

Connie Baker's FOOD features

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CANNED CELERY SOUP makes an easy sauce for this tasty Lenten main dish, Sunbonnet Casserole.

Eggs, Noodles Combine For Tasty Lenten Dish

Eggs and noodles bake together in a celery sauce to produce a tasty Lenten dish, Sunbonnet Casserole. You'll find it a nice change-of-pace for a meatless meal.

Serve Sunbonnet Casserole with a big tossed green salad and crunchy hard rolls. Bake a lemon pie for dessert.

Let noodles, macaroni and spaghetti lighten the task of planning pre-Easter meals. Combine these good durum wheat products with cheese, eggs, fish or other seafoods. All these foods taste even better with macaroni foods as flavor companions.

When you stock your shelf with noodles, macaroni and spaghetti, buy the best. Quality macaroni products are those made from durum wheat semolina. Look for the label on the package that makes

this assurance of top cooking quality and flavor.

SUNBONNET CASSEROLE
4 ounces medium noodles
1 1/2 cups condensed cream of celery soup (10 1/2-ounce can)
1/2 cup milk

A combination of cheeses makes Tuna Triumph extra-flavorful:
4 ounces spaghetti
1 1/2 cups condensed cream of mushroom soup (10 1/2-oz. can)
2 1/2 cup milk
1 cup chunk-style tuna (7-ounce can)
1/4 cup chopped pimiento
1 cup shredded processed cheese (1/4 pound)
2 tablespoons grated Parmesan cheese

Add 2 teaspoons salt and spaghetti to 3 cups boiling water. Boil rapidly, stirring constantly for 2 minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, blend soup and milk. Add tuna and pimiento. Rinse spaghetti with warm water and drain well. Place spaghetti in greased 1-quart baking dish. Pour soup mixture over spaghetti and mix lightly. Sprinkle cheeses over top.

Bake in moderate oven (375 degrees F.) until mixture is bubbly and cheese is melted and lightly browned (about 30 minutes).
Makes 4 servings.

4 hard cooked eggs, diced
1/4 cup chopped green pepper
2 tablespoons chopped onion
1 tablespoon chopped pimiento
1/4 cup buttered bread crumbs

Add 2 teaspoons salt and noodles to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, combine celery soup and milk and mix well. Add eggs, green pepper, onion and pimiento. Rinse noodles with warm water and drain well. Fold noodles into egg mixture.

Pour into greased 1-quart casserole or 4 individual casseroles. Sprinkle with bread crumbs. Bake in moderate oven (350 degrees F.) until lightly browned (about 20 minutes). Garnish with egg slices, if desired.
Makes 4 servings.

Here Are Tips For Meatless Lenten Meals

The Lenten season is the time for homemakers to make plans for meatless meals during the pre-Easter period. Macaroni, noodles and spaghetti, with their ability to combine appealingly with cheese, eggs, fish and seafoods, can play an important role in your food plans.

When you buy these macaroni foods for the weeks ahead, select them for quality in flavor and quality in cooking. So make sure the label on each package indicates that the contents are "made from durum wheat semolina."

A tasty vegetable - cheese sauce is featured in Country Kitchen Macaroni.

COUNTRY KITCHEN MACARONI
4 ounces elbow macaroni
2 tablespoons butter or margarine
2 tablespoons enriched flour
1 teaspoon salt
1 teaspoon Worcestershire sauce
1/4 teaspoon Tabasco
1 cup milk
1 cup creamed cottage cheese
2 tablespoons chopped chives or onion
1/2 cup sliced stuffed olives
1 cup cooked peas
1-3 cups buttered corn flake crumbs

Add 2 teaspoons salt and macaroni to 3 cups boiling water. Boil rapidly, stirring constantly for 2

minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, melt butter or margarine in saucepan. Stir in flour, salt, Worcestershire sauce and Tabasco. Gradually add milk and cook until thickened, stirring constantly. Rinse macaroni with warm water and drain well. Fold in all remaining ingredients except crumbs.

