>
Tongue	<p>If moving the food from front to back is a problem, suck your cheeks inward and consciously "think" through the following steps. (Tongue tip up, pull back the tongue, back of the tongue up.) Be careful of food falling off of the back of tongue before you are ready to swallow. See hold maneuver. Place the food in the mid-to-back area of the tongue.</p> <p>If it is difficult to move food in your mouth, perhaps a change in consistency can help.</p> <p>If room temperature liquids are a problem, change the temperature to cool or warm.</p>	<p>Avoid placing food on the tip of your tongue, if tongue movement is difficult.</p> <p>You may need to avoid very hot and cold foods or drinks. Cool or warm temperatures are usually better.</p>

III. Throat Stage (Pharyngeal Stage)

Do

If gagging is a problem, place the food toward the back of your tongue in a gentle, slow, firm movement. You may need to place the food closer to the middle portion of the tongue to avoid a premature gag.

If taking pills with water is a problem, experiment with placing the pill in a small bite of mashed potatoes or pudding.

If thin liquids seem to make you choke more readily, change to thicker liquids. Refer to diet hierarchy.

If it is difficult to initiate a swallow, refer to swallowing techniques.

Remember to take only 1 bite at a time.

Small (1/3 teaspoon) bites can make a substantial difference in the ability to manage the bolus in the throat.

Coughing is a protective mechanism and can help avoid aspiration.

A dry throat with sticky phlegm can make it hard for food to pass without sticking. To discourage food sticking to the mucous try the following: Take a small (1/3 teaspoon) spoon of liquid (choose the consistency optimal for you) then swallow. Remember to keep drinking fluids throughout the day to prevent dehydration, thick secretions, bladder or kidney problems. Liquids may need to be thick and you may need something constantly on hand to insure adequate intake.

Don't

Don't drop the food in the back of your tongue. Firmly run the spoon from the front to the back of the tongue with a slow movement.

Don't be embarrassed to cough if you are in public.

Don't breathe in when you are in mid-swallow. Complete your chewing and swallowing before you take a breath.

SWALLOWING TECHNIQUES

Each technique can be beneficial in helping reduce the risk of aspiration.

Supraglottic Swallow: Chin down: helps protect airway.

Hold your breath: closes vocal cords.

Swallow.

Cough or clear throat: helps to clear airway.

Push Swallow:

Only at the moment of the actual swallow, push on a surface or your leg. (Use your external neck muscles to help the internal throat muscles clear the bolus).

Hold Maneuver:

After chewing, hold the bolus (food or liquid) on the mid-portion of your tongue for a few moments until you are ready to swallow. Think “swallow” and it helps make the muscles “ready.”

Visual Imagery:

Your vocal cords close during the swallowing process to keep food and liquid out of the airway. If muscles are weak, the vocal cords can open causing choking. Visualize the cords closing and squeeze them shut as you swallow.



BEVERAGES



CRUSHED ICE

(in a blender)

Fill container with cold water to 2-cup level. Add ice cubes as needed to fill container to 4-cup level. Cover, CRUSH until ice is finely chopped. Pour into sieve immediately and drain. Use for making iced drinks, desserts, and chilling foods in a hurry.



MOCHA FRAPPÉ

1/2 cup cold milk
 2 tsps. instant coffee
 1/8 tsp. cinnamon
 1/2 pint chocolate or vanilla ice cream

Blend.



ORANGE FRAPPÉ

1 (6 oz.) can frozen orange juice concentrate, partially thawed
 3 cups cracked ice
 3 oz. bourbon, gin or vodka (optional)
 (Add a dash of bitters, if you like.)

In blender, GRIND all ingredients about 1 minute or until slushy. Mound in glasses and serve at once.

COTTAGE CHEESE COCKTAIL

1 cup chilled grape juice
1/2 cup cottage cheese (cold)
2 tsps. sugar or honey

Blend and drink.



FRUIT DRINK

1 jar strained fruit
1/4 oz. juice

Blend.

Use fruits and juices such as:

Bananas, Oranges jc.
Pears, Apple jc.
Peaches, Orange jc.
Pears, Pear Nectar
Applesauce, Cranberry jc.
Plums, Grape jc.
Plums, Pineapple jc.

Apricots, Pineapple jc.
Applesauce, Apple jc.
Apricots, Apricot Nectar
Plums, Peach Nectar
Peaches, Pineapple jc.
Bananas, Pear Nectar
Pears, Orange jc.



NECTAR WITH STRAINED FRUIT

1 (4.5 oz.) jar strained fruit
1/4 cup nectar

ORANGE JUICE WITH GELATIN

3/4 cup orange juice (or any flavor of juice)
1 tsp. plain gelatin

Dissolve gelatin in 1 tbsp. juice. Add 3/4 cup juice (less 1 tbsp.). Heat until gelatin dissolves. Chill. Blend with wire whip.



PEACH NECTAR

1 cup canned peaches
1/2 cup peach juice
1 cup cracked ice

Blend to desired consistency.



PEAR NECTAR

1 cup pineapple juice
1 cup canned pears
1 cup cracked ice

Blend to desired consistency and strain.

STRAWBERRY NECTAR

1 cup sweet orange juice
3 tbsps. sugar
1 cup fresh strawberries
1 cup cracked ice

Blend to desired consistency and *strain*.



VIRGIN PINA COLADA

1-1/2 cups fresh pineapple
1/2 cup diluted apple juice
1 tsp. coconut extract
1/2 tsp. rum extract
Sugar to taste
2-1/2 to 3 cups ice

Blend together pineapple, apple juice, extracts and sugar until smooth.
Add ice and blend again until smooth and thick.



CHOCOLATE BANANA MALT

1/2 cup Half & Half
1 tbsp. chocolate malted milk
1/2 cup ice cream
1 egg
1 ripe banana

Blend to desired consistency.

CUSTARD NOG

3/4 cup ice cream

2/3 cup eggnog

Blend ingredients together.



CREAMY MILKSHAKE

1/2 cup whipping cream

1/2 cup ice cream

2 tbsps. instant pudding mix (any flavor)

1 tbsp. sugar

(For extra protein add 2 tbsps. dry protein powder.)



EXTRA THICK MILKSHAKE

1/4 cup ice cream

1/2-1 cup pudding

Blend ingredients together.

SPECIAL "INSTANT BREAKFAST" SHAKE

1 pkg. instant breakfast powder
 8 oz. milk
 2 tbsps. + 2 tsps. instant pudding mix
 Blend ingredients together.



STRAWBERRY-BANANA MILKSHAKE

2 cups milk
 2 scoops vanilla ice cream
 1 banana, peeled and sliced
 1/2 cup fresh strawberries, hulled

In blender, LIQUEFY all ingredients 45 seconds. Strain. Pour into 2 tall chilled glasses.



THICK MOCHA SHAKE

2 cups chilled milk
 1 pint chocolate ice cream, cubed
 1/4 cup chocolate syrup
 1 tbsp. instant coffee
 Whipped cream

In blender, BEAT all ingredients except whipped cream until well mixed, about 10 seconds. Pour into 4 tall glasses. Top with whipped cream.

APRICOT SMOOTHIE

1/2 cup milk
2 jars strained apricots
1 cup vanilla ice cream

Blend.



BANANA SMOOTHIE

1 cup cold milk
2 ripe bananas
1 cup cracked ice or 1 cup vanilla ice cream

Blend to desired consistency.



COFFEE SMOOTHIE

1 tbsp. instant coffee
1 tbsp. sugar
1-1/2 cups vanilla ice cream

Blend.

DREAMSICLE SMOOTHIE

1-1/2 cups fresh orange juice
1 ripe banana
1 tsp. vanilla
Sugar to taste
2-1/2 to 3 cups ice

Blend together orange juice, banana, vanilla and sugar until smooth. Add ice and blend again until smooth and thick.



MELON SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups fresh cantaloupe, peeled and cubed
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, cantaloupe and sugar until smooth. Add ice and blend again until smooth and thick.



MINTED MELON SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups honeydew melon, peeled and cubed
Few sprigs of fresh mint
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, honeydew melon, mint and sugar until smooth. Add ice and blend again until smooth and thick.

PEACH SMOOTHIE

1 cup canned peaches
2 cups ice cream - vanilla

Blend.



PINEAPPLE SMOOTHIE

1 cup canned crushed pineapple (blended and strained)
2 cups vanilla ice cream
2 drops peppermint extract

Blend.



STRAWBERRY SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups fresh strawberries, washed
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, strawberries and sugar until smooth. Strain.
Add ice and blend again until smooth and thick.

STRAWBERRY JAM SMOOTHIE

1 cup water
1/2 cup dry milk or non-dairy creamer
1/4 cup strawberry jam

Blend and *strain*.

Add 2 cups vanilla ice cream and blend.



TAFFY PEPPERMINT SMOOTHIE

2 cups chilled milk
1/4 cup molasses
2 drops peppermint extract
1/8 teaspoon salt
1 pint vanilla ice cream, cubed
Peppermint sticks to garnish glasses, if desired

In blender, BEAT first 4 ingredients and 1/2 of the ice cream until thick and smooth, 8 to 10 seconds. Add remaining ice cream and BEAT until ice cream is blended in, 5 to 8 seconds.



YOGURT SMOOTHIE

1/2 cup plain yogurt
1 (4.5 oz.) jar strained peaches, apricots, or pears

Blend well. Serve in stemmed glasses.

YOGURT AND MILK BLENDED

3/4 cup smooth yogurt

1 tbsp. milk

Blend.



YOGURT PEACH SMOOTHIE

1 cup canned peaches (drained)

1 cup plain yogurt

Blend.



YOGURT PINEAPPLE SMOOTHIE

1 cup plain yogurt

1 cup crushed pineapple

2 tbsps. sugar

2 drops lemon extract.

Blend.

YOGURT STRAWBERRY SMOOTHIE

1 cup frozen strawberries with juice

1 cup yogurt (plain)

Honey or sugar to taste

Blend and strain.



It takes both rain & sunshine
to make a rainbow.

HELPFUL HINTS BEVERAGES

Time Savers:

1. Canned liquid supplements are excellent to help maintain weight (i.e., Ensure, Ensure Plus, Nutriment, Sustacal, Isocal). Pour 4 to 6 ozs. in your blender, add a heaping tablespoon of frozen custard, add fruit and you have a delicious milkshake (bananas or any of the berries are excellent). Always mash berries through a strainer first. The tiny seeds in strawberries, raspberries, and even blueberries can cause choking.
2. Use Enrich supplement to add fiber while increasing calories and protein.

Did You Know...

1. Corn syrup mixes better than sugar.

To Increase Fluids, Try:

1. Frozen Coke
2. Fruit ice
3. Thick milkshakes
4. Lemon flavored thick slush drinks

Good Thickening Agent:

1. Add puréed fruits and vegetables to fruit and vegetable juices to achieve the appropriate consistency needed.

NOTES:

soups



CRAB BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. celery salt
Dash pepper
2/3 cup crab meat (carefully remove all cartilage)
1 drop tabasco

Place milk, flour, butter, salt, pepper, and tabasco in blender. Blend well. Add crab meat. Blend. Pour in saucepan * boil over low heat. Stir constantly until done. *Strain* and serve.



CURRIED FISH BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
1/4 tsp. curry
Dash paprika
Dash pepper
2/3 or 1 cup cooked lean white meat fish (NO BONES)

Place milk, flour, butter, salt, curry, paprika, and **pepper** in blender. Blend well. Add fish. Blend. Pour in saucepan. Boil over low heat. Stir constantly until done. *Strain* and serve.

