

What's cooking?

Easy meals great for summertime

by SARA SEWELL

Today I am featuring some recipes which can be prepared in a short time for our hot summer days.

Leftover Chicken, Pork or Turkey Casserole

Mix together in a bowl:

1 (3 oz.) can Chow Mein Noodles (Save a few for top of casserole)

1 can mushroom soup

1 can water chestnuts, sliced

1 cup celery, cut fine

1 cup chicken, turkey or pork, cut in small pieces

Grease casserole. Pour in mixture and bake at 350 degrees for 30 minutes. You may add leftover gravy if desired.

If you don't have leftover meat, you can now buy small cans of chicken, turkey or ham. From the files of Nan Lechner, Seattle, Wash.

Eileen's Taco Casserole

1 (10 oz.) pkg. corn chips, crushed

1 1/2 lbs. ground beef
1 medium onion, chopped
2 (8 oz.) cans tomato sauce
1 (16 oz.) can baked beans
1 pkg. taco seasoning
1 small head lettuce, shredded
2-3 chopped tomatoes
1-2 cups shredded cheddar cheese

Put crushed corn chips in 9-inch by 13-inch pan. Brown meat and onion together. Add tomato sauce and beans, then taco seasoning and simmer five minutes. Pour over taco chips.

Add in layers: lettuce, chopped tomatoes and cheese, in that order. Bake 15 minutes at 350 degrees. Delicious. From the files of Eileen Johnson, Mt. Vernon, Wash.

Blueberry Muffins

1 1/2 cups flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup oil

1 egg
1/2 cup milk
1 cup fresh or three-fourths cup drained frozen blueberries

Mix all dry ingredients in a bowl. Add the remaining ingredients, except berries and stir just until mixed. Carefully stir in berries. Don't overmix. Bake at 400 degrees for 20-25 minutes.

One recipe makes eight big muffins if you fill each muffin cup nearly full. From the files of Bernice Mowe, Kent, Wash.

Honey-Lime Dressing for Fruit Salad

1 cup sour cream or whipping cream
1 cup mayonnaise
1 tablespoon lime juice
1 cup sugar or 1/2 cup honey, or some of each
Drop or two green food coloring

Blend well. If desired, add poppy seed or dill seed. This is the chef's recipe from the Yakima Thunderbird Inn and was served at the Ladies' Luncheon of the 1980 Kiwanis District Convention.

Board seeks members

Gov. Vic Atiyeh is seeking consumers of health care to fill "at large" positions on the Oregon Statewide Health Coordinating Council.

The two consumer appointees will serve a full three-year term of office beginning in October, 1981.

The 31-member consumer dominated council is charged to reorganize health services to provide Oregonians with better access to low quality health care. To achieve this end, the council develops a State Health Plan.

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