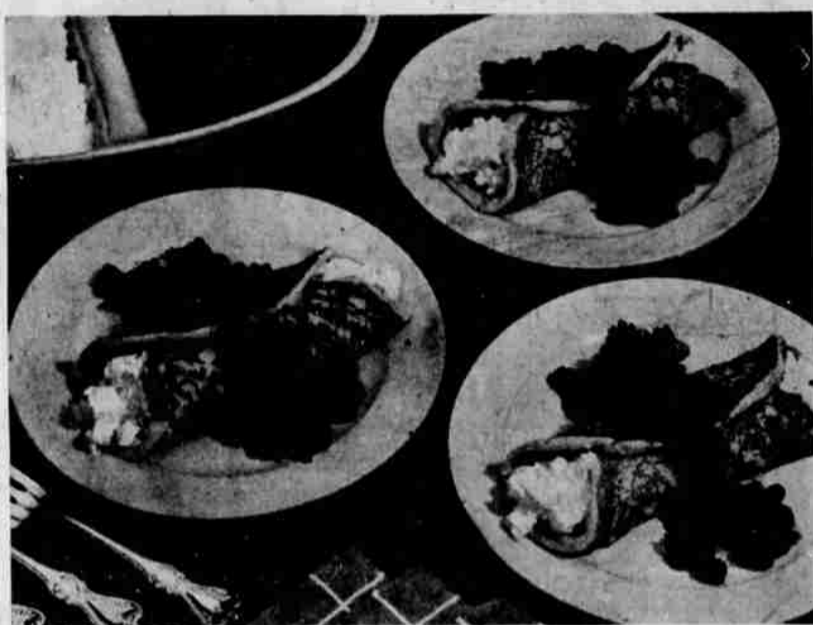
Pour into greased loaf pan, 4 1/2 x 8 1/2 inches. Sprinkle with crumbs. Bake in moderate oven (350 degrees F.) 25 minutes.
Makes 4 servings.

COLORFUL MENU

Here's a colorful Lenten Dinner menu. Star a macaroni and cheese casserole to which diced green pepper and pimiento strips have been added. Accompany it with buttered Brussels sprouts, crusty rolls, cabbage-pineapple slaw, cherry pie and a beverage.

VALUABLE HELPS

Macaroni, noodles and spaghetti are valuable helps in planning meals for Lent. When you buy them, look for the label "made from durum wheat semolina." Durum wheat products have a mild, wheaty flavor; pretty golden firm, never-mushy texture.



PANCAKES DELUXE!—These "Pancakes Deluxe" make a hearty and healthy Lenten supper! Packed with nourishing cottage cheese and served with a luscious Cranberry Relish Sauce, made with flavorful maple-blended syrup, these pancakes are a very special treat for Lenten eating!

Pancakes With A Heart Help Lenten Meals

Lenten suppers that are hearty and healthy, as well as pleasing, are sometimes hard to come by.

So you may well be happy to have this recipe for a one-dish meal that's delicious and has the nourishment you need. A goodly supply of protein in the cottage cheese; carbohydrates in the pancakes; and plenty of vitamins in the delicious Cranberry Relish Sauce. This sauce, made with flavorful maple-blended syrup and cranberries, is not too sweet, not too tart, but just right for a supper or luncheon main dish.

Serve these Pancakes Deluxe and you're sure to please your family!

Pancakes Deluxe
2 cups pancake mix
2 cups milk
1 tablespoon shortening, melted
2 cups cottage cheese
Combine ingredients and mix lightly. Bake 6 large pancakes.

SERVE WITH EGGS

A Macaroni Ring is ideal to serve with creamed eggs or vegetables during Lent. Add 2 teaspoons salt and 4 ounces elbow macaroni to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, melt 2 tablespoons butter or margarine in saucepan. Stir in 2 tablespoons enriched flour and 1/2 teaspoon salt. Add 1 1/2 cups milk and cook, stirring constantly, until thickened. Pour white sauce into 2 beaten eggs. Rinse macaroni with warm water and drain well. Fold macaroni and 2 tablespoon chopped parsley into sauce mixture.

Pour into well-greased 9-inch ring mold and set in pan of hot water. Bake in moderate oven (350 degrees F.) 45 minutes. Makes 4 servings.

using about 2-3 cup batter for each. As each pancake is baked, roll up and keep warm while remaining pancakes are being baked. Then unroll, spread each with about 1-3 cup cottage cheese, and roll again. Serve immediately with warm Cranberry Relish Sauce. Makes 6 pancakes or 6 servings.

Cranberry Relish Sauce
1/4 medium-sized lemon
2 cups raw cranberries
1 cup maple-blended syrup
Remove seeds from lemon. Put lemon and cranberries through grinder, using medium blade. Add maple-blended syrup and mix well. Chill in refrigerator several hours or longer to blend flavors. Heat (do not boil) and serve warm with Pancakes Deluxe. Makes 2 1/2 cups sauce.

PEARADISE FESTIVAL CAKE
6 canned pear halves
1 package white cake mix
Assorted fruit-flavored gelatin
1 cup whipping cream
2 tablespoons sugar
1 teaspoon vanilla
Jelly or jam

Follow directions on package for cake mix. Bake in 2 9-inch round layer cake pans. When done, cool thoroughly. Drain pears and halve lengthwise. Roll in dry gelatin, coating each slice well. Place on absorbent paper.