LOBSTER BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
1/8 tsp. celery salt
1/4 tsp. paprika
Dash pepper
2/3 cup cooked lobster meat (1 small South African Rock Lobster tail or
1 can lobster meat)

Place milk, flour, butter, salt, celery salt, paprika, and pepper in blender. Blend. Add lobster meat. Blend well. Pour in saucepan and boil over low heat. Stir constantly until done. *Strain* and serve.



SALMON BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
Dash pepper
1/2 cup cooked salmon or 1 small can of salmon (NO BONES)

Blend salmon and set aside. Place milk, flour, butter, salt, and pepper in blender. Blend well. Add salmon. Blend. Pour in saucepan and boil over low heat. Stir constantly until done. *Strain* and serve.

BASIC SEAFOOD BISQUE

2-1/2 cups milk
 1 tbsp. flour
 1 tbsp. butter
 1 tsp. salt
 Dash pepper
 2/3 cups cooked (with special seasoning) or canned seafood

Place milk, flour, butter, salt and pepper in blender. Blend well - add seafood - blend. Pour in saucepan and boil on low heat. Stir constantly until done. *Strain* and serve.



SHRIMP BISQUE - COLD

2 cups plain yogurt or non-dairy creamer
 1/2 tsp. prepared mustard
 1/2 tsp. salt
 1/2 tsp. sugar
 1 can shrimp
 1/2 cup diced, peeled cucumber

Put everything in blender. Blend well. *Strain*. Chill before serving.



"Courage conquers all things."
 Ovid

TUNA CHOWDER

1/4 tsp. onion powder	1 can milk
2 tbsps. melted margarine	1 can drained, water-packed flaked tuna (7 oz. can)
1 can cream of celery soup (10-1/2 oz.)	
1 can cream of mushroom soup (10-1/2 oz.)	

Blend all ingredients in blender. Put through strainer to remove larger pieces. Garnish with paprika. Heat. (If too salty, try salt-free tuna or salt-free soups).



CHICKEN AVOCADO SOUP • COLD

2-1/2 cups chicken broth
 2 cups sliced avocado
 1 tsp. salt
 Pepper (optional)
 2 tbsps. sherry
 1/4 cup whipping cream or non-dairy creamer (optional)

Put everything in blender. *Cover* and blend well. Chill.

*Anger is a wind which
 blows out the lamp
 of the mind.*

CHICKEN BISQUE

1 cup chicken broth
 1 tbsp. flour
 3 tbsps. butter
 1/2 tsp. salt
 Dash pepper

1/8 tsp. curry powder
 1 spray celery leaves
 3/4 cup diced cooked chicken
 or 1/2 cup strained chicken
 1 cup light cream or Half & Half

Blend broth, flour, butter, seasonings, celery leaves, and chicken. *Strain*
 Pour in saucepan and add cream. Heat thoroughly to just a boil.



CURRIED CHICKEN SOUP

1/4 tsp. onion powder
 1/4 tsp. celery salt
 1/8 tsp. curry powder
 1 tbsp. butter or margarine
 1 can condensed cream of chicken soup (10-1/2 oz.)
 1/2 soup can milk
 1/2 cup cooked chicken, blended

Blend all ingredients in blender. Put through strainer to remove larger pieces. Heat.



All people smile in the same language.

YOGURT BORSCHT • COLD

1 cup plain yogurt
3/4 cup sour cream
1/4 tsp. salt
1/4 tsp. celery salt
1/4 tsp. onion salt
1 cup diced, cooked beets

Sour cream for garnish

Add all ingredients in blender except for the sour cream for garnish. Blend until smooth. Chill. Serve with a spoonful of sour cream.



BROCCOLI CHOWDER

1 10 oz. pkg. frozen broccoli
2 tsps. instant minced onion
1/2 cup boiling, salted water
2 cups milk
1 can condensed cream of potato soup
1/2 cup shredded Swiss cheese (2 oz.)

Cook broccoli and onion in the boiling salted water until tender. Do not drain. Stir in milk and soup, heat thoroughly. Add cheese, stirring until melted. Cool slightly. Place half at a time in blender. Blend until smooth. Serve chilled or hot.

CARROT VICHYSOISE • COLD

2 tbsps. butter	1/2 tsp. salt
2 scallions	1/8 tsp. pepper (optional)
2 cups chicken broth	1/2 cup heavy cream or non-
2 cups diced, cooked carrots	dairy creamer

Melt butter in small saucepan. Add sliced scallions and cook over moderate heat - about 5 minutes. Add 1 cup of the broth and cooked carrots, and bring to a boil. Cover and let simmer over low heat for 15 minutes. Place in blender and add the other cup of broth. Blend until smooth. Add cream and chill.



CAULIFLOWER SOUP

1/4 cup chopped onion
 4 tbsps. butter, melted
 4 tbsps. flour
 1 small cauliflower, cooked and pureed
 2 cups milk
 1 tsp. salt
 1 egg yolk
 2 tbsps. grated cheddar cheese
 1/2 cup cooked and crumbled spicy sausage

Saute onion in butter until transparent. Add flour and stir until mixture thickens. Whisk in cauliflower and milk. Heat, but do not boil. Whip in salt, egg yolk, and cheese, stirring until slightly thickened. Put sausage and mixture in blender. Blend well. *Strain* if necessary.

THICKENED STRAINED CREAM SOUP

1/4 cup strained cream soup
1/4 cup smooth mashed potatoes

Combine soup and mashed potatoes. Mix well. Strain if necessary to remove lumps.



CUCUMBER VICHYSOISE • COLD

1/4 cup sliced onion
2 cups diced cucumber, peeled
1/4 cup diced potatoes, raw
2 cups chicken broth
2 sprigs parsley
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. dry mustard
1 cup heavy cream or evaporated milk

Put onion, cucumber, and potatoes in saucepan. Add chicken broth, parsley and seasonings. Bring to boil. Cover and cook until potatoes are tender. Pour off 1 cup of broth and set aside. Put cooked vegetables in blender. Cover and blend well. Stir in 1 cup broth. Add more seasoning if you like. *Strain* well. Chill. Add cold milk or cream when you are ready to serve.

CURRIED LEEK SOUP · COLD

3 tbsps. butter or margarine
 1 leek or 6 scallions - sliced
 1 cup milk
 1/2 tsp. salt
 1/2 tsp. curry powder
 1 cup light cream
 Mashed potatoes to thicken

Melt butter in saucepan. Add leeks or scallions. Cook on moderate heat for 5 to 10 minutes, stirring often. Cool. Place in blender with milk and cream, salt or curry. *Strain* and chill. Add blended mashed potatoes to thicken.



CREAM OF MUSHROOM SOUP

2-1/2 cups milk	1/4 to 1/2 lbs. fresh mushrooms
1 tbsp. flour	1 tbsp. minced onions (cooked in butter for 5 minutes)
2 tbsps. butter	1/4 tsp. celery salt (optional)
1 tsp. salt	
Dash pepper	

Blend milk, flour, butter, salt, and pepper. Add mushrooms and onions. Blend. Pour into saucepan. Boil over low heat until mushrooms are tender, stirring frequently. Strain and serve.

MUSHROOM VELVET SOUP

1-1/2 cups water
 1 pkg. noodle soup mix
 1/8 tsp. celery salt
 1 slice of onion finely chopped or (1/8 tsp. onion powder)
 3 tbsps. butter
 1/4 to 1/2 lb. chopped mushrooms, cooked (not canned)
 1 cup milk

Add 1-1/2 cups water to noodle soup mix, then add celery salt, onion, and butter. Cook for seven minutes. Blend. Add cooked mushrooms. Blend well. Pour milk into saucepan, add blended mixture and heat.

For variation; 1) add one cup strained vegetables - such as asparagus, beets, peas, spinach; 2) use 2/3 cup of blended strained seafood in place of mushrooms; or 3) try fresh basil and a little garlic juice. Be sure to strain well.



VICHYSOISE ORIENTAL • COLD

1 cup diced potatoes
 1/2 cup diced onions
 1 cup diced, peeled apple
 1/2 cup sliced tender celery (remove strings)
 1 banana - sliced
 1-1/2 cups chicken broth
 1 tbsp. butter
 1/2 tsp. curry powder
 1 cup heavy cream
 1/2 tsp. salt

Put vegetables, banana, apple, and broth in saucepan and bring to a boil. Simmer over low heat until vegetables are tender. Pour slowly into blender and add salt, butter, and curry powder. Blend until smooth. Strain. Let mixture cool. Stir cream into cooled mixture and chill.

FRESH PEA SOUP

1 cup fresh or frozen green peas
 1 tbsp. diced onion
 Dash pepper
 Dash ginger
 2-1/2 cups chicken broth
 1 tbsp. butter
 2 tsps. flour or arrowroot

Combine peas, onions, and chicken broth. Cook until tender. Add pepper, ginger, and butter. Put everything into blender. Cover and blend well. *Strain*. Pour into saucepan, add flour or arrowroot to thicken, and bring to a boil stirring constantly. Simmer 5 minutes.



GREEN POTAGE

1/3 cup butter
 1/4 cup sliced scallions
 2 cups raw or cooked potatoes
 1 tsp. salt
 2 cups chicken broth
 1/2 bunch watercress
 1 cup spinach leaves or 1 pkg. of frozen chopped spinach
 2 cups lettuce

Cook butter and scallions together for about 5 minutes over moderate heat. Stir often. Add potatoes, salt, and chicken broth. Bring to boil and cook covered for 10 minutes. Add coarsely cut watercress, spinach, and lettuce. Cook until vegetables are tender. Strain 1 cup of broth. Put vegetables and remaining broth in blender. Blend until smooth. Combine with reserved broth - stir. *Strain*. Add a dollop of sour cream and paprika at serving time.

CREAM OF POTATO SOUP

1 cup diced, hot, cooked potatoes
2 cups milk - for richer soup use Half & Half
2 tbsps. chopped onion
1 chicken bouillon cube and 1 tbsp. bouillon granules
1/2 tsp. salt
Dash pepper
2 tbsps. butter

Place all ingredients in blender. Cover and blend until smooth. Pour into saucepan and heat thoroughly over moderate heat. Strain and serve.



SWEET POTATO SOUP

1-1/2 cups diced or mashed cooked sweet potatoes
1 tbsp. butter
1 tbsp. flour
1-1/2 tps. salt
1/4 tsp. ginger
1/8 tsp. cinnamon
1/8 tsp. nutmeg
1 tbsp. brown sugar
1 tsp. chicken broth or water
1 cup milk

Put everything except milk into blender. Blend well. Add milk. Cook stirring constantly until soup comes to a boil. Simmer over a low heat for 5 minutes. Serve immediately.

VEGETABLE BISQUE

1-1/2 cups milk	3 tbsps. butter
1 beef or chicken bouillon cube	1/2 tsp. salt
1 cup water	Dash pepper
2 tbsps. flour	1/8 tsp. oregano
1 cup cooked vegetables (any kind)	

Blend all ingredients. Cook in saucepan until done. *Strain*.



BASIC CREAM OF VEGETABLE SOUP

2-1/2 cups milk
 1 tbsp. flour
 2 tbsps. butter
 1 tsp. salt
 Dash pepper
 1 cup raw or cooked vegetables • or 1 pkg. frozen chopped spinach and
 1/8 tsp. nutmeg

Seasonings

Mashed potatoes to thicken

Blend milk, flour, butter, salt, and pepper. Add vegetables and seasoning. *Blend well*. Pour in saucepan. Boil over low heat stirring constantly. Add mashed potatoes to thicken. *Strain* and serve.

