

FOOD SECTION

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Section II

SUCCESSFUL LIFESTYLES

Cooking Outdoors

Camp Fire Desserts For Girls And Boys

Cooking around the campfire is one of the best parts of camping. There's something about being outside that seems to give girls and boys a bigger appetite, so why not top off a nutritious outdoor meal with a fun-to-make dessert?

These recipes are from the *Outdoor Book*, a complete guide to camping published by Camp Fire, Inc., the national youth agency. More information about the book is available from the Communications Dept., Camp Fire, Inc., 4601 Madison Ave., Kansas City, Mo. 64112.

Gingerbread Cups

Serves: 12
Method: In coals
Approximate Time: 15 min.

6 oranges
1 package gingerbread mix and other ingredients noted on package
whipped topping, if desired

Cut oranges in half and have each person carefully eat out the inside, without breaking the peel. Prepare mix according to directions on package. Fill orange cups 1/2 full of batter. Place orange cups into a bed of coals. Bake slowly, turning shells around from time to time. The flavor of the orange blends with ginger for a delicious dessert. Top with whipped topping, if desired.

Snow On The Mountain

Serves: 10
Method: In the sun
Approximate Time: 10 min.

5 milk chocolate bars (1/2 oz. size)
1 cup shredded or flaked coconut
30 soda crackers
Melt chocolate in pan or in the sun. Spread chocolate onto each cracker and sprinkle with coconut.



Baked Apples

Serves: 10
Method: In foil or on a stick
Approximate Time: 45 min.

10 apples
1 cup brown sugar
1/2 cup raisins
1/2 cup nuts
1 stick butter or margarine
10 marshmallows
dates and coconut, if desired
cinnamon

Core and fill apple with brown sugar, raisins, nuts, dates, coconut, cinnamon, etc. Hole may be plugged with butter. Wrap in foil and bake on coals. When tender, toast a marshmallow and put it on top of the whole or sliced apple.

Mock Angel Food Cake

Serves: 10
Method: On a stick
Approximate Time: 10 min.

1 small loaf unsliced day-old French bread or frankfurter rolls
1 can sweetened condensed milk
1/2 cup shredded coconut

Trim crusts off bread. Cut into slices 1/4 inch thick, then into strips 1/4 inch wide and about 2 inches long. Pierce with stick. Dip, not to soak, strips into sweetened condensed milk and roll in dry shredded coconut. Toast over coals as you would marshmallows.

CREAMY APPLE PIE



When it comes to desserts, there's nothing more American than apple pie. Americana Hotels' Creamy Apple Pie may be the most delicious version yet. They've added a new taste sensation to this longtime favorite. The secret is the sauce. It's made separately and poured through a hole in the top after the pie has baked. Enjoy Creamy Apple Pie and sip an apple, too. Try a slice with apple juice or cider. And, according to the International Apple Institute, a good supply of fresh apples will be available throughout the summer.

Creamy Apple Pie:

2 1/4 cups all-purpose flour
3/4 tsp. salt
3/4 cup butter
6 tbsps. cold water
3/4 cup sugar
2 tbsps. flour
1 tsp. grated lemon rind
1/2 tsp. cinnamon
1/4 tsp. salt
6 cups pared, sliced apples
1 tbsp. lemon juice
2 tbsps. butter

Cream Sauce:

2 eggs, slightly beaten
1/4 cup sugar
2 tbsps. lemon juice
1 package (3-ounce) cream cheese, softened
1/2 cup sour cream

In a large bowl mix flour and salt. Cut in butter until mixture resembles small peas. Sprinkle water over mixture; tossing quickly until particles stick together. Lightly form dough into smooth ball. Divide dough in half. On lightly floured surface roll out first half to form a 12-inch circle. Fit into 9-inch pie plate. If necessary trim to 1/4-inch beyond rim of pan.

Combine sugar, flour, lemon rind, cinnamon and salt. Add apples and lemon juice and toss to coat apples. Pile apples into pastry lined pie plate. Dot with butter.