Chill cream, bowl and beaters. Beat until cream begins to stiffen, add sugar and vanilla; beat until stiff. Spread one layer of cake with jelly or jam. Top with second layer. Frost sides and top with whipped cream. Top with pear slices.
Serves 12.

NEW DELIGHT

A delight to busy homemakers or amateur cooks are the many varieties of cake mixes. Add 1/4 cup chopped walnuts to new apple chip cake mix and bake in square pan. Top each serving of warm cake with vanilla ice cream and generous sprinkling of chopped walnuts.

TASTY TOPPING

A tasty topping improves any macaroni, noodle or spaghetti casserole. Try this one, made by combining 1/4 cup buttered enriched bread crumbs and 2 tablespoons Parmesan cheese.

Or, mix 1/4 cup enriched bread crumbs with 1 tablespoon melted butter or margarine, 2 tablespoons finely chopped parsley, 1/2 teaspoon crumbled basil, 1/2 teaspoon crumbled oregano and a dash of pepper.

ADD RAISINS

When making fresh cranberry-orange relish this year, add the sweet goodness of raisins. Put raisins through food chopper with cranberries and orange, and use smaller amount of sugar to sweeten.

USE VARIETY

Confetti Casserole is an attractive variation of macaroni and cheese. Add 2 teaspoons salt and 4 ounces elbow macaroni to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, melt 1/4 cup butter or margarine in saucepan. Stir in 1/4 cup enriched flour and 1 teaspoon salt. Add 2 cups milk and cook until thickened, stirring constantly. Add 1/2 cup shredded American cheese and stir until melted.

Rinse macaroni with warm water and drain well. Fold macaroni, 1/4 cup diced pepper, 4 tablespoons diced pimiento and 3 hard-cooked eggs, sliced, into cheese sauce.

Pour into 1-quart casserole. Sprinkle with buttered bread crumbs. Bake in moderate oven (350 degrees F.) 15 to 20 minutes. Makes 4 servings.

HEARTY DISH

Venetian Onion Soup is just the hearty dish for a luncheon. Melt 1/4 cup butter or margarine in large saucepan. Add 2 cups sliced onions and cook gently, stirring frequently until onions are lightly browned. Add 4 bouillon cubes, 1 quart hot water, 1 teaspoon Worcestershire sauce and 1/2 teaspoon salt. Bring to boiling.

Add 4 ounces elbow spaghetti and stir about 1 minute, until bouillon cubes are dissolved. Cover and simmer gently about 20 minutes. Serve hot with grated Parmesan cheese.
Makes 4 large servings.

STUFFED GREEN PEPPERS LENTEN STYLE
4 ounces long spaghetti
6 medium green peppers
3 tablespoons butter or margarine
1/2 teaspoon salt
1/2 cup milk
1 cup shredded American cheese (4 ounces)
1/2 teaspoon dry mustard
2 tablespoons chopped pimiento
2 diced hard-cooked eggs

Add 2 teaspoons salt and spaghetti to 3 cups boiling water. Boil rapidly, stirring constantly, for 2 minutes. Cover, remove from heat and let stand 10 minutes.

Meanwhile, cut thin slices from end of peppers. Remove seeds, wash and parboil in salted water about 5 minutes. Melt butter or margarine in saucepan. Stir in flour and salt. Add milk and cook until thickened, stirring constantly. Add cheese, mustard and pimiento. Fold in eggs.

Rinse spaghetti with hot water; drain. Gently stir spaghetti into sauce. Fill peppers with mixture. Bake in moderate oven (350 degrees F.) 20 to 25 minutes.
Makes 6 servings.



TUNA TIMBALES WITH MUSTARD SAUCE: A zesty mustard sauce close at hand is all ready to be spooned over these hot and flavorful tuna timbales. Besides tuna the timbales have canned peas, soft bread crumbs, an egg, evaporated milk and assorted seasonings to make them tempting and delicious. They get nicely browned during baking and a little pimiento adds a touch of extra color.

Tuna Timbales Are Variation For Popular Fish

Everyone seems to be interested in different ways to use tuna, and tuna timbales is certainly an excellent change. The savory mixture of tuna, peas, soft bread crumbs and seasonings is baked in custard cups for individual servings. At serving time the timbales are easily unmolded and ready for a smooth mustard sauce to be spooned over them.

Evaporated milk and an egg are also in these timbales to act as binders as well as for flavor and to keep them delightfully moist throughout baking. The timbales hold their shape well, but have a nice light texture when they're broken.

The mustard sauce that goes with the timbales also uses evaporated milk so it's smooth and creamy. The pretty yellow of the sauce with flecks of red pimiento in it adds lively color to the timbales.