*“Men do not stumble over mountains,
 but over molehills.”*

Confucius

PERFECTION VEGETABLE SOUP

1 cup water
2 beef bouillon cubes
1/4 cup diced onion
1/2 cup diced tender celery
1/2 cup sliced carrot
1 spray parsley
1 cooked potato

Place all ingredients in blender. *Cover*. Blend well. Pour into saucepan and bring to a boil. Simmer over low heat for about 10 minutes. *Strain*. Serve hot.



VEGETABLE VICHYSOISE • COLD

1 cup diced cooked potatoes
1/4 cup sliced onions or scallions
1-1/2 cups chicken broth
1 cup raw green peas
1/8 tsp. celery salt
1/8 tsp. curry powder
1 cup heavy cream (1 small carton whip cream or non-dairy creamer)

Add potatoes, onions, broth, and peas in saucepan. Cook until onions and peas are tender. Place in blender (except cream) with seasonings. Blend well. *Strain*. Combine with cream and chill.

BREADS



DORITO CORNBREAD

(Tastes like the real thing)

Doritos (plain corn flavor)
 Water
 Butter
 Salt
 Liquid Smoke

Soak the Doritos in water until they completely dissolve. (They absorb a lot of water and you will have to add more water in about a half hour to get the right consistency). When liquid enough, add melted butter, a little salt. (For a change add a drop or two of Liquid Smoke.)



CORNBREAD DRESSING

4 slices white bread	1/4 tsp. salt
5 chicken bouillon cubes	3/4 tsp. poultry seasoning
1 qt. + 3-1/2 cups water	1/8 tsp. Accent
1 cup celery, diced med.	1/8 tsp. black pepper
1 cup onions	1/4 cup margarine, melted
5 cups crumbled cornbread	
3 large eggs, beaten	
3 large eggs, hard cooked, diced	

Soak white bread in cold water and drain well. Dissolve chicken bouillon cubes in water. Add celery and onions, cook until tender. Pour broth mixture over cornbread and let soak until bread is soft. Add drained white bread and beaten eggs. Add diced hard cooked eggs, salt, poultry seasoning, Accent, and pepper. Mix well. Pour dressing into baking dish and spread margarine evenly over top. Bake at 350° for approximately one hour.

BRAN GRIDDLECAKES

1 cup sifted flour
1-1/2 tsps. baking powder
3/4 tsp. salt
1 tbsp. sugar
3/4 cup 40% Bran Flakes
1 cup milk
1 egg, well beaten
3 tbsps. melted shortening

Sift flour, baking powder, salt and sugar together. Add 40% Bran Flakes to milk and let soak. Combine egg and milk mixture and add to flour mixture along with shortening. Mix just until flour is dampened (batter will be lumpy). Bake on a hot greased griddle until brown on both sides. Turn only once! Serve with butter and syrup.



PANCAKES

1 cup rice flour or whole wheat flour
1/2 to 3/4 cup buttermilk
1-1/2 tsps. baking powder
1/2 tsp. baking soda
1 egg (use 2 if small)
1/2 tbsp. cooking oil
1/2 tsp. salt

Store them between sheets of paper towel in a tin in the freezer

Reheat each morning in microwave for a few seconds or on a warm skillet. They will remain soft and taste as if freshly cooked.



PANCAKE SOUFFLÉ

4 egg yolks
 1 egg, whole
 1 tbsp. sugar
 Pinch of salt
 4 tbsps. flour

1 tbsp. melted butter
 4 egg whites
 2-3 tbsps. butter for frying
 sugar, cinnamon (to taste)

Beat yolks, egg, sugar, salt, flour, and melted butter in electric blender. Beat egg whites until stiff, not dry - fold into mixture. Prepare an oven proof serving platter. Heat a 6" skillet using 1 tsp. butter to grease skillet and spoon 4 tbsp. of mixture into pan - spread evenly over bottom of pan. Turn and brown top side. Sprinkle with sugar and cinnamon. Fold, remove to platter. Can be filled with strained fruit or strained meat of choice.



POTATO FLATTIES

3 cups leftover mashed potatoes
 Pinch of salt
 1 egg, beaten
 Pinch of mixed herbs (optional)
 Flour to stiffen

Mix all ingredients together. Shape into flat cakes about 1/2 inch thick. Place on hot griddle brushed with oil. Turn to brown on other side. Serve hot with butter or cottage cheese.

ENTRÉES



LAMB OR BEEF STEW

4 oz. well cooked beef or lamb
 1/2 cup liquid
 1/2 cup cooked green peas
 1/4 cup cooked carrots
 Dash celery salt

Blend and heat.



CHEESE SOUFFLÉ

1 cup milk	2 cups cheddar cheese, grated
1/4 cup flour	4 whole eggs, separated
1/4 cup margarine, melted	1 egg white
1/4 tsp. salt	1/4 tsp. Cream of Tartar

Heat milk to boiling, but do not boil. Combine and mix flour and margarine. Add to hot milk while stirring. Cook until thickened and smooth. Add salt and grated cheese to cream sauce. Mix until cheese melts. Beat egg yolks and add a small amount of hot cheese sauce to egg yolks while stirring. Add egg mixture back to cheese sauce while stirring. Let mixture cool. Beat egg whites (must be at room temperature) and cream of tartar until stiff, but not dry. Fold into cheese mixture. Pour cheese mixture into 2 quart casserole or souffle dish greased on bottom only. Place dish in pan of hot water and bake at 325° for 1 hour and 15 minutes until knife inserted comes out clean.

EASY CHEESE SOUFFLÉ

1 can (10-3/4 oz.) condensed cheddar cheese soup
6 eggs, separated

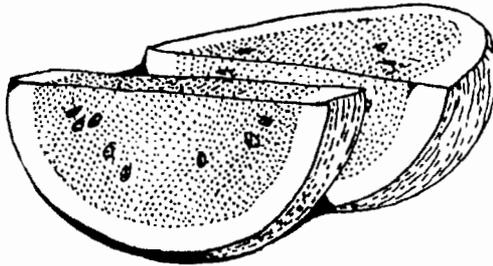
Heat soup in saucepan stirring constantly; remove from heat. Beat egg yolks until thick and lemon colored; stir into soup. In large bowl using clean egg beater, beat egg whites until stiff; fold soup mixture into egg whites. Pour into 1-1/2 quart casserole. Bake in 300° oven 1 to 1-1/4 hours or at 400° for 30 minutes.



CHICKEN IN A ZIP

1/2 cup milk
1/2 cup chicken
1/2 cup drained vegetables (peas, carrots, potatoes, etc.)

Blend well.



Don't let the seeds spoil your enjoyment of a watermelon. Just spit out the seeds.

DOUBLE DECKER CHICKEN MOLD

First Layer:

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 can (10-1/2 oz.) condensed cream of chicken soup
- 1/4 cup mayonnaise
- 1 tbsp. lemon juice
- 1 cup cooked, blended chicken
- 1/4 tsp. onion powder
- Dash of pepper

Second Layer:

- 1 envelope unflavored gelatin
- 1/2 cup orange juice (strained)
- 1 can (1 lb.) jellied cranberry sauce

First Layer:

Sprinkle gelatin into cold water to soften. Place over low heat, stir until gelatin is dissolved. Remove from heat. Blend soup, mayonnaise and lemon juice; stir in gelatin. Chill until mixture begins to thicken. Fold in remaining ingredients, pour into 1-1/2 quart mold. Chill until almost firm.

Second Layer:

Sprinkle gelatin into orange juice to soften. Place over low heat, stir until gelatin is dissolved. Remove from heat. Crush cranberry sauce with fork; add gelatin. Chill until mixture begins to thicken. Pour on top of chicken layer. Chill until firm. Unmold and serve.

EGGS FLORENTINE

Frozen spinach
Eggs
Cream of Celery soup
2 cups cheddar cheese

Place cooked frozen spinach in large flat casserole dish. Scoop out space for raw eggs. Place raw egg in each hole.

In saucepan, combine Cream of Celery soup (no water) and 1-1/4 cups cheddar cheese. Melt together and pour over spinach and eggs.

Sprinkle with remaining cheddar cheese and bake at 350" for 30 minutes.



CHEESE GRITS

2 cups grits	2 rolls Kraft garlic cheese
1 stick butter	Pepper and salt
1 bunch green onions, chopped fine	Tabasco

Cook grits according to package directions. While hot, add cheese, butter, onions. Season to taste. Place in well buttered casserole and cook 425" for one hour.



*"We get knocked down, but we get
up again and keep going!"*

II. Corinthians 4:9

GLAZED HAM RING

1 can (10-1/2 oz.) condensed onion soup	1 egg, slightly beaten
1-1/2 lbs. ground cooked ham	1/2 cup firmly packed brown sugar
1 lb. ground pork	1 tbsp. vinegar
1 cup soft rye bread crumbs	1 tsp. dry mustard

To make loaf, mix thoroughly 3/4 cup soup, ham, pork, bread crumbs, and eggs. In shallow baking dish (13x9x2"), shape firmly into ring (2-inches high with 4-inch opening). Bake at 350° for 1 hour 30 minutes. Meanwhile, to make glaze, in small saucepan, combine remaining soup, brown sugar, vinegar, and mustard. Heat; stir occasionally. Brush loaf often with glaze while baking.



DEVILED HAM SPREAD

Small can deviled ham - refrigerate. Shape into loaf.

Mix one small can finely chopped and mashed ripe olives with about 1/2 small jar German mustard.

Coat ham loaf with mixture.

The bird with a broken pinion never
soared so high again, but
its song is sweeter.

HAMBURGER CASSEROLE

1 lb. ground beef	8 oz. pkg. sour cream
1 small clove garlic, minced	1 small block cheddar cheese, grated
1 tsp. oregano	1 bag egg noodles
16 oz. tomato sauce	
Salt and pepper	

Brown ground beef and drain. Stir in garlic, oregano, tomato sauce, salt and pepper to taste, Simmer sauce while cooking egg noodles, When noodles are done, drain and stir in sour cream. In greased (PAM) baking dish, layer noodles, sauce, and cheese until dish is full. End with layer of cheese. Bake at 425" for 20 minutes or until cheese is melted and casserole is bubbly.



IMPOSSIBLE LASAGNA PIE

1/2 cup creamed cottage cheese
 1/4 cup Parmesan cheese
 1 lb. ground beef, cooked and drained
 1 tsp. oregano leaves
 1/2 tsp. basil leaves
 1 (6 oz.) can tomato paste
 1 cup shredded Mozzarella cheese
 1 cup milk
 2/3 cup buttermilk baking mix
 2 eggs
 1 tsp. salt
 1/4 tsp. pepper

Heat oven to 400". Grease a 10x1-1/2 inch pie plate. Layer cottage and Parmesan cheese in plate. Mix beef, herbs, tomato paste and 1/2 cup Mozzarella; spoon on top. Beat milk, baking mix, eggs, salt and pepper 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 30 to 35 minutes. Sprinkle with remaining Mozzarella.

CHOPPED CHICKEN LIVER

Saute 1/2 pound diced onions in 2 tbsps. margarine. Add to skillet one pound of chicken livers. Cook livers and onions uncovered until they lose their pinkness. Add 1 tsp. salt and 1/2 tsp. pepper. Blend mixture with 3 hard cooked egg yolks. Thin to desired consistency with mayonnaise. Taste and adjust seasoning. Store in bowl covered with plastic wrap. Serve unmolded.