To make top crust, roll out remaining dough. Cut slits and a hole about the size of a quarter for steam to escape. Moisten rim of bottom crust with water. Place top crust over filling, fold edge under bottom crust, pressing to seal. Flute edge. Bake at 450°F. for 10 minutes, reduce heat and bake at 375°F. for 40-45 minutes. Let pie cool 10 minutes then pour cream sauce (recipe below) through hole in top of pie. Makes one 9-inch pie.

Cream Sauce:

In a medium saucepan, combine eggs, sugar and lemon juice. Cook, over low heat, stirring constantly until mixture thickens. Stir in cream cheese and sour cream until smooth.

Lemon Adds Zest To This Easy-To-Fix Dish



The tanginess of lemon enhances the flavor of this simple delicious meatless casserole.

Attractive bow-tie noodles are cooked in water seasoned with lemon juice and a bay leaf. Then lemon peel is added to a mixture of cheese and sour cream. Chopped ripe olives add crunchiness and their lively black color.

The result is a one-dish meal that is both tasty and nutritious.

Noodle-Olive Casserole

1-1/2 cups pitted California ripe olives
2 quarts water
2-1/2 teaspoons salt
1 small bay leaf
1 tablespoon lemon juice
1 (10 ounce) package bow-tie noodles
2 tablespoons butter or margarine

1/2 teaspoon grated lemon peel
1 pint large curd cottage cheese
1 1/2 pint dairy sour cream
1 cup grated Jack or Muenster cheese

Preheat oven to 350°F. Drain and coarsely chop olives. Bring water, 2 teaspoons salt, bay leaf and lemon juice to boiling. Drop noodles in and cook just

until tender about 15 minutes. Drain well and combine with butter and lemon peel. Combine cottage cheese, sour cream, grated cheese, chopped olives and remaining 1/2 teaspoon salt. Layer half the noodles in butter 10x5x2-inch baking dish. Cover with half the cheese-olive mixture. Repeat both layers. Bake in a preheated oven for about 25 minutes. Makes 6 servings.

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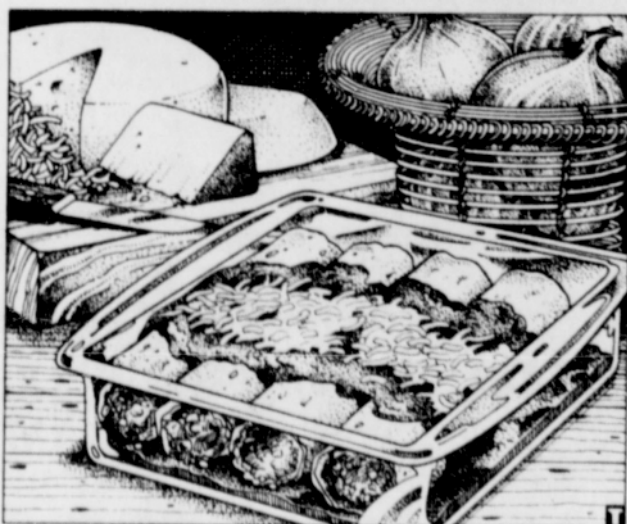


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ITALIAN ENCHILADAS (Makes 4 servings)

1 pound ground beef
1/2 sliced (1/2 cup) medium onion
1/4 sliced (1/4 cup) medium green pepper
1 crushed garlic clove
2 cups (two 8-ounce cans) Contadina pizza sauce
2 tablespoons grated Parmesan cheese
1 cup (4 ounces) shredded mozzarella cheese
1 cup (4 ounces) shredded Cheddar cheese
Four 8-inch flour tortillas

Brown ground beef with onion, green pepper, and garlic in large skillet. Drain off excess fat. Stir in 1 can

Contadina pizza sauce and Parmesan cheese. Boil gently, uncovered, 5 minutes. Pour 1/3 of remaining pizza sauce in bottom of 8x8x2-inch square baking dish; reserve remaining sauce. Spoon equal amount of meat mixture in center of each tortilla. Reserve 1/4 cup each mozzarella and Cheddar cheese. Divide remaining cheeses equally among tortillas. Roll up; place seam side down in dish. Pour remaining sauce over enchiladas. Sprinkle reserved cheeses over top. Bake in moderate oven (350°F.) 30 minutes.

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