Tuna Timbales
1 can tuna (6 1/2 or 7 oz.) drained
1 cup canned peas, drained
2 1/2 cups soft bread crumbs
1/2 cup chopped parsley
1 tablespoon chopped pimiento
1 tablespoon lemon juice
1 teaspoon grated onion
1 teaspoon salt
1 egg, slightly beaten
1 cup evaporated milk

Using a fork, flake drained tuna into a medium size mixing bowl. Drain peas, saving liquid for the mustard sauce. Add peas, bread crumbs, parsley and pimiento to the tuna. Sprinkle lemon juice, onion and seasonings over tuna mixture and toss lightly with a fork to mix. Blend the egg and milk together, then mix well into the tuna mixture.

Spoon mixture into 6 lightly buttered custard cups and bake in a preheated moderate oven (350 F.) for about 30 minutes, until a knife inserted in the center comes out clean. When ready to serve, unmold and serve with mustard sauce. Makes 6 servings.

Mustard Sauce
2 tablespoons butter
1 tablespoon flour
1/4 teaspoon salt
1/2 teaspoon pepper
2 tablespoons prepared mustard
1/2 cup liquid drained from peas
1 cup evaporated milk



ROYAL CHICKEN 'N CHEESE ON WAFFLES is ideal for a cozy Sunday night supper or for a hearty brunch over a relaxing weekend.

Let This Dish Be The Star For A Sunday Supper

For a cozy Sunday night supper, or a hearty brunch over the weekend, try our tested recipe for Royal Chicken 'n Cheese on Waffles.

The chicken and cheese sauce is prepared by a quick method developed with instant nonfat dry milk. And the "do-it-yourself" waffles recipe also illustrates another convenient feature of using instant nonfat dry milk — simply adding the powder to the flour and other dry ingredients and then using water as the liquid. Instant nonfat dry milk liquefies immediately, even in ice water, and it is then used just as milk is used — for drinking, cooking and baking.

ROYAL CHICKEN 'N CHEESE ON WAFFLES
(Makes 4 servings)
WAFFLES:
2 cups sifted flour
1/2 cup instant nonfat dry milk powder
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
2 eggs, separated
1-1/3 cups water
6 tablespoons salad oil

Sift together flour, instant nonfat dry milk powder, sugar, baking powder and salt. Beat egg whites until stiff but not dry. Beat together egg yolks, water and salad oil; add dry ingredients. Beat until

blended; fold in egg whites. Bake in waffle iron according to manufacturer's directions.

CHICKEN AND CHEESE SAUCE:
1 1/2 lb. package process Cheddar cheese, shredded
2 1/2 cup water
1-3 cup instant nonfat dry milk powder
1 1/2 cups diced cooked chicken or 2 (8-oz.) cans boned chicken
1/2 cup diced pimientos

Pour water in top of double boiler; add instant nonfat dry milk powder. Stir just until blended. Stir in remaining ingredients. Cook over hot water, stirring constantly, until cheese melts and mixture is thoroughly heated.



"TUNA AND CELERY SOUFFLE" is a delicious, delicately flavored Lenten specialty just right for lunch and dinner. Looks elegant, too. Quick-cooking tapioca keeps it fluffy, tender and high... right up to the last bite.

Here's A Lenten Treat That Never Falls Short

Delightful! Delicious! Delectable! There is just no limit to the adjectives describing this delicately flavored "Tuna and Celery Souffle." It is a main dish you'll surely enjoy serving throughout Lent's many meatless days, especially as the search increases for more nourishing and appetizing meals.

You will enjoy, too, the opportunity this souffle provides to dispense "all souffles fall." This one doesn't, nor will any other when made with quick-cooking tapioca. Tapioca, you will remember, gives a souffle the needed stability to stay high to the last bite.

Try then this fluffy, tender and

pleasingly moist Lenten specialty... adaptable to lunch, dinner and supper menus.

TUNA AND CELERY SOUFFLE
6 tablespoons quick-cooking tapioca
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 tablespoon grated onion
1 cup diced celery
1 1/2 cups milk
1 can (7 ounces) tuna fish, drained and flaked
1 to 2 tablespoons chopped pimiento
3 egg whites
2 egg yolks

Combine quick-cooking tapioca, salt, pepper, onion, celery, and milk in saucepan. Place over medium heat and cook until mixture comes to a boil, stirring constantly. Remove from heat and add fish and pimiento. Allow to cool slightly while beating eggs.

Beat egg whites until stiff. Beat egg yolks until thick and lemon colored. Add tapioca mixture to egg yolks and mix well. Fold into egg whites.

Turn into 3-quart baking dish. Place in pan of hot water and bake in moderate oven (350 degrees F.) 1 hour, or until souffle is firm. Makes 6 servings.