MAIN COURSE IN A ZIP · LIVER

1/2 cup diced liver
 1 slice of cooked onion
 1/4 cup liquid (water or pan drippings or soup)
 1 cup cooked spinach leaves or any other vegetable
 Butter
 Salt
 Pepper

Blend and heat.

Hope perches in the *soul*,
 and sings.. .
 And never stops at all —
 Emily Dickinson

CHICKEN LIVER PÂTÉ

1/2 lb. chicken livers
 1 clove garlic, minced
 2 oz. butter
 Seasoning to taste
 1 tbsp. sherry
 2 tbsps. single cream

To decorate: lettuce, lemon slices

Wash livers. Fry livers and chopped garlic in the butter until cooked, about 7 minutes. Season to taste. Remove from heat, add sherry then pound or put through a liquidiser. Add the cream just before the end of mixing. Put into a dish and place in fridge to set. Serve in scoops on top of lettuce decorated with lemon slices.



Yesterday *is* already a dream, and
 tomorrow is only a vision; but today,
 well-lived, makes every yesterday
 a dream of happiness, and every
 tomorrow a vision of hope.

LIVER PÂTÉ EN GELÉE

1-1/2 tsps. unflavored gelatin
1 cup canned condensed beef broth
4 whole mushrooms (canned)
1 can (4-3/4 oz.) liver pâté
1 tbsps. butter or regular margarine
1 tsp. brandy
Thin slices toast

In small saucepan, sprinkle gelatin over 1/4 cup undiluted broth; let stand 5 minutes, to soften. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat. Add remaining broth:

Place 1-1/2 cup decorative mold in pan of ice and water. Spoon about 2 tablespoons gelatin mixture into mold. Let stand a few minutes, until almost set.

Cut mushrooms in half. Arrange, in a pattern, on set gelatin in mold. Add enough gelatin mixture to cover mushrooms.

In small bowl, combine liver pâté, butter, brandy. With electric mixer or fork, beat until combined.

Turn mixture into empty liver pâté can, making top even; invert onto waxed paper. With can opener, remove end of can. Lift can, and carefully push pâté through can, onto center of set gelatin in mold, being careful to keep its shape.

Spoon remaining chilled gelatin mixture around and over pâté. Refrigerate, covered, 3 hours, or until firm.

To unmold: Run sharp knife around edge of mold. Invert over serving plate. Place a hot, damp dishcloth over mold; shake gently to release. Lift off mold.

Remove crusts from toast; cut toast diagonally in quarters. Arrange triangles around mold.

LIVERWURST MOUSSE RING

2 tbsps. unflavored gelatin
 3/4 cup water
 1 can consomme.
 1 lb. liverwurst
 2 (3 oz.) pkg. Philadelphia cream cheese
 1/3 cup mayonnaise
 3 tbsps. Worcestershire
 1/4 tsp. celery salt
 1/4 tsp. tabasco sauce
 1/4 tsp. onion powder

Soak gelatin in water. Heat one half of consomme. to boiling point, add gelatin and cool. Combine mixture with all other ingredients, stir well. Pour into buttered mold and chill. Serve.



MEAT LOAF

1-1/2 lbs. ground beef	1/2 tsp. salt
1 cup medium cracker crumbs	Dash thyme
2 eggs, beaten	Dash marjoram
1/2 cup onions, chopped	2 tbsps. horseradish
2 tbsps. green pepper, chopped	4 tsps. Worcestershire sauce
Chili sauce, as needed	

Combine all ingredients, except chili sauce. Mix well and shape this mixture into a loaf in a baking dish. Score the loaf by pressing top with wooden handle of spoon. Fill the score marks with chili sauce. Stick a bay leaf in the meat loaf and bake in 350° oven for 1 hour.

MINI-MEAT LOAVES

1 can (10-3/4 oz.) condensed tomato soup	1 tsp. salt
2 lbs. ground beef	1/4 tsp. pepper
1/4 cup fine dry bread crumbs	1/4 tsp. rubbed sage
1 egg, slightly beaten	1/4 tsp. thyme leaves, crushed
1/4 cup finely chopped onion	2 tbsps. shortening
	2 to 4 tbsps. water

Mix thoroughly 1/4 cup soup, beef, bread crumbs, egg, onion, salt, and 1/8 teaspoon each pepper, sage, and thyme. Shape firmly into 6 mini-meat loaves. In skillet, brown loaves in shortening; pour off fat. Stir in remaining soup and seasonings and water. Cover; cook over low heat 20 minutes or until done. Stir occasionally.



MEXICAN OLÉ

Mexican Hash Mix:

Blend and strain:

1 can roast beef hash

Broth or water

Mexican salad seasoning

Dorito cornbread (see recipe)

Sour Cream

Marie's avocado dressing

In a bowl place a layer of the Dorito cornbread. Then a layer of Mexican hash mix. Place dots of sour cream on top and spread top with Marie's avocado dressing.

BASIC OMELET

3 eggs
1/4 tsp. salt
1 tbsp. cold water
1 tbsp. butter or margarine

In medium bowl, with wire whisk or rotary beater, beat eggs with salt and water just until well mixed. (Mixture should not be too frothy.) Meanwhile, slowly heat a 9-inch heavy skillet or omelet pan. To test temperature, sprinkle a small amount of cold water on skillet; water should sizzle and roll off in drops. Add butter; heat until it sizzles briskly it should not brown.

Quickly turn egg mixture, all at once, into skillet. Cook over medium heat.

As omelet sets, run spatula around edge, to loosen. Tilt pan, to let uncooked portion run underneath. Continue loosening and tilting until omelet is almost dry on top and golden-brown underneath.

To turn out, loosen edge with spatula. Fold, in thirds, to edge of pan; tilt out onto plate.

Fill with deviled ham, liver pâté, or your favorite meat blended to the proper consistency.



“Now is no time to think of what you do not have.
Think of *what* you can do with what there is.”

Ernest Hemingway

10-MINUTE-OMELET

4 eggs, separated
1/4 tsp. salt
1/8 tsp. pepper
1 tbsp. flour
1 tbsp. softened butter or margarine
1 tbsp. water

Beat egg whites with salt until stiff but not dry. Beat egg yolks with pepper, flour, butter or margarine and water until fluffy. Fold beaten yolks into beaten whites. Pour into well-greased 8-9 inch skillet heated until a drop of water sizzles. Cover tightly. Reduce heat to low and cook 8 to 10 minutes on top of range until surface of omelet is dry when touched lightly with fingertip. Fold in half and serve promptly.



OYSTERS ROCKEFELLER

1 jar strained spinach
1 tbsp. onions or shallots, chopped
1/2 pint raw oysters and oyster juice
2 tbsps. butter
Salt
Pepper

Simmer the oysters, oyster juice, butter, onions, salt, and pepper until the oysters are wrinkled. Be sure there are no shells left on the oysters. *Blend* until nice and smooth. In a small bowl put most of the spinach on the bottom. Layer the oyster mixture on top of spinach. Put dots of spinach on top for garnish. Heat in microwave for 1-1/2 minutes or oven for 5 to 7 minutes.

QUICHE LORRAINE

Crust:

1 cup flour
1/2 cup butter
1 pkg. (3 oz.) cream cheese

Combine flour, butter and cream cheese for crust. Form into ball. Wrap in wax paper and chill at least 30 minutes.

Filling!

1 pint light cream
1/2 cup Cheddar cheese, grated
2 eggs
1/4 lb. bacon, fried and finely chopped and mashed to form powder
Salt and pepper to taste

Scald cream. Add grated cheese, eggs, bacon powder, salt and pepper. Take out the crust and roll into thin, flat form. Bake in round pie pan for 10 minutes at 450°. Then put in filling, and bake for approximately 30 minutes or until the quiche is firm and can be cut into slices.



“My heart is quiet and confident, O God.
I will greet the dawn with a song!”

Psalm 57:7&8

SALMON LOAF (HOT)

1 (16 oz.) salmon
 3 slices - day old bread
 Cold water

Remove bones from salmon. Hold bread under running water and squeeze out excess water. Place salmon and bread in bowl. Mix well.

2 beaten eggs	1 tsp. onion powder
1/2 cup sour cream	1 tsp. thyme
2 tbsps. chopped parsley	1 tsp. mint leaves (crushed)
2 tpsps. Worcestershire	1 tsp. black pepper
1 tsp. basil	2 tbsps. melted butter

Add the remaining ingredients to salmon mixture. Stir with a fork until thoroughly blended with salmon.

Put salmon loaf in 10" buttered deep dish pie plate. Brush top with melted butter. Bake for 30 minutes at 400°. Immediately after removing from oven, pour over top the following sauce:

Sauce:

1 can mushroom soup
 1/2 cup evaporated milk
 1 tsp. curry powder
 Dash of black pepper
 2 tbsps. melted butter
 2/3 cup Velveeta cheese

Heat soup. Add milk, cheese, curry powder, pepper, and butter. Mix well.

RICE KRISPIE BALLS

Mix:

Cheese or meat spreads (i.e., deviled ham and roast beef spread)

Chopped pimento, olives and pickles (can be omitted)

Mayonnaise

Rice Krispies

Roll small spoonfuls of mix in Rice Krispies.

(Good for lunch when sandwiches can no longer be eaten).



“People can be divided into three groups:
those who make things happen, those who
watch things happen, and those who
wonder what happened.”

John W. Newbern

SALMON MOUSSE

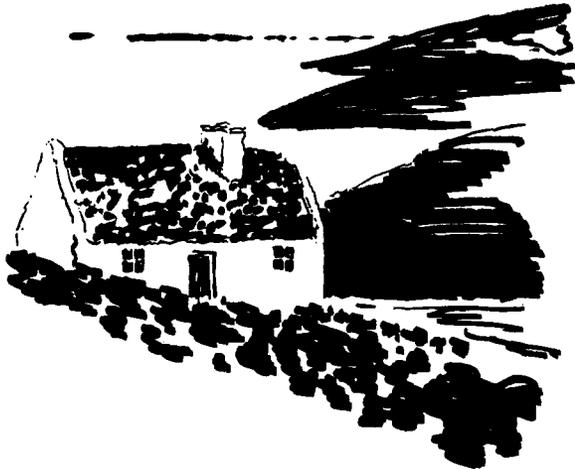
1 envelope unflavored gelatin	1/4 tsp. paprika
2 tbsps. lemon juice	1 tsp. dried dill
1/4 tsp. onion powder	1 lb. can salmon, drained (remove bones)
1 cup boiling water	1 cup whipping cream

Empty gelatin into blender. Add lemon juice, onion powder and water. Blend well at high speed. Add mayonnaise, paprika, dill and drained salmon. Blend at high speed. Add cream one-third at a time, blending after each addition. Blend an additional 20 seconds. Pour into quart mold and chill overnight.



BREAKFAST SAUSAGE HASH

Use any kind of sausage patty you like (mild to hot). Cook well and add to one small can of roast beef hash. Add liquid and pan drippings and blend or liquify. Strain. (Good with soft scrambled eggs with butter or soft boiled egg).



The smile on your face is the light in the window that tells people that **you** are at home.

