

FOOD SECTION



Double Fudge Brownies make delicious dessert for school lunches.

Brownies: Quick and Easy

You're in a hurry-hurry! So are the kids! It's the back-to-school hustle-bustle! And it's the time of the year when you need quick, convenient recipes like Double Fudge Brownies.

They are not only double good, but they are also truly double-quick. They are quick enough, in fact, to involve the little ones in the preparation process. They'll slow down long enough to help make the treats that will end up in their lunch boxes. They can help combine the five simple ingredients—a package of chocolate pudding and pie filling mix, a half cup of melted butter or margarine, an egg, a package of Quaker Chocolate Chip Cookie Mix and a half cup of nuts (if desired). And they'll love to lick the bowl!

Quaker Chocolate Chip Cookie Mix is a good friend to have during these busy days. You've discovered how quickly you can make chocolate chip cookies from it. Now you're about to see how it can become an ingredient to produce

other fine baked goods. It's a time-saving product that leaves you precious moments to enjoy family life!

DOUBLE FUDGE BROWNIES

- One 4-oz. pkg. chocolate pudding and pie filling mix
- ½ cup butter and margarine, melted
- 1 egg
- One 15-oz. pkg. Quaker Chocolate Chip Cookie Mix
- ½ cup chopped nuts (optional)

Heat oven to 350°F. Grease 9-inch square baking pan. In large bowl, combine pudding mix and butter. Add egg; beat at medium speed on electric mixer about 30 seconds or until smooth. Stir in cookie mix and nuts, mixing with fork or spoon until ingredients are well blended and dough is stiff. Press into prepared pan. Bake for 22 to 25 minutes. Cool; cut into bars. *Makes one 9-inch square pan of brownies (9 servings).*

Pies are favorite dessert

IF A POLL of the most popular desserts were taken, it's likely the vote would go to that uniquely American dish—pie.

As a favorite finish to a meal, the pie concept is challenge enough to create a variety of flavor and texture combinations. But, you say, you're short on time? That's no problem. Today's marketplace offers so many time- and labor-saving convenience foods and devices that the busiest person can produce imaginative recipes.

Start thinking about your own energy. You can save it if you use it wisely. Accept the ongoing help of a refrigerator; that's where you will "bake" these pies. Check your supply of convenient fruit flavor gelatin, because each pie begins with jello. It combines so beautifully with seasonal fruits and thawed frozen whipped topping in these recipes.

This is a season to rediscover the taste excitement of fluffy gelatin and fruit pies. Count this among your "pies to remember."

STRAWBERRY-BANANA PIE

- 1 medium banana, sliced
- 1 baked 9-inch graham cracker crumb crust, cooled
- 1 package (3 oz.) strawberry-banana flavor gelatin
- ½ cup boiling water
- 2 cups ice cubes
- 1 container (8 oz.) frozen whipped topping, thawed
- 1 cup sliced strawberries

Arrange banana slices in bottom of crust. Dissolve gelatin completely in boiling water, stirring 3 minutes. Add ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Using wire whip, blend in whipped topping; then whip until smooth. Fold in strawberries. Chill, if necessary, until mixture will mound. Spoon over bananas in pie crust. Chill 2 hours. Garnish with additional strawberries and bananas, if desired.

Stew tips for winter days

One-pot stews have a long history and continue to be popular because they are economical and hearty. If we could return to the large plantation of the past, we would likely see a slow simmering stew on the back stove burner.

Brunswick County, Virginia, lays claim to the first Brunswick Stew; however, its real origin is uncertain. In the past this stew was made with fresh vegetables and wild game, such as squirrel or rabbit.

Colonial Brunswick Stew uses barley, canned vegetables for convenience, and cooked chicken. The chewy buds of barley increase the flavor and add food energy. The secret of this stew is the slow simmering that helps develop the wonderful flavors of the ingredients.

And what goes better with stew than corn bread? Enriched corn meal adds its great grain taste along with its nutrients. Corn meal is enriched with B vitamins and iron.

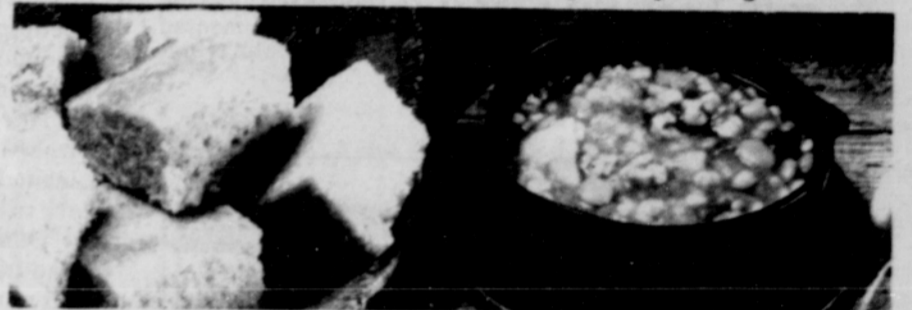
You will get your money's worth in flavor and nutrition serving

Colonial Brunswick Stew and delicious corn bread.

COLONIAL BRUNSWICK STEW

- One 28-oz. can tomatoes, undrained
- One 17-oz. can corn, undrained
- One 16-oz. can lima beans, undrained
- 2 cups cooked chicken, cut into bite-sized chunks
- 1 cup chopped onion
- 1 cup water
- ½ cup Quaker Scotch Brand Pearl Barley
- 1 tablespoon sugar
- 1 chicken bouillon cube
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper

Combine all ingredients in 4-qt. Dutch oven; mix well, breaking up tomatoes. Cover; bring to a boil over medium-high heat. Reduce heat; simmer about 30 minutes or until barley is tender. Remove cover; simmer about 15 minutes or until mixture is thickened, stirring occasionally. *Makes eight 1-cup servings.*



Brunswick Stew uses barley for good nutrition.

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