IMPOSSIBLE SEAFOOD PIE

1-1/2 cups cooked and cleaned crab meat or shrimp (blend shrimp)
 1 cup shredded American or Cheddar cheese (about 4 oz.)
 1 (3 oz.) package cream cheese, cut into 1/4-inch cubes
 3 tbps. diced pimiento
 1/4 cup sliced green onion
 2 cups milk
 1 cup buttermilk baking mix
 4 eggs
 3/4 tsp. salt
 Dash of nutmeg

Heat oven to 400°. Grease 10x1-1/2-inch pie plate. Mix crab meat, cheese, pimiento and onion in plate. Beat milk, baking mix, eggs, salt and nutmeg until smooth - 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Bake until knife inserted in center comes out clean, 35 to 40 minutes. Cool 5 minutes.



STEAK PURÉE

Buy a good grade of meat (New York strip or Fillet) or it will always be too grainy and hard to remove the fiber by blending.

Cook the steak in a pan the way you wish. Salt and cut it into small pieces. Place steak with the pan juice and water in blender and blend to the consistency you want (using the pan juice and drippings will make the steak purée taste delicious).

(A serving of your favorite thick smooth gravy would be a bonus to this recipe).

TUNA CASSEROLE

- 1 can of tuna
- 1 can of Cream of Mushroom soup
- 1 small pkg. of egg noodles

Cook noodles; warm soup and tuna together. Spray casserole dish with Pam. Mix noodles in with soup and tuna. Bake at 350° for 25 minutes.



CREAMY TUNA MOLD

- 2 envelopes unflavored gelatin
- 2 cups cold water
- 1 can (10-1/2 oz.) condensed cream of celery soup
- 1 tbsp. lemon juice
- 1 pkg. (3 oz.) cream cheese, softened
- 1 can (7 oz.) tuna, drained, flaked and pureed in blender

In saucepan, sprinkle gelatin into 1 cup cold water to soften. Place over low heat, stirring until gelatin is dissolved. Remove from heat. Place soup, lemon juice and cream cheese into blender. Gradually blend in gelatin and remaining water. Chill until slightly thickened. Fold in remaining ingredients. Pour into 5 cup molds. Chill until firm. Unmold and serve.

SPEEDY TURKEY LOAF

1 roll (1-1/2 lbs.) frozen ground turkey, thawed
 2 slices rye bread, crumbled (2 cups)
 2 eggs, beaten
 1 small onion, minced (1/4 cup)
 1/4 cup chopped parsley
 1-1/2 tsps. salt
 1/4 tsp. pepper
 1/2 cup mint jelly, heated

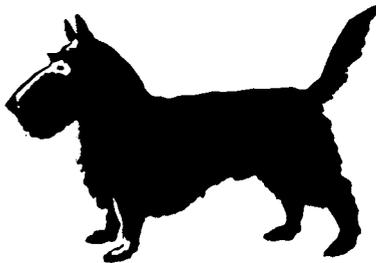
Cherry tomatoes
 Pitted ripe olives
 Parsley

Combine ground turkey, bread crumbs, eggs, onion, parsley, salt and pepper in a medium bowl until well blended. Pack mixture into an 8x6x2-1/2-inch loaf pan; invert onto microwave-safe tray; cover lightly with plastic wrap.

Microwave on high, turning tray several times, 30 minutes, or until firm. Remove and spoon mint jelly over to glaze. Allow turkey loaf to stand 10 minutes.

Transfer loaf to heated serving platter with two wide pancake turners. Garnish with cherry tomatoes, ripe olives and parsley.

COOK'S TIP: Turkey mixture can be made and shaped the night before and placed on microwave-safe tray. Then refrigerate and add 5 minutes to cooking time.



One reason why a dog is such a lovable creature is that his tail wags instead of his tongue.

TURKEY MOUSSE

1 (15 oz.) can puréed turkey or 2 cups diced, blended turkey
1 envelope gelatin
1/4 cup cold water
1/2 cup chicken broth
1/2 cup mayonnaise
1 tbsp. lemon juice
1/4 tsp. onion powder
1/2 tsp. tabasco sauce
1/4 tsp. paprika
1-1/2 cups cottage cheese

Soften gelatin with cold water. Add chicken broth to soften gelatin, stirring until dissolved. Cool. Add mayonnaise, lemon juice, onion powder, tabasco, and paprika.

Whip cottage cheese in blender till smooth and creamy. Add to gelatin mixture, then fold in turkey. Pour into 1-1/2 quart mold and chill.

Serve with heated jellied cranberry sauce.



We may give without loving,
but we cannot love without
giving.

HELPFUL HINTS MAIN DISHES

TIME SAVERS:

1. Puree roast, steak, chicken or fish - then mix with mashed potatoes - add Half and Half to desired consistency - reheat in microwave oven - then add a couple pats of butter. Season to taste.
2. Puree ham with either peaches or sweet potatoes - use juice to thin.
3. Egg salad (use mayonnaise to obtain correct consistency - pureed ham or chicken may be added to vary the taste).
4. Try hot breakfast cereals with Half and Half and butter.
5. Use canned roast beef or canned beef hash to build a meal around. Blend the meat with broth or milk, flavor and freeze the extra for later.
6. Try blending canned salmon for a different taste treat!

DID YOU KNOW ...

1. Curry powder, Dijon mustard, garlic juice or garlic powder are excellent spices for canned, strained meats.
2. The dark meat of chicken stays more moist than the white meat when blending.

SAUCES



ALFREDO SAUCE

1 stick butter or margarine
Garlic powder, liquid, or 1 clove of garlic pureed
1 small carton whipping cream
1/2 small carton sour cream
Salt and pepper to taste
Grated Parmesan cheese - 1/2 cup

Melt butter, add garlic on low *heat*, and both creams. Mix well and add salt and pepper if desired. Take from heat and add Parmesan cheese. Blend.

Use over blended meats, vegetables, mashed potatoes, or blended pasta.



HERBED LEMON BUTTER SAUCE

1/4 cup melted butter
2 tbsps. lemon juice
2 tbsps. finely chopped parsley
1/4 tsp. dill, rosemary or marjoram, crumbled
1/4 tsp. salt
1/8 tsp. coarsely ground pepper

Strain. Use for basting fish.

MUSHROOM BUTTER SAUCE

Saute:

1 lb. chopped mushrooms
1 chopped onion
1/2 stick butter
1 tbsp. flour
Salt and pepper

Blend all ingredients and *strain*.

Use over blended meats, vegetables, mashed potatoes, or blended pasta.



QUICK HERBED HOLLANDAISE SAUCE

1/2 cup butter
1-1/2 tbsps. fresh lemon juice
1/4 tsp. dill
Generous dash white pepper
3 egg yolks, well-drained of whites
1 tbsp. finely chopped fresh parsley

In small saucepan, heat butter with lemon juice, choice of herbs and pepper until bubbly. Add slowly to egg yolks, beating constantly with wire whisk. Stir in parsley. *Strain*.

ZESTY SALMON SAUCE

1/2 cup butter
3 tbsps. soy sauce
2 tbsps. catsup
1 tsp. each Worcestershire sauce and dry mustard
1 clove garlic, crushed

Combine ingredients in small saucepan; heat gently but thoroughly.



“Life, so long as it’s lived with the *determination to be* useful,
can *be* rewarding. That cancels out the fear.”

Jacob Javits

HELPFUL HINTS SAUCES

TIME SAVERS:

1. Use prepared strained sauces to enhance flavor and moisten foods.
2. Use blended and strained cream soups as sauces.

DID YOU KNOW ...

1. Canned cheddar cheese soup will add extra calories, as well as make an excellent sauce.

VEGETABLES



CONGEALED AVOCADO SALAD

1 (3 oz.) pkg. lime-flavored gelatin
1 cup boiling water
1 (3 oz.) pkg. cream cheese
1 avocado, mashed
1 small onion, chopped very fine
1/8 tsp. celery salt
1 pimiento, mashed
1/2 cup mayonnaise

Combine together and chill.



BAKED BEANS

Buy a can or jar of your favorite baked beans. Blend them with bean liquid or water.

Optional: add a drop or two of Liquid Smoke or cooked onions.



MEXICAN REFRIED BEANS

1 can refried beans

Add water or chicken soup to blend to right consistency. Can add bacon drippings for more flavor.

SWEDISH BAKED BEANS

- 3/4 cup catsup or chili sauce
- 1/2 medium onion, finely chopped
- 1 medium apple, peeled, cored, and cut into 1-inch chunks
- 1/3 cup well-drained sweet pickle relish
- 1 tbsp. brown sugar
- 1 tsp. prepared mustard
- 2 cans (1 lb. 4 oz.) pork and beans

Combine catsup or chili sauce and onion in blender container. BLEND until onion is chopped, about 30 seconds. Stop motor as needed and push ingredients into blades with rubber spatula. Add apple chunks, 1/2 at a time; BLEND until chopped, 20 to 25 seconds. Pour into covered frypan. Add remaining ingredients; mix. Bring to simmering stage; cover and cook slowly until heated and flavors are well blended, 25 to 30 minutes, stirring frequently.



CARROT CUSTARD

- 2 cups cooked sliced carrots
- 3 eggs
- 1/4 cup milk
- 1 small onion halved and chopped
- 3 tbsps. melted butter
- 2 tbsps. flour
- 1 1/2 tps. salt
- 1/4 tsp. pepper

Put in blender and blend for 10 seconds. Turn into 6 buttered 5 oz. custard cups, place in pan with 1" hot water. Bake in pre-heated oven at 350° for 45 minutes. Unmold and garnish.

CARROT ORANGE PURÉE

4 lbs. carrots, peeled and cut into 1-inch rounds
 8 tbsps. unsalted butter
 1-1/2 cups warmed chicken broth
 1/2 cup fresh orange juice
 2-1/2 tps. ground cardamon
 1-1/2 tps. salt
 1/4 tsp. cayenne pepper

Place carrots in a large pot. Cover with water and bring to a boil. Cook for 30 minutes, or until carrots are very tender.

Drain carrots and place in large bowl. Add remaining ingredients - mix well.

In a food processor fitted with a steel blade, process mixture in small batches until smooth. Remove to a bowl as processed.

To reheat, return purée to a saucepan over low heat; stir well until heated through. Or transfer to an ovenproof serving dish covered with foil; heat in a preheated 350° F oven for 25 minutes, or until steaming hot.



*Days are scrolls: Write on them only
 what you want remembered.*

*Bachya ibn Pakuda
 11th century*

CARROT PUDDING

1 cup carrots, grated
 1 cup potatoes, grated
 1 cup flour
 1 cup sugar
 2 tbsps. butter, melted

1/2 tsp. soda
 1/2 tsp. salt
 1/2 tsp. cloves
 1/2 tsp. cinnamon
 1/2 tsp. nutmeg
 1/2 tsp. vanilla

Mix all ingredients and cook in double boiler until pudding consistency. Serve either warm or cold with Brown Sauce (Recipe below).



BROWN SAUCE FOR CARROT PUDDING

1 cup brown sugar
 2 tbsps. flour
 1 cup boiling water
 1 tbsp. butter

Bourbon or rum
 flavoring as desired
 Vanilla, if desired

Mix flour and sugar; add boiling water and cook until thickened. Remove, cool, add flavoring.



CARROTS WITH A TWIST

Steam carrots until soft and tender. Blend in blender with melted butter until smooth. *Strain*. Add dash of orange liqueur. Place mixture in pastry tube and squeeze onto plate in an attractive manner.

EGGPLANT CASSEROLE

1 small green pepper, chopped and blended
 2 tsps. onion powder
 1/4 cup margarine
 1 to 1-1/2 *eggplant peeled, sliced, cooked and mashed
 2 eggs, beaten
 1 cup homogenized milk
 2 tbsps. chopped pimiento, blended
 1/2 tsp. salt
 1/8 tsp. pepper
 1 cup cracker crumbs .soaked in milk
 6 oz. American cheese, grated

Preheat oven to 350°. Saute pureed green pepper in margarine. Add onion powder. Combine with eggplant, egg, milk and crackers, pimiento, salt, pepper, and cheese. Pour into a greased casserole. Additional grated cheese can be added on top. Bake 30-40 minutes.

*Eggplant needs to be young and tender. Soak slices in strong salt water to eliminate bitter taste. Rinse before cooking.



PURÉED PEAS

4 cups raw fresh peas
 3 tbsps. butter
 Salt and pepper

Boil the peas in as little water as possible until they are just done. Drain and pour into a blender. Run until you have a smooth puree. Scrape this puree into the top part of a double boiler (over boiling water), add the butter, salt, and pepper, and heat until the butter is melted and well combined with the peas.

GRATED POTATO CASSEROLE

- 1 cup milk
- 3 eggs
- 1-1/2 tsps. salt
- 1/8 tsp. pepper
- 1 cup cubed cheddar cheese
- 2 tbsps. soft butter
- 1 small onion, quartered
- 4 medium potatoes, pared and cubed

Preheat oven to 350°. Grease 1-1/2 quart casserole. Put all ingredients in blender in order listed. Cover and run on high just until all potatoes go through the blades. Pour into casserole and bake 1 hour.



POTATO GOURMET

- 1 pck. Ore-Ida Potatoes O'Brien
- 1 pint sour cream
- 1 can Cream of Chicken Soup
- 10 oz. sharp cheddar cheese, grated
- 1/4 stick melted margarine

Mix all ingredients and bake 1 hour at 325°

POTATO NESTS

1 lb. creamed potatoes
4 eggs

Seasoning
1 oz. grated cheese

Pipe a border of creamed potato around 4 scallop shells or dishes (or put the potato into a greased heat-proof dish and make 4 wells in it). Break an egg into each dish (or well) and sprinkle with salt, pepper and grated cheese. Bake in a moderate oven (350") until the eggs are set - about 10 to 15 minutes.



BAKED SWEET POTATOES

Scrub sweet potatoes. Bake at 375" to 400" for 40 to 45 minutes. Add butter, salt, and pepper to taste.



Use what talents you possess: The woods would be *very* silent if no birds sang there except those who sang best.

Henry Van Dyke

SWEET POTATO BERRIED TREASURE PUFFS

Whip together one 1 lb. 2-oz. can sweet potatoes, one 8-3/4 oz. can crushed pineapple, drained, 1 egg, 2 tbsps. melted butter, 1/2 tsp. salt, dash pepper, and 1/4 tsp. ground nutmeg. Swirl in 1/2 cup cranberry sauce. Spoon into 8 greased ramekins. Top each with 1 tbsp. cranberry sauce. Bake at 375° for 40 minutes.



BLENDED SWEET POTATOES

1/2 cup milk or chicken soup * or non-dairy creamer
 1 egg
 1/4 cup soft butter
 3/4 cup brown sugar
 1/2 tsp. salt, ginger, cinnamon
 3 cups cooked sweet potato or 1 large can

Put ingredients in blender and blend well. Heat a few minutes until egg cooks. *Strain* if needed.



MASHED SWEET POTATOES

Peel hot cooked sweet potatoes. Mash. Beat until fluffy gradually adding hot milk as needed. Beat in salt, pepper, and butter to taste.

SWEET POTATO SOUFFLÉ

6 egg yolks
 3 cups cooked sweet potatoes (yams)
 1/2 cup table cream
 1 cup milk
 1/2 tsp. salt
 1 cup butter
 1 tsp. vanilla
 1 tsp. cinnamon
 6 egg whites (stiffly beaten)

Whip egg yolks and sweet potatoes until well blended. Add cream, milk, salt, butter, vanilla and cinnamon, beating at high speed for 1 minute. Fold in egg whites and pour into baking dish. Bake at 375° for 45 minutes.

Variations: Try, 3 cups of cooked carrots, butternut or acorn squash, pumpkin or strained cream corn (may use small jars of Hines or Gerber strained corn to equal 3 cups).



RICOTTA SPINACH BAKE

1 bunch fresh spinach or 1 10-oz. pkg. frozen spinach
 1 cup Ricotta cheese
 Nutmeg, grated
 1 cup Parmesan cheese, grated
 1 cup cream and 1 cup milk, or 2 cups half & half
 4 eggs, lightly beaten
 Salt and pepper

Wash spinach and cook for a few minutes. Squeeze out all liquid and chop: should be about 3/4 cup. Combine spinach with Ricotta, a little nutmeg and 1/2 cup of Parmesan cheese. Pour over the bottom. Combine eggs with cream, milk, salt and pepper. Pour over Ricotta-spinach mixture. Sprinkle with remaining Parmesan and bake at 375° for 30 minutes, or until a knife inserted in the center comes out clean. Let sit 10 minutes before serving.

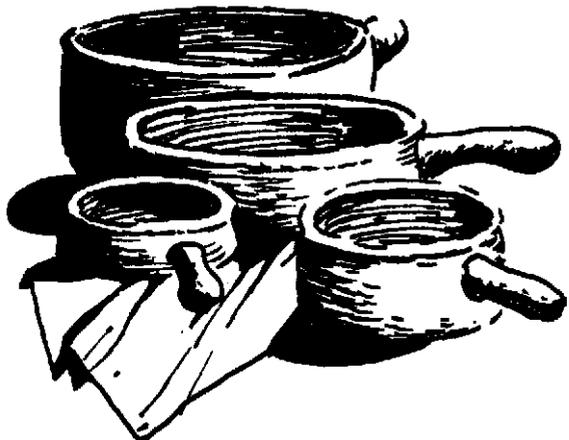
SPINACH SOUFFLÉ

2 tbsps. mayonnaise
2 tbsps. flour
1/2 cup milk
1/2 10 oz. pkg. frozen spinach, chopped, cooked and drained
1/4 tsp. onion powder
1/4 tsp. nutmeg
Black pepper to taste
6 egg whites
3 tbsps. Parmesan cheese

In small heavy saucepan, melt margarine. Blend in flour. Cook until mixture is smooth and bubbly. Remove from heat and gradually stir in milk.

Return to heat and bring mixture to a boil, stirring constantly. Cook 1 minute. Remove from heat, stir in spinach, onion powder, nutmeg and pepper.

Beat egg whites until stiff, fold gently into spinach mixture. Sprinkle with parmesan. Pour into 1 3/4 quart casserole. Bake at 350° for 35 minutes.



MASHED SQUASH

5 yellow squash	1/4 tsp. onion powder
1/2 large bell pepper, chopped	1 tbsp. or more bacon drippings
Salt and pepper to taste	2 tbsps. water

Boil above ingredients until tender. Mash, then continue to boil (remove lid from saucepan) until practically no liquid remains.



COLD TOMATO ASPIC APPETIZER

3/4 cups tomato juice or V8 juice	1/2 bay leaf
1/2 tsp. salt	2 celery ribs with 1/4 of the leaves (remove strings)
1 tsp. paprika	1 tbsp. gelatin (unflavored)
3/4 tsp. sugar	1/4 cup cold water
1 tbsp. lemon juice	

Combine all ingredients thoroughly *except gelatin and water*. Simmer combined mixture for 30 minutes. *Strain* mixture and save the juice. Soak gelatin in water. Dissolve gelatin water in strained hot juice. Add 1/2 cup of water. Chill in molds. Garnish with a twist of lime.

Variations: Use 3/4 cup of any vegetable juice.

BAKED SQUASH CASSEROLE

2 lbs. zucchini or yellow summer squash	3 tbsps. onion, chopped fine
2 tps. parsley flakes	3 eggs, beaten
Salt and pepper to taste	1/2 to 1 tsp. Tabasco sauce

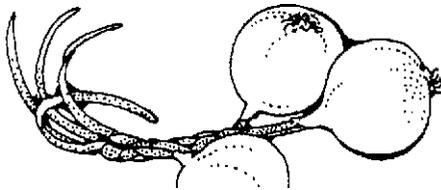
Slice squash in 1/2 inch pieces. Cover with water and bring to a boil. Boil 3 minutes or until tender. Drain well, add onion, eggs and seasoning. Mix until well blended. Butter a 1 quart casserole dish and add squash mixture into the casserole. Dot with butter. Bake at 350° for 35 to 40 minutes or until brown.



CREAMY TOMATO MOLDS

1 (3 oz.) pkg. lemon-flavored gelatin
 2/3 cup hot tomato juice
 2/3 cup cold tomato juice
 2/3 cup cream-style cottage cheese
 1/3 cup mayonnaise
 1/8 tsp. celery salt
 1 tbsp. lemon juice
 1/2 tsp. salt

In blender, GRIND gelatin and hot tomato juice 40 seconds. Add all remaining ingredients and GRIND 15 seconds longer. Turn into 4 or 5 individual molds or an 8-inch square pan and chill firm. Serve with mayonnaise if desired.



....

“Life is like eating an onion — you peel off one *layer* at a time and sometimes you weep.”

Carl Sandburg

DESSERTS



LEMON CHEESE CAKE

1/4 cup lemon juice
 4 pkgs. (3 oz. each) cream cheese
 2 eggs, beaten
 3/4 cup granulated sugar

Combine lemon juice and cream cheese. Cream well. Add beaten eggs and sugar. Beat until fluffy. Bake at 350° for 15 to 20 minutes. Remove from oven; cool 5 minutes.

TOPPING

1 tbsp. sugar
 1 tbsp. grated lemon rind
 1 cup sour cream

Mix together. Spread over pie. Return to oven and bake 10 minutes. Chill at least 5 hours before serving. Decorate top with lemon slices, if desired.



LEMONY LIGHT CHEESE CAKE

2 envelopes unflavored gelatin
 1/4 lemon (pulp only)
 1/2 cup hot milk
 1/3 cup sugar
 2 egg yolks
 1 (8 oz.) pkg. cream cheese, cubed and softened
 1/2 cup heavy cream
 1 cup cracked ice

In blender, grind gelatin, lemon and hot milk for 40 seconds. Add sugar, egg yolks and cream cheese. Mix 30 seconds. Scrape sides of container with rubber spatula. Mix 20 seconds adding cream and ice. Continue to push mixture to center. Pour into 9 inch layer cake pan. Chill until firm.

APPLE CUSTARD

3/4 cup hot milk
 1/3 cup diced cooked, peeled apple
 1 tbsp. honey
 1 egg

Blend all ingredients well and strain to remove apple pieces. Place in custard cups. Bake in a pan of hot water in 325" oven for 40 minutes, (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15 to 20 minutes over low heat making sure water boils slowly.)

Remove skin from top of custard and serve.



BAKED CARAMEL CUSTARD

1 cup sugar
 4 cups milk, scalded
 6 eggs
 2 tsps. vanilla
 1/2 tsp. salt

Melt sugar in small heavy skillet over medium heat until it forms an amber-colored syrup. WHIP in blender scalded milk, eggs, vanilla and salt 10 seconds, adding sugar syrup through opening in top while motor is running. Pour into shallow 1-1/2 quart baking dish. Set baking dish in shallow pan on oven rack. Pour hot water into outer pan until 1 inch deep. Bake in moderate oven (350") 1 hour or until knife inserted in center comes out clean. Remove from water and cool on rack.

COTTAGE CHEESE CUSTARD

3/4 cup hot milk
1/3 cup cottage cheese
Dash nutmeg
1 tbsp. honey
1 egg

Blend all ingredients well. Divide into 3 custard cups. Bake in a pan of hot water in 325° oven, about 40 minutes, (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15-20 minutes over low heat making sure water boils slowly).

Remove skin from top of custard and serve.



EGG CUSTARD

4 eggs
1 cup sugar
1 tsp. nutmeg
1-1/2 cups milk
Dash salt

Beat eggs; add sugar, nutmeg, milk, and salt. Mix and place in custard cups. Bake for 30 minutes at 350°. (Place cups in pan of hot water).

PINEAPPLE RICE CUSTARD

- 2/3 cup milk
- 1/2 cup cooked rice
- 1 egg
- 1/3 cup canned crushed pineapple

Blend all ingredients well and *strain*. Place in custard cups. Bake in a pan of hot water in 325° oven for 40 minutes (or on a rack inside a saucepan making sure to add enough water to come 1 inch above rack. Cover and cook on top of stove 15-20 minutes over low heat making sure water boils slowly).

Remove skin from top of custard and serve.



PUMPKIN CUSTARD

- 1 1/2 cups cooked pumpkin (see note below)
- 2 large eggs
- 1 1/2 cups evaporated milk (or evaporated skim milk)
- 1/4 cup flour (or whole wheat flour)
- 1/2 cup sugar
- 1/2 tsp. ginger
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1/4 tsp. salt
- 1/2 tsp. vanilla

(For pumpkin, you may substitute an equal amount of hubbard squash or puréed carrots. The squash makes a sweeter pie and sweetening may need to be adjusted to taste for different ingredients.)

Add well-beaten eggs to pumpkin; mix well. Stir in milk. Combine dry ingredients; add to mixture. Add vanilla. Spray custard cups with non-stick coating, pour in custard. Place cups in pan of hot water and bake at 350° for about 1 hour. Test with knife blade; cool on rack and do not serve until cooled to lukewarm.

LIME DIVINE

- 2/3 cup boiling water
- 2 envelopes unflavored gelatin
- 1/2 cup sugar
- 1 (6 oz.) can limeade or lemonade concentrate, thawed
- 2 heaping cups cracked ice

In blender, GRIND water and gelatin 60 seconds. Add sugar and GRIND 5 seconds. Add limeade and ice and SHRED 60 seconds or until ice is crushed. Let stand 1 minute. Spoon into serving dishes.



LIME-PEAR DESSERT

- 1-1/2 quarts boiling water
- 12 oz. lime flavored gelatin
- 2 cans puréed pears
- Whipped topping

Add water to gelatin mix; stir until gelatin is dissolved. Stir in 2 cans puréed pears. Portion into individual molds; chill until firm. Top each portion with whipped topping.



PEACH MELBA

Fill tart shells with puréed peaches. Spoon melted raspberry jelly over top. Chill; garnish with whipped topping.

APRICOT CHIFFON PIE

2 eggs, separated
 2 tbsps. sugar
 2 envelopes unflavored gelatin
 1/2 cup strained apricots
 1/2 cup orange-juice concentrate or apricot nectar
 1/2 cup hot milk
 1/4 cup sugar
 1 cup heavy cream
 1 heaping cup cracked ice

Beat egg whites with electric or rotary beater until soft peaks form. Gradually add the 2 tablespoons sugar and continue beating until stiff. In blender, GRIND gelatin, apricots, orange-juice concentrate or apricot nectar and hot milk 40 seconds. Add sugar and egg yolks and GRIND 15 seconds. Add cream and SHRED 40 seconds, gradually adding ice through opening in top while motor is running. Fold apricot mixture into beaten egg whites until smooth. Pour into chilled glasses. Chill until firm, at least 4 hours.



CHEESECAKE PIE

2 (8 oz.) pkgs. cream cheese, cut up
 2/3 cup sugar
 3 eggs
 1/4 tsp. almond extract
 1 cup dairy sour cream
 3 tbsps. sugar
 1 tsp. vanilla

Beat together cream cheese, the 2/3 cup sugar, eggs, and almond extract. Pour into an ungreased 9-inch pie plate. Bake in a 350° oven about 35 minutes.

In a small bowl stir together sour cream, the 3 tablespoons sugar, and vanilla; spread atop cheese mixture. Cool. Cover and chill at least 1 hour. Cut into wedges to serve.

CHOCOLATE CHIFFON PIE

1 cup evaporated milk, chilled icy-cold
 1 envelope unflavored gelatin
 3/4 cup sugar
 1/8 tsp. salt
 1 egg yolk
 3/4 cup milk
 3 (1 oz.) squares unsweetened chocolate, cut in 4 pieces each
 1 tsp. vanilla or mint flavoring

In blender, WHIP evaporated milk 60 seconds or until stiff, being careful not to overbeat. Empty into a bowl and chill while preparing filling. BEAT all remaining ingredients, except vanilla, 20 seconds. Empty into saucepan and cook and stir over medium heat just until mixture begins to steam. Do not *boil*. Return to container and BLEND 40 seconds or until smooth. Pour into bowl and chill until mixture mounds when spooned. Fold in whipped milk and vanilla. Pour into parfait glasses and chill until firm. Garnish with whipped cream, if you wish.



FROZEN CRANBERRY VELVET PIE

18-oz. pkg. cream cheese, softened
 1 cup whipping cream
 1/4 cup sugar
 1/2 tsp. vanilla
 1 (16 oz.) can cranberry sauce

Beat cream cheese until fluffy. Combine whipping cream, sugar and vanilla; whip until thickened but not stiff. Gradually add to the cream cheese, beating until smooth and creamy. Fold the cranberry sauce into the whipped mixture. Freeze until firm. Remove from freezer 10 to 15 minutes before serving. To serve, top with additional whipped cream.

EGG NOG PIE

1 cup milk
 1 pkg. instant vanilla pudding
 1-1/2 tsps. rum flavoring
 1 cup whipping cream

Whip the cream until stiff and refrigerate. Combine the pudding, milk and flavoring; beat until consistency of whipped cream, but do not overbeat. Combine with whipped cream, folding method. Refrigerate for 2 to 3 hours. Sprinkle the top of pie with nutmeg.



IMPOSSIBLE PIE

4 eggs
 1 stick butter
 2 cups milk
 1/2 cup sugar
 1 tsp. coconut extract
 1/2 cup Bisquick
 1 tsp. vanilla

Put all the above in blender and blend for 2 minutes. Bake in 9" pie plate that has been buttered and floured. Bake 45 minutes at 375°. Chill for 3 hours.



*"The use of my brain seems assured.
 This, it seems to me, is the essence of
 life."*

Senator Jacob K. Javits

KEY LIME PIE

Butter Crunch Crust:

1/2 cup butter
1/4 cup brown sugar, packed
1 cup flour, sifted

Combine all ingredients and mix well. Spread in a 13x9" pan and bake at 400° for 12 to 15 minutes until golden. Stir immediately and press into a 9" pie pan and cool.

Filling:

1 can Eagle Brand sweetened condensed milk
4 egg yolks
1/2 cup key lime juice or 1/4 cup lime and 1/2 cup lemon juice
1 large egg white, beaten stiff

Combine milk, egg yolks and juice; fold in beaten egg white. Pour into crust.

Meringue:

3 egg whites
6 tbsps. sugar
1/2 tsp. cream of tartar

Beat egg whites; gradually add sugar and cream of tartar and beat until stiff and glossy. Cover filling with meringue. Bake pie at 350° until meringue browns.

LEMONADE ICE-BOX PIE

1 can (5-3/4 oz.) concentrated lemonade (pink)
 1 can Eagle Brand sweetened milk
 1 small carton Cool Whip (4-3/4 oz.)

Mix lemonade and Eagle Brand together until smooth. Fold in Cool Whip. Place in refrigerator for several hours to firm.



POTS DE CRÈME

1 cup semisweet chocolate chips
 1-1/4 cups light cream - scalded
 2 egg yolks
 1 tsp. rum extract

Put all ingredients into blender, cover and process at purée speed until smooth. Pour into cups, cover and chill 3 hours until of a pudding-like consistency.



Life would be infinitely happier if we could only be born
 at the age of 80 and gradually approach 18.

Mark Twain

QUICK CHEESE PUDDING

1 (8 oz.) cream cheese, softened
 2 cups milk
 1 pkg. instant pudding mix - 3-1/2 oz. size

Mix cream cheese with 1 cup milk until very soft. Mix the other cup of milk with instant pudding. Mix all together. Chill.

Variations: lemon
 chocolate
 use 1 cup sour cream and 1 cup milk



FRUIT PARFAIT PUDDING

Alternate layers of prepared vanilla, tapioca or rice pudding with pureed fruit in parfait glasses. Garnish with whipped topping and a dash of cinnamon or nutmeg.



*If I am not for myself, who will be?
 But if I am only for myself,
 What am I?
 If not now, then when.*

Talmud

LEMON PUDDING

3 egg whites
1/4 cup sugar
1-1/4 cups milk
1 cup sugar
3 egg yolks
1/4 cup butter or margarine, softened
1 lemon (fruit only)
1/2 cup flour

Beat egg whites with rotary or electric beater until foamy. Gradually add 1/4 cup sugar; continue beating until stiff. In blender, GRIND milk, sugar, egg yolks, butter and lemon 30 seconds, adding flour through opening in top while motor is running. Pour over whites; fold in. Spoon into 8 buttered custard cups. Place cups in pan of hot water; bake in moderate oven (350°) 40 minutes. Cool, unmold.



CANTALOUPE SHERBET

2 cups very ripe cantaloupe, cubed
2 cups buttermilk
1 cup corn syrup
1 tsp. vanilla

Purée the cantaloupe in blender or food processor until smooth. Set aside. Blend together buttermilk, corn syrup, and vanilla. Freeze until almost firm, place mixture in food processor bowl and blend until smooth. Slowly add puréed cantaloupe. Return sherbet to freezer and freeze until firm.

CRANBERRY SHERBET

1 lb. cranberries

1/2 cup boiling water

1 tsp. gelatin

1/4 cup cold water

2 cups sugar

1 pint ginger ale

Cook together cranberries and boiling water. Strain. Soak gelatin in cold water, add sugar and ginger ale. Chill in freezing tray; before it gets stiff, beat well. Return to tray and freeze.



BLENDER SNOW CONES

4 cups cracked ice

2 cups cold water

1/2 cup fruit-flavored syrup*

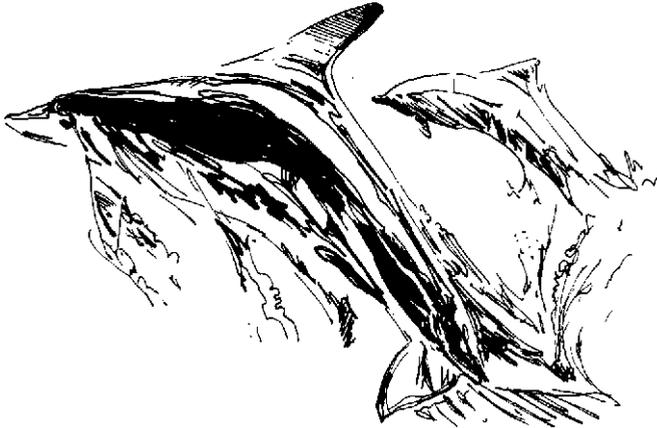
GRIND ice and water about 1 minute, stopping motor once or twice to push ice to blades. Turn into sieve or colander and let drain briefly, then pile ice in 4 paper cups or cones. Drizzle about 2 tablespoons syrup over each cone and serve at once.

*Use bottled table and pancake syrups (raspberry, blueberry, boysenberry, etc.) available at your supermarket, or flavor light corn syrup with extracts or flavorings to taste and food coloring as desired. (Examples: peppermint extract and red food coloring; orange extract and orange food coloring; banana extract and yellow food coloring; lemon extract and yellow food coloring; spearmint extract and green food coloring.)

SWISS YOGURT

1 envelope unflavored gelatin
1/4 cup water
2 cups yogurt, smooth (NO skins or seeds)
1 cup whipping cream
1/2 cup sugar

In medium saucepan, sprinkle gelatin in water; heat slowly, stirring to dissolve gelatin. Remove from heat; stir in yogurt. In small mixer bowl, whip cream until soft peaks form. Gradually add sugar and continue beating until stiff. Fold into yogurt mixture. Pour into dessert dishes. Chill 2 hours or until set.



Nature tries all of us; she is continually hunting our weak points and testing them to breaking, and the strong are subjected to the more and harder tests.

William Feather

HELPFUL HINTS DESSERTS

TIME SAVERS:

1. An easy enhancer to vanilla desserts is the prepared fruit pie fillings. Pour whole container or pie filling in blender and blend. You will have to strain out the seeds and skins in berry fillings. Keep in the refrigerator as a topping.

DID YOU KNOW...

1. It is difficult to grind coconut fine enough to omit choking. If coconut is a favorite, try "cream of coconut" or artificial flavoring mixed in vanilla mixtures.

TO INCREASE CALORIE INTAKE:

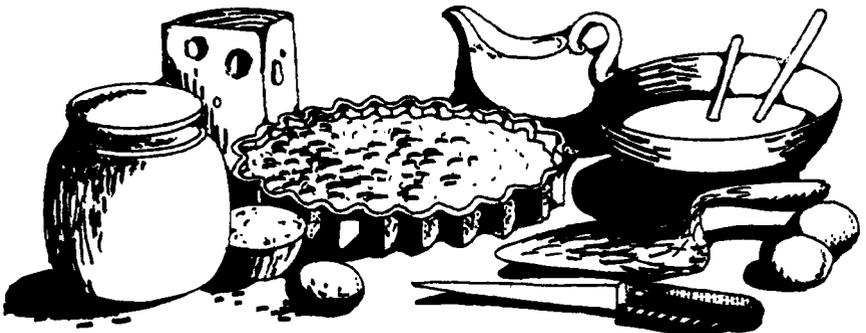
1. Sustacal pudding (obtain from drug store)
2. Forta pudding (obtain from drug store)
3. Vanilla Ensure Plus or Half and Half instead of milk in recipes.
4. Enrich (obtain from drug store) * increases fiber.

THINGS TO TRY:

1. Frozen cream pie (no crust)
2. Pureed apple pie
3. Ice cream
4. Lemon pudding (good to add crushed or liquid multivitamins)
5. Prepared puddings (butterscotch/chocolate/vanilla)

NOTES:

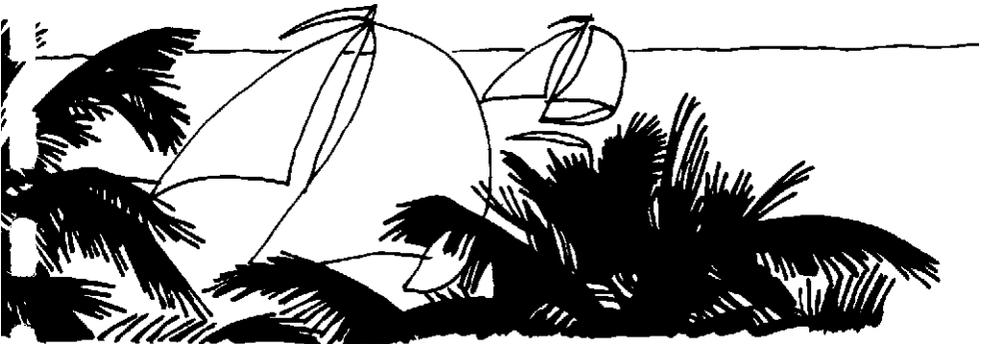
HELPFUL HINTS



GENERAL HELPFUL HINTS

1. Electric baby plate for keeping food warm.
2. Cookbooks that might be helpful:
 - Non-Chew Cookbook
by J. Randy Wilson, 1985
Wilson Publishing Company
P.O. Box 2190
Glenwood Springs, Colorado 81602
(303)945-5600
 - Blender Cookbook by Oster
 - Soufflé Spectaculars
by Irena Chalmers, 1978
Potpourri Press
P.O.Box 10129
Greensboro, North Carolina 27404-0129
3. Add high protein foods such as milk, cheese, egg, or sour cream to other dishes to increase protein and calorie intake as well as thicken to proper consistency.
4. Use thickening agents such as gelatin, pudding, custard, etc. to help thicken foods and liquids for easier swallowing.
5. Use nondairy creamer in place of milk if milk causes excessive mucous. It can be found in the frozen food section at the grocery store and can be kept frozen at home until ready for use.
6. *Strain* almost everything before attempting to eat to remove seeds, skins, etc. Purchase several strainers with a mesh size close to that of screen wire.

7. Use a blender versus a food processor to get the most acceptable consistency. Be sure to have the blender blades replaced from time to time as they can become dull with extended use. Replacement blades can be purchased at hardware and department stores.
8. Self closing freezer bags can be used to store and freeze blended and puréed foods for future use. These bags can be filled, labeled with name of item and date, and stacked in the freezer. Foods can then easily be reheated in the microwave or by putting it into boiling water. Bags can be washed and reused.
9. Straws are a useful tool in allowing the individual to maintain independence as long as possible. Varying the length of the straw and taking small sips can also be of benefit.



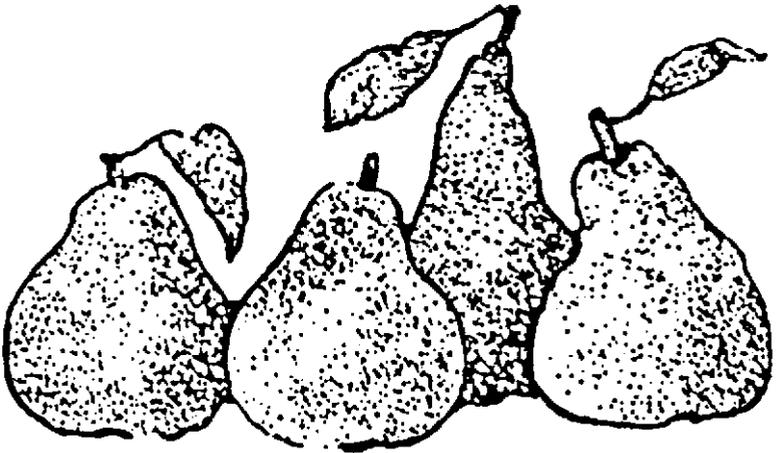
HOW TO INCREASE CALORIES

1. Add margarine or butter to menu items whenever possible.
2. Use sour cream in sauces and on meats, vegetables, and starches.
3. Use cream cheese in desserts, dressings, breads, and sauces.
4. Use whipped cream in puddings, pies, or gelatin desserts.
5. Use Half and Half in drinks, puddings, etc.
6. Use marshmallow cream, honey, jelly, sugar, cream of coconut, etc. whenever possible in desserts and drinks.
7. Use frozen cream pies without crust to increase calorie intake.
8. Try a favorite cola drink frozen - drink it before it melts!
9. Take various medications in pill form crushed and mixed in pudding of a favorite flavor.



HOW TO ADD FIBER

1. Use whole grain bread and whole grain cooked cereals when possible.
2. Add “well soaked” bran to cooked cereals, soups, casseroles, etc.
3. Add brown rice to casseroles, (with gravy or sauce).
4. Use oats or crushed, soaked bran in preparing meatloaf.
5. Be sure that the intake of water is adequate (6 - 8 glasses per day) when increasing the fiber content.



SAMPLE MENUS



SAMPLE MENU

MEATLOAF CONSISTENCY DIET

	Calories	Protein
BREAKFAST	899.....	37
*Orange juice with gelatin (p. 16)		
*Breakfast Sausage Hash (p. 66)		
Soft scrambled eggs		
Wheat toast (no crust) with margarine		
*Custard Nog (p. 18)		
LUNCH	1044.....	29
*Rice Krispie Balls with Deviled Ham (p. 65)		
Chopped Italian green beans		
Wheat bread and margarine		
*Lime Divine (p. 98)		
*Extra Thick Shake (p. 18)		
DINNER	1344.....	39
*Fresh Pea Soup (p. 38)		
*Impossible Seafood Pie (p. 67)		
Chopped glazed carrots		
Wheat bread with margarine		
*Quick Cheese Pudding (p. 104)		
*Strawberry-Banana Milk Shake (p. 19)		
PMSNACK	369.....	9
*Yogurt Pineapple Smoothie (p. 24)		
Total: 3656		114



SAMPLE MENU

PUDDING CONSISTENCY DIET

	Calories	Protein
BREAKFAST	772.....	25
*Fruit Drink (p. 15)		
*Potato Nests (p. 86)		
Cooked cereal with cream, margarine		
*Custard Nog (p. 18)		
MID-MORNING SNACK.....	625.....	7
*Creamy Milk Shake (p. 18)		
LUNCH	909.....	32
*Thickened Strained Cream Soup (p. 35)		
*Chicken In A Zip (p. 51)		
Spinach Souffle (frozen)		
*Pots de Creme (p. 103)		
*Fruit Drink (p. 15)		
DINNER	1005.....	34
*Thickened Strained Cream of Mushroom Soup (p. 36)		
*Steak Purée with Gravy (p. 67)		
Whipped potatoes with margarine		
*Carrots With a Twist (p. 83)		
*Lemony Light Cheese Cake (p. 94)		
*Nectar with Strained Fruit (p. 15)		
PM SNACK.....	217.....	.9
*Pineapple Rice Custard (p. 97)		
	Total: 3528	98.9

GLOSSARY

Blend:

To mix thoroughly two or more ingredients in a blender.

Dice:

To cut into small cubes.

Mash:

To reduce to a soft, pulpy state.

Pureed:

Cooked foods made into a paste by processing it through a sieve or in a food processor.

Refined:

Foods that are free of coarse particles.

Strained:

Foods that are forced through a strainer to remove skins and seeds and most of the fiber.

Thickened:

Increasing the density of foods.

MEASUREMENTS AND EQUIVALENTS

1 tsp.	=	1/3 Tbsp.	8 oz.	=	1 cup
3 tsp.	=	1 Tbsp.	16 oz.	=	1 lb.
2 Tbsp.	=	1/8 cup	2 cups	=	1 pt.
4 Tbsp.	=	1/4 cup	4 cups	=	1 qt.
8 Tbsp.	=	1/2 cup			
16 Tbsp.	=	1 cup			
Dash	=	less than 1/8 tsp.			

Oven temperatures:

Very slow oven	-	250° - 300° F
Slow oven	-	325° F
Moderate oven	-	350° - 375° F
Moderately hot oven	-	400° F
Hot oven	-	425° - 450° F
Very hot oven	-	475° - 500° F

1 lb. butter	=	2 cups or 4 sticks
1 cup butter	=	2 sticks
1/2 cup butter	=	1